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CHAPTER EIGHT

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**LIBERATED  
LOVE**

**EPIC™**





# CHAPTER EIGHT



Use this playsheet to follow along, fill out and take notes during our Love Stories Revisited; Chapter 8:

## **LIBERATED LOVE**

This EPIC focuses on discovering your true self beyond the narratives of sexuality and identity. It encourages you to grant yourself the freedom to explore your self-expression without being limited by societal conditioning and outdated narratives.

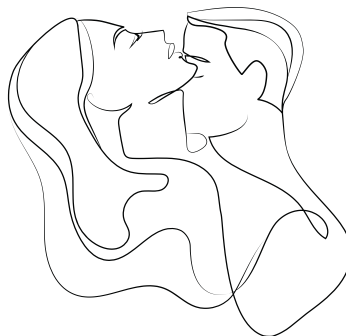
**Liberated Love EPIC™ Objective:** To elevate your understanding of sexuality beyond the confines of physical intercourse, positioning it as a broader intelligence akin to personality traits, passions, and talents.

### **WHAT ARE YOUR INTENTIONS FOR TODAY'S EPIC?**

# HOW LIBERATED IS YOUR LOVE?

**On a scale of 1-10, how liberated do you currently feel in expressing your love in the bedroom?** *Circle or mark which number applies to you now.*

- 1 \_\_\_\_ I don't feel any more liberated than before.
- 2 \_\_\_\_ I sense a tiny shift but mostly feel the same.
- 3 \_\_\_\_ I'm a bit more open but still largely reserved.
- 4 \_\_\_\_ I've started to feel a growing sense of freedom.
- 5 \_\_\_\_ I'm more confident and feel moderately liberated.
- 6 \_\_\_\_ I can see notable changes in how I express myself.
- 7 \_\_\_\_ I feel much more free and spontaneous in intimate moments.
- 8 \_\_\_\_ I'm embracing my desires and boundaries with newfound confidence.
- 9 \_\_\_\_ I feel very liberated, confidently exploring new facets of intimacy.
- 10 \_\_\_\_ I feel completely liberated, with a profound transformation in my intimate expressions.



# 5 ELEMENTS OF RELATIONAL HEALTH

## **(EQ) Possess a sophisticated level of Emotional Intelligence**

Meaning you are able to respond to situations, control your emotions and behave in an adult manner when dealing with others.

## **(RQ) Possess a sophisticated level of Relational Intelligence**

Meaning your ability to create and maintain a measure of consciousness and health of your relationship.

## **(IQ) Possess a sophisticated level of Intellectual Intelligence**

Meaning you have the ability to tolerate uncertainty, the ability to withhold assent, the ability to withstand contradiction and recognize the merit of opposing views - all of this without lapsing into skepticism or relativism.

## **(CQ) Possess a sophisticated level of Communal Intelligence**

Meaning you are committed to supporting, growing and encouraging others in the community to achieve and reach their highest form of self-actualization. We heal and thrive in community.

## **(SQ) Possess a sophisticated level of Sexual Intelligence**

Meaning you are sex-positive and you recognize sexuality and its countless forms of expression as a natural and healthy part of the human experience.



# INTRODUCTION TO SEXUAL INTELLIGENCE (SQ)

Sexual Intelligence refers to the capacity to understand, manage, and navigate one's own sexual desires, emotions, behaviors, and relationships in a way that is both personally satisfying and ethically responsible. It's a holistic approach to sexuality that encompasses not just the physical aspects but also the emotional, psychological, and even spiritual dimensions of sexuality.

## Some components of sexual intelligence include:

- 1) Self-awareness: Recognizing and understanding one's own sexual desires, boundaries, and triggers.
- 2) \_\_\_\_\_: Feeling confident in one's sexual identity and expressing oneself authentically.
- 3) \_\_\_\_\_: Handling sexual emotions, both positive and negative, with poise and understanding.
- 4) \_\_\_\_\_: Being able to articulate one's desires, boundaries, and concerns openly and honestly with partners.
- 5) \_\_\_\_\_: Having accurate and comprehensive knowledge about sexual health, anatomy, and contraception, as well as understanding the diversity of sexual experiences and identities.
- 6) Ethical Responsibility: Ensuring mutual respect and consent in intimate encounters and relationships.

7) \_\_\_\_\_: Addressing sexual challenges or conflicts in a constructive manner.

8) \_\_\_\_\_: Understanding and being sensitive to the feelings and boundaries of others.

In essence, sexual intelligence goes beyond just the mechanics of sexual activity. It's about cultivating a deeper understanding of oneself and others, leading to more fulfilling and responsible intimate relationships.

## SEXUAL INTELLIGENCE (SQ) SELF-ASSESSMENT FRAMEWORK

**Instructions:** Reflect on each of the following questions and rate yourself based on your current experiences and practices. This isn't about judgment or comparison, but about self-awareness and growth. Use the following scale to rate each statement:

- 1 = Rarely/Never
- 2 = Occasionally
- 3 = About half the time
- 4 = Most of the time
- 5 = Almost always/Always



### COMMUNICATION

#### Expressing Desires and Boundaries

How effectively do you communicate your sexual desires and boundaries with your partner?

Rating: \_\_\_\_\_ (1-5)

## SAFETY AND COMFORT

### Ensuring Mutual Safety and Comfort

How consistently do you ensure that both you and your partner feel safe and comfortable during sexual activities?

Rating: \_\_\_\_\_ (1-5)

## EXPLORATION AND NOVELTY

### Incorporating New Experiences

How often do you explore and incorporate new sexual experiences into your relationship?

Rating: \_\_\_\_\_ (1-5)

## CONFLICT RESOLUTION

### Handling Sexual Disagreements

How effectively do you handle disagreements or conflicts around sexual preferences or desires?

Rating: \_\_\_\_\_ (1-5)

## PRIORITIZATION AND MAINTENANCE

### Prioritizing Sexual Intimacy

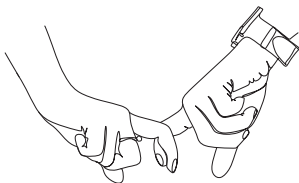
How frequently do you prioritize sexual intimacy and connection in your relationship?

Rating: \_\_\_\_\_ (1-5)

### Maintaining a Healthy Dynamic

What proactive steps do you regularly take to maintain a healthy sexual dynamic in your relationship?

Rating: \_\_\_\_\_ (1-5)



**ADD YOUR SCORE:** \_\_\_\_\_

## SQ SCORING:

- 6-11** Beginning Awareness - You're starting your journey towards greater sexual intelligence. Continue seeking knowledge and self-awareness.
- 12-18** Developing Insight - You're gaining a better understanding of your sexual dynamics. Keep the momentum going!
- 19-24** Proactive Communicator - You're actively working towards a healthy sexual relationship. Continue refining and deepening your practices.
- 25-30** Sexual Intelligence Mastery - You exhibit a high degree of sexual intelligence in your relationship. Stay attuned and adaptive to changing dynamics.

**Reflection:** After calculating your score, reflect on areas where you feel confident and areas you'd like to improve. Remember, this isn't a definitive measure but a tool to foster self-awareness and growth.

## HOMEPLAY



*Answer the following questions later with your partner and/or your Couples Council*

### **INTERACTIVE COUPLE DISCUSSION: UNDERSTANDING YOUR INTIMATE DYNAMICS**

Each of these questions can be part of a whole Sacred Space session or you can use them as part of your next EPIC pre-game. Spend as much time as you need on any one of these and you might only end up answering one section at a time / per session.



## **NURTURING SEXUAL INTIMACY:**

- Share your thoughts on how important sexual intimacy is in your relationship on a scale of 1-10.
- Together, list three actions or habits you can incorporate to nurture and sustain a strong intimate connection.

## **NURTURING SEXUAL INTIMACY:**

- Each of you, describe a time you felt safest and most comfortable during intimacy.
- Discuss what elements made you feel that way and how you can ensure it happens more often.

## **EXPRESSING DESIRES AND BOUNDARIES:**

- Take turns sharing one desire or boundary you haven't expressed before. Listen without interruption or judgment. Spend as much time as you need on this and if you need to have this conversation in Sacred Space, set your container.

## **EXPLORING NEW EXPERIENCES:**

- Share an experience or fantasy you'd like to explore together. It can be emotional, psychological, or physical.
- Reflect on why it appeals to you and how you might approach it.

## **NAVIGATING INTIMATE CONFLICTS:**

- Recall a time you had a disagreement about an intimate preference or desire.
- Discuss how you both felt and brainstorm healthier ways to approach such conflicts in the future.



# PRINCIPLES IN PRACTICE:

## HOMEPLAY



*Answer these questions later with your partner and/or your Couples Council*

### #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.

***In other words:***

Let your freak flag fly and watch others' heads when you are spinning your flag around.

**Where are you currently feeling fully self expressed in your bedroom play?**

**Where do you feel you can be more self expressed in your bedroom play?**

**Where do you see your partner being fully self expressed in your bedroom play?**

**Where do you feel your partner can be more fully self expressed in your bedroom play?**

## **UNLEASH YOUR INTIMATE POTENTIAL: BEYOND STORIES, BEYOND BOUNDARIES**

**The Watcher** guided meditation is designed to unravel the intricate ways the ego molds our perceptions of sexuality and intimacy. This is more than just a meditation – it's an invitation. An invitation to acknowledge your unique narrative while also setting it free, paving the way for the unexplored, the desires yet awakened, and the boundless potential within you. Discover yourself anew; embrace the endless possibilities of your intimate identity.

## **REFLECTION:**

**What did you notice about this Liberated Self character? What stood out specifically?**

**How (in any way) are you already connected to this new Liberated Self (LS) persona you just met? Do you see any of these qualities they possess already in you?**

**What excites you about this Liberated Self?**

**What scares you or makes you nervous?**

**What, if anything, might you feel challenged by with this Liberated Self?**

# YOUR LIBERATED LOVE

## SELF EXPLORATION

Your "Liberated Self" represents your freest, most uninhibited intimate identity. (This is the person you just met in the guided visualization) This section is designed to give you permission to add more color to this character, to play full out with this character, as well as discover new aspects about yourself and your intimate expressions.

### COLORING YOUR CHARACTER:

#### PARTNER EXERCISE:

Choose a Partner A and a Partner B

Partner A \_\_\_\_\_ (will Lead & Write first)

Partner B \_\_\_\_\_ (will be Guided to Share)

1

#### **STEP 1: Sit facing each other in a comfortable setting.**

The guiding partner should be ready with the following list of questions and prompts on the next page of this playbook. The other partner prepares to dive deep into their imagination and feelings.

2

#### **STEP 2: The guided partner closes their eyes.**

The guiding partner prompts:

*“Take a deep breath. With every exhale, let go of any barriers, judgments, or preconceived notions about yourself. Pull up the character you just met or whomever shows up for you now...”*

→ Tell them to nod their head when they have it.

3

**STEP 3: Start asking these prompts and writing down what your partner shares.**

## CHARACTERISTICS AND TRAITS:

Ask your partner: "Describe their physical appearance, their quirks, the way they carry themselves. Do they move confidently, gracefully, or perhaps with playful mischief?"

**Write down everything your partner says until they feel complete:**

## DESIRES AND PREFERENCES:

Ask your partner: "What are their intimate desires? How do they express these desires?"

**Write down everything your partner says until they feel complete:**

## COMMUNICATION STYLE:

Ask your partner: "How do they communicate? Are they direct, coy, poetic, flirtatious?"

**Write down everything your partner says until they feel complete:**

## SEXUAL IDENTITY:

Ask your partner: "How would your Liberated Self define their sexuality? Are they similar to you or different?"

**Write down everything your partner says until they feel complete:**

## THEME SONG:

Ask your partner: "What kind of music plays when they enter a room?  
Jazz, rock & roll, sultry?"

**Write down everything your partner says until they feel complete:**

## NAME YOUR CHARACTER:

Ask your partner: "Does your Liberated Self have a name? Maybe it's playful like 'Sultry Sam' or powerful like 'Fearless Fiona'". Maybe it's just a word or two that describes their energy for now like "Sexy Scientist" or "Passionate Poet".

**\*If they don't have a name right now, that's ok, they can figure out later.**



# EMBODYING YOUR CHARACTER

Pick a song for this section and have it on your phone ready to play.

**What is your Liberated Self song track?**

## PARTNER EXERCISE:

Choose a Partner A and a Partner B

### PLAY THAT TUNE

**Partner A** - Give your device with your Liberated One soundtrack/song cued up

**Partner B** - Hit play when you are instructed to do so.



## REFLECTION:

Now that you have experienced in your body what it is like to be your Liberated Self...

**What did you notice about how it felt?** *Thoughts, feelings, emotions, etc.*

**What did you learn about yourself?**

**What did you learn about your partner?**

**Did you get turned on by anything?**

**Did you get turned off by anything?**

**Write down a few ideas on ways you might connect to your Liberated Self more often and integrate them into your everyday life.**

**Remember, *practice makes permanent.***



# TOUCHED

## PARTNER EXERCISE:

Choose a Partner A and a Partner B

Partner A \_\_\_\_\_ (The Liberated Acceptor)

Partner B \_\_\_\_\_ (The Liberated Server)

## THE LIBERATED ACCEPTOR

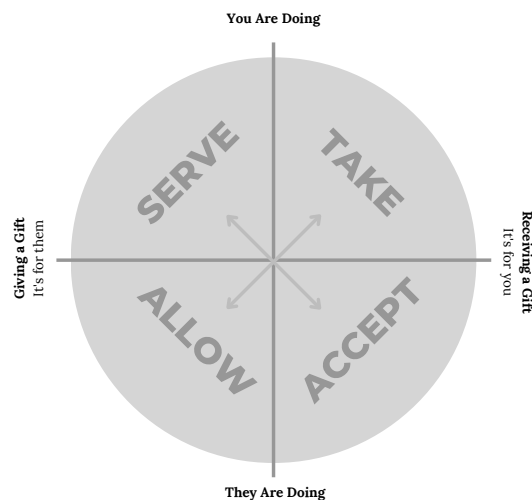
*Your mission as the acceptor is to...*

1. receive your partners touch
2. drop into your most liberated self expression
3. guide your partner on how to touch you
4. allow your body to move and respond
5. be bold: ask for something new

## THE LIBERATED SERVER

*Your mission is the giver is to...*

1. set aside what you think your partner wants
2. set aside what you know works for you
3. listen to what your partner is asking for
4. do your best to give them exactly what they are asking for



# HOW LIBERATED IS YOUR LOVE NOW?

**On a scale of 1-10, how liberated do you *now* feel in expressing your love in the bedroom?** *Circle or mark which number applies to you now.*

- 1 \_\_\_\_ I don't feel any more liberated than before.
- 2 \_\_\_\_ I sense a tiny shift but mostly feel the same.
- 3 \_\_\_\_ I'm a bit more open but still largely reserved.
- 4 \_\_\_\_ I've started to feel a growing sense of freedom.
- 5 \_\_\_\_ I'm more confident and feel moderately liberated.
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**Did your number change? What was the most valuable understanding/ growth/ tool you are taking away from the EPIC today?**



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LOVE STORIES  
*Revisited*  
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