

(#263) Intimacy, Sex, and Healing Your Relationship to Men ...

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SPEAKERS

Ellie Montgomerie, Kathrin Zenkina, Aimee Batuski



Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success than you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today, and now let's begin. Hello, my beautiful souls and welcome back to another episode of The Manifestation Babe podcast. This time in this episode I'm bringing to you intimacy, sensuality and sexuality experts as well as so many other amazing things. Aimee Batuski and Ellie Montgomery, who just so happened to also be my really good friends that I'm obsessed with hanging out with, I'm talking five hour long brunches, where we are literally surprised the waiter has not kicked us out yet. In this episode, we are diving deep into your biggest questions around pleasure, desire, orgasm, healing your relationship to the masculine, no longer hating men, learning to ask for what you want, sex after having a baby and so much more. Aimee Batuski and Ellie Montgomery are pleasure and intimacy experts committed to women, living turned on, connected and satisfying lives. They've worked side by side with some of the top sexuality and intimacy teachers in the world. These women are the millennial authorities in the global wide movement of the new feminine. Fuck yeah, we love that. Through their retreats, programs, and international sisterhood community. They've taught 1000s of women how to create wild, confident, intimacy, hot sex and fulfilling relationships. I'm telling you when I met these two girls in one of my programs that I was taking from someone else, they were students of the same program. I met up with them one random evening, I came over to their Airbnb that they were at in Los Angeles, for I don't know, a couple nights or something like that, and I remember walking in like 5pm and leaving at midnight, you guys my bedtime is like 9pm. I don't stay anywhere till midnight. I'm not that kind of party girl. I could not get enough of these

two, their energy is so magnetic. It is just intoxicating, how incredible, positive, impactful they are and the passion that they bring to these topics which I asked you in a Q&A what questions you want them to answer, and I'm sure that you will not be disappointed. So you're gonna love this episode, without further ado, let's dive in. Oh my god, I finally have Ellie and Aimee from desire on fire on my podcast. After rescheduling this you guys if you only knew the fact that this was supposed to be recorded in May of 2022 it is December 19th 2022. The amount of rescheduling that we have done to finally align this moment right here to get together and finally record this episode is a beautiful aligned miracle. How are you beautiful ladies?

A

Aimee Batuski 04:16

So good. I'm really proud of us finally making it here and trusting the divine timing of this 100%

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Kathrin Zenkina 04:25

Well, there's been a lot of life changes for us, Ellie had a baby. That's why we rescheduled initially, was she was going into labor. So understandably, we had to reschedule, and then came my labor, then came moves and life shifts and Airbnbs and this and that, and it's just like newborns, and sleep regressions. So finally we are here. I am so excited because I did Q&A on my Instagram and I was like okay, my really good friends which if you guys knew like from the very first start our very first meeting together. Like I just knew that I've known Ellie and Aimee forever. We are soul sisters. We've had many past lives together, we just vibed I think I left your guys's house or whoever's house you were staying at the time, like midnight, which doesn't happen. My bedtime is 9 pm.

A

Aimee Batuski 05:18

Yeah, and hours, and we weren't even close to done. That happened again with our last date recently. I was like, we only had like three hours, and it was like not at all okay.

K

Kathrin Zenkina 05:30

No, I was like, Yeah, I was like, this is five minutes, like, five minutes. I have been obsessed with these two for a long time, and it's about time that they came on the podcast. So I did a Q&A, and, you know, I shared that Amiee and Ellie are intimacy experts, and they can talk about all these topics and 99% of you had topics or questions specifically to sex. So I can already tell where this episode is going, but before we get into all of that, I want the background story. How the hell did you guys wake up one day and say, this is what I want to do for a living. Like, I want to be an intimacy expert, intimacy coach, and I know you guys have shared the backstory, but it's been a while. I think it's been like, a year and a half or even more since I've heard it. So I'm really excited to relive this. Like, how did you get into this work?

A

Aimee Batuski 06:24

Definitely didn't just wake up one day, and decide I'll tell you that.

 Ellie Montgomerie 06:28

Definitely never thought that we would be doing this. Well, the truth, is that we both needed the work that we now teach. and, that's where we met, we were living in New York. This was over six years ago, and both really into personal growth.

 Kathrin Zenkina 06:52

How did you meet?

 Aimee Batuski 06:55

We met originally at a goddess event, there was like a one day, of course, it was called goddess on the go, and it was like a goddess event in New York, and we met there, but just like, didn't really drop in, we just like became Facebook friends.

 Ellie Montgomerie 07:09

and I have a network marketing business, and Amiee was a life and business coach, and I had a table at the event, and she came up and we were chatting, and we were like, you know, let's be friends, and I wanted her on my team. Of course, I know that. Who wouldn't want Aimee to be on your on your team.

 Kathrin Zenkina 07:32

I wanted Amiee on my team.

 Ellie Montgomerie 07:33

So I started to build a relationship with her and we went to yoga and smoothies, and we started to become friends, and then she moved to LA, we also met through another three site landmark. Yeah, yeah. So I met through landmark, a personal development company where we were doing courses, and she moved to LA. I was in New York, and honestly, the basis of our relationship is we would complain about men, and we would we would talk about our dating, as we were both dating in New York and our you know, early mid 20s, and we would be like, What the fuck is up with all these guys? and why can't we meet men on our level?

 08:25

Standard complaint, Where are the men that can handle us and like meet us, and yeah, it was it was a complaining fastened, I think that's actually really common for a lot of women, right? Is is bonding over complaining regardless of if it's about men, that's a common one, right?

Complaining about what's not working, what we don't like what we don't have, and an easy target is men, and so that's what we would do, and it's funny, because there was something else that about your story. Okay, so what switched it, is Ellie got into a relationship, and I don't know. I mean, the entire podcast could be that story.

K

Kathrin Zenkina 09:07

I love that story. A little bit into it, just a little bit.

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09:10

We need to do a podcast episode of you just telling your story, because we don't even have that.

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09:15

Yeah, that's true. That's true. Um, so I, I was in a relationship with a guy where I really struggled to be vulnerable, like basically through the whole relationship. We were together for a year and I was not vulnerable the whole time. Like I never said the deeper things right, like I wanted him to pay when he took me out to dinner more and like, I knew that I was wanting a partner, you know, and I never said any of those things, and finally, I did and it was very clear, we weren't aligned and the relationship ended and when it ended, it was very painful for me, and I knew it was such a rock bottom and I knew at that moment that I had work to do in this area. I was like, What is going on that I am having such a hard time, you know, asking for what I need, even knowing what I want and need. You know, I had all these insecurities, which which I hadn't really had before, it was kind of like they were louder as I don't know, just as the relationship went on. So I was like, I need to do work around this. So I was living in New York, I found personal growth work focused on intimacy and sexuality and desire. Because the other thing is, the Bay Area was where I was struggling is I couldn't have an orgasm. So I thought that I was broken.

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Kathrin Zenkina 10:39

That's been a couple questions. So I definitely want you to expand on that, because there's at least like 20 of those around like, I can't do it. It's like, I get overwhelmed. Yeah, something stops me. I can't get there. I'm in a new relationship, old relationship or just casually you know, having sex and it just isn't happening.

o

10:59

Yes, we can absolutely talk about that, because it's a really big one, and, and overall, what I'll just say is our culture is obsessed with climax, and we'll get into that more because really, initially how my journey started was I found this personal growth work, you know, focused on intimacy and, and on orgasm, literally, I found I'm not gonna go into orgasmic meditation. So, um, yeah, and I discovered, like a whole paradigm outside of this, like goal obsessed sex that I

had been in, right? because I was so goal obsessed, I was like, going in for it in my network marketing business, and I was doing all these, you know, programs to like, reach goals and crush it. I was a boss babe, and I was bringing that context into my sex and then thinking that it wasn't good or wasn't successful, but I was so in my head, like trying to have this thing happen that it was blocking it. So that's what started me on this journey, and it was not easy to admit that I needed help in this area. I had a lot of shame and a lot of like, Oh, I'm a successful, powerful woman, like I shouldn't feel so broken in my sex and intimacy, and you know, in our culture, sex is everywhere, and no one's talking about it.

 Kathrin Zenkina 12:29

Tipping that by me. So does money, everyone deals with money, but no one wants to talk about it.

 Aimee Batuski 12:35

Oh, not spoken about, and so important.

 12:38

They don't get that as you know, right. This is a lot of what you teach people about, right? Like the skills, and tools, and perspectives, and mindsets around money that we don't learn. The same with sex. There's actually like, we don't get real sex education in this country, not that helps us have thriving, passionate, fulfilling sex lives.

 Kathrin Zenkina 13:01

No it's just like, don't get pregnant. You can't get pregnant, here's how you put a condom on and have fun.

 13:06

Yeah, exactly. So I discovered this whole world, and I just dove in. I was like, I need this. I did, you know, a million retreats, and I did a coaching program, and I was just so hungry for transformation, and I ended up meeting my husband, my now husband, Rob.

 Kathrin Zenkina 13:26

Who is amazing, by the way.

 13:28

Thank you, I loved him and Brennan getting to me, was so fun, and yeah, we just went on this

really deep journey together, you know, total sexual spiritual awakening for me, and him, and after that, I was like, I've got to, I've got to guide other women on this path.

 13:53

and then I was seeing all this from the outside and I was like, What the fuck is going on? and why is she betraying our man hating club? I felt so betrayed, and she posted about being in South Africa, which is where he was living. Her husband, Rob was living at the time. She went to visit him for two months, and I was like, who's this guy, I was like, trying to stalk him. He doesn't even like have social media. So I was like, trying to click him, and there's nothing on the internet about him basically, I was like, doesn't even have a website.

 Kathrin Zenkina 14:28

I need to do a background check.

 14:30

Right? Try to do a background check, I couldn't, failed. So I'm like, Who's this guy and what's going on, and I called her and she just like, you need to look into this, this work, orgasmic meditation, tantra work, healing work around sex, healing work around transformation, and intimacy. I was like, okay, and I was just like, resistant as hell because I was the same way very into personal development had been doing it for years, but it was more in the realm of like communication, goals, mindset, just like kind of like accountability, creating your life like landmark Tony Robbins type of work, which was all amazing, and I loved it. But to go into this whole new round, like Ellie said, have really sensitive work around my relationship with my body, my relationship, my sex, my relationship to men, was so intimidating, and like, the idea of it was like humiliating to me, like, I really didn't want to go there, and I was desperate, and you know, one of the things that I've heard people say about transformation is that you've come to transformation from either inspiration or desperation, and most of my transformational journey had been from inspiration. I'm like, Yeah, that sounds good. Like, we're all kind of like this, like any course or program or coach or healer, like, yeah, so a lot of inspiration, right? But in this case, it had to be from desperation, because I wasn't willing to go there until I was really desperate in my love life and sex life, and I just, I've been having drunk sex through college, like, even you know, having not drunk sex. It was like, I couldn't really ask for what I wanted, I wasn't in relationships with men, like dating was really hard for me, I'd always found things wrong with men, and just was like, they can't handle me and like, they don't know what they're doing and really saw them as like dumb, and just had a real attitude about men that I think is common in our culture, that I really had to heal and shift, and now I see men so differently, but that was a long process.

 Aimee Batuski 15:24

and one day you guys woke up and you decided to go in business with each other? yeah, back to business, because that is really important to give the context, right? It wasn't just like, oh, well, we just woke up like this. We're just like multi-orgasmic Queens, like, we should teach

people, you know, no, it was a real intense, excruciating at times journey, to do this healing work ourselves, and we really invested like, LAI also just dove in, and did all the retreats and coaching programs and things, and I was already a full time coach, like Ellie mentioned, she had a network marketing business. So we were already in the coaching personal development world, but we weren't teaching this, and so we started really slow, we led a retreat together, I was like, Ellie, do you want to go in on it together and create a retreat, and we did like a couple short online things that were like a few 100 bucks and just like trying things, right? This was in 2018, and so in 2018, we had our first retreat with seven women. It was amazing, and I mean, we were just like holy shit, and it was absolutely incredible, and it deeply challenged us and incredible things came out of it, and we were on our own very intense retreat ourselves by leading it, which we are every time, I'm sure you experience the same Kathrin, and that was it, we really just, it was slow. It was gradual. Like we were doing it alongside of our already successful, very different businesses and then just started incorporating it more into my coaching and I started doing group coaching programs for women who were coming to our retreats, but Ellie wasn't part of it because she was still doing network marketing. So it was like I was coaching them in between and then she was like, well what's happening in between, like, I want to know and so, then we got to the point and the 2019, so a year later we led three retreats at that point almost four, we were going on our fourth and we were like okay, we want to go all in on this together, we were ready and we really wanted to develop programs together and start teaching more women and so we allowed our businesses to fall away which is a whole other podcast conversation because that was a huge initiation for both of us and went in on desire empire together and really grew it during 2020, during the pandemic and then it just like really expanded, exploded from there.

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Kathrin Zenkina 18:54

I think it was, when did I meet you guys it was like the beginning of 2021 and I remember you were setting some like big goals for the year and like this and that and talking about because it's really kind of like the birth of this business and just watching how much it's grown in the last What is it year and a half now, almost two years has been so mind blowing you guys are so in your purpose and I love watching you thrive and what you're doing I send everyone that I know I'm like you guys have to attend their event like I haven't been yet but like you have, I just know what they're what they're teaching they're so good because I just see the energy that you guys carry and like you're a true embodiment of your work and you're such an inspiration in this realm of sexuality sensuality, femininity, intimacy, which of course are all topics we're gonna dive into today but I just wanted to say like what a joy and a privilege it is to know you guys and just to watch you like blossom and what you're doing and it's the passion just exudes so I love what did you share, what was the exact quote desperation or inspiration, transformation comes out?



20:01

Right people come to transformational work from either inspiration or desperation .

K

Kathrin Zenkina 20:05

I so resonate, like I so resonate with both of those, especially the inspiration part because we were just joking about like, Yeah, let's just like do this or like, let's just work with that shaman

or go to that retreat or that event, whatever I'm so like that, but looking back, it was desperation that got me into money mindset work, because I remember it was this distinct panic attack I had around checking my bank account, one random morning, when I was still living in Washington stay at my parents house, that just I got this download of like, this is the work that's going to transform your life, you need to heal this anxiety that you feel around money, and it's been the foundation of everything that I do today. So I was like, Yes, I love that, that resonates. Both of you have mentioned that you've struggled, you know, asking for what you want, and I feel like this is just such a common theme amongst so many women and probably almost every single woman that you guys help that comes in struggles asking for what they want. Why is that even an issue, why is it such an issue? Like what do you have to say about that?

E

Ellie Montgomerie 21:07

Oh, man, yeah, well, this conversation is a big one, and the way that we talk about it and teach about it, is that really the biggest barrier to people, because both men and women struggle with this in different ways. But really, the biggest barrier is what we call our conditioning, right? So the beliefs, what else?



21:35

we got, Yeah, your conditioning, your programming, right? The perspectives or beliefs or opinions that you take on from the media, your parents, religion, culture, right? All of these things that we're conditioned to believe are true, just the way that things are, and our conditioning really impacts us in especially women. Well, we Ellie's absolutely right. Our conditioning deeply impacts men and women in many different ways around this kind of conversation of asking for what you want. But especially women, and we'll talk about that, because we're women, and we work with women, that we get out, we're really conditioned, right? From a young age, be good, be appropriate, be a good little girl, don't act out, don't ask for too much. Don't want too much. Don't be high maintenance, don't be greedy, all of that .



22:19

and so I'm just going to give a quick example, because I think stories are some of the most helpful ways to teach this. But um, so my husband and I met in this was 2016, we met at a retreat, all about healing and desire and I was 26 at the time, and I was so, I just gotten out of this relationship, and I was so disconnected from what I really wanted, and really what it was, is I couldn't own it. Like, I wanted to get married, I wanted a family, you know, and then other desires, too. But those were two, you know, big ones, and instead of owning that and claiming it, I would act like, we call it acting like the cool girl. So being like, Oh, I'm a for whatever, and like, Yeah, I'm not looking for something serious, and you know, okay, oh, you live in Cape Town. No problem. Like, maybe we could visit each other once in a while. Meanwhile, I'm like, so into him and wants so much more than that. Yeah, yeah. So, um, at the time, we were working with a coach, and at one point, she asked me, Do you want to marry him? It was a coaching setting. Yes, he was sitting right next to me in a retreat. I love this story, and I was so nailed, I felt so called out, and also so able, because of the kind of environment that we were in. So able to really get in touch with my deeper desire, which I believe comes from our bodies.

Desire is not a head thing, so often our heads are that's where the conditioning comes from. That's where it lives, right? So like, when we think about what we want, we're like, oh, I want a promotion, or, you know, at the time, I was like, oh, I want to get to the top of my network marketing company, and I want to, you know, have a cool apartment and you know, these like, head desires that we're not coming from my deepest, the deepest part of me, my soul, which I believe is where true aligned desire comes from, and so in that moment, for the first time, I really got in touch with that deeper part of myself, and in that moment, she was just like, hell yeah. Is that an option? Like yes, I want it felt so clear, and was able to speak it and say it in front of him, and he a bachelor who never thought he was gonna get married, we had so much conditioning for him around marriage and like, oh, I don't even believe in marriage, and I don't even know if I want to get married, and all of that, and he heard and felt my truth, my desire in that moment, and was what something woke up in him, and he has what he calls the greatest surrender of his life, and got down on one knee and proposed, right then in there, there was a bit more like, the coach asked me to share, where our marriage was going to be, what I wanted our marriage to be about, and like, why I wanted to marry him, and these beautiful things just came out of me, and so that is, really, I think, a lot of the time, in my experience, when I couldn't connect to what I really wanted. It was because of all the shit on top of it, and really not believing I could have it, not believing I was worthy of it. Not believing that like being afraid of rejection, or someone saying no, or that, you know, couldn't have it. So there's a lot that goes into it. It's not a simple, you know, answer. But this is why we love doing this work, because it tends to be like, you know, I picture it, like when you meet a woman, it's like we're seeing the tip of the iceberg, and then when we get into what is really in there, down deep and what she wants, it's like this rich cavern of possibilities that just need some permission to start to come out.

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Kathrin Zenkina 26:53

Yeah, for anyone that's currently in the I hate men club. Longtime lifetime members maybe or someone who's had a shitty experience with a man, you know, when it just all of a sudden soured them. Like, What do you want to say to them? What advice do you have for them? and how can they start the healing process with healing their relationship to the masculine and for example, a masculine man? I come with big questions.

A

Aimee Batuski 27:24

That is a journey, I love these questions. I'm like, because the honest thing that comes up for me when you ask that is like, you got a shitload of work to do, you know, not you, but like, whomever is asking that, right, because, and it doesn't have to be like anguish work. But like, it's just that and this could just be my limiting belief. But like, from my personal experience, and seeing other women go through this, it's like we have so much conditioning to work through and healing and forgiveness that we have to access not only for ourselves and from men in our lives, our direct experiences, but our lineages of women and what women have experienced at the hands of men, and men have experienced things at the hands of women absolutely. Like there is so much that we all need to heal men and women, and so I would say like, well, I'm like, do our work, sign up for desire empire courses and events. But anything that calls to whoever is listening to this and wants to be on this journey of healing a relationship to men, there are so many incredible teachers and authors and coaches who speak about this and healing our relationship to the masculine, and I mean, I have done so much work around this

with many different teachers, but also in plant medicine ceremonies, and in reading and ingest, choosing in my experiences with men to find what I love about them and to find and emphasize and like focus on their genius, their brilliance, their wisdom, because men always have a good reason for what they're doing, so do women, but speaking of men right now, they always have a good reason for what they're doing, and sometimes we're just like, how could that thing that they're doing have a good reason, especially when it's something that seems really traumatic or impactful or harmful. But often it could be if it's harmful or painful source from their own trauma or from their own defense mechanism or protecting themselves or their family or someone and they feel that they need to do that as a result. So it's been a real practice for me to really find the genius and brilliance in each man and what he's doing, and that has taken work because I would automatically default to what we see in our culture in our media all the time, men are dumb, men are idiots, men are reckless, men are uncivil. Yeah, they're all one thing, right? They only care about sex, they're cheaters. They're unreliable, right? Their only motive, you know, driven by one thing, all of these stories that we take on about men, and that was really harmful for me to believe all of that, and it really impacted my relationships with men. So I would say, say yes to anything that comes across your path that does feel aligned for you that would support you in healing your relationship with men, and practice finding the things that you love, that you appreciate, that you are turned on by, that you are, you know, in awe of inside of the men around you, and focus on those things, and see what unfolds from there, and what magic, you know, ensues.

K

Kathrin Zenkina 30:45

There's so many similarities between this kind of work and money work. I like to personify money and make it a relationship that you are in, and a lot of the same, you know, phrases that you guys are mentioning, like the conditioning of like, you know, men are unreliable, and cheaters and only want one thing, it's like the same thing with money. Money's dirty, money is evil. It's greedy if you have it, but everyone fucking wants it, is everyone wants more intimacy, basic relationship, and I know we're just speaking right now on heterosexual relationships between a man and a woman, but this applies to, because we have feminine and masculine energy, you know, all of us,

E

Ellie Montgomerie 31:25

But also, we all interact with men, all the time. So even if you don't date men, you work with men, likely you have men in your family. You interact with men all over, you're just massively improving the quality of your life regardless of who it's

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Kathrin Zenkina 31:39

It's kind of like looking at like money, but there's different currencies like I could be handling yen, I could be handling euros, I can be handling dollars, but it's still like we're all in relationship with money. So I love that you mentioned that even if you are female dating females, or feminine dating feminine, you are still, like you're still interacting with men. So I love that such a great point. Aimee remind me are you currently in a relationship or not?



A

Aimee Batuski 31:46

No, I'm dating.

K

Kathrin Zenkina 31:47

Great because there's a lot of dating questions too from single women. Like how has dating been different for you, before this healing work and now after? and what tips and tricks and hacks and stuff do you have from this new awakened perspective?

A

Aimee Batuski 32:29

Sometimes I wonder if I'm awakened? No, I say that jokingly because I still find I am challenged by dating, and I have new challenges with it. Now, right now, I love men. Now I really respect men, I have a lot of reverence for men, and I still can get tripped up in my own patterns. Now I can have my elegant new version of what I had before of like, well, what is it and you know what I'm like, more open minded and more willing to, you know, relate with different people. But then I'm more specific and clear about what I want. Like, I know, I want a man very into personal development, you know, who's like entrepreneurial minded and ideally location independent, like, these are other things that can be limiting, right? So what I've been practicing and working with, since getting to Austin is like, letting go of some of those things that did seem like non negotiables to me, like, we've had many, many extensive conversations. Ellie and I with Rob her husband, because he's really a such a beautiful stand for me to have a relationship, and I want to be clear, like our conversations, but he's also a coach are not pretty, they are really painful. They're really uncomfortable. I've cried and screamed, and like really resisted these conversations, and the entire time, I'm so grateful for Rob's stance and his commitment to me having what I want, and this is a perfect example. Because in the past, I would have been victimized by, I'll be like fuck this guy, why is he trying to why is he trying to stop me from having the things that I want? Why is he like trying to take off the things from my list that I've gotten clear about, that I deserve? and I would have been victimized by that and demonizing Rob, for doing this to me, for like being like, Well, you don't need to worry about having that or that, right? and now I'm like, I fully receive it when we talk about this and like, Wow, he's really providing for me, he's really showing me what I could let go of what is not necessary for me to have as a preference. Like where I'm clinging to my preferences, versus what I actually want what's going to really make me happy, which might not look like my preferences. So I think that's an important place for people to look, where are you stuck inside of your preferences versus what's actually important to you? and so one of them is like, I talked about, like wanting to have a partner who makes as much money as I do or more and, like really what it is, is I just want somebody who has a really good relationship to money that has a healthy relationship to money that values abundance, right? and I'm not attached to him making what I make or more but it's like I want him to be abundant and have really worked on his relationship with money, and we had a really intense conversation about that with his Rob, like, you know, how many men like in the age of 32 to 44, like actually make more than you make? Like, can we talk about this? and you know, and I can go into, Well, but it doesn't matter the percentage because I can charge like it even if it is the point 2% right? But what I really got from that is like a releasing the form and we talked about this a lot in our work, which is like your desire, you might think, oh, I want to have a white Mercedes da da da da, but actually you probably want like, whatever the deeper desire is, is like a safe car, a maybe a car that you feel abundant in, that you feel like your highest self in, that you feel that you love driving. Now, it

might be a different form that you end up receiving, but is it the deeper desire that's getting fulfilled, maybe it's not the white Mercedes, but you're still getting the deeper desire fulfilled, and so that's what I'm still in this in this practice. I am an intimacy coach, and I am an amazing teacher around intimacy and relating, I'm not a dating coach, dating is a whole other game. So I am just as in that process as other people in the dating game, and working with myself and my own patterns and mechanisms that come up to what sabotage or block me or limit me, and I have to keep, I'm getting worked by this right now, because I do want to step into a relationship, and I do feel so ready too, and I got the tools for being in the relationship, and I'm like the dating part. Oh my god, like, it's just a whole, it's a good edge for me. So I'm practicing that right now, and practicing my mindset work around feeling magnetic and deserving and like wanting the attention from men receptive to men's attention, and being able to welcome that and receive that in casual settings, and also, you know, in dating settings.

K

Kathrin Zenkina 37:01

Something that I love about your instagram, that you'll literally post pictures of the guys you're dating, and like what's going on in the conversations that you guys are having, so I love that, like I do see it really embodying, like you said you're an intimacy coach but not a dating coach, but I love that because it makes it so much relatable and also shows people how you can take the intimacy work and put it into dating, and have the dating work for you.

E

Ellie Montgomerie 37:28

I'll just add that, I'm not sure you're giving yourself enough credit, because I'm like, I've watched you transform in your dating, and how you initiate.

A

Aimee Batuski 37:40

Well, I'm in it right now. So I'm just generally honest, right, and I do want to hear this, but this is how we are like, we're very honest. We're not just like, Oh, our sex live and love lives are so perfect. Like, we are amazing at teaching what we've learned, but we're in no way perfect, and I think that's what is really relatable about us that people trust us and want to work with us because we reveal what we're going through that we're still human and actively always working on these things and pushing our own edges and learning to release our own patterns to have what we want.

K

Kathrin Zenkina 38:11

It's like a manifestation coach who's still struggling to manifest her goddamn house, yes I get it. Yeah, I got it.

E

Ellie Montgomerie 38:19

and Aimee has come such a long way in her dating you know, from what it used to be in your ability to ask for what you want and like to be expressed and free when you're having sex and have to get up having sex consciously and powerfully so that you know, we say that a lot of

have to set up having sex consciously and powerfully so that you know, we say that a lot of people are drunk driving through their sex lives, and we teach a lot of like practices and how to have the conversations ahead of time so that you can feel really safe and free when the time comes, you know, if you do want to be intimate with someone, so you know you've come a really long way and you know, we're always evolving.

A

Aimee Batuski 39:00

This is a good one, because thank you for that reflection and I appreciate it, because I am just so in a specific spot with it right now being in Austin having just moved here, and another little thing, I think I got butthurt both of these at Landmark but that I just love it, they say yesterday's breakthrough is today's ego trip, and so it's easy to forget how you were right and we deal with this a lot with our clients that they're like but I don't have this yet and we're like remember when you didn't have all of this that you now have and we are on the things that we don't have or haven't transformed yet, and that I can feel that in this moment because, I rock it in my loverships, and in my new relationships or when I am dating like I'm like really vulnerable and I'm real and I just had this relationship, situation, lovership for three months and like he literally was like my life. He's like my life, my world. My relationships with women are for ever transformed from dating you for three months, and I forgot, you know, I mean, like, I know that I am like an amazing partner and lover and it's so true what Ellie's saying and I appreciate that Ellie, because I really use the tools in my relating and in my loverships, and it's just a spot I'm in right now of like, even meeting, right. It's the meeting first, in the city and it's like actually meeting men first, then once I'm interested in someone and actually like connecting and dating and relating and having him as a lover or partner that is so powerful and fun and really grateful for me, but this is just the spot I'm in today.

K

Kathrin Zenkina 40:37

Okay, let's dive into sex. I think it's time because I had a question for Ellie, and then I was like, we can just go into that topic. Because there are some new moms here, me included. A lot of questions about that, like, how do we go into that world after a baby, because the baby brings so much change into our lives. All of a sudden, there's this little human that is so much more needy than the most neediest man on this planet, you know what I mean? Like, they're just literally attached to us, and so all of a sudden, it's like, we have a household with, let's say, you have a single 10, there's three of you, and there's someone who's literally always attached to mom, and then like having a relationship between mom and dad. It just it adds a bit of a complexity, but it's not impossible. So I'm just curious, like, what has that journey looked like for you, Ellie? and then what tips do you have for anybody who is a new mom or are new parents or struggling with initiating that intimacy or just like finding the time for it or finding the energy for it, maybe they just have too great of expectations placed on themselves because societally, we think that just because it's safe for you to do so at six weeks postpartum doesn't mean that that's when you should be doing it or actually feel the desire to. So go into that a little bit.

E

Ellie Montgomerie 41:59

I have another friend who's also does this kind of work, and she just had a baby, and she was sharing that having sex for the first time post baby was like, she felt like a virgin again, right?

It's like kind of that energy. It's like we as the mamas are reborn, too. So I loved that kind of perspective, because it gave me so much permission to like, go slowly, like, think about if you were thinking of it, like losing your virginity again. What would you do? You know, how would you set the space? would you like, get a babysitter, you know, so that you could have space, because the worst is like trying to rush this, really intimate, you know, sensitive thing, and if you're feeling that way, like, Oh, this is just so raw, and like, you know, kind of intimidating, maybe and feels like I do like, I just want to avoid it. You're not alone.

K

Kathrin Zenkina 43:05

It was definitely a lot of giggles the first it happened.

E

Ellie Montgomerie 43:08

Yeah, totally, like now we're mom and dad. I mean, there's so much I could say about this but

A

Aimee Batuski 43:17

Now our mom and dad doing, kinky, dirty things. Are mom and dad allowed to do this?

E

Ellie Montgomerie 43:21

It's like slowing it down, and you know, I think, one of the things I love to talk about is just how our culture is like obsessed with penis and vagina sex. That's like what we think of as sex is like penetration, and there's I think of sex like a pie chart. Okay, and P and V is like one little slice and then there's all of this other ways to connect and explore and be intimate, and I think, I mean, each person is different. Some people love P&V though, like I'm good. Like, that's all I need, and most people I find have have other desires that we tend not to make space for give permission for because it's not the you know, norm of what we've been taught to believe that sex is, so I love talking to people about starting with kind of the the other parts of the pie, right like touch and slowing down and like connecting verbally is so important to me. I mean my husband and I right now we are in a phase because that's just has not been happening is we're like we need, we actually need to be talking more, like we've been sitting down and kind of having these not big chunks, right? because we don't have big chunks, well half an hour and we have a hot tub at our house and so we like go out into the hot tub and set a timer and like really talk about what's getting in the way and it has been a really interesting, because there's a lot, you know, we had our baby seven months ago, and there's just all kinds of new stuff going on in our lives, like body insecurities and, you know, work stuff and like things that aren't necessarily that I wouldn't think of immediately are blocking this, you know, sex from happening, but they are, and so we're just in this, yeah, we're just in this phase right now of like really giving ourselves the space to connect and clear some of this stuff that is getting in the way. I think of it like a glass shield between us, and it's like, what is on the glass becoming a block between our connection, so I highly recommend that and then I just think, I mean, then it's beyond that. It's just the logistics, it's like, for sure, get a babysitter like, are you having a date night? like, this is life now, right? It's not just probably gonna organically happen. You're not just both gonna be feeling it. It may very well have to be schedule, and that is okay, right?

and I think, again, there's so much stuff about like, it needs to be spontaneous, and, you know, we love when sex is spontaneous. But if we're waiting for that, it's like, literally never gonna happen. So how can you set yourself up well, and have a space for yourself, that is just for the two of you, and not about the baby, I would say at least once a week, if not twice, you know, ideally, three times if you can, because your relationship as the parents is going to create the blueprint for your kid or your kids. I mean, not just the thing. So for us, it's like it has become more challenging, but it's also become more important, because we're like, we know that if we are not connected and especially sexually connected, what are we modeling for our family, like, what kind of like, our marriage is the best kind of, I think legacy we can leave our kids the quality of our relationship, that is what I want to pass on, and so it has to be a priority, and it does take work and you know, figuring things out so you can see you can have that.

K

Kathrin Zenkina 47:33

Oh, such a good answer. I can totally relate to all this something that has helped me and I don't know if this will help someone else listening is that, you know, like even scheduling it, does for me put this pressure of like, oh my god, if it didn't happen, then it's like a failed meeting. You know what I mean? It's like, it's like, the meeting didn't happen. Like for the you just, there's some sort of a label that comes on comes on with it, and like there's a pressure behind it. So for me, it's like even if it is scheduled, even if there is like a plan time. For me, it's like let's just see where it goes. Like let's just start by talking and just look into your eyes and just hugging and asking how the day was, and decompressing and then typically will lead to that. But I find that it happens more often when the pressure isn't there. It's like alright, take your pants off.

A

Aimee Batuski 48:26

Yeah, did you guys experienced that you'd like Vanda and your like how do we even start this, it's like when you're like, like dating someone new.

E

Ellie Montgomerie 48:39

I've honestly since we had Beares my son. That's been the hardest part is the like starting of it. It's like we're in such different levels right now, and it's such a different energy and it's like, oh my god, okay, it feels like such a shift to get into you know, that mode.

A

Aimee Batuski 48:58

Yeah, I think it's an important point that you're making Kathrin and I recommend this to people I mean, regardless of if they just had a baby or not. But if they are wanting more intimacy or they're feeling like they're too busy, is creating intimacy dates, and just having that time having it on the calendar, even if you do have to move it but like knowing that it's there and that you're committed to it both of you, and then exactly that like not taking the goal out of it, penetration does not be the goal. Maybe you don't even take your clothes off. I personally am very energetic. I love energy play. So keeping close on, and touching each other like that is so hot to me, and so whether it's just talking or eye gazing or just like feeling each other, how's your heart what's going on for you? What's alive for you? Slowing down enough to talk about

that is often you're not, because you're just going through the day, you're handling the diapers or handling work or whatever, and to slow down enough to actually feel each other and your hearts and where you're at. Then it does create some spaciousness and maybe some aliveness or electricity that can flow into maybe just energy play, maybe touching, maybe sex, maybe not, but actually you're prioritizing your relationship, which is so important, like Ellie said, and allowing that wants to unfold to unfold.

K

Kathrin Zenkina 50:10

Let's go back to the original sex question or topic that I brought up at the very beginning of this episode, which is women struggling to orgasm. Because that was at least like, again, There's only two hours before we started recording this for people to ask their questions, and I was just so amazed and a little bit surprised, and I was like, wow, these are like 99% about sex, and then there's at least 20 people in here who are like, I really struggle, I can't get to an orgasm like, for example, I literally screenshot one right here. I can't get to an orgasm with my boyfriend when I'm near I get overwhelmed and need to stop. So what, like, what's going on here? Why does this happen? How can they overcome it? and again, this for the first time?

E

Ellie Montgomerie 50:59

Well, I have some ideas, but you're the one for this. I've never had a problem orgasming, but I had all sorts of other problems. Don't worry. Well, I'll just say okay, so few things so, one, I have our places that we have to grow. Okay, so number one, my biggest recommendation around this is for women to have a self pleasure practice, and this is what I didn't have before, and so I did masturbate, but I would like to use a vibrator, and I was kind of, like, uncomfortable about it, and I just, it was like, fast and you know, just this like really cheap.

A

Aimee Batuski 51:40

I know real contact with, I'm jamming in, but just no real contact with my body. It was just like, oh, vibrator, Climax, Done. Yeah, no real relationship to my body or my pussy, we use the word pussy.

E

Ellie Montgomerie 51:55

and so this was huge for me, too. Because a lot of women are like, you know, I want to have orgasms. I want to have more orgasms, and I want my partner to slow down and I want all these things, and it's like, that's beautiful, and can you slow down with yourself? and I couldn't. It was too uncomfortable, and can you do it soberly? and can you write like, how long can you stay present while giving yourself pleasure? and so this was a massive journey. How long can you stay present while you know experiencing pleasure? Because you're anything like me, right? I still have to work on this all the time. It's like, my capacity for pleasure actually isn't that big, you know, it's gotten more and more as I've been on this journey, and as I've practiced it, but my mind will take me out of it, and that's often what's happening, right? It's like, your partner will start pleasuring you, and you're like, Yeah, you get overwhelmed, or you check out or vulnerable and intimate to receive that.

K

Kathrin Zenkina 53:26

and create like a finish line. Also, I know this is something I've struggled with is like, oh my god, am I taking too long, like is he getting tired? Is there a finish line of some sort that I mean, like starts the time, it's like, once that starts to happen, there's a timer in your mind. This doesn't happen anymore for me, but like I remember specifically, my struggle with a partner or not by myself, but with a partner was always like, it's taking too long, there's a timer, it has to happen, and it just created all this pressure and force which just never leads to that.

A

Aimee Batuski 53:58

I think this isn't really, this is where taking climax off the table or taking it. Like, out of the running for the goal or like it isn't the goal is so important and so valuable both in partner practice, and solo practice. So when you are with yourself, like having, first of all, I would say for women that want to climax and have orgasms and can't, I would say stop using a vibrator. If you are using the vibrator, at least for a time being, we are not anti vibrator in any way. But to actually just take time to develop a self pleasure practice without needing climax, just getting to know your pussy. We're actually in a program, we're in a course right now. We're constantly in our continuing education, as I know you are too Kathrin always learning and we're in a course right now all about the G spot literally, it's an entire course only about the G spot and about squirting and female ejaculation. So we're learning about that, like so deeply like the history and the anatomy and like all of these things right now, because we have done a lot of courses specifically around the clitoris, but we haven't done a lot of courses or a lot of education around the g spot. So we're learning more and more about our own bodies, our own pussies, our own pleasure centers, and I think that's important to self discover and to discover in partnership and slowing down. We teach a lot of these tools in our programs, our flagship programs called pleasure mastery, and in pleasure mastery, we do guided self-pleasure calls, we give the women in our program tools for asking for what you want, and asking for what you need. We have coed session where they can bring their partners if they want, and giving them tools to practice, like, for example, doing things like A versus B, and so you can do something like you know, I'm going to show I'm doing this visually right now. But like, I'm rubbing Ellie's arm, and then I'm pinching Ellie's arm, right? and then I asked her A or B, which one do you like, same thing if your man or woman or whoever you date or have sex with is, you know, eating your pussy, licking your pussy, and it's like, okay, I'm going to do this kind of like suction thing, and then I'm going to do a light licking or touching which one, A or B, which one's more sensation, so good, little tools like that can make such a difference. But we don't practice these things we don't know, we don't know what to do. So we're just like in bed. Like, I know, I don't really like this, but I'm not really sure what to ask for, right, and then having simple tools like this to just explore together, you can do it with yourself. This is called body mapping. It's like mapping, and I learned from one of my teachers, Jaya, who's a sexologist, and she's like, mapping, like how much sensation and pleasure you can experience in different parts of your body with different, you know, touches, pressures, intensities, things like that. So there's a lot to discover about our own bodies and with a partner, and it really helps to slow down and to have some practices and tools to just try new things discover, like you're, you know, young and discovering bodies for the first time.

K

Kathrin Zenkina 56:55

KATHRIN ZENKINA 58:55

This is so good. You guys, I'm gonna ask one more question, and then I encourage each and every single one of you to go into their courses, go follow them on Instagram. This is like, such a life changing stuff, and I'm so excited for every single woman who leaves this podcast and enters your world and has their entire relationship with themselves and their partners and their bodies. Like completely transformed. I'm just so excited for them. So my last question is, another sex one, let me just quickly pop this one in, which is if someone isn't feeling physically passionate towards their partner, can it be cultivated, there's a couple of a long term relationship questions where, like, they just either lost physical attraction, or it's just not as exciting anymore, or whatever it is, like, is this something that's gone forever? Or is it something that can be cultivated again?

E

Ellie Montgomerie 57:49

Yeah, great question. So here's the thing. The fact is relationships are hard, and the kind of the mindfuck about relationships is that when you are in a new relationship, biologically, there's a whole hormonal cocktail going on, that is designed to make us fall head over heels, like attraction in love, so that we will procreate and continue on as a species, like it's actually biologically set up in us and then once you know a certain amount of time has passed often once you've had a kid or two. Biologically, it's like that goes away, we're not, it doesn't keep going because it's like, oh, Nature's job is done here, and so right, and so it does take, I hate to say work because it makes it sound like you know, drudgery which it doesn't have to be.

K

Kathrin Zenkina 58:57

Sound like you're paying your taxes, oh honey, I'm just paying taxes in bed today.

E

Ellie Montgomerie 59:02

but I think it like the way that I would describe it, as it can take leaning in where you are resistant, and for every couple it's going to be different because every couple has different patterns that play out and we tend to choose people who we get to work shit out with, so some people it is their physical attraction is the thing that gets in the way some people it's emotional stuff that comes up, it's you name it, right? it looks like every couple has their shit, that's just you, that you won't meet a couple that doesn't, and so hopefully that normalizes it for people where like whatever struggle you're facing in your long term relationship, it is there to help you evolve, like long term relationships are really meant to be a, if you're in one know this, right? It's like they're for our growth. That is why we make these contracts with people, why we say we hire people into to our lives, into our world to teach us, and so whatever it is for you, whether it's like everybody is in a relationship, it will have just popped up in your mind, right? It's like the thing that you're like, Oh, this is the thing about them that like, bugs me a little bit, or this is the barrier for me or whatever, and it's like, that is your work to do, and so, um, you know, my husband, and I have this coming up right now, he's like, this, this is my pattern in relationships, like, I'm really into the person at first, and over time, I kind of lose that initial, you know, attraction and sex, I don't look at you now, and want to have sex with you, and so then I'm like, you know, like, I don't have the, like, I feel like it's, it's a barrier for me, you know, I'm not just walking around, like, Oh, my God, I want to fuck you, and it's lock and key with my wound and trigger, which is, I feel like not desirable, and it's such like, little girl, right, like

wound of like, not feeling beautiful or not feeling wanted or desirable, and so this is our work to do in our relationship, and so this is what we're talking about, when we go out into the hot tub, you know, sharing these things we don't want to say to each other, getting real with each other, and on the other side of these difficult conversations, is where the attraction comes. The truth is the greatest aphrodisiac, but you have to be willing to say, we say be willing to say the thing that would end the relationship that could end the relationship that is a, you know, advanced game, but in my experience, it is what keeps the relationship alive, because if we have these, you know, things we're not saying and thing, you know, these barriers, and over time, like that is what leads people to cheat or, you know, fantasize about other people or leave or think, oh, I can go find this, you know something better with someone else, and sometimes that's the case, but often, you'll just go create the same thing with another person.

K

Kathrin Zenkina 1:02:13

I love that the truth is an aphrodisiac. Oh, such a great note to end this on. Such a nice little mic drop right at the end. Aimee and Ellie, thank you so much for coming on here. This has been such a pleasure and a joy, and I feel so satisfied with finally completing the cycle of all these rescheduling that led to, in my humble opinion, the most perfect podcast episode ever. Where can people find you? work with you? What programs do you have? What can people sign up for? Just lay it all out for them?

A

Aimee Batuski 1:02:48

Yeah, well, thank you for all of that, that you just said, and I feel the same way, and I love this conversation. I know that we could have gone on for five more hours, but it's okay, so we're on Instagram, each of us. We have our own Instagrams, they're just our full name, so at Aimee Batuski and Ellie Montgomery and then we have our shared company and community Instagram which is at desire on fire, we're desireonfire.com, and we're not really doing anything right now honestly, that's open to new things.

K

Kathrin Zenkina 1:03:21

Well things for the future.

E

Ellie Montgomerie 1:03:22

Yeah, we do. Our favorite thing is live events. So we host an annual event with three to 500 women, and this year it will be in Austin most likely. So that's where we are right now. We may do one, may be one in the spring.

A

Aimee Batuski 1:03:38

Oh yeah, we actually are going to, it's probably gonna be different though. So yeah, we're like really in the creating mode right now.

E

Ellie Montgomerie 1:03:43

and getting turned on and excited about like doing more in person events, large scale events that more women can come to. So yeah, probably look out for something in the spring and definitely one in the fall, but yeah, the best way is just to keep up with us on on Instagram.

K

Kathrin Zenkina 1:03:59

Perfect, and I will link all of that in the show notes. Thank you so much for being here, and with that being said, I will catch you guys in the next episode mwah bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media. Come soak up extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic