



*Wounding  
as a Path to  
Grace*



**“The world breaks everyone, and afterward, some are stronger at the broken places.”** *–Ernest Hemingway*



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[https://www.youtube.com/watch?v=sq\\_Gxr5\\_XMo](https://www.youtube.com/watch?v=sq_Gxr5_XMo)



# *Eros Work*

## *The 5 Reframes*

### **The Four Sexual Brains**

Protective, Connecting, Idealistic, Primal

### **Parallelisms**

Every relationship dynamic has a parallel dynamic that is opposite and equal in impact

### **Four Cornerstones of Eroticism**

Attraction + Obstacles = Excitement

### **Shame into Power**

The ways society has developed to control our sexuality with shame

### **Wounding as a Path to Grace**

Finding the gift in our pain