



---

CHAPTER SIX

---



**CONNECTED  
CONVERSATIONS**

**EPIC™**



# CHAPTER SIX

Join us for a remarkable experience that will transform the way you communicate your needs, desires, and boundaries ... in the bedroom... with your partner.

In Chapter 6 of Love Stories Revisited, you will uncover the secrets of effective communication around touch and consent, opening doors to a world of deep connection and renewed passion in your relationship.

Use this playsheet to follow along, fill out and take notes during the Connected Conversations EPIC™

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. Every door is another passage, another boundary we have to go beyond. While the mind sees only boundaries, Love knows the secret way there. ~ **Rumi**



# WHAT IS AN EPIC<sup>TM</sup> ?

**An Eden EPIC<sup>TM</sup> has some aspect of these four elements:**

- Erotic
- Playful
- Intimate
- Creative

## **EROTIC**

Erotic: Devoted to or tending to arouse sexual love and desires

## **PLAYFUL**

Playful: Full of fun and high spirits; frolicsome and sportive to one another.

## **INTIMATE**

Intimate: A feeling of physical or emotional closeness and connection

## **CREATIVE**

Creative: Turning new, expressive & imaginative ideas into reality

*\*Revisit the Purposeful Partnership EPIC (Chapter 2) for more explanations on these four elements found at: [EdenWorld.org/lovestory2023](https://EdenWorld.org/lovestory2023)*

EROTIC  
PLAYFUL  
INTIMATE  
CREATIVE

# OOOH, THE POSSIBILITIES!

**What is possible for you from this Connected Conversations EPIC?**

\_\_\_\_\_ **Intimacy:** By learning to communicate about the kinds of physical touch you want and need, you can deepen your emotional and physical connection with your partner. Understanding each other's preferences and desires allows you to create a more satisfying and fulfilling intimate bond.

\_\_\_\_\_ **Satisfaction:** Effective communication about physical touch can lead to increased satisfaction for both of you. When your needs are understood and met, it contributes to a more fulfilling and enjoyable intimate relationship.

\_\_\_\_\_ **Trust:** Openly discussing physical touch fosters a sense of trust and safety within the relationship. It allows you to establish and respect each other's boundaries, leading to a stronger foundation of trust and mutual respect.

\_\_\_\_\_ **of Expectations:** Communicating about physical touch helps to align expectations between partners. It ensures that both individuals are on the same page regarding their desires, boundaries, and comfort levels, reducing misunderstandings or potential conflicts.

**Personal** \_\_\_\_\_: Learning to communicate about physical touch in a relationship can promote personal growth. It encourages self-reflection, self-awareness, and an understanding of your own desires and boundaries. This process can lead to personal development and a deeper understanding of your own needs.

\_\_\_\_\_ **Resolution:** Effective communication about physical touch can help resolve conflicts and prevent misunderstandings. By openly discussing any issues or concerns, you can find mutually agreeable solutions, fostering a harmonious and satisfying physical connection.

**Increased** \_\_\_\_\_: Experimentation allows you and your partner to discover new ways to experience pleasure and expand your sexual repertoire. Trying different techniques, positions, or activities can lead to heightened sensations and increased pleasure for both of you.

## PRINCIPLES IN PRACTICE

### PRINCIPLE #7 - FULL SOVEREIGN EXPRESSION

*It is a potent expression of divine love to be fully expressed as an individual. Every person plays a necessary role in integrating what is needed to create a world that works for everyone. We also believe that it is courageous to be fully expressed and even though this can be messy and create great contrast, it is where our differences meet that our greatest opportunities for healing, growth and evolution exist.*

# HOMEPLAY

Do this Together



*Answer these questions individually before sharing with your partner. This is a great Sacred Space or EPIC Pre-game conversation to have with one another.*

**Where do you feel you can be more fully expressed in your physical intimacy with your partner?**

---

---

---

---

---

---

---

---

**How would you like your partner to be more fully expressed in your physical intimacy together and how might you lovingly encourage or invite this from them?**

---

---

---

---

---

---

---

---

# BODY REVEAL TOOL

*This is a tool for noticing and feeling into your body, and then speaking to the sensations happening in your body.*

Your body is with you in every experience you have, and a Body Reveal speaks its truth. This is a practice of being in the awareness of your body, a way of advocating for it, and normalizing the sensations.

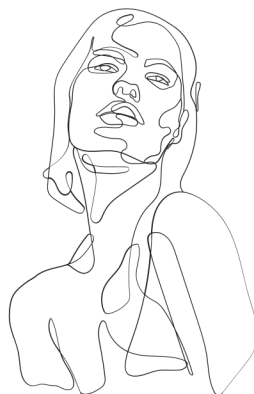
When one person speaks their **Body Reveal** it creates an implied or overt invitation for the other person to notice into their body and perhaps speak their body's truth.

This vulnerability can be disarming and allow for deeper connection. It may also allow for a noticing of a need, that when met, will allow for greater grounding and connection.

## **Body Reveal Example:**

*"I'm excited and nervous (emotions), and I can feel my heart beating fast, I'm feeling buzzy and I'm starting to feel really hot (body sensations)."*

*The Body Reveal Tool was brought to Eden World by Kismet Marlane, Sanctuary member since 2019.*



# HOMEPLAY

Do this Together



✍️ During your next Sacred Space process, EPIC date or EPIC Pre-Game, open your container by each doing a Body Reveal.

Generally we are well conditioned to notice uncomfortable sensations (tense shoulders, headache, cranky knee). Begin to train your brain to scan for pleasure.

Such as, *“I’m aware of the softness of my inner thighs”* or *“I feel a pulsation in my genitals.”* or *“My mouth is watering.”* etc.

For this exercise, take a moment to invite your awareness to scan for places in your body that have the sensation of openness, buzzy, soft etc. You might also notice pleasurable sensations. See and report into all that you notice.

**What are you more conscious of now than you were before after you did a Body Reveal?**



# 4 TYPES OF TOUCH GAME OVERVIEW

The Three Minute Game was developed by Harry Faddis and Betty Martin started integrating it into her Wheel of Consent workshops. This EPIC Salon piece taught by Kismet is influenced and inspired by the Wheel of Consent® as developed by Dr. Betty Martin. Kismet has guided touch experiences based on the wheel and created the 4 Types of Touch game based off this work and has been using it in her work for many years. However she has not studied directly with Betty or the School of Consent. For more information visit [www.schoolofconsent.org](http://www.schoolofconsent.org).

**Both of you will be in the experience of 4 different roles/actions:**

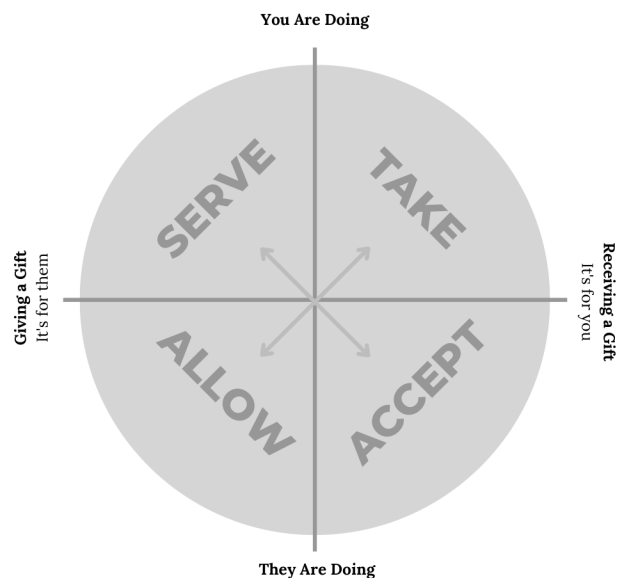
**SERVE      ACCEPT      TAKE      ALLOW**

Each of the four rounds of the game creates a different role and experience for you. Either you are doing or your partner is doing and either it is for you or it is for them.

**The two factors overlap and combine in four ways:**

- You are doing and it's for you (Take)
- You are doing and it's for them (Serve)
- They are doing and it's for you (Accept)
- They are doing and it's for them (Allow)

Each of the four roles are enjoyable and challenging in different ways. Each role will teach you something different about yourself and will help you to assess a different aspect of yourself and your sexuality.



The name of the game is to find out (and ask yourself):

**WHOSE PLEASURE IS THIS FOR?**

**Within the 4 Roles there are 2 questions.**

**Each question makes an offer.**

**Offer #1:** How would you like me to touch you for 3 minutes?

**Offer #2:** How would you like to touch me for 3 minutes?

When you are in the roles that get to make the offer, you are giving a gift. Negotiate as needed. Never give more than you are happy to give.

You can take turns offering to each other (in any order).



**PREP WORK REQUIRED:**

*To help you play this game, refer to page 29 and cut out the cards of each role to use when playing this game during the EPIC Salon.*



# 4 TYPES OF TOUCH GAME STEP-BY-STEP

Use this part of your Playbook to follow along with Kismet.

## ROUND 1: SERVE / ACCEPT

**COUPLES: Choose who will be the...**

Server: \_\_\_\_\_ (write the Server's name here)

Acceptor: \_\_\_\_\_ (write the Acceptor's name here)

(From the role cards you cut out on page 29, the Server takes the Server card and the Acceptor takes the Acceptor card. Put the card in front of each of you so that you can easily remember who is playing what role.)

**SOVEREIGN PLAY INSTRUCTIONS: this is for those who are here solo, or for those who prefer to explore your touch with your own body.**

*You and your body are a unified entity. Your spirit resides within this incredible somatic creature, and it deserves just as much of your attention to pleasure as you would give to your beloved partner. Learn to be a good companion to your body.*

*We invite you to use your imagination and let your feet be the Acceptor and your hands become the Server. You can do this with any other part as well.*

**In this example the roles will be...**

**Server:** Hands will massage

**Acceptor:** Feet will accept massage

**This first question / offer will be spoken by the Server.**

## **SERVER ASKS:**

***“How would you like ME to touch YOU for 3 minutes?”***

*(Server, set aside what you prefer, including the response you hope your Acceptor gives such as “I hope he asks for a massage.”)*

Once the Server makes this offer, wait for the answer from your partner who is in the role of Acceptor. Give them space to answer what it is that they want.

## **FOR THE ACCEPTOR TO ACCEPT:**

1. Put yourself first. Set aside what you are just "OK" with. Ask for something wonderful. Something that would delight YOU, that would give YOU pleasure.
2. Take all the time you need to notice what it is you would like. This is the most important part, and often the hardest.
3. Speak your desire as directly and specifically as you can. No hinting, no maybe's, no 'whatever-you-want-to-give'.\*

*\*If you don't know what you might want, turn to pages 24 & 25 in this playbook and choose something from the MILD list.*



## ACCEPTOR SPEAKS THEIR DESIRE

*Please touch me like X Y Z on my 1 2 3*

### FOR THE SERVER TO SERVE:

1. Decide if you are willing and able to do that. Honor your limits. Ask yourself: *'Is this something I can give with a full heart?'*
2. If it is, do so as best you can. If it's not, then have a conversation here. You can counter offer and navigate yourselves into agreement that puts the Acceptor's pleasure as primary importance.

Once the Acceptor states their desire, and you the Server feels a full body YES to giving that to them, you will **set the timer for 3 minutes** and give them what they asked for.

**NOTE: This touch is for their pleasure.**

You, the Server, are doing the touch and it's for them.

### WHEN THE TIME IS UP...

**Acceptor Says:** *"Thank you!"*

**Server Says:** *"You're welcome!"*



## ROUND 2: TAKE / ALLOW

**The Server now becomes the Allowor.**

Allowor: \_\_\_\_\_ (write the Allowor's name here)

**The Acceptor now becomes the Taker:**

Taker: \_\_\_\_\_ (write the Taker's name here)

*(From the role cards, the Allowor takes the Allowor card and the Taker takes the Taker card. Put the card in front of each of you so that you can easily remember who is playing what role.)*

**SOVEREIGN PLAY** - Again, this piece is for those who are here solo, or for those who prefer to explore your touch with your own body as a sovereign practice.

We invite you to use your imagination. This time let your hands, mind and eyes be the Taker, and your feet become the Allowor.

**EX:** You are using your hands and fingers to explore your feet and it's your hands and your mind that get to have their curiosity satisfied.

**In this example the roles will be...**

**Taker:** Hands will explore, eyes will look.

**Allowor:** Feet will accept

**This first question/ offer will be spoken by the Allowor.**

## **ALLOWER ASKS THE TAKER**

**“How would YOU like to touch ME for 3 minutes?”**

**TAKER:** Take time to think about and feel into what part of your partner you would like to touch and feel?

*\*If you don't know what you might want, turn to pages 24 & 25 in this playbook and choose something from the MILD list.*

**NOTE: This touch is for your pleasure.**

You, the Taker, are doing the touch and it's for you.

When you are clear on what you desire, be sure to use the words ‘May I...’  
\_\_\_\_\_ **not** ‘would you like?’

## **FOR ALLOWER TO ALLOW**

1. Take time to consider your limits. Ask yourself: ‘Is this a gift I can give with a full heart?’
2. Wait for a resounding inner ‘Yes!’
3. If you are hesitant, it's one of these:
  - You need more information
  - It's a ‘No’ waiting for you to hear it
  - If you set a certain limit, it would be a yes; so ask yourself what that limit is?



This may be an opportunity for a “Connected Conversation”. The Allowers personal responsibility here is to have boundaries and state them fully.

The conversation needs to navigate to an experience that is for the Takers pleasure but is also something that the Allowers can give in the “gift of access” without feeling resentment, being triggered or creeped out by the Takers touch or action.

Once the Taker states their desire, and you the Allowers feel a full body yes to giving that to them, you will **set the timer for 3 minutes** and give them what they asked for.

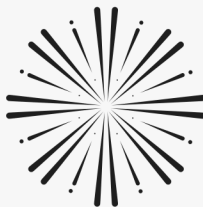
When time is up...

Taker Says: “Thank you!”

Allowers Says: “You’re welcome!”

**BEFORE GOING TO ROUND 3**  
**GET UP, STRETCH & SWITCH PLACES**

**Celebrate that you are halfway through,  
get ready to repeat this process.**





## ROUND 3: SERVE / ACCEPT

Switch Roles: Whoever was the Server in Round 1 becomes the Acceptor for this round.

Server: \_\_\_\_\_ (write the Server's name here)

Acceptor: \_\_\_\_\_ (write the Taker's name here)

(From the role cards you cut out on page 29, the Server takes the Server card and the Acceptor takes the Acceptor card. Put the card in front of each of you so that you can easily remember who is playing what role.)

**\*\* NOTE- this is the exact same process and instructions as Round 1 \*\***

**SOVEREIGN PLAY INSTRUCTIONS: this is for those who are here solo, or for those who prefer to explore your touch with your own body.**

You and your body are a unified entity. Your spirit resides within this incredible somatic creature, and it deserves just as much of your attention to pleasure as you would give to your beloved partner. Learn to be a good companion to your body.

We invite you to use your imagination and let your feet be the Acceptor and your hands become the Server. You can do this with any other part as well.

**In this example the roles will be...**

**Server:** Hands will massage

**Acceptor:** Feet will accept massage

**This first question / offer will be spoken by the Server.**

## **SERVER ASKS:**

***“How would you like ME to touch YOU for 3 minutes?”***

*(Server, set aside what you prefer, including the response you hope your Acceptor gives such as “I hope he asks for a massage.”)*

Once the Server makes this offer, wait for the answer from your partner who is in the role of Acceptor. Give them space to answer what it is that they want.

## **FOR THE ACCEPTOR TO ACCEPT:**

1. Put yourself first. Set aside what you are just "OK" with. Ask for something wonderful. Something that would delight YOU, that would give YOU pleasure.
2. Take all the time you need to notice what it is you would like. This is the most important part, and often the hardest.
3. Speak your desire as directly and specifically as you can. No hinting, no maybe's, no 'whatever-you-want-to-give'.\*

*\*If you don't know what you might want, turn to pages 24 & 25 in this playbook and choose something from the MILD list.*



## ACCEPTOR SPEAKS THEIR DESIRE

*Please touch me like X Y Z on my 1 2 3.*

### FOR THE SERVER TO SERVE:

1. Decide if you are willing and able to do that. Honor your limits. Ask yourself: *'Is this something I can give with a full heart?'*
2. If it is, do so as best you can. If it's not, then have a conversation here. You can counter offer and navigate yourselves into agreement that puts the Acceptor's pleasure as primary importance.

Once the Acceptor states their desire, and you the Server feel a full body YES to giving that to them, you will **set the timer for 3 minutes** and give them what they asked for.

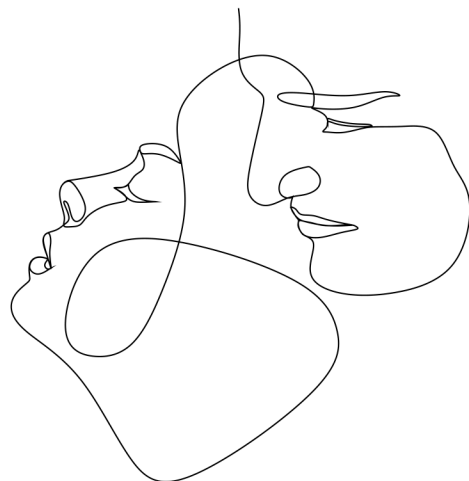
NOTE: **This touch is for their pleasure.**

You, the Server, are doing the touch and it's for them

### WHEN THE TIME IS UP...

**Acceptor Says:** *"Thank you!"*

**Server Says:** *"You're welcome!"*



## ROUND 4: : TAKE / ALLOW

The Server now becomes the Allowee.

Allowee: \_\_\_\_\_ (write the Allowee's name here)

The Server now becomes the Taker:

Taker: \_\_\_\_\_ (write the Taker's name here)

**\*\* NOTE- this is the exact same process and instructions as Round 2 \*\***

(From the role cards, the Allowee takes the Allowee card and the Taker takes the Taker card. Put the card in front of each of you so that you can easily remember who is playing what role.)

**SOVEREIGN PLAY** - Again, this piece is for those who are here solo, or if you would prefer to explore your touch with your own body as a sovereign practice.

We invite you to use your imagination. This time let your hands, mind and eyes be the Taker, and your feet become the Allowee.

**EX:** You are using your hands and fingers to explore your feet and it's your hands and your mind that get to have their curiosity satisfied.

**In this example the roles will be...**

**Server:** Hands will massage

**Acceptee:** Feet will accept massage

**This first question/ offer will be spoken by the Allower.**

## **ALLOWER ASKS THE TAKER**

**“How would YOU like to touch ME for 3 minutes?”**

TAKER: Take time to think about and feel into what part of your partner you would like to touch and feel?

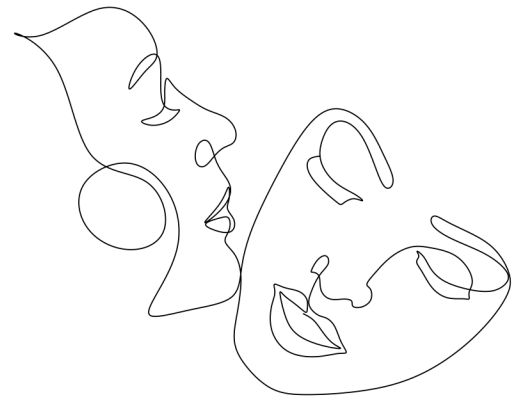
*\*If you don't know what you might want, turn to pages 24 & 25 in this playbook and choose something from the MILD list.*

**NOTE:** This touch is for **your** pleasure.  
You, the Taker, are doing the touch and it's for you.

When you are clear on what you desire, be sure to use the words 'May I...'  
\_\_\_\_\_ **not** 'would you like?'

## **FOR ALLOWER TO ALLOW**

1. Take time to consider your limits. Ask yourself: *'Is this a gift I can give with a full heart?'*
2. Wait for a resounding inner 'Yes!'
3. If you are hesitant, it's one of these:
  - You need more information
  - It's a 'No' waiting for you to hear it
  - If you set a certain limit, it would be a yes; so ask yourself what that limit is?



This may be an opportunity for a “Connected Conversation”. The Allower's personal responsibility here is to have boundaries and state them fully.

The conversation needs to navigate to an experience that is for the Takers pleasure but is also something that the Allower can give in the “gift of access” without feeling resentment, being triggered or creeped out by the Taker’s touch or action.

Once the Taker states their desire, and you the Allower feel a full body yes to giving that to them, you will **set the timer for 3 minutes** and give them what they asked for.

When time is up...

Taker Says: “Thank you!”

Allower Says: “You’re welcome!”

## **INTEGRATION QUESTIONS**

*Answer these individually*

**Which of the 4 roles do you feel like you occupy most of the time in the bedroom?**

**Which role did you enjoy the most and why?**

---

---

---

---

---

---

---

---

---

---

**Which role was the most awkward/difficult/foreign for you and why?**

---

---

---

---

---

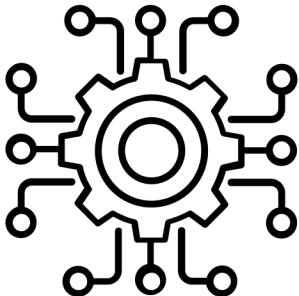
---

---

---

---

---



# HOMEPLAY

Do this Together



*Answer these questions individually before sharing with your partner. This is a great Sacred Space or EPIC Pre-game conversation to have with one another.*

*GOAL: How can you increase the pleasure units for your Coupleship?*

**What's an “In Bed” activity you now realize that you have been Allowing (meaning it wasn't for your pleasure) that you would like to explore Taking (making it specifically for your pleasure- discovering how you specifically want it to be)?**

---

---

---

---

---

**What's an “In Bed” activity you would like your beloved to explore Taking from you (making it specifically for their pleasure- discovering how they specifically want it to be)?**

---

---

---

---

---



# TOUCH TYPES EXPLORATIONS LIST

*Choose any of these physical touch examples for playing the 3-minute "Four Kinds of Touch" game based on Betty Martin Wheel of Consent game.*

*Remember, it's essential to establish clear communication and consent between partners before engaging in any physical touch activity. Make sure that both partners feel comfortable and safe throughout the game.*

*Prioritize open communication, respect each other's boundaries, and adapt the activities based on individual preferences and comfort levels.*

## MILD



- Hand massage:** One partner massages the other's hands, focusing on providing relaxation and comfort.
- Shoulder rub:** One partner gently rubs the other's shoulders, helping to release tension and promote relaxation.
- Foot rub:** One partner massages the other's feet, using techniques such as kneading, rubbing, and applying pressure to the soles.
- Hugging:** Partners embrace each other in a warm and comforting hug, holding each other tightly or gently depending on preference.
- Cuddle time:** Partners lie down together and enjoy snuggling and cuddling, exploring different positions that feel comfortable and cozy.
- Scalp massage:** One partner lightly massages the other's scalp, using their fingertips to stimulate the scalp and promote relaxation.
- Back scratch:** One partner uses their fingernails or a gentle tool to scratch the other's back, providing a pleasurable and soothing sensation.

- Temple touch:** Partners take turns lightly touching each other's temples, using their fingertips to create a calming and grounding effect.
- Arm or leg stroke:** One partner strokes the other's arm or leg, using gentle and rhythmic movements to create a soothing sensation.
- Cheek caress:** Partners gently stroke or caress each other's cheeks using their fingertips, exploring different textures and pressures.
- Hand-holding:** Partners hold hands, intertwining their fingers and enjoying the connection and warmth it provides.
- Arm massage:** One partner massages the other's arms, applying gentle pressure and using long strokes to relax the muscles.
- Head or neck massage:** Partners take turns massaging each other's head or neck, using varying degrees of pressure and different techniques.
- Face caress:** Partners lovingly stroke and caress each other's faces, focusing on the cheeks, forehead, and chin.
- Foot-to-foot contact:** Partners sit facing each other and touch the soles of their feet together, exploring the sensation and connection.
- Synchronized breathing:** Partners sit or lie down together and synchronize their breathing, experiencing a shared rhythm and deepening their connection.
- Full-body hug:** Partners embrace each other tightly, wrapping their arms around the entire body, and holding the hug for an extended period.
- Gentle kiss:** Partners share soft and tender kisses, exploring different areas of the face or body, respecting each other's boundaries.

- Leg or thigh massage:** One partner massages the other's legs or thighs, using various techniques like kneading, squeezing, or using long strokes.
- Earlobe touch:** Partners take turns gently touching and caressing each other's earlobes, enjoying the sensitivity and intimacy of this area.

## MEDIUM

- Deep tissue massage:** Applying firm pressure to muscles and using techniques that may elicit some discomfort but are still within the comfort levels of both partners.
- Impact play with paddles:** Using paddles or similar implements for consensual spanking or striking on non-sensitive areas, gradually increasing intensity based on comfort levels.
- Nipple play:** Engaging in gentle pinching, squeezing, or rolling of the nipples, exploring sensations and potential arousal.
- Light scratching or clawing with fingertips:** Using light pressure and fingernails to scratch or trace patterns on the skin, focusing on non-sensitive areas.
- Sensation play with textured objects:** Experimenting with different textures such as silk, fur, or textured gloves to explore how they feel against the skin.
- Erotic biting or nibbling on sensitive areas:** Consensual biting or nibbling on areas like the neck, ears, or inner thighs, being mindful of pressure and individual pain thresholds.
- Teasing and denial:** Engaging in playful touch and stimulation without allowing climax or release, focusing on building anticipation and heightened pleasure.

- Impact play with flogging:** Exploring the use of a flogger or similar implement to deliver light strikes or sensations on non-sensitive areas, adjusting intensity and pace as desired.
  - Ice play:** Using ice cubes or an ice pack to gently glide over the skin, exploring contrasting sensations of cold against warm body parts.
  - Playfully exploring sensory deprivation by blindfolding or ear plugging one partner to enhance touch sensations.
  - Hair pulling or tugging:** It typically involves using the hand to grasp a handful of hair near the scalp and gently pulling or tugging on it. The intensity can range from a light tug to a firmer grip, depending on personal preference and agreed-upon boundaries.
- Light impact play:** Experimenting with light spanking using implements such as a paddle or flogger, focusing on non-sensitive
- areas and gradually increasing intensity if desired.

## SPICY!

- Intense scratching:** Using moderate pressure and fingernails to scratch along the back or other non-sensitive areas, exploring the balance between pleasure and intensity.
- Body slapping:** Consensual slapping or light striking on larger muscle areas, such as the thighs or upper back, focusing on sensation and stimulation.
- Sensory exploration with hot wax:** Using low-temperature candles or massage candles to drip warm wax onto the body, exploring the unique sensations it creates.

- Intimate piercing or pressure points:** Exploring light touch or gentle pressure on specific points of the body known for sensitivity or pleasure, such as nipples or erogenous zones.
- Temperature play with hot or cold objects:** Using warmed or chilled objects (safely tested) to trace along the body, alternating between hot and cold sensations.
- Mutual exploration of erogenous zones:** Taking turns allowing each partner to focus solely on exploring the erogenous zones of the other, with communication and consent as guiding principles.
- Light impact play with fists:** Experimenting with light fist strikes to non-sensitive areas, such as the upper arm or thigh, gradually increasing intensity as desired.
- Intimate wax play:** Using specially formulated low-temperature wax to create patterns or drips on the body, exploring sensations of heat and texture.
- Mutual sensual breathwork:** Engaging in synchronized breathing exercises while maintaining close physical contact, creating an intimate and heightened sensory experience.
- Experimenting with light choking or breath play** (only if both partners are experienced and have established trust and communication).
- Incorporating light bondage or restraint, such as using silk scarves or soft restraints.



# CUT THESE OUT IN ADVANCE OF THE EPIC SALON:

Cut out each one so you have 4 cards total (1 card for each role). You only need one set per couple.



***Server***

***Acceptor***

**TAKER**

**ALLOWER**