

How to Fit Intimacy Into Busy Lives

A guide to creating sacred connection time that transforms your relationship

The Problem: When Life Gets in the Way of Love

You're successful, driven, and committed to excellence in every area of your life. But somewhere between career demands, family responsibilities, and the endless to-do list, you and your beloved have become ships passing in the night.

You love each other. You're committed. But that deep, soul-stirring connection you once shared? It's buried under schedules, stress, and the assumption that "we'll connect when things calm down."

Here's the truth: **Things will never calm down.** Connection doesn't happen by accident — it happens by intention.

The Solution: Sacred Connection Time

The concept is beautifully simple: **You schedule sacred connection time into your week.**

Not date night. Not errands together. Not family time.

Sacred time — intentional space for your relationship to breathe, expand, and remember itself.

What Makes Time Sacred?

Intention. You make it about connection, not productivity. You create a container where you can drop your need to be organized, structured, and performative. That means:

- **No phones, emails, or social media** — The world can wait
- **No kids if possible** — Find a sitter, trade with friends, or implement earlier bedtimes

- **No agenda beyond authentic connection** — Sometimes that means addressing what's really happening between you
- **Complete presence** — You're here, now, with each other

How Much Time Do You Need?

Ideally: 2-3 hours, or even a full day when possible. Give yourself time to really sink in together.

Realistically: **Any** intentional connection time is better than none. Start where you can and grow from there.

Frequency: At least 2 windows per week. But even if you can only manage one window — something is better than nothing.

The Magic: What Actually Happens

When you create this space consistently, something beautiful unfolds. **Walls start to come down.** Your deeper truths — the ones waiting patiently beneath the surface of your busy lives — finally have room to emerge.

You'll Be Amazed When:

- **Conversations you've been avoiding finally happen** — in safety and love
- **You discover something new about your partner** — even after years together
- **You remember why you fell in love** — those qualities that first drew you together
- **Physical and emotional attraction returns** — naturally, without forcing
- **You feel excited to see each other again** — instead of just managing logistics together

Remember: Intimacy is like a flower blossoming. It can't be pushed or forced to open. But given the right conditions — time, space, presence, and mutual curiosity — it unfolds naturally.

Your Sacred Time Toolkit

Gentle Suggestions for Connection:

- **Start with touch** — Spooning, massage, or simply holding each other
- **Bed time** — Literally, just time in bed. No expectations of sex. Just enjoy the cozy nest you've built together
- **Share what's really on your heart** — Beyond surface-level updates
- **Practice curiosity** — Ask about dreams, fears, desires you haven't explored
- **Be courageously vulnerable** — Bring up topics you've been avoiding
- **Listen without trying to fix** — Sometimes presence is the greatest gift

Need conversation starters? Check out our other free guide: "[222 Questions to Open Up Any Conversation](#)" for inspiration.

Real-World Obstacles (And How to Handle Them)

"We're too exhausted after work/kids to connect meaningfully"

We hear you. Start with what feels genuinely supportive. Even 15 minutes of rest together counts. Make physical contact — spooning in bed or on the sofa is perfect.

The most important piece is making the connection, and often that's the biggest hurdle when there's been disconnect. It doesn't have to be physically or emotionally demanding. Making the effort matters more than what it looks like.

If you're fighting yourself or pushing to connect, you're trying too hard. Find something easier that feels good to both of you.

"We can't afford a sitter every week"

Get creative. Is there a relative who could help? Another couple you could trade favors with?

If not, maybe it's time to implement earlier bedtimes for the kids so you can prioritize yourselves. **You're worth it** — and your kids will actually respond better when they see you two connecting.

"We tried scheduling time before and it felt forced/awkward"

Why did it feel forced? Often it's because we're putting pressure on the time to "produce" something — better communication, sex, resolution to problems.

Sacred time has no agenda beyond authentic connection. Sometimes that means having difficult conversations that need to happen for intimacy to flow freely again. Sacred time isn't always *easy*, but it's always connective when approached with love and curiosity.

"Two hours feels like too much pressure"

Start with what feels doable. If there's pressure, find the sweet spot that removes it. Then see if you can grow it by 10 minutes each week.

Keep in mind: This isn't meant to be rigid — it's meant to create space, and to give intimacy the same weight as a work meeting, time at the gym, or your kid's soccer game.

"We don't know what to talk about anymore"

Curiosity is the cure. There is *always* something to talk about, because you are both always growing. When you approach each other with genuine curiosity — "What's happening in your inner world right now?" — conversations naturally deepen. If you need inspiration to spark that curiosity, use our ["222 Questions" guide](#) to open new worlds of connection.

Your Sacred Commitment

This may seem obvious, but we encourage you — ***actually do it.***

In concept, yes, this is easy. In reality, this is a commitment to your relationship being more than logistics and task management.

If you need to reschedule sacred time, make it up within a day or two that same week. Treat it like the important appointment it is.

Quick Start Guide

Ready to begin? Here's your simple roadmap:

1. **Schedule it** — Block 2-3 hours (or whatever you can manage) in your calendar, twice per week if possible

2. **Create the container** — No phones, no kids if possible, no agenda beyond connection
3. **Drop the performance** — This is free time together, not productivity time
4. **Start with touch** — Spooning, holding, or just being in bed together
5. **Let curiosity lead** — Ask what's really happening in each other's inner world
6. **Treat it like any important appointment** — If you reschedule, make it up within a day or two

That's it. Everything else will unfold naturally when you create consistent space for it.

The Deeper Truth

When you consistently create space for intimacy to emerge — without forcing, without agenda, just with presence and love — you'll be amazed at what's been waiting to unfold.

Your deeper connection is still there. It's simply waiting for enough time and space to remember itself.

Are you willing to give it that gift?

Ready to go deeper? Discover how to create lasting passion and profound intimacy with our transformational workshops and retreats at erosandsoul.com. Because sacred love isn't just possible — it's your birthright.