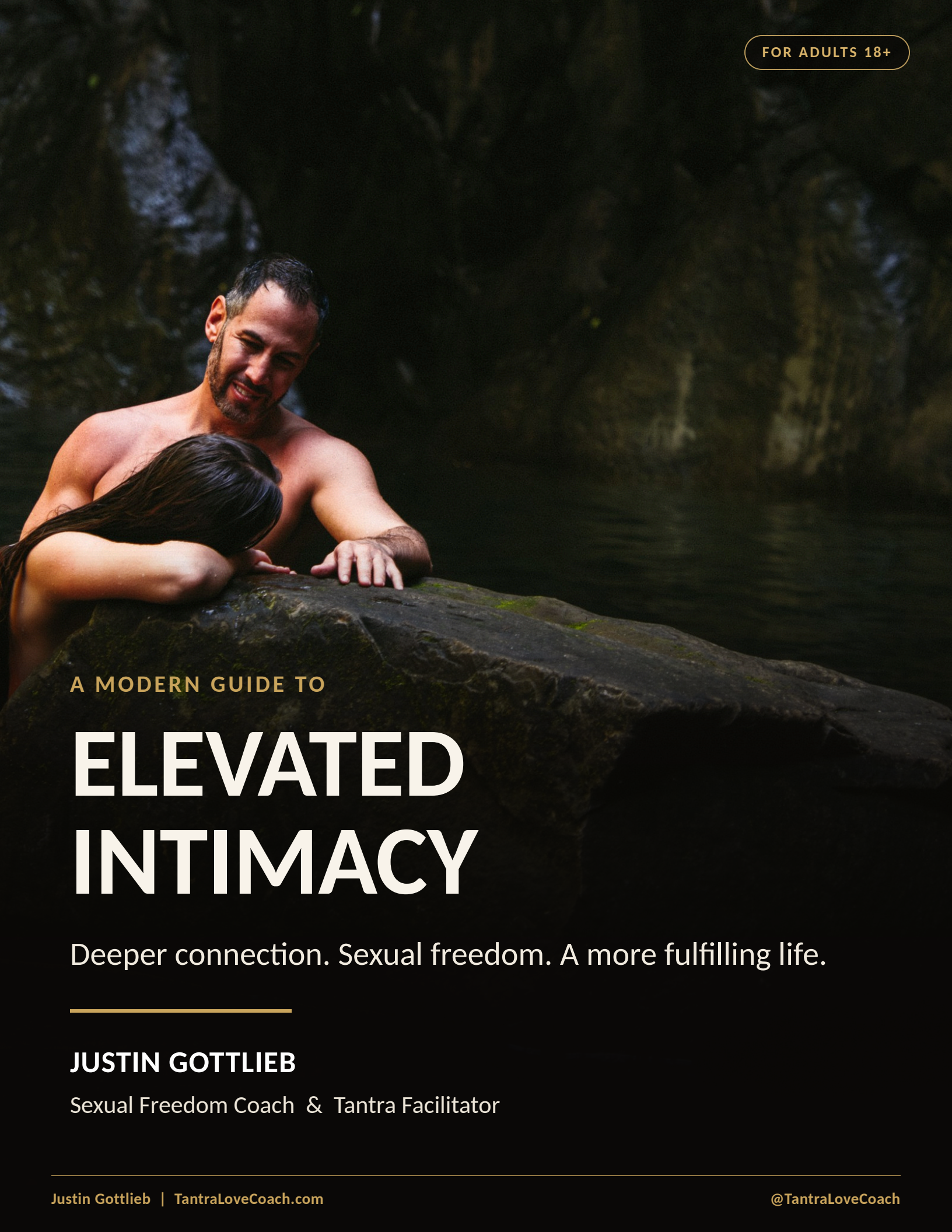


FOR ADULTS 18+

A MODERN GUIDE TO

ELEVATED INTIMACY

Deeper connection. Sexual freedom. A more fulfilling life.

JUSTIN GOTTLIEB

Sexual Freedom Coach & Tantra Facilitator

The Origins of Elevated Intimacy

01 SUCCESS ON PAPER

By most people's standards, I had built a pretty successful life: a career in finance and sales, a luxury high-rise in Miami, good money, a sports car, and a beautiful girlfriend. Life looked pretty damn good. The problem was, it didn't feel that way.

02 QUESTIONING THE SCRIPT

A personal development training challenged me to take an honest look at the life I had created. I began questioning how much of it reflected who I really was and how much had been shaped by conditioning, past experiences, trauma, and other people's expectations.

I realized I had become successful according to someone else's definition.

03 CHOOSING A DIFFERENT PATH

That realization changed everything. The journey led me to spirituality and Tantra and clarified what I was uniquely passionate about: intimacy, sexuality, human connection, personal growth, adventure, and freedom. I quit my corporate job and traveled the world with no fixed itinerary or end date.

04 A DECADE OF THE WORK

Over the last decade, I've given more than a thousand Tantra massages, hosted over a dozen sold-out Tantra retreats, taught intimacy workshops on a swinger cruise to Antarctica, and led consent and connection workshops at exclusive events around the world. I've also appeared as the 'sexpert' on an MTV reality show and facilitated a men's group on one of Univision's top-rated Spanish-language news programs.



I never imagined where choosing a different path would take me. ANTARCTICA

05 THE RESULT

Elevated Intimacy

My life became more exciting, more fulfilling, and, most importantly, more aligned with who I actually am.

Those experiences ultimately shaped what I now call Elevated Intimacy.

To me, intimacy can be elevated in every sense of the word. It can be deeper, more conscious, more connected, more adventurous, and more fulfilling. The experiences we create around intimacy can be elevated too: thoughtfully curated, highly personalized, luxurious, and unlike anything you've experienced before.

Your version may look completely different from mine, and that's the point.

Welcome to Elevated Intimacy.

What Is Tantra

Tantra is widely misunderstood. In the modern form I teach, it offers practical ways to relate to yourself, your emotions, your sexuality, and the people around you. These four pillars are the foundation of Elevated Intimacy.



01 ACCEPTANCE

Acceptance is about loving yourself as you are, even if there are things you want to change. Those changes can come more easily and lovingly when you first accept what is.

That includes accepting your body, emotions, and sexuality, including the feelings, kinks, desires, and fantasies society may label negative or taboo. Anger, jealousy, and sadness need to be allowed to move through you rather than repressed until they manifest in unhealthy ways.

02 SELF-LOVE

Loving yourself is a cornerstone of Tantra and Elevated Intimacy. I come back to two questions: Can I give and receive love freely, without fear, shame, or guilt? Am I making choices in my life that serve my higher self?

Self-love is an ongoing process. The key is recognizing choices that do not serve you without judging yourself, then consciously choosing something healthier.

Discernment, boundaries, and gatekeeping are some of the most important expressions of self-love: who you allow into your life, what receives your time and energy, and what you say yes and no to.

03 CONNECTION

How do you connect to yourself? How do you connect to others? And how do you connect to nature? A healthy connection to yourself, your emotions, and your body and mind is true power.

How you connect with others shapes the relationships in your life, and your connection with nature can deeply affect how you experience your life. Tantric practices and Elevated Intimacy can strengthen all three forms of connection.

04 PRESENCE

Presence is simply being in the present moment. It is about not focusing so much on the past or worrying about the future, but being with what is right in front of you. That can mean being present with yourself or fully present with another person.

Sexual Energy

The creative force within us

DIVINE ENERGY

Sexuality and spirituality are innately linked. The energy that creates human life can be understood as divine energy. Why would we repress the energy that creates human life, or reduce sexuality to procreation and orgasms? When we stop hiding or minimizing sexual energy, we can learn to harness it and direct it toward what we want to create.

WHAT IT CAN FUEL

Sexual energy can fuel creativity, confidence, expression, and our capacity to create. Think about someone who is liberated, healthy, and free in their sexuality. You can often see it in the way they walk, dance, express themselves, and in the energy they bring into a room.



CONSCIOUS SEXUALITY

Owning your sexuality, becoming conscious of your intimacy, and learning to understand and communicate your desires can be deeply empowering. Some Tantric practices explore what has been called sex magic. I prefer to think of it as conscious sexuality: using arousal and sexual energy intentionally while focusing on something you want to create or call into your life.

THE BIGGER IDEA

That intention might involve healing, abundance, love and partnership, or something else you deeply want to create. When we experience sexuality and sexual energy as divine, sexuality becomes more than something we do. Sexual energy becomes fuel for what we want to create.

Where There's Horniness, There's Healing



My career started in more traditional Tantra and evolved alongside my clients and the changing world around us. I went from calling myself a Tantric Practitioner to what I now call myself: a Sexual Freedom Coach.

The reason is simple. My work goes beyond teaching Tantra. I help people become more liberated in their intimacy and sexuality through healing, education, coaching, embodiment, communication, boundaries, desires, fantasies, and much more.

Sexuality is one of the most powerful areas of our lives, yet it remains one of the most underserved. There are very few places where people can freely and without shame explore their fantasies, desires, boundaries, and intimacy needs.

YOUR FANTASIES ARE A FINGERPRINT

Our turn-ons, kinks, fantasies, desires, and ways of experiencing intimacy create something almost like an individual fingerprint. No two people have exactly the same combination of fantasies, desires, ways they like to be touched, or ways they communicate sexually. These things are uniquely yours, and if you look deeply enough, they can tell a story.

Our fantasies and desires can often connect back to experiences throughout our lives. Understanding those connections gives us an opportunity to better understand ourselves, reclaim parts we may have judged or hidden, and consciously decide what we want to embrace, rewrite, explore, or simply accept.

TRY THIS PRIVATELY

Write down your fantasies without censoring yourself. Include the most taboo fantasies, fantasies you would never actually want in real life, fantasies you might want to role-play, and fantasies you may genuinely want to explore.

The first step is simply owning that these fantasies are part of you without judging yourself for having them. That alone can be incredibly powerful.

With couples, the deeper version creates vulnerability and honest communication around desire. Because that conversation has more complexity and nuance, I recommend doing it with a coach or trusted third party who can help both people navigate it with care.

DISCOVER YOUR FANTASY ARCHETYPE

Take the free quiz

Heal. Explore. Mastery.

Before I became a Sexual Freedom Coach, I studied psychology and trained in transformational leadership. That background, combined with more than a decade of working with clients, shaped this three-stage framework for personal growth.



01
HEAL

Know who is driving the car.

You cannot change what you cannot see. Family expectations, religion, culture, past relationships, shame, rejection, and boundary violations can shape stories before we have any say in them.

Ask what is actually true for you. What beliefs are genuinely yours? What patterns keep showing up? Awareness gives you the opportunity to heal, release old narratives, and separate who you are from who you were taught you should be.

The goal is not perfection. It is awareness.

02
EXPLORE

Treat life like an experiment.

Try something, experience it, learn from it, and ask: Does this work for me?

Explore people, places, intimacy, relationships, interests, environments, lifestyles, and different versions of yourself. What excites you? What feels right? Where are your boundaries? What do you want more of?

03
MASTERY

Let growth become how you live.

Mastery is not an endpoint where healing and exploring stop. It is when you realize how much you have grown.

You know your values, needs, boundaries, and the kind of life you want. The practices have become embodied.

Your cup starts to overflow. The question begins to shift from ‘How do I create the life I want?’ to ‘What can I give to others?’



Three Principles for Conscious Dating

01 Leave everyone better off than you found them.

Hold this as a standard in every interaction, whatever the outcome. If it is not the right fit, say so clearly and kindly. Do not go silent.

02 Make connection your only goal.

Once your goal becomes a phone number, a night together, or a relationship, you are focused on an outcome instead of the person. Expectations create attachment, and attachment tends to create resentment. When connection is your only aim, you are free to be curious about who is in front of you.

03 Be who you are.

Do not perform a version of yourself on a date. No inflating, no shrinking. State who you are plainly and let people respond. That gives you the one answer worth having: is this connection genuine for both of us?

TRY THIS BEFORE YOUR NEXT DATE

Do the Embodied Presence Practice on page 9. Then set one intention: be curious. Clear consent and honest communication are the baseline for every form of intimacy.

Three Principles for Deep Partnership

01 Vulnerability is the gateway to intimacy.

Share your fears, your history, your fantasies, and what excites you about each other. Vulnerability is not only about what is hard. It also means sharing what lights you up. Over time, many couples stop disclosing and slide into roles: caretaker, manager, logistics partner. Vulnerability is the way back to being lovers.

02 Keep life from becoming routine.

Days become weeks, weeks become months, and years can pass in a pattern neither person chose. Travel, laugh, take on something new, and keep your own friendships and passions so you bring fresh energy back into the relationship.

03 Protect your intimacy. It is the foundation.

If you have to schedule it, schedule it without apology. When intimacy is repeatedly deprioritized, resentment tends to build quietly until it is hard to ignore. Treat it as a priority, not a leftover.



CLIENT EXPERIENCE

“

I don’t trust easily… so I was relieved to feel so safe and held in my first session.

VICTORIA | MIAMI, FL

Read more testimonials



The Embodied Presence Practice

Here is a simple practice to help you come into presence and support your journey toward Elevated Intimacy.

01 BREATH

Find a comfortable position and close your eyes. Begin breathing slowly and fully. Let the breath move into your belly and chest. Notice the sensation of breathing without trying to force anything. Gradually deepen the breath and allow each exhale to help you settle more fully into your body.

02 MOVEMENT

Without opening your eyes, begin allowing your body to move in whatever way feels natural. You might sway, stretch, roll your shoulders, move your hips, or simply let small movements arise. There is nothing to perform and no right way to do it. Follow what your body wants.

03 SOUND

Begin adding sound to the breath and movement. It can be a sigh, a hum, a tone, or any sound that wants to come through. Let yourself be heard without judging what it sounds like. Notice what changes when breath, movement, and sound happen together.

04 NOTICE

After several minutes, become still. Notice your body, your emotions, your energy, and the quality of your attention. Ask yourself: What do I actually want right now? Then listen before rushing to answer.

Where to Go From Here



Acknowledge yourself for getting this far. Taking time to explore intimacy and connection is a meaningful step.

If you're ready to experience this work for yourself, I'd love to support you.

TANTRA MASSAGE

Private sessions for individuals or couples exploring embodiment, intimacy, connection, and pleasure.

FANTASY FULFILLMENT EXPERIENCES

Customized exploration of desires and fantasies grounded in communication, boundaries, and consent.

SUBMISSION SESSIONS

Conscious Dom/Sub sessions where I lead as the Dom and you surrender as the sub. After a clear discussion of boundaries, desires, and safe words, we explore power and embodied dynamics.

INDIVIDUAL & COUPLES COACHING

Personalized support around intimacy, relationships, sexuality, communication, dating, and growth.

LIFESTYLE CONCIERGE

Guidance for navigating open relationships and lifestyle communities. I help you connect with the right community and curate events, retreats, and new experiences, in your area or when you travel.

RETREATS & EVENTS

Carefully screened public retreats, plus discreet private full-day or multi-day experiences customized to your exact intentions and specifications.

To learn more about these services, click here.

Schedule a Free Consultation

Have questions or ready to book? Let's talk.

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