

INTIMACY GAMES

Fun Games To Fire Up Your **EPIC™**



5 MINUTES OF ANYTHING

An easy intimacy and connection game for any occasion.

OVERVIEW:

Five Minutes of Anything is quite literally what it says. It's a game where both partners begin by agreeing to doing something that the other partner requests to have happen for five minutes. **Anyone can do almost anything for five minutes, right?** Now, in order to create the intimacy that this game is intended for, we invite the focus of your five minutes to be something that connects you both.

For example, you may ask your partner to rub your feet for five mins. Or to listen to you with an open heart for five mins. Or, to kiss you passionately or slowly for five mins. You get the idea. ☺

You each get to choose what your five minutes entails and if your partner agrees to it, game on! Set the timer and enjoy your gift.

Once you've both had a chance to give and receive, we invite you to do another round, or two or three! It's up to you how long you go, but I can say this, the longer you go, usually the sexier it gets and, eventually may lead to something EPIC!

Give it a try and let us know what happens!

PS- Helpful hint... set the mood for the game. Light candles, grab that jar of organic coconut oil, turn on a sultry playlist. The sexier the setting, the yummiest the outcome.

This is an easy and yummy game you can play anytime!



SPEAK OR DO PART 1

A sexy game that prompts depth, intimacy and a walk on the wild side of play. Sorta like Truth or Dare but at a whole other level.

OVERVIEW:

When we share our EPIC rituals with clients and friends, they often ask what specific things we do to open up and get the connection and intimacy flowing. Over time we have created a litany of tools, games and rituals to turn to for the most EPIC experiences ever.

One of our favorite games we play is called Speak or Do. This game is one of the best lubricants for igniting super sexy playtime and profound soul sharing.

SPEAK or DO may at first seem a bit similar to the game Truth or Dare but it has few twists to it in that...

1. You get a few more options on how to play each choice.
2. The rules of this game is that you must speak or do something that is totally edgy and outside your comfort zone in some way (no exceptions).
3. You are willing to hold a Sacred Space container for this game to have its fullest potential for vulnerability, creativity and connection.

Here's how the game goes...

You'll need one or two dice and an open mind.

The game starts when someone invites the first round by asking their partner who becomes player 1...

“Speak or Do?”



SPEAK OR DO PART 2

Player 1 chooses: “Speak” (which means they will have to share / speak something profound and honest this round.)

They are then asked, “Me or You?”

Player 1 gets to choose if they want the person asking them to choose what they speak about or if they are willing to share something of their own accord.

**Some might ask, why would you choose something to speak on yourself, but this gives an opportunity to offer up something that you may not have felt ok to share before this moment or maybe you’ve been waiting for the right time to tell your partner something or any other reason you would want to be the one to choose for yourself what you share.*

The next step is to “Roll the dice and don’t think twice.”

Depending on what gets rolled, is the level at which you play that round.

For example, if player 1 rolls a nine, the stakes are high. That means player 1 has to share something that is already edgy, but edgy at a level nine.

If player 1 chooses “ME” then they get to pick what they share at a level nine. If they chose “YOU” then you get to choose what they share at a level nine.

The key to coming up with a SPEAK is to really stretch into asking or sharing something that you really want to know or learn about your partner or feel would help you grow closer.



SPEAK OR DO PART 3

Some of the topics we explore for SPEAKs are:

- Fantasies- sexual or other.
- Withholds (things we've wanted to share but have felt shame or fear around).
- Desires we haven't yet voiced.
- Past experiences that helped shape us that haven't been shared already.
- Private things that might actually be juicy to share in this playful and open context.

If your partner chooses DO, then the sexy fun can begin. Same process applies as a SPEAK but now, you get to come up with something totally fun & edgy for the DO.

Again, based on the number that gets rolled is the depth of edgy that each round of DO requires.

Some ideas for a DO are:

- Acting out a fantasy or role play.
- Trying out a new sexual position.
- Asking your partner to do a sexy dance of some sort.
- Requesting some sort of special, physical touch or massage.
- Anything you can come up with that would be fun, sexy and yummy.

Playing at least 2-3 rounds each gives you a chance to deepen the experience with each new round. One round is never really enough and sometimes we play this game for hours because it can open up a lot of in depth sharing and/or deliciously fun physical connecting and playful shenanigans.



SPEAK OR DO PART 4

Overall we love this game because it invites a lot of creativity and ways to push the boundaries of what you think you are capable of. It's a wide-open platform that leaves it up to how you want to play as long as you are both willing to play full out, get vulnerable and have some fun.

SPEAK "LIGHT" QUESTIONS:

- What was your first impression of me when you met me?
- What is the most embarrassing thing that has ever happened to you?
- What is your biggest fear about our relationship?
- Is there anything you have not said but wanted to during sex?
- What is the wildest thing you would do sexually with me?
- What is the one thing you wish I would do more of in the relationship?
- What is one thing your partner does that makes you feel desired?

SPEAK "EDGY" QUESTIONS:

- How can I please you more sexually?
- What are you most afraid of when it comes to our intimacy?
- Do you have any fantasies that you've never shared with me?
- What turns you on the most about me?
- Where do you think we could be more honest with each other?
- What do you desire from me that you feel shy about asking for?
- Make up a steamy sex scene about us and tell me in detail.
- Tell me how to talk dirty to you in a way that would light you up.

TALK DIRTY

SECRETS



TURN ONS

HONESTY



SPEAK OR DO PART 5

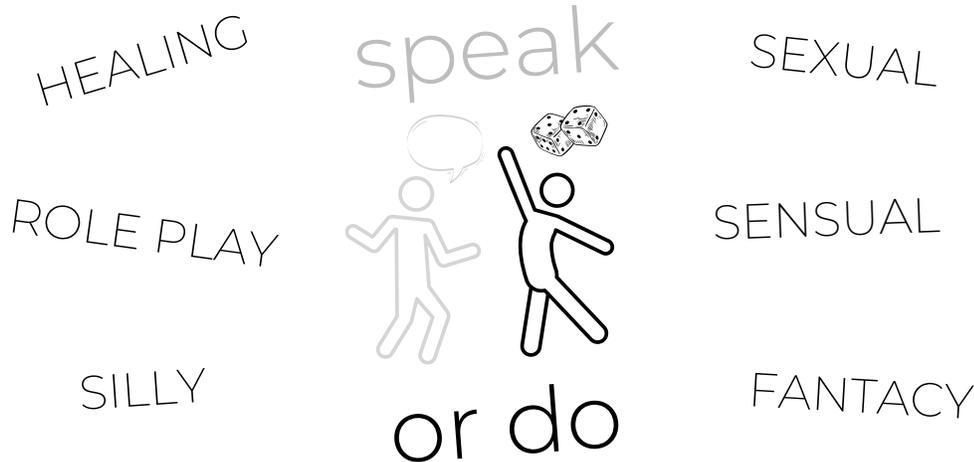
DO ACTIONS:

- Give your partner a 30-second (or 5 minute) strip tease.
- Perform a silly dance for your partner.
- Feed your partner a spoonful of a mystery food (blindfolded).
- Let your partner give you a makeover.
- Pretend to call your partner's boss and tell them what a great job they're doing.
- Do a dramatic reading of a love letter to your partner.
- Give your partner a surprise kiss (anywhere they choose).
- Sing a love song to your partner, a cappella.

Remember, while this game is fully about pressing your edges and expanding your horizons every SPEAK or DO request can be negotiated to suit your level of fun and pleasure.

It's your game, your EPIC. Do it your way!

Enjoy exploring the game through some of these categories...



CURTAIN ENTRANCE EXTRAVAGANZA

Spice up your attraction and push the edges of being seen, felt and experienced by your partner as a sexy-motha-f#\$%@

OVERVIEW:

Bring your sexy, your raunchy and your ravenous self to the experience and dance, crawl or seduce your way into a room while sending all your love and energy to your beloved. If you have a curtain be sure to play up your reveal. Don't give them everything all at once. If you are using a doorway play with that.

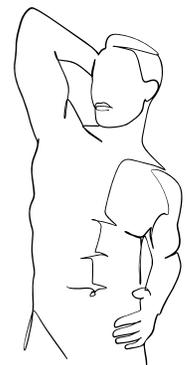
HELPFUL TIPS:

- Sexy outfits are helpful.
- Layers you can remove are helpful.
- Exhilarating music also helps to set the mood.

When you are in your own turn on it always goes over fantastically. Don't be shy, own your body, own your sexy and bring it.

NOTE: Curtain not necessary but does add a layer of fun and mystique. It can be as simple as a doorway with a \$10 tension rod and inexpensive set of curtains.

Be mindful of putting weight on the curtain and expecting it to hold you. Falling over can be hilarious as long as no one gets hurt but, we are going for sexy here. ;)



PRO TIP: Practice your moves beforehand in front of a mirror. Sure, it can be super confronting, but if you drop into your own turn on and sexy you can see what looks good (it usually feels good too) then bring that to your partner.

LOVE STORIES
Revisited

