



QUEST FOUR  
**ANCHORED  
IN LOVE**



**EPIC**<sup>TM</sup>



## ANCHORED IN LOVE

*The Grand Finale of the Odyssey of Love Adventure*

We'll begin our final Quest by reflecting on the intimate practices that have shaped our connection throughout the year. We'll celebrate the growth we've experienced together and express gratitude for the ways we've evolved as a couple.

Then, we'll dive into the world of touch, exploring its power to deepen intimacy and connection. Through guided touch discoveries, we'll learn to:

- **Mirror, Mimic, and Witness:** Discover the magic of touch through these powerful techniques.
- **Express Desires Playfully:** Learn to communicate your desires for touch in a way that's light, free, and judgment-free.
- **Perfect Your Touch:** Understand how your touch feels to your partner and how to refine it with love and curiosity.

This EPIC finale will be a day of love, connection, reflection, and new touch experiences that will anchor you more deeply into love. Let's make it a memorable end to an incredible year of love, growth, and adventure.

***To love is to be vulnerable. - CS Lewis***

# YOUR YEAR IN REFLECTION:

*In The Bedroom - AKA Your Intimacy*

Answer these questions as best as you can as individuals and you will have time to connect with one another to share your answers.

**Note:** If you need help remembering your year, we encourage you to review photos on your phone to help find memorable moments.



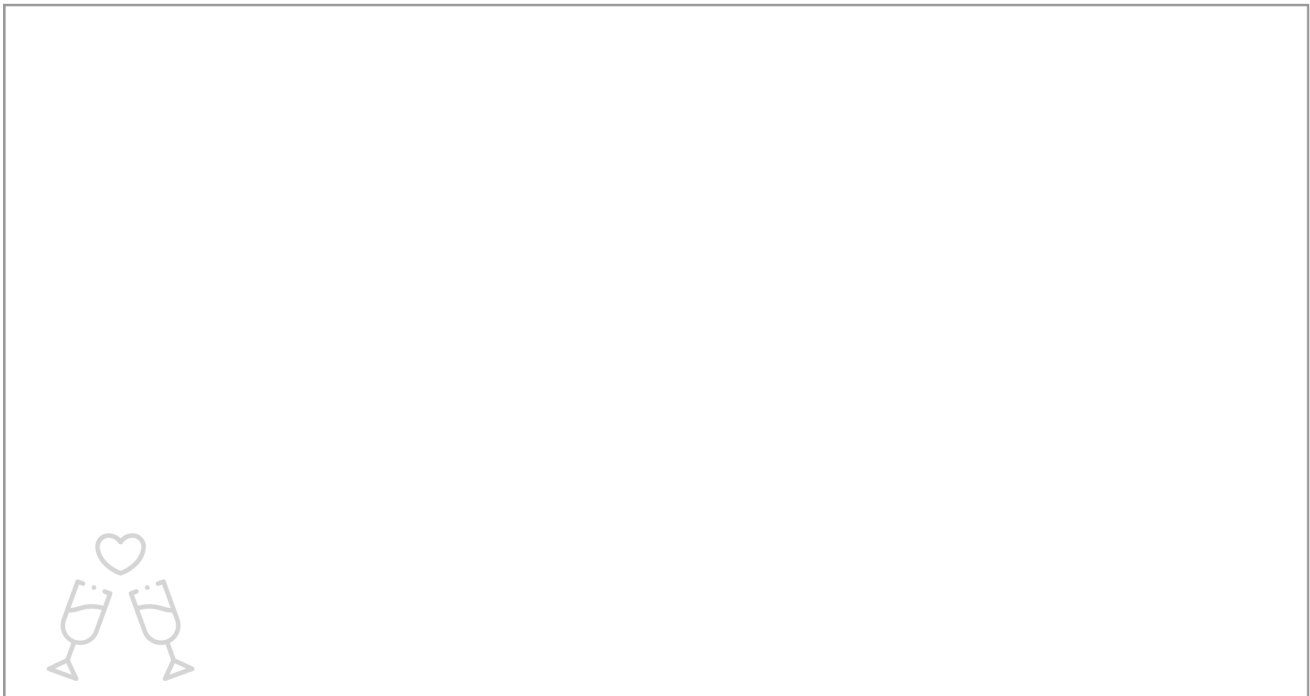
**What is one new and positive insight you gained about yourself or your relationship this year regarding your physical or intimate connection?**

**Recall a moment of intimacy this year where you felt truly seen and cherished by your partner.** *How did this experience deepen your emotional connection and enhance your overall relationship satisfaction?*

**What can you acknowledge your partner for when it comes to prioritizing your intimacy as a couple?** *This can be anything from creating your EPIC dates (or any dates), creating playful moments, being emotionally present, initiating physical touch, fostering open communication about intimacy, or prioritizing time for connection despite busy schedules.*



**What EPIC Date experiences did you create this year for your coupleship—whether through Eden or on your own—that you're proud to celebrate together?**  
(EPIC = Erotic, Playful, Intimate, Creative)

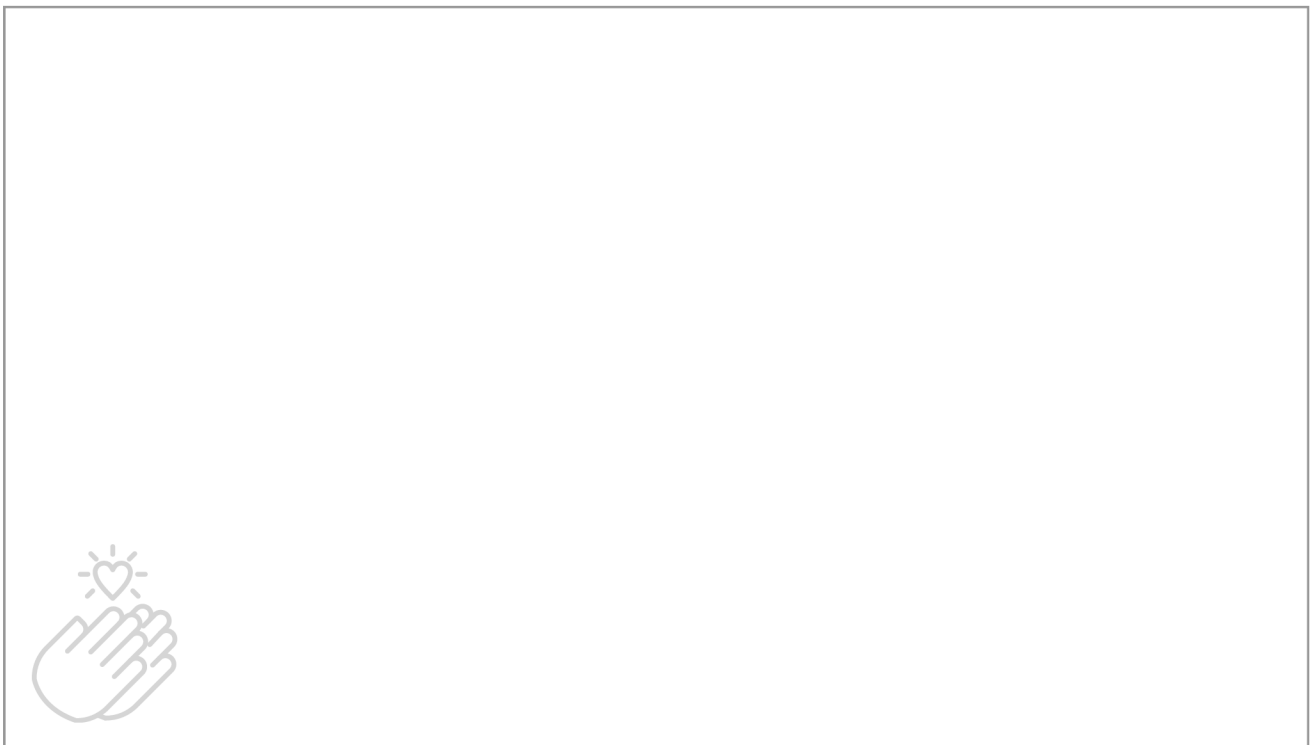


**What new practices or techniques have you discovered or learned this year that have enhanced your sex life or physical intimacy?**



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**Where can you acknowledge yourself for your growth & evolution this year (in relationship to your sex life or physical intimacy)?**



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# HOMEPLAY

Do this Together



## BONUS QUESTIONS

*For homeplay or with your Couples Council*

Reflect on a time when you felt particularly adventurous or playful in your physical intimacy with your partner. How did this experience impact your connection and overall satisfaction?

In what ways have you and your partner worked to create a safe and supportive space for exploring your sexual desires and fantasies?

How has your understanding of consent and communication evolved this year? In what ways have these skills enhanced your intimate experiences?

What is one specific way you've prioritized your partner's pleasure and satisfaction during intimate moments? How has this impacted your relationship?

What is one thing you've learned about your own body and sexuality this year? How has this newfound knowledge empowered you in your intimate relationships?

*Let's Celebrate*



# THE GOLDEN TOUCH GAME | PART 1

## GIVE AS YOU WISH TO RECIEVE

**Objective:** To deepen intimacy and connection through touch. Explore verbal, visual and somatic pathways to experience exceptional touch.

### HOW TO PLAY

#### Choose a Partner A and a Partner B:

Decide who will start as Partner A.

#### The Golden Touch Game:

**Partner A's goal** is to use verbal, visual and somatic instruction to demonstrate the nuances of a kind of touch they like.

**Partner B's goal** is to look, listen and experience with the intention of being able to recreate this touch for partner A.

#### Partner A's Turn:

1. **Self-Touch:** Partner A chooses a specific touch they would like to receive.
2. **Demonstration:** Partner A demonstrates this touch on themselves.
3. **Partner Touch:** Partner A then performs the same touch on Partner B.
4. **Partner B's Self-Touch:** Partner B attempts to replicate the touch on themselves, experiencing the sensation.
5. **Partner B's Touch:** Partner B then performs the touch on Partner A.
6. **Feedback:** Partner A provides feedback to Partner B on the accuracy and intention behind the touch.

**Switch Roles:** Partner B becomes Partner A and repeats the process.



# THE GOLDEN TOUCH GAME | PART 2

## GIVE AS YOU WISH TO RECIEVE

### TIPS

- Explore with playful curiosity.
- Let go of judgement and getting it right.
- Give gratitude for each other, time, vulnerability, willingness etc.
- Be Present: Focus on the sensations and the connection.
- Communicate Openly: Share your feelings and preferences.
- Experiment: Try different types of touch, from gentle to firm.
- Have Fun: Enjoy the playful and intimate experience.

**Remember:** The goal is to connect, not to be perfect. Embrace the imperfections and the journey of discovery.



### DISCUSS

What did you learn about yourself from this experience?

What did you learn about your partner from this experience?



