



EROTIC  
PLAYFUL  
INTIMATE  
**CREATIVE**

IDEAS FOR  
YOUR EPIC™

# EROTIC IDEAS

Here some examples of the various ways that the EROTIC might be expressed in your next EPIC:

- Seductive dancing
- Sensuous touch
- Racy behavior
- Provocative scenes
- Arousing acts
- Suggestive clothing
- Risque language
- Risque language
- Sensory Play
- Sexual activities
- Naughty... just plain naughty

Choose three of the above EROTIC category suggestions and come up with 1-2 activities that you would like to explore and do in your next **EPIC™ Date**. You can do this together or individually and then compare notes and choose accordingly.

## EXAMPLE:

CATEGORY	ACTIVITY	ACTIVITY
Seductive Dancing	Turn my partner on through my dance and eyes only	Each of us do a 5 minute strip tease
Provocative scenes	Play a dominatrix and get my partner to do 3 pleasurable things to me.	Have my partner put me in "jail" and only certain bribes will get me out
Sensory Play	Be tickled and teased with a feather for 10 mins	Try out 5 different massage techniques on each other



**PRO TIP:** We encourage you to choose experiences that feel a little edgy, different or expansive for you and your relationship. This is how we grow. Do not go too far though... just a little at a time.

## YOUR TURN:

CATEGORY	ACTIVITY	ACTIVITY

CATEGORY	ACTIVITY	ACTIVITY

# PLAYFUL IDEAS

Here some examples of the various ways that PLAYFUL might be expressed in your next EPIC:

- Dress up & costumes
- Stimulating games & card decks
- Flirty efforts
- Dance parties
- Curtain Entrances
- Lap Dances
- Pillow Fights
- Sing-a-longs
- Fun with food
- Tangle Dancing
- Role Playing

Choose three of the above PLAYFUL category suggestions and come up with 1-2 activities that you would like to explore and do in your next **EPIC™ Date**. You can do this together or individually and then compare notes and choose accordingly.

## EXAMPLE:

CATEGORY	ACTIVITY	ACTIVITY
Dance parties	Dance out my feelings through a mix of 3 different songs	Dance (together) as sexy as we can for one whole song that I pick for us.
Fun with Food	Do a blindfolded taste test with fruit & dips	Create a dinner date using only foods that start with the letter P.
Dress up & costumes	Each of us wears only a sheet and wraps it as sexy as we can around our bodies. We can unwrap each other at some point in the EPIC.	Let's dress up as a kinky version of Barbie and Ken and do naughty things to each other.



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### YOUR TURN:

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CATEGORY	ACTIVITY	ACTIVITY

# INTIMATE IDEAS

Here some examples of the various ways that INTIMACY might be expressed in your next EPIC:

- Breathing Together
- Cherished Moments
- Yabyum
- Eye Gazing
- Affectionate Words
- Connected Bodies
- Massage & Body Work
- Probing Questions
- Shamanic Clearing
- Energy Work
- Deep conversations about things you want to improve in your relationship

Choose three of the above INTIMATE category suggestions and come up with 1-2 activities that you would like to explore and do in your next **EPIC™ Date**. You can do this together or individually and then compare notes and choose accordingly.

## EXAMPLE:

CATEGORY	ACTIVITY	ACTIVITY
Massage & Body Work	Give each other healing body work in a desired area for 20 mins each	Use massage as foreplay. Receiver gets to choose the type of touch given.
Affectionate Words	Let's play 2 mins of Appreciation - each taking a turn to appreciate the other for a full 2 mins. Set a timer.	Share 3 things we love about our relationship and why those things make us feel close.
Breathing Together	Put our foreheads together and take 7 slow deep and intentional breaths together.	Lay next to each other and practice bringing our breath from our lungs to our genitals until we both feel activated

YOUR TURN:

CATEGORY	ACTIVITY	ACTIVITY

CATEGORY	ACTIVITY	ACTIVITY



**WATCH:** the *Passion & Desire Learning Party* to revisit or discover your Couples Intimacy Map. Then do that process for an EPIC Date. **GoTo: Members Area + Past Recordings**

# CREATIVE IDEAS

Here some examples of the various ways that CREATIVITY might be expressed in your next EPIC:

- Relationship Visioning
- Wealth Visioning
- Business Visioning
- Creating Vision Board
- Going over a personality assessment and talking about it
  - Human Design
  - Enneagram
  - Erotic Blueprints
- Tarot/Oracle Readings
- Body Painting
- Marker Board/White Board Stuff
- Write Love Letters to each other
- Make a Sigil - Watch Ritual Salon & Ritual EPIC Lift-off found in the Members Area + Past Recordings
- Coloring or drawing
- Planning a trip or vacation

Choose three of the above CREATIVE category suggestions and come up with 1-2 activities that you would like to explore and do in your next **EPIC**. You can do this together or individually and then compare notes and choose accordingly.

## EXAMPLE:

CATEGORY	ACTIVITY	ACTIVITY
Tarot/Oracle Readings	Draw one card each from an archetype oracle card deck and express yourself through that lens for part of the night.	Pull 3 cards and use them as connection points throughout the night.
Personality Quiz Exploration: Erotic Blueprints	Discuss our findings from taking the Erotic Blueprint Quiz and figure out 1 thing we can each do to serve each other's blueprint tonight.	Act out a scene where we are each fully embodied as our Erotic Blueprint type.
Relationship Visioning	Come up with 3 things that we want to do together that are outside our comfort zone as a couple and write them down.	Revisit our vows and add in new ones and update old ones that need revising.



YOUR TURN:

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CATEGORY	ACTIVITY	ACTIVITY

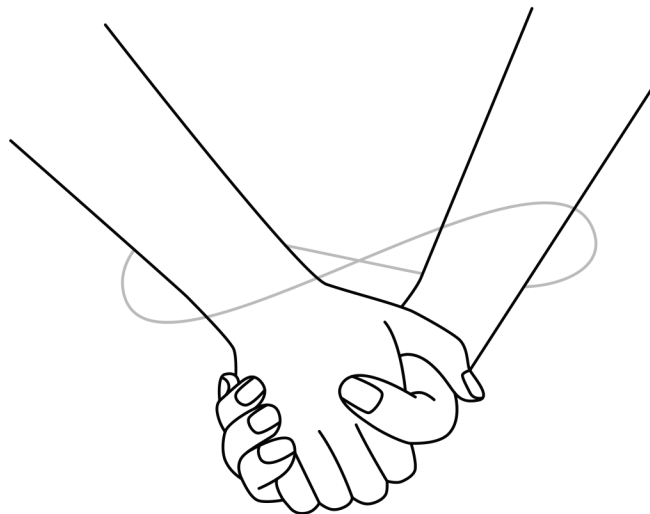


**WATCH: (1)** Ritual Salon from 2021 & Ritual EPIC lift-off On Sex Magick and how to make a SIGIL. Then do that process for an EPIC Date. GoTo: Members Area + Past Recordings **(2)** How Rono & Sierra do Visioning & White Board Creativity for their EPICs. GoTo: Youtube.com/@EdenWorldtv

# REMEMBER TO CHECK-IN OFTEN

## ALONG THE WAY...

- Make sure you check in with your body at all times and be honest when something doesn't feel right or good to you.
- Come back to your heart & connection if things get wobbly
  - Remember this is to deepen intimacy and connection, not to blow you out
- If you do not ask for what is in your head you will most likely not receive it.
  - If you have fears about it, bring it up early on and share your fears around it. This practice is called “outing yourself” with vulnerability.
- Remember to check in with your partner on a regular basis to make sure you are on the same page and heading in the right direction with each other.



# CREATE YOUR EPIC™

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CATEGORY	ACTIVITY	ACTIVITY



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YOUR TURN:

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LOVE STORIES  
*Revisited*

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LOVE STORIES  
*Revisited*

