

A GUIDE TO EMBODIED LOVE

BY KIRSTY MAY BROWN



Experience deep connection, trust and embodied intimacy with your partner.



HELLO!

My name is Kirsty May and I am a trauma informed Somatic Sexologist and Women's ADHD coach.

My mission is to guide and educate you in creating the life and relationships you've always desired. I will help to heal any past traumas you may have and enhance your ability to receive and trust in all areas of your life and as well as your sexuality.

Thank you so much for downloading this guide to Embodied Love.

I truly hope it helps you to experience the connection and happiness that you both deserve.

Kirsty May Brown

EMBODIED RULES FOR CONNECTION: IN AND OUT OF CONFLICT

A crucial aspect of embodied love is creating shared practices that keep you connected, even during times of conflict.

Here are a few suggestions that you can adapt to your unique relationship:

The Cuddle Rule:

Maintaining physical touch is a powerful way to stay connected. The rule is simple: any time you watch TV, you must be cuddling. It could be spooning, holding hands, or having legs cross each other. This rule remains constant, regardless of the emotional climate, and can serve as a form of repair during disagreements. It's a lot harder to stay mad at your partner when you're holding their hand or cuddled up, watching your favourite show.

The Massage Rule:

Once a month, you and your partner give each other a massage. The person receiving the massage decides where, and the other person decides how long. You can increase this to once a week if you both enjoy it. Remember to respect boundaries, but also compassionately and curiously explore why either of you might be hesitant to give or receive a massage.

The Listening Rule:

Once a day or twice a week, depending on your needs, commit to having a one-sided conversation each. One person talks for a pre-agreed time (5 to 15 minutes), and the other listens without offering advice, thoughts, opinions, or facial expressions.

They do not interrupt or try to solve the problem, they simply thank the speaker for sharing. Once the time is up, you switch roles. This rule requires curiosity, compassion, kindness, and commitment.



Blindfolded Body Exploration:

This is a shared activity that can deepen your connection and awareness of each other's bodies. Here are the steps:

Create a safe, undisturbed environment separate from your normal surroundings. It should be a place where your brain can rest and be distanced from mental activities, past patterns, and future responsibilities.

Make it playful and laugh often. The focus is less on doing a good job and more on working with your partner to create a comfortable space for both of you.

Discuss and agree on boundaries for the exploration. Are you clothed, partly naked, or fully nude? Is there anywhere on your body you don't want to be touched? Always respect these boundaries.

Work out your intention for the practice. Do you want to feel closer to your partner, feel desired, or take the pressure off sex but still be intimate? Be open about these intentions with your partner.

Once ready, lay down, blindfold yourselves, and start breathing deeply. Notice the differences and similarities in your breath and your inner worlds.

When ready, start touching or being touched by your partner. Let your touch be sensual, soft, and exploratory.

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Be open to asking for what you want more or less of, like pressure, direction, or type of stroke.

You can decide whether you want to take turns or explore at the same time.

Be honest with yourself and your partner about what you are feeling or doing without shaming yourself or them.
Notice everything!

Afterwards, cuddle yourself, a pillow, or each other to integrate the experience.

Whether or not it leads to sex doesn't matter. The goal is to gain a greater awareness and appreciation of your and your partner's body, learn about boundaries and consent, and understand how to read and be sensitively attuned to someone's body language.

This guide is just the beginning. If you want to learn more about embodied breathwork, consider joining a specialist couples programme such as my '[Ignite](#)' programme. You can also explore real-life examples and case studies to further understand the concepts. Always remember, embodied love is a journey, and this guide is your first step.

In the end, the most important thing is to stay curious, compassionate, and committed to growing together.

EMBODIED CONSENT: THE FOUNDATION OF TRUST AND RESPECT

At the heart of any relationship, especially one grounded in embodiment, lies the core principles of respect and consent. This entails a mutual understanding that neither partner should ever feel compelled to override or ignore the boundaries of the other. Instead, it's about seeing your partner as an equal, with their own unique needs, wants, and desires. It's about making decisions together, sharing, and negotiating all aspects of your relationship for mutual benefit, not at the expense of each other.

Indeed, the journey towards increasing your awareness carries inherent risks—you may uncover feelings you'd rather avoid, change your perspectives, let go of aspects that no longer serve your relationship, and so on. However, behind these risks lies an immense sense of freedom—to grow more into yourself, deepen your connection with your partner, heal past wounds, and possibly cultivate a deeper, more loving relationship.

To give you a taste of what consent in this context feels like, and how it can enhance your connection or expose areas of concern in your relationship, consider trying the following exercise. Yes, the first steps of this journey may be daunting, but they can also be incredibly exciting and potentially lead you and your partner to a much more profound understanding and experience.

Exploring Taking and Allowing

This exercise helps you practice how you take from your partner and allow your partner to take from you. It provides a space where your needs are met consensually, enabling you to explore new and exciting interactions with each other.

Here's how it works:

Time Allocation:

Decide how much time you want to spend on this exercise, say 10 or 20 minutes, and then divide this time equally between you and your partner. In each turn, one of you will be the 'taker' (the one who is touching), and one will be the 'allower' (the one being touched). Remember to switch roles so each of you experiences both taking and allowing.

Parameters:

This is a touch game and doesn't have to be sexual. In fact, for your first time, it might be best to stay away from sexual areas of the body. You'll learn just as much and have just as much fun without the involvement of sexual touch. This is something you can build up to as you become more comfortable with the exercise.

Taking and Allowing:

The 'allower' starts by asking, 'How would you like to touch me?' The 'taker' then thinks about how they wish to touch their partner and makes a request, such as, 'May I touch and explore your back?'

Clarifications and Consent: The 'allower' can ask for any clarification, like what parts of the body or the type of touch involved. After understanding the request, they then decide whether they agree to the request, or agree with limitations that make it a comfortable and fun experience for them.

The Process: The 'taker' stays within the agreed limits while the 'allower' ensures their boundaries are respected. Remember, consent can change at any time.

After the Exercise: Once the time is up, the 'taker' says, 'Thank you,' and the 'allower' responds with, 'You're welcome.' Then, switch roles and repeat. After both turns are over, discuss what you each noticed about yourselves, the sensations, emotions, challenges, pleasures, and so on.

Through this simple exercise, you can learn so much about yourself, your partner, your relationship, and your communication styles. Embodied practices like this hold the potential for you to learn, grow, and reach new levels in your relationship, ending habitual conflict that serves no one. Remember, the goal is to maintain respect, consent, and mutual enjoyment at all times.

SOMATIC SEXOLOGICAL EMBODIMENT EXERCISES

Now that you've embarked on your journey towards embodied love, let's delve deeper with some exercises designed to strengthen the foundations of your relationship.

Each exercise focuses on a different aspect of a relationship, enabling you to explore, learn, and deepen your understanding in a consensual and non-conflictual way.

Remember, it's about letting go of any inhibitions or preconceived notions about what love should look like and building a love that works for both of you.



Connection: The Power of a Cuddle

This simple yet powerful exercise works on strengthening the connection between you and your partner.

Golden Rule: Always maintain physical contact with your partner, no matter the situation or circumstance.

This constant physical contact provides a direct link to co-regulation, nourishing your touch-starved nervous systems. When you and your partner are sitting together, for instance, watching TV, make a point of remaining in contact with your partner.

Whether it's holding hands, crossing legs, or cuddling up together, these simple actions remind you of the connection you share, especially during conflicts. This physical connection can make it harder to remain angry at your partner, and instead, serves as a reminder of the love you share.



Communication: Listening & Hearing

This exercise is all about enhancing your communication skills and deepening your understanding of your partner's thoughts, emotions, and perspectives.

Step One: Set a timer for a pre-agreed time, perhaps 5 to 15 minutes, depending on your comfort level. Agree on who will be the talker and the listener first.

Step Two: Start the timer, and the talker begins to express themselves freely about anything they wish to be heard on without interruption. The listener provides their full and undivided attention, without offering advice or opinions.

Upon completion, the listener simply thanks the talker for sharing, and then roles are switched. This exercise requires mutual curiosity, compassion, and kindness, and a commitment to respect the agreed structure.



Regulation: Vagal Toning

This exercise is based on the Polyvagal Theory, which posits that feeling safe is dependent on our autonomic state, and cues of safety help calm our nervous system. The exercise involves humming or chanting with your partner, which stimulates the vagus nerve—responsible for regulating our stress response, mood, and overall well-being. When our vagus nerve is active, we are in a state of calm and relaxation.

Find a quiet and comfortable place to sit or lie down with your partner. Close your eyes and take a few deep breaths. Begin to hum or chant together for 5 to 10 minutes. When you're finished, take a few more deep breaths and open your eyes.

This exercise reduces stress and anxiety, improves mood and well-being, and promotes relaxation and bonding. Remember, the goal is to maintain respect, consent, and mutual enjoyment at all times.

There are several variations you can try. Try humming or chanting while walking together, taking a shower together, or even while making love. If you have any musical instruments, you can try playing them together while humming or chanting. You can also try humming or chanting different mantras or affirmations. Humming or chanting with a partner is a simple and effective way to stimulate the vagus nerve and improve your overall well-being. It is also a great way to connect with your partner and deepen your relationship.

Receiving and Giving:

In any relationship, intimacy can ebb and flow. However, true intimacy forms a significant foundation of a loving relationship. The loss of intimacy can destabilise this foundation, even bringing a relationship to an end if it's not recognised or worked on. This exercise is designed to help partners practice and foster intimacy without the constraint of sex or only showing intimacy in a certain habitual way, which can fade over time. This exercise encourages exploration and fun even in the most intimate moments.

Step One:

Agree on a timescale for doing this exercise once or twice a week, or once a month to start with, depending on your circumstances. The commitment you show here reflects your commitment to the relationship, and it can be a lot of fun, so why not give yourselves that opportunity.

Step Two:

One person decides where on their body they want to receive a massage, and the other person decides for how long they are willing to massage for. You also need to decide whether at the time you swap roles and each of you get a massage, or it is only one person this time and next time it is the other person's turn to receive a massage.

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Step Three:

Make sure that you have communicated exactly what massage you want, where on your body, where you do not want to be touched, the strength of touch, and so on. Always respect your partner's boundaries at all times with compassion and understanding.

The Blindfold Exploration

You can take the above exercise one step further with a blindfold. This exercise encourages exploration and fun even in the most intimate moments. The reason for the blindfold is to heighten the sensation of being touched and to touch. With sight removed, it enables you to explore your partner's and your own body in new ways, enabling you to really get to know each other.

Build or create a quiet area, love nest, blanket fort, or whatever your fancy takes you. The most important thing is that the space provides you and your partner a comfy place to lie down, away from everyday distractions where you can fully relax.

As above, decide on your boundaries and rules for the exploration, such as whether you'll be clothed, partly clothed or fully naked. Be clear about which areas of the body you're willing to be touched and which areas you do not want to be touched. Decide who is going to touch who first, or perhaps you'll touch each other at the same time. Blindfold each other and have fun.



IGNITE: CREATE A FULFILLING AND PASSIONATE RELATIONSHIP

From the 13th April 2024, I will be introducing an 6-week immersive somatic coaching programme designed for couples eager to enrich their communication, nurture emotional intimacy, and strengthen their physical bond.

This transformative experience welcomes couples of all configurations and gender identities, offering a specialised blend of online coaching masterclasses and in-person, immersive bodywork sessions. Within this dynamic framework, couples will embark on a journey to:

- Heal lingering wounds from the past
- Cultivate trust at its core
- Foster a more deeply fulfilling relationship

'Ignite' empowers you to build a profound connection with one another and overcome any challenges together.

Please head to my website to find out more or to [book a FREE discovery call](#) with me.





Thank you so much for downloading and reading this guide.

Please feel free to reach out to me at kirstymaybrown@somaticreality.com or connect with me on Instagram at @somatic.reality. I'd love to hear how you get on with these exercises.

Be sure to head to my website www.somaticreality.com to sign up to my newsletter and be the first to receive more guidance and news from me.

Please also be sure to browse my coaching containers, or book a free consultation to discuss a bespoke coaching plan.

I truly look forward to hearing from you.

Kirsty May Brown