

A woman with long dark hair is lying in bed, looking up towards the right. She is wearing a dark-colored top. To her left, a man with curly hair is looking towards her, with his hand near his face. To her right, another man with curly hair and a beard is looking towards her. The scene is set in a bedroom with warm lighting.

# How to have a great **THREESOME**

A guide for COUPLES  
inviting a third person in



Threesomes can be so exciting! It's many people's most desired sexual fantasy.

But they can be messy and awkward.

As great as they sound, if not approached in the right way, they can even break you apart.

This guide will help you to prepare and hold a threesome in such a way, that you will have that amazing, dream-like experience.

Enjoy...

Xoxo, Magda





# 10 Rules

for a great  
threesome

MAGDA KAY



- 1 **Make sure you and your partner are in a solid place** before considering having a threesome. You both need to feel met, loved, seen and appreciated. If there are unresolved issues, a threesome will blow them up. So first, fill each other's cup.
- 2 **Make sure you both like the person** and you mutually agree on them. Don't ever force your partner to be intimate with someone they don't want.
- 3 **Consider safety.** There is always an element of risk and you need to decide what feels good to you. You may choose to use condoms, have a no-penetration rule, or get tested together.



**4 Discuss boundaries with your partner.**

**5 Discuss boundaries & rules with the third person.**

**6 Make the other person extra comfortable.** Remember, you are in a relationship, you're comfortable with each other and you're deeply bonded. The other person is a guest, so help them feel welcome. Spending some time beforehand and creating friendship can be helpful.

**7 Focus on giving rather than receiving.** If you ever feel awkward or left out, the best way to move through it is by giving: touch, massage or kiss others.



8

**Stay connected to both partners.** This will require conscious effort. In threesomes, it's very natural for one person to feel left out, because of our natural tendency to couple. Make sure you are always connected to both partners through touch, kissing, penetration or at least, eyes.

9

**Slow down and welcome pauses.** It's easy to feel extra pressure with two partners; it's common for men to struggle to get an erection. So slow things down, focus on foreplay. This will help you relax and enjoy it more.

10

**Communicate with your partner after the experience.** Make sure you both have space to share how it felt, and especially, if anything didn't feel good.





# 8 Questions to discuss with your partner **BEFORE** a threesome

MAGDA  KAY



1 What **excites you the most** about the idea of a threesome?  
What would **make it the best experience** for you?

2 What concerns do you have? What do you **fear** could happen?

3 What is your **non-negotiable desire**?

*(something that must happen for you to want to have a threesome, and without it - you will not want to do it)*

4 What **boundaries & rules** would you like to set for this experience?



5 Which of them are **non-negotiable**?

*(unless they are respected, you will not want to have a threesome)*

6 What do you **need from me** to make this experience as pleasurable for you as possible?

7 What kind of **before-care** do you need, **from me and yourself**?

*(how do you need to be treated by your partner and what do you need to do for yourself in days or weeks before the threesome)*

8 What kind of **after-care** do you need from **me**? And from **yourself**?

*(what do you need after the threesome and when: right after, the next day, the following week, etc)*



## SAFE WORD

It is a good idea for partners to pick a word or gesture to communicate to each other when things are getting too intense.

When it's used, you stop the play, and attend to each other.

You must both agree to it, and if it's used - you *MUST* respect your agreement.

This word/gesture is NOT shared with the third person - it is for you, and for your safety.

And it should *ONLY* be used when things are getting too intense and you cannot handle it. Remember, there will be moments when you may feel left out. If that happens, focus on giving and it will help you feel involved again.



# 7 Questions to discuss with your partner **AFTER** a threesome

MAGDA KAY



- 1 What did you like the most? What was **the best** about this experience? Did you feel your **desires** were met?
- 2 How **included** did you feel? Did you feel **left out** at any point? If you did, what made you feel that?
- 3 Did you feel **safe**? Was there any time you did not feel safe? If so, what made you feel unsafe?
- 4 Would you like to do it **again**?
- 5 If yes - what would you like to do **differently**?  
If no - **why** not?
- 6 What do you **need from me now**?
- 7 What do you **need from me** in the **next** few days?

Do you want to go  
**DEEPER?**





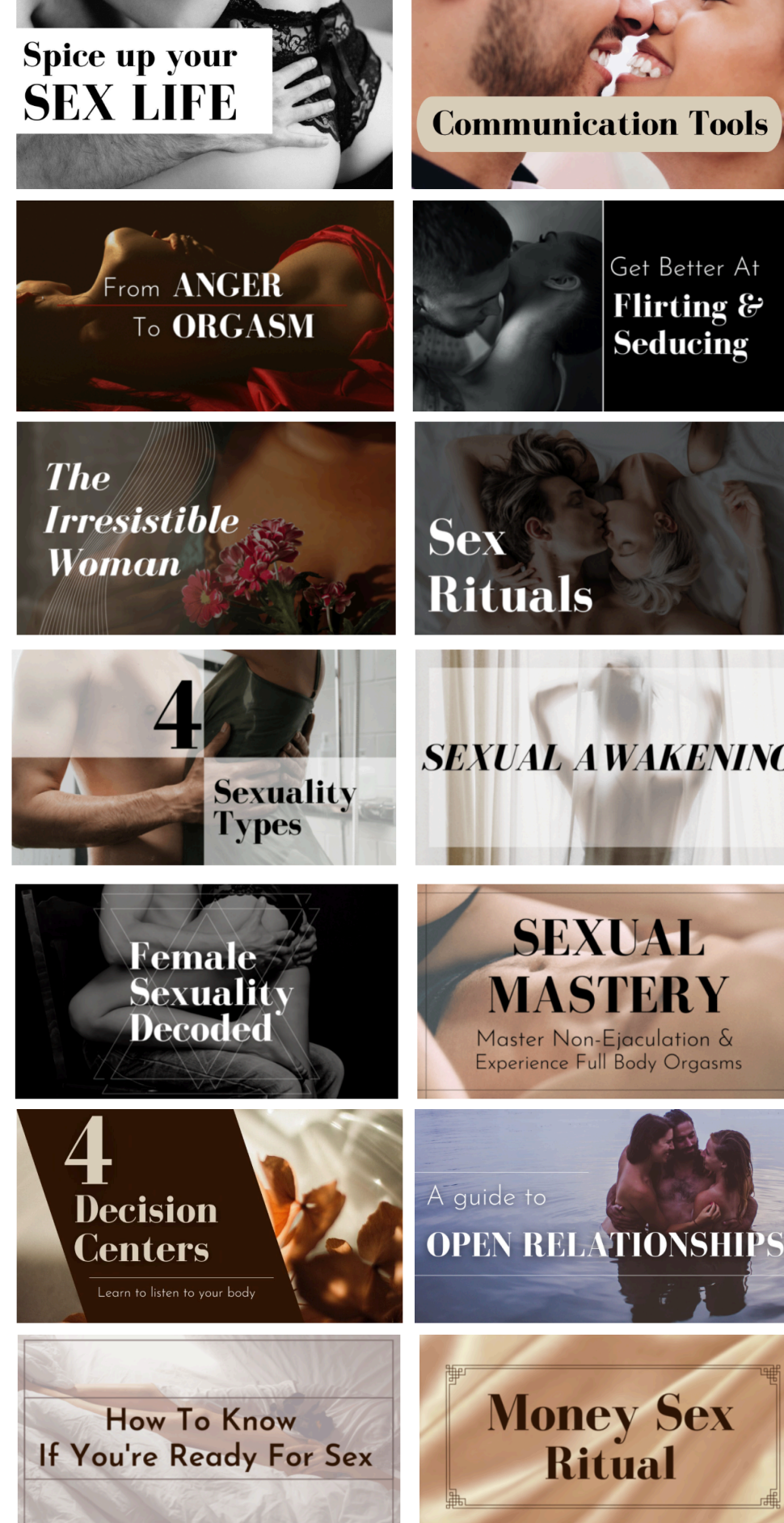
A black and white photograph of a man and a woman sitting on a bed, facing each other and about to kiss. The woman is on the left, with long dark hair, wearing a white shirt. The man is on the right, with short dark hair, wearing a white tank top. He is holding her face with his hands. The background is a simple room with a lamp visible on the left.

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"I see in you a teacher who holds the wisdom I have been searching for.. And it takes a great turmoil I believe for young men constricted in social norms to liberate their own soul first in order to level up with rising women in our society. Your courses prove to be the bridge and answers to the calling of the next generation of man whom you are guiding in a wonderful way. Thank you".

Krish

The small amount that I have done has had a profound impact on me already! I joined the school today and I am so very excited to be a part of it. Already I see so much that my partner and I of 9 years are literally talking in completely different sex languages, wow, big realisation today just from small section of the four sexually types!

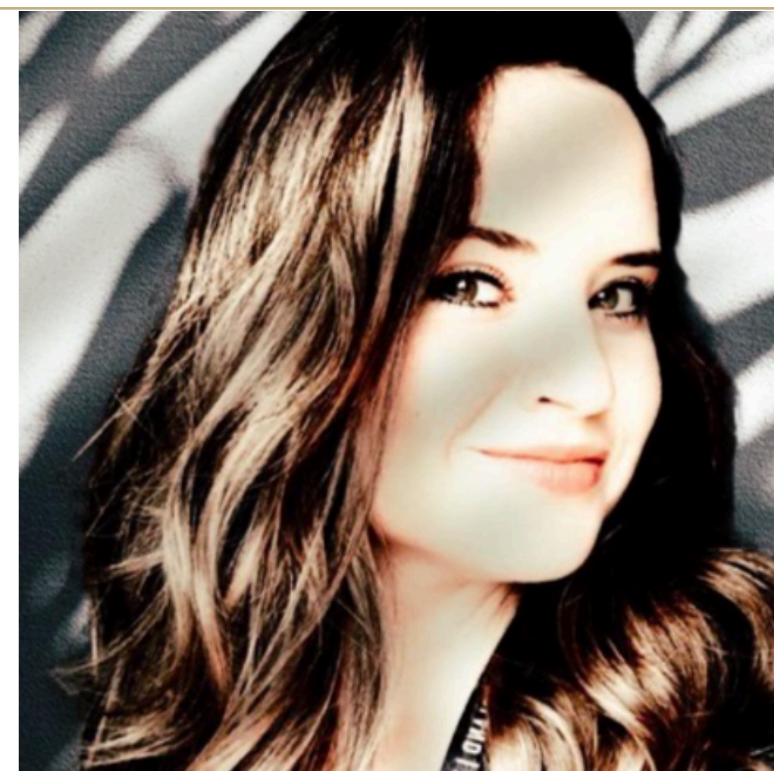
So much is surfacing, anger, frustration, love and opening all at the same time. I have experienced sex abuse, lack of honouring my body, numbness and confusion and I can see so so so much that you are going to be an enormous catalyst for change, healing, insight and growth.

Lisa



I must say I was impressed by your knowledge, teachings and openness. I enjoyed your content in the school so so much and I took so much value out of it. Especially the Irresistible woman (self-love, confidence, such big topics for me, and your tips are so precious) and the 4 sexuality types are so helpful! I wish I would have known about this ages ago, before my relationships broke down because apparently something was wrong with me.. This knowledge is gold and I now know everything is fine with me and my Water type and I can explain exactly to my partner what's going on for me. I've followed you for a while but was always hesitant to join any course, but now I'd recommend it to anyone! THANK YOU so much for the work you do.

Katja





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