



PRE-GAME

SET UP YOUR EPICTM



COMMIT TO YOUR EPIC™ PRACTICE

Important Steps To Follow To Create An EPIC Experience

Having an EPIC practice has been our most valuable growth tool for the evolution of our relationship and life. Quantum really.

We cannot stress enough the importance of an EPIC practice for your relationship.

Schedule schedule schedule!

“If you fail to plan, you plan to fail” so schedule your EPICs and make sure to show up for them. This is important for beginners and pros!

First step in getting into practice with your EPICs is to schedule your EPIC in advance and regularly. Have a conversation around what days or nights would work best for you ... where you both will be present, have energy to show up fully and not have distractions etc.

When will we have our next EPIC? _____

When will we do our EPIC pre-game Homeplay? _____

**Share your vision, specific intentions or reasons for your next EPIC.
What do you want to focus on together?**

INTENTION : EXPERIENCE

Before you begin any EPIC™ make sure you are on the same page around what you both desire and expect. Starting off your EPIC™ with an “Intention Experience” communication session is essential.

To create a container of safety, surrender and fun for all parties, get clear on what you both desire for the experience. In the beginning of your EPIC™ practice and until you both become more accustomed to this kind of intimacy practice, we encourage you to write down your agreements and intentions. We want to ensure success and deeper connection, not create any further agitation, upset or hurt feelings.

The more bold and open you both are on the front end... the more you will be satiated, connected and cared for on the back end.

HAVE YOUR “INTENTION EXPERIENCE” DISCUSSION

Some of the ways you can co-create your intentional experience is using these tools in your EPIC™ “pre-game” time...

DESIRES, FEARS & BOUNDARIES

Start by making space to sit down together to set your intentions. This is the perfect moment to ask for your desires and what you want in advance as well as share any fears and to get clear on your boundaries.

DESIRES:

- I really want an orgasm
- I want to make sure we dance a lot
- I want to spend time warming up my body before we engage sexually (IE- foreplay and present awareness)
- I would like to limit / be mindful of our processing time.

(This statement is better shared as a want verses a don't want AND... for now it is better to share than to not share and at least get your desires out)

FEARS

- I am concerned about meeting your needs because of XYZ
- I am fearful that I won't get what I need if you orgasm before me
- I'm worried that I'll get performance anxiety
- I'm afraid of asking for XYZ from you but I really want it

BOUNDARIES

- I would like to keep our sexual play tonight to "panties on"
- I would like to be done/ in bed / asleep by __PM tonight.
- No hickeys allowed

CLEAR AGREEMENTS

Based on your Desires, Fears & Boundaries discussion you can then set clear expectations around sex, play, crafts or other things. Use this sheet as a template to guide you in your pre EPIC™ planning...

Is there a desire for intercourse? YES NO

Is there a desire for an orgasm? YES NO

Do we want some massaging to move out aches and pains? YES NO

Are we using Red, Yellow & Green? YES NO

What is our safe word should we need it? _____

What other Fears, Desires & Boundaries do you want to articulate before you dive in?

TIME & “RULES”

What are our agreements around looking at phones or texting others during our EPIC™?

How much total time are we giving ourselves for this EPIC?

Are there any other agreements you need to make to set your container?

What percent of time (0%-100%) do you want to spend on activities in each category?

Erotic ____ **Playful** ____ **Intimate** ____ **Creative** ____

NOTE: Depending on your mood, desires or goals, you might spend the majority of time in any one category over the other. However, getting clear on desires and expectations and then finding an “All Needs Met” solution to them in advance is the key here.

ALTERED STATES*

If you are choosing to use any sort of libations or substances during your EPIC be mindful of the energy each item can bring. Everyone responds differently to substances. Know in advance what you are choosing or not choosing so you can be deliberate about your experience.

NOTE:

- Alcohol can be lovely in small doses to lubricate the mood or increase vulnerability or connection. However larger doses can often lead to misses around communication, inhibitions or breaking agreements.
- Aphrodisiacs such as Damiana, Kana, Blue Lotus, Horney Goatweed, Cacao are lighter options that can enhance experiences & libido.
- Marijuana can also be lovely in small doses but may lead to paranoia or tiredness and derail you from being present. Recreation use is legal in many states now.
- Psychedelics & other substances should only be used or administered by a professional.
- Please follow your states or countries laws when choosing a substance.

**Eden World is not suggesting you add any substances to your experience. From years of research we know that couples “love to party” and have often added substances to the mix. As adults you can choose what you want for yourselves.... “you do you boo”. This section is to encourage creating explicit agreements around any choices you make to alter your state. We are not condemning or condoning the use of substance during your EPIC™*

What libations or party favors or sacrament, if any, will be part of your experience and for what specific reasons are you choosing them?

Are there any other intentions that have come up that you would like to add in?

CREATING THE VIBE

Now that you know in what direction your EPIC is headed, you can take the time to get your space set-up accordingly. Here are some suggestions on getting your space dialed in. Set up/create your play space: an area specifically for deeper connection, intimacy or sex.

VIBE, PLEASURE & SPIRITUAL CHECKLIST:

- Candles & Vibe Lighting
- Music: Sound system & playlists
- Oracle Cards or divination tools
- Set up an altar as an honoring of your love
- Set up the bedroom for “yum” and frolic
- Lube, oil, toys or... hmmm... be creative
- _____

Check the [EdenWorld.org/LoveStory2023](https://edenworld.org/lovestory2023) page for "EPIC Resources" purchasing links and ideas for many of these items.



PRO TIP: When traveling it's a good idea to have a mini-EPIC kit with you for those opportunities you may have to do an EPIC with your partner while on vacation, at festivals, visits abroad, etc.

Lighting, music & play toys are essential ingredients!