

These are sexual, intimate and authentic sharings of a long journey lived by a 50 year old mother of four, married woman since 1994.

Welcome into my world – of having sex daily since 2008.

“Each person has their own rhythm. No individual or couple can use someone else’s formula. I wish to share the rhythm I live. It might inspire, give ideas or awaken thoughts beyond established patterns. This would be my wish with this book. For my own part putting these words together into a book, has dared me into living and sharing openly about my inner experience. My core belief during this lifetime is to live as beautifully as I can and to be as honest as I can. To myself.”

Matilda Gregersdotter is pioneering transformational training for adults. She holds a Master Certified Coach, MCC, certification from The International Coach Federation, which means she has worked professionally with coaching methodology and transformational processes since 2004. She is the founder of Evolvia ehf. Coach Training School and is the designer of internationally accredited coach training programs. Her experience in coaching methodology has opened her up to realms of consciousness in sexuality, tantric massage and pleasure beyond what she knew existed. Vedic Art & Bohm Dialogue have also been two transformational methods she worked with.

“I have been asked - to share how we live, or how I live. This book is now my painting. This is my way of giving it away, letting you see a glimpse into my world. I hope you enjoy my journey and your own reflections.”

One of the first reflections from a reader of only the first chapter:
“I believe this book is a transformation tool, not just info.”

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