



CHAPTER TWO



PURPOSEFUL PARTNERSHIP

EPICTM



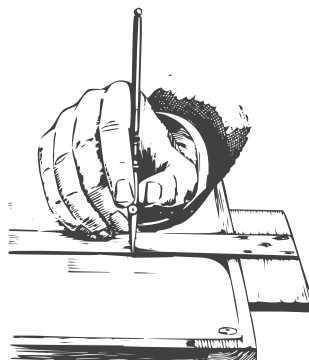
CHAPTER TWO

In this chapter we dive deep into the “Relationship Bedroom” to supercharge your optimization with time-tested practices that will increase your manifestation powers and create more Purposeful Partnership activities to support you in your sex & intimacy.

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

NOTE: We talk about this PlaySheet and how to set up your binder in VIDEO 1 titled: "Love Story Revisited: Chapter 1: Members: What to Expect"

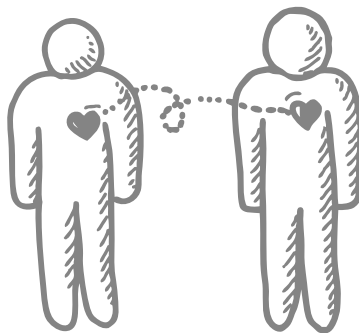
This can be found at: **EdenWorld.org/lovestory2023**



IN THIS EPIC™ SALON WE'LL COVER

- How to make your sex life Purposeful via an EPIC
- What do we mean when we say sex & intimacy
- Normalizing challenges around sex & intimacy
- What is an EPIC?
- Before, During & After your EPIC
- How to create an EPIC as a Relationship Practice
- How to onboard your relationship to creating successful EPIC's

Being Purposeful in your Partnership in the “bedroom” means:



LET'S TALK ABOUT SEX

Sex can be a triggering topic to discuss because it might bring up all sorts of issues. This is why we're taking a moment to neutralize or normalize the potential funk around it the best we can.

SEX DEFINED:

Sex is an activity in which one, two or more people use words or touch to arouse themselves and/or each other. This may involve touching genitals, kissing, caressing, fingering and/or oral sex as well as self-pleasure.

SEXUAL INTERCOURSE DEFINED:

Sexual intercourse (or coitus or copulation) is a sexual activity typically involving the insertion and thrusting of the penis into the vagina for sexual pleasure or reproduction. This is also known as vaginal intercourse or vaginal sex.

Other forms of penetrative sexual intercourse include anal sex (penetration of the anus by the penis or toys), oral sex (penetration of the mouth by the penis or oral penetration of the female genitalia), fingering (sexual penetration by the fingers) and penetration by use of a dildo (especially a strap-on dildo). These activities involve physical intimacy between two or more individuals and are usually used among humans solely for physical or emotional pleasure and can contribute to human bonding.



LET'S TALK ABOUT INTIMACY

It's normal to have challenges when it comes to sex & intimacy and here in Eden World, we have the Coupledom container to more easily address these challenges.

Sexual passion and intimacy don't just happen and if they do at first, they tend to wax and wane. There is actually an art and science to creating sensual and sexual chemistry that can last a lifetime.

Our culture has a misguided idea that sex should just happen or should come naturally. We often see it depicted on the silver screen as this hot steamy passionate affair, yet most of us have a tough time with ongoing turn-on in our lives. Over time intimacy can fade and become monotonous or even boring.

Why is that?

Most of us approach sex from what the media shows us or from what we have learned from past partners.

How can you keep your love life strong, interesting and fulfilling?

Well... it takes something. **It takes being purposeful.**

You see, sex is kind of like fitness. It takes dedication, commitment and practice. And, like a good fitness regimen it can take continued effort. However, this kind of effort is something that will continue to pay off years to cum. ;)



WHAT GETS IN THE WAY?

Which (if any) of these challenges do you relate to when it comes to sex & intimacy in your relationship?

Mark all that applies to you...

- ☐ Life gets in the way
- ☐ Stress & fatigue
- ☐ Lack of emotional connection
- ☐ You haven't created dedicated space for it
- ☐ You think it should just happen and then it doesn't
- ☐ Resentments and stories
- ☐ Different levels of sex drive & libido
- ☐ Don't have enough privacy
- ☐ Physical issues (health, medications, injuries, etc)
- ☐ Don't know how to communicate what you want
- ☐ Imbalance in who is initiating
- ☐ Stuck in patterns
- ☐ Past traumas

Is there anything else not listed above that you feel is in the way of your intimacy / sex?

WHAT IS SEX & INTIMACY FOR YOU?

Before you begin any EPIC™ make sure you are on the same page around what you both desire and expect. This is an opportunity to revisit and rewrite your Love Story.

SOVEREIGN WORK: Answer these on your own first.

What is your definition of sex?

When you hear the word “sexy” what does this mean to you? What do you visualize?

Do you relate to or feel good about this version/vision of sexy?

YES ☐ NO ☐

If NO, how might you define “sexy” in a way that feels more true to you?

What (if any) story would you like to shift when it comes to your current sex life with your partner?

Old Story:

(What stories have you been telling that you are done telling about your sex & intimacy?).

New Story:

(Tell us what you would like your sex & intimacy to look and feel like for you moving forward).

UNITY/COUPLESHP WORK: Connect with your partner on your answers to these questions so you can get on the same page with how you define these things. This is a perfect way to start your next EPIC or to even spend an entire EPIC in exploration of these questions and doing practices that help you shift old stories.

WHAT IS AN EPIC™?

An EPIC is a foundational relationship tool many couples in Eden World use to create EPIC dates with their Beloved.

EPIC stands for... Erotic, Playful, Intimate, Creative.

By harnessing the power of an EPIC you can:

- *Guide one another through playful ways to invoke sensual pleasure and explore desires safely inside your partnership.*
- *Create a celebratory atmosphere honoring your commitment to love.*
- *Keep things juicy through a regularly scheduled practice.*
- *Dive deeper into romantic love, emotional vulnerability and heart-centered communication.*
- *Have an ongoing, inspirational space for potent conversations into the vision, life map and mastermind plan of your coupleship.*
- *Align your energies in an intentional way so you can co-create magic that builds your future and fortifies your foundation of love that can weather any storm.*

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BEFORE, DURING & AFTER YOUR EPIC™

Schedule Your "Pre-Game" Conversation

At the designated time you scheduled for your EPIC, do your EPIC "pre-game" assignment or set two different times to complete the "pre-game" work and then when you will do your EPIC.

Confirm

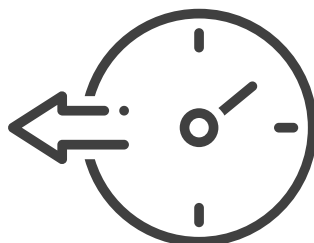
Make sure you are each on the same page around what is important for you to cover, have a part of or desire in your EPIC. This may have been of what you have been discussing throughout the week or been done in you in your "pre-game" assignment.

- Are we have sexual intercourse or simply connection?
- Are we including visioning or other creative elements?
- What are you wanting to get out of it together?

Set-up Your Space

- Get the vibe lighting going
- Music & playlists dialed
- Set up an altar
- Get our your fun clothing
- Shower or grooming complete
- Choose your toys, props or games to use

BEFORE



BEFORE, DURING & AFTER YOUR EPIC™

Connection First

Come into connection with each other to begin the EPIC experience. You can do this by eye gazing, taking a few breaths together, have a dance party or _____ (be creative).

Set Your Container

This will be PRE-GAME work until you get this process down (Page 12-24)

- Intention : Experience
- Clear Expectations

Pitfalls to Avoid or Things be Aware of

- Too much processing/ talking and not being in some action on your intimacy or some physical connection
- Triggers or traumas coming up and derailing you
- Forcing an agenda (one that wasn't discussed in advance)
- Moving to sex too quick vs allowing the process to unfold with Present Awareness
- Not being forthcoming with your feelings or desires
- Letting the outside world sneak in (phones, kids etc)
- Being under resourced and going ahead with it anyways
- Sabotaging the experience in some way (IE- showing up late to your scheduled time, showing up tired or under-resourced, etc)

Check-In Regularly

Tune in and check in with each other along the way to see how things are going.

Containers In Containers

You will most likely need to set additional containers as you go. Especially if you are diving into unknown territory.

DURING



BEFORE, DURING & AFTER YOUR EPIC™

Reflection

Check back on your agreements, desires, expectations and confirm you covered everything you BOTH wanted and if not, discuss why not.

Integration & Aftercare

- Share "Favorite Frames" or vignettes of the experience
- Offer gratitudes & appreciation
- Discuss biggest takeaways or “aha’s”
- Reveal what you learned about yourself or your partner

Mind the Dip

With every expansion comes the possibility of contraction. If this does occur it will usually happen 24-72 hours post experience. Be aware.

- Upper Limit
- Reminder as high as you go is as low as you go
- Tiredness
- Vulnerability hang-overs

AFTER

