The Four Sexual Brains





"I Make It Safe Enough for Love."

Considers the Risks
Prioritizes Safety
Considers all the Options
Considers Long-Term Consequences
Respects Boundaries
Makes the Thought Out Choice
Based in the Mind

"How Amazing Can We Make This?"

Wants the Best for Everyone Generous, Romantic, Spiritual, Nurturing, Healing Wants Sex to be Significant, Meaningful – with a Higher Purpose Holds a Grand Vision and Imagines the Best Outcome Makes the Bold Choice - Based in the Spirit



"I Want It! I Want It NOW!"

Wants Uninhibited Physicality and is Eager to Ravish or Be Ravished Knows Exactly What it Wants and Can Overcome Obstacles Is Loyal to Those Who Deserve It Makes Decisions from the Gut - Based in the Body



"I Want to be In the Pleasure . . . With You."

Seeks Belonging, Validation, Pleasure Gets Lost in the Moment Connects through Vulnerability Accepts What Is Prioritizes Feelings Makes the Intuitive Choice Based in the Heart

> ©2017 Shadow Work Seminars Adapted by Giles & Bridget Carwyn Artwork ©2018 Eyes Aflame LLC

The Four Sexual Brains: Shame & Superpower





"I Make It Safe Enough for Love."

Shamed as overly cautious, frigid, or being too picky.

SUPERPOWER: Making it safe enough to get really vulnerable and take big risks sexually!

"How Amazing Can We Make This?"

Shamed as having expectations that are too high, asking for too much, nagging

SUPERPOWER: Knowing that sex can always get better and pursuing ways to enhance and improve!





"I Want to be In the Pleasure . . . With You."

Shamed as needy, clingy, or too emotional.

SUPERPOWER: Diving deep into sensual pleasure and emotional intensity!

Shamed as only wanting sex, being too aggressive, or not wanting a "real" relationship.

SUPERPOWER: Making things happen and keeping things passionate!

The Four Sexual Brains: Explore & Practice





"I Make It Safe Enough for Love."

Explore Your Fantasies * Create Agreements With Your Partner Research the Circle of Consent * Play the Voyeur Imagine Violating Taboos * Take Time to be with Yourself Scan Potential Partners on Tinder * Enjoy Erotic Imagery



"I Want It! I Want It NOW!"

"How Amazing Can We Make This?"

Imagine the Ideal Sexual Relationship * Read a Book on Tantra Try Role-Playing or Costumes * Create the Perfect Date Night Take a Burlesque Class * Set Intentions Before Lovemaking Spend the Night Focused on Your Partner's Pleasure

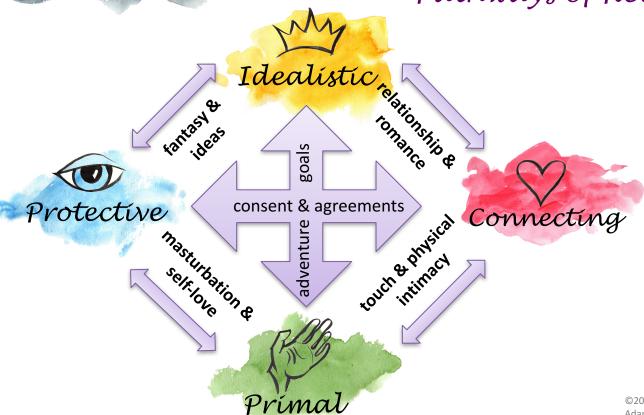


"I Want to be In the Pleasure . . . With You."

Practice Eye-Gazing With Your Partner * Bubble Bath! Eat Sensual Finger Foods * Be Loud During Orgasm Watch a Sappy Romantic Movie * Talk About How You Feel Play the Submissive Role * Allow Yourself to Receive

Have a Quickie * Master Practices for Sexual Endurance Seduce Your Partner * Play a Little Rough * Strip for Your Partner Play the Dominant Role * Let Someone Know You'll Fight for Them Look at What Your Sexual and Relationship Values Are

The Four Sexual Brains: Pathways of Relating



©2017 Shadow Work Seminars Adapted by Giles & Bridget Carwyn Artwork ©2018 Eyes Aflame LLC