The 4 Faces of Love
Stabiliser • Unifier • Clarifier • Activator
A guide to finding your Centre via Intimacy

MODULE 2
A Practitioner’s guide
Finding the Balance Between Sex, Love and Intimacy

Unifier
Intuitive Feeling
Soulful
Intentional
Spiritual

Clarifier
Intuitive Thinking
Technical
Behavioural
Scholarly

Stabiliser
Sensing Judging
Dutiful
Cultural
Historical

Activator
Sensing Perceiving
Artful
Social
Spontaneous

Nic Morrey

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Index

A Guide to Finding Your Centre via Intimacy p3
How Does Romantic Love Go Wrong p5
What Can a Couple Do to Have a Loving and Fulfilling Relationship? p6
An Overview – Pathways of Love p7
What’s Your Therapy p8
Highlight your Exit Strategies p9
Your Lines of Intelligence p10
Find Your True Colours Together p11
The Art of Communication - Turning Vices into Virtues p12
Communicating with Your Partner p13
Communicating with your Inner and Outer Organisation p14
4 Questions that Lead to Understanding p15
Does My Script Serve Me Anymore? p16
The Drama Wheel p17
Discoverable Micro-Skills from the Centred Self p18
Your Sexual Style – The True Temperament Tester p19
Sexual Intelligence and Hot Monogamy p20
Tantra Awareness p21
Sex as a Pathway to Move Through Difficult Emotions p22
The Meeting Point of Love and Meditation p23
References p24
A Guide to Finding your Centre via Intimacy

This module is split into 5 sections. An overview of love and lines of intelligence, communication exercises, emotional intelligence exercises, Script and Role identification exercises and tantric sexual practice exercises, with the aim of balancing sex & love with intimacy.

Intimacy is at the centre of it all. Without intimacy, the cogs don’t turn. Intimacy training is at the core of Centred Therapy and is what we provide for our clients when re-modelling that it is ok to be vulnerable in the presence of an-other, often re-parenting as the M-other. When working with individual clients, as a dyad, the intimacy gained between client and therapist is then taken from the room and applied to the appropriate other via combining new intimacy learnings to increase fulfilment in love and joy in sex.

Let’s define the difference between love and intimacy in Centred therapy. Love is the balancing point between giving and receiving. All needs to be fair and equal for love to be felt. There is no favouring or distortion of the law. Like gravity is a law, in its essence love is morality, ethics and structural stability. It is represented in the green bottom left quadrant as the ‘we’ space. The intimate subjective self (represented in the blue upper left quadrant) meets love, the inter-subjective historical and cultural landscape to create the total interiority of our being. This is deeply understood at the core of being when PQ and EQ spike at the knight stage of development.

There is intimacy with ones-self and then intimacy with an-other. Practicing intimacy by ones-self is a core practice before being intimate with an-other. Generally speaking, when practising a contemplative tradition, empathy increases due to gaining deeper levels of interiority. The same is true when a client gains deeper interiority via therapy, with a pseudo-other. With this increased awareness of the internal landscape, one then walks toward love, the other, to find out whether this new level of presence and intimacy with ones-self, can be seen, explored and met with an-other.

But this is where the small or large traumas are revealed, and why it is so difficult to face the gaps in good enough or absent parenting. So, we therapeutically encourage clients to walk toward the pain and provide the 3 levels of constancy (environmental, emotional and construct) which re-fire the shut down neural pathways and re-stimulates proton, electron, neutron cellular activity. If we fail in this re-correcting, we amplify the original wound. All is not lost if or when this happens, but to catch it before a client exits therapy is most important, as it needs to be brought into the room as an example of a lack of therapeutic presence and how this loss of intimate connection relates to the client’s original unmet need.

With an inherited contractual limitation, the failing of a therapist is eventually a good thing, where the intimacy appropriately transfers across to an-other, where the domains of love PQ and desire LQ can deepen EQ meaning. With a client now being equipped with knowing the difficulties that surround intimacy; that we are all structural products of metagenealogy (nature) and upbringing (nurture), compassion and humility are born. With compassion and humility comes open vulnerability and capacity for deep lasting intimate relationships with self, others and with that one special other to meet within the sweet love zone.

When choosing to see a couple, (from Dyad to Triad) where the intimacy skills EQ is challenged, this is when the focus can switch from EQ intimacy training, (healing emotional inconsistency), to the combined EQ, IQ, PQ & LQ training, taking on the pseudo-parent with two children. It is important to recognise this switch, mainly because one of the couple will have EQ strength and the other IQ strength, and will be in the midst of the righteous shame filled battlefield. If you take sides and highlight a most important EQ side of the street, the IQ side of the street will feel more shame and want to exit couples therapy. So, this is where some of the IQ rational explanations help a couple to become sensitive as opposed to insensitive or over-sensitive. IQ can cross over to the EQ field, but needs the explanation and clarity first, before making the effort to jump over the bordering fence. Working with IQ (construct constancy) and the exercises on paper is a positive place to
start, trusting that high EQ (emotional constancy) will be the result at the end of the therapeutic process, with the added bonus of structural PQ & freedom LQ development. All of which can be achieved within the crucible of hot monogamy.

You might ask, what about the yellow cog IQ? Doesn’t that need to be part of the above diagram? The answer is yes and no. Yes, because when I firstly rationally understand an-other, this allows me to then open toward loving and feeling another. Yes, because IQ and meeting as mind mates increase connection, by doing all the relationship reading and learning, talking about it, enjoying the flow of bouncing ideas around and following each other’s thinking. But the answer is No when it is time to enter the sexual LQ and physical space PQ. This is the time to drop the intellectual IQ defensive strategy which is used quite specifically to avoid intimacy and gets in the way of presence. It is left out of the diagram because this point needs to be made stronger with a visual representation. IQ is an extremely strong defence against unresolved trauma, and as therapists, we collude until the client begins to understand its limitations. IQ over-compensates to avoid the pain, so IQ collusion is tolerated until the PQ environmentally originating wound is re-cognised and then presented for the surgical suture.

A couple who present for centred therapy begin to compartmentalise their self-structure before bringing the two parts/holons together. They find out through research, who is attracted to who, and whether/why they are a good match. Stabilisers attract stabilisers, Activators attract activators, Unifiers attract Clarifiers and Clarifiers attract Unifiers. Through the work of Helen Fisher (2013), Serotonin, Dopamine, Oestrogen and Testosterone become the building blocks of temperament and mate attraction. Clients work out whether they are soul mates, mind mates, play mates or help mates through David Keirsey’s (1998) MBTI classifications, they work out the stages of relationship growth through the work of Harville Hendrix (2014) & Robert Sternberg (2006), which of the 5 languages of love they have through the work of Gary Chapman (1995), which drama who are playing through the work of Stephen Karpman (1969), their couple sexual style through the works of Barry and Emily McCarthy (2009) and tantra through the works of Michael and Diana Richardson (2010).

Enjoy the module. I hope your clients benefit from the exercises and print outs.

Nic Morrey
How Does Romantic Love Go Wrong?

Romantic relationships typically progress through two distinct phases —

1. The ‘romantic phase’: you have an expectation of need fulfilment and a euphoric feeling of completeness when your partner supplies the lost parts of yourself. Cupid shoots a dose of Phenylethylamine directly into your brain. You feel like the darling child in an ideal family.

2. The ‘power struggle’: you come to hate what you fell in love with — "You’re so exuberant and alive!" becomes, "Can’t we have a rational conversation without you getting hysterical?!" Your powerful expectations of need fulfilment are inevitably not met. The shift from romance to power struggle tends to begin when you make a firm commitment to the relationship. Your unarticulated expectation is — "now my partner will magically meet all of my needs and love me like my parents never did!" When this doesn’t happen, it seems as if your partner is deliberately withholding gratification, so you may have a natural impulse to retaliate.

A typical power struggle cycle might go like this —

- He is quiet; she experiences this as withdrawal.
- She tries to get a response; he experiences this as nagging.
- He walks away; she experiences this as abandonment.
- She explodes in rage; he experiences this as an attack.
- He fights back... and it all ends in tears and resentment.

The problem is not the rupture but the failure to reconnect. The conflict is not a fundamental threat to your relationship, the threat is your inability to repair the rupture and get back to intimate connection.

What usually happens in the absence of vulnerability, empathy and the listed micro-skills is that you try to control your partner to get what you want. You may have used behaviours like threatening, withholding affection, being sarcastic, cold, criticising, attacking, moping, blaming, or shaming to punish and hurt your partner into loving you right? That can succeed in intimidating your partner into complying with your wishes (although it generally doesn’t work very well), but it’s hardly a loving and compassionate way to be.

You may be trying to get your partner to understand your pain by inflicting something similar on them. This dramatically increases the amount of pain in your relationship, guaranteeing that you will get the opposite of what you want and need.

Generally, one partner will be a ‘+ Distancer’, holding their energy in to deal with anxiety by themselves, and the other will be a ‘- Pursuer’, directing their energy outwards to deal with anxiety through contact with others; toward the distancing partner.
What Can a Couple Do to Have a Loving and Fulfilling Relationship?

The alternative to a power struggle is to compassionately ask for what you need and to empathically give what your partner needs. In other words, to first become aware of your adaptations in childhood, and secondly to realise how many of these adaptations are no longer serving you in your present relationship. Page 18 gives a list of the micro-skills necessary to move out of the power struggle.

This may bring you to the third stage of an intimate relationship. The first stage (romantic love), is when you want the other person. The second (the power struggle), is when you want the other person to satisfy you. The third, "real love", is when you want what is best for the other person.

5 basic tasks in Imago relationship therapy —

- **Re-imaging** your partner as a wounded child.
- **Re-romanticizing** your relationship, through things like appreciations, caring, fun, and pleasurable surprises.
- **Restructuring** your frustrations through converting complaints to requests.
- **Resolving** your rage.
- **Re-visioning** your relationship as a source of safety, fulfilment, passion and joy.

**The Dialogue**

Good relationships require effective communication. Good communication happens when disclosure of a vulnerability is met with expressed empathy. The more you do this, the deeper the intimacy will be between you.

Consider the more vulnerable you can be with your partner, the safer your relationship will be for both of you. Expressing vulnerability feels risky. The vulnerability can attract a persecutory response. But by digging deeper and staying with your pain, eventually, your partner’s defences will fall and give way to an empathic, tender and caring response toward you. Someone has to take that risk and go first.

Consider instead of just asking for what you need from your partner, try also giving what you are needing, so your partner can also heal and grow. You today, me tomorrow.

Consider that you fell in love with your partner because of your imago match (*Your image of familiar love – both positive and negative*). In navigating the negative aspects, consider that you both experienced a similar kind of distress in childhood, but adapted to it in opposite ways (*same wound, different defence*). This means that when expressing what you need the most, it may be the hardest thing for your partner to give it to you.

Consider that your partner has the same need as your own, but due to your partner’s adaptive defences, alternative coping strategies and protective mechanisms, getting what you need isn’t that simple. You are required to communicate in a style which elicits enough safety to firstly get what you want, which secondarily allows your partner to reclaim that lost part of his/her self in order to give it. The micro-skills (p18) will help you to consider these alternative communication styles.

Consider the thing that you want the most may also be very difficult for you to receive since you have adapted so well to its absence that its presence may feel like a powerful taboo has been violated.
An Overview
Pathways of Love

Key

Using your % scores ask yourself...

8 Forms of love
5 Love languages
4 Imago phases

Which form of love do you prefer, and which form do you avoid?
Which love language do you need more of, and which do you have enough of?
Which phase of love do you get stuck in that prevents you from entering integral love?

8. Integral love

4. Intimacy
3. Power struggle phase
3. Quality time

Unifier
Water – Soul mate
Cold & Wet

Stabiliser
Earth - Help mate
Cold & Dry

Clarifier
Air – Mind mate
Hot & Wet

Activator
Fire - Play mate
Hot & Dry

Storge

4. Words of affirmation
5. Commitment

5. Acts of service
4. Repair

Pragma

6. Companionship

Manic

3. Romance
2. Romantic phase
2. Receiving gifts

Clarifier

Eros

3. Passion
1. Attraction phase
1. Physical touch

4. Intimacy

What's Your Therapy?

This exercise will give you guidance toward finding an activity or direction which will help you strengthen any of your weaknesses. A low 3% of the population work in all 4 quadrants well so it's normal to be particularly low scoring in at least 1 if not 2 quadrants. Using your lowest raw score, go to that quadrant and challenge yourself by committing to at least one of the therapeutic treatment methods below. Over functioning in one quadrant can also be an indicator for identifying your issues, but use the next page for this ‘Identifying your exit strategies’.

**PSYCHOTHERAPY**
- Express yourself through art, music &/or poetry
- Find more solitude and a space to reflect
- Move toward professional work ethics
- Consider volunteer work
- Become a social activist
- Do more heart-felt service
- Find a psychotherapist or psychoanalyst
- Do couples therapy with your partner
- Write down your dreams
- Do journal writing
- Get involved in philanthropy
- Dare to be vulnerable
- Do Bhakti Yoga
- Feel it more
- Get to know your shadow side
- Work through your grief or shame
- Become more subjective and receptive
- Find your soul mate and find love
- Develop you presence and level of intimacy
- Find more space in your life
- Engage with eye contact

**COGNITIVE THERAPY**
- Develop your financial intelligence
- Get some professional development or job skills training
- Do more reading & writing
- Meditate and empty your mind
- Become more objective
- Discuss and debate issues with others
- Learn a language, music theory, math, psychology or philosophy
- Manage your time well
- Do this inventory
- Study more
- Get more competitive
- Do Jnana Yoga
- Find a mind mate
- Find the positive within a crisis
- Think your way through this problem
- Get in touch with your anger or shame
- Use the internet for information you need
- Develop your ability to compartmentalize
- Communicate your ideas

**INTERACTIVE THERAPY**
- Have a lot more fun
- Go out dancing with a friend
- Find sexual satisfaction
- Find a sexual therapist
- Develop within group settings
- Find an art therapist
- Do family therapy
- Do group therapy
- Do Raja Yoga
- Be more social
- Develop your passion
- Help a group fulfill their dreams
- Join a drama group or do acting training
- Find a spiritual community
- Go out and be entertained
- Get in touch with your anger or fear
- Find a transpersonal therapist
- Find more space in your life
- Be adventurous and travel
- Unleash your creativity
- Go and find your unique and true identity

**BEHAVIOURAL THERAPY**
- Build something
- Prioritize good food and a balanced diet
- Manage your time well & get enough sleep
- Get into cooking & or gardening
- Get support from your GP
- Go on nature walks
- Learn martial arts
- Do Yoga or Pilates
- Do Karma Yoga
- Get compensation
- Keep your house neat
- Develop lists and systems
- Get pharmacological treatment
- Get the job, work hard and earn good money
- Find a somatic therapist
- Keep active by walking, swimming or jogging
- Commit to family life or a partner
- Get married and have a child
- Buy that house and settle down
- Work through your fear or grief
- Buy things that add to your comfort level

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I can get too personal
I can be overly sensitive and emotional
I can be overly tolerant
I am very needy
I seek peace when in conflict
I am often unwell
I get tired a lot and want to sleep
I often pick fights and see the negative
I hold back from natural pleasures
I have an anger phobia
I am a watcher more than a doer
I spend a lot of time on the phone
I don't trust a lot of women
I am forgetful
I have been known to be quite manipulative
I worry people I love will leave me
I don't trust a lot of men
I spend a lot of time on the phone
I detach myself from situations easily
I don't trust a lot of men
I fantasize whilst making love
I avoid eye contact and tend to withdraw
I am not needy and I avoid fuss
I am outraged if I am criticized unfairly
I watch sport but don't play it
I have been told I am insensitive

Exits from showing up in the world

I avoid people who are too casual and easy going
I spend too much time with the kids
I am married to my work
I am very critical and impatient
I watch sport but don't play it
I am right and I win
I don't rest enough and can't afford to be vulnerable
I don't have enough time
I must follow traditional values
I am very strict when setting boundaries & routines
I would never get divorced
I don't take risks
I must prove my worth

I can be a bit of a loner
I can find the right job
I am out of touch with my body
I need someone to take care of me
I spend a lot of time on the computer
I don't communicate very well
I detach myself from situations easily
I don't trust a lot of men
I fantasize whilst making love
I avoid eye contact and tend to withdraw
I am not needy and I avoid fuss
I am outraged if I am criticized unfairly
I watch sport but don't play it
I have been told I am insensitive

Exits from Aloneness

I think others are against me
Control is an important issue for me
I study a lot
I don't do 'nice'
I can be a bit of a loner
I can find the right job
I am out of touch with my body
I need someone to take care of me
I spend a lot of time on the computer
I don't communicate very well
I detach myself from situations easily
I don't trust a lot of men
I fantasize whilst making love
I avoid eye contact and tend to withdraw
I am not needy and I avoid fuss
I am outraged if I am criticized unfairly
I watch sport but don't play it
I have been told I am insensitive
Your Lines of Intelligence

Which intelligence lines have you developed, and which are less important to you? Which ones would you consider you were born with? Are there any areas you see as weaknesses and would like to develop? If so, find answers to the life questions. Do you need to develop more stability, have more clarity, be more connected or get more active?

In the context of relational intelligence, this emerges when we marry the paradox between the need for closeness and distance, and the paradox between ‘the ideal’ transcendent love and ‘the real’ Immanent love.
Find Your True Colours Together

The 4 colours (dark GREEN, azure BLUE, golden YELLOW, flame RED) are used to represent the 4 quadrants based on the Judea/Christian representation of the elements (EARTH, WATER, AIR, FIRE). Now use the integral rainbow as a developmental altitude scale (INFRARED to TURQUOISE) and discover a possible meaning to your inventory raw scores and associated 4 colours (1 rainbow colour within each quadrant). Find your 1 developmental altitude colour within each quadrant as well as your partners within that same quadrant. Think of yourself as attempting to have 4 types of relationships with your 1 partner; cognitively, emotionally, materially and playfully/sexually. Using the graph below, discover how in some quadrants you will meet well and others you won’t. Remember that in every relationship, conflict is normal. Write down on the coloured lines below how you match your partner within each quadrant using the phrases from the table below. Use this page to stimulate a conversation that aims toward getting the love you desire from each other now that the gaps have been more defined.

| Mind mate (Clarifier): |  |
|------------------------|  |
| Soul mate (Unifier):   |  |
| Help mate (Stabiliser):|  |
| Play mate (Activator): |  |

<table>
<thead>
<tr>
<th>1-2 Infrared</th>
<th>3-4 Magenta</th>
<th>5-6 Red</th>
<th>7-8 Amber</th>
<th>9-10 Orange</th>
<th>11-12 Green</th>
<th>13-14 Teal</th>
<th>15-16+ Turquoise</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-16+ Turquoise</td>
<td>Caretaker/ Dependent</td>
<td>Caretaker/ Dependent/ Magic Connection</td>
<td>No Partnership</td>
<td>Friendship</td>
<td>Mentor Friendship Lovers</td>
<td>Mentor Friendship Lovers</td>
<td>Co-creation/ Opposites</td>
</tr>
<tr>
<td>13-14 Teal</td>
<td>Caretaker/ Dependent</td>
<td>Caretaker/ Dependent</td>
<td>No Partnership</td>
<td>Friendship</td>
<td>Mentor Friendship Lovers</td>
<td>Mentor Friendship Lovers</td>
<td>Co-creation Opposites and equals</td>
</tr>
<tr>
<td>11-12 Green</td>
<td>Caretaker/ Dependent</td>
<td>Caretaker/ Dependent Pre/Trans Fallacy</td>
<td>Pre/Trans Fallacy</td>
<td>No Partnership</td>
<td>Confusion Frustration Incompatible</td>
<td>Feminine Masculine role reversal Incompatible</td>
<td>Mentor Friendship Lovers</td>
</tr>
<tr>
<td>9-10 Orange</td>
<td>Caretaker/ Dependent</td>
<td>No Partnership</td>
<td>Trophy Wife/ Boy Toy</td>
<td>Opposites not equals Incompatible</td>
<td>Independence Equals/ Not opposites Incompatible</td>
<td>Confusion Frustration Incompatible</td>
<td>Mentor Friendship Lovers</td>
</tr>
<tr>
<td>7-8 Amber</td>
<td>Caretaker/ Dependent</td>
<td>No Partnership</td>
<td>Frustration/ Incompatible</td>
<td>Co-creation/ Opposites not equals</td>
<td>Opposites/not Equals Incompatible</td>
<td>No Partnership</td>
<td>Friendship</td>
</tr>
<tr>
<td>5-6 Red</td>
<td>No relationship</td>
<td>Red abuse of Magenta</td>
<td>Co-dependence/ Marry-Divorce Cycle</td>
<td>Fruststration/ Incompatible</td>
<td>Trophy Wife/ Boy Toy</td>
<td>Pre/Trans Fallacy</td>
<td>No Partnership</td>
</tr>
<tr>
<td>3-4 magenta</td>
<td>Survival Bond</td>
<td>Survival Bond</td>
<td>Red abuse of Magenta</td>
<td>No Partnership</td>
<td>No Partnership</td>
<td>Caretaker/ Dependent Pre/Trans Fallacy</td>
<td>Caretaker/ Dependent</td>
</tr>
<tr>
<td>1-2- Infrared</td>
<td>Survival Bond</td>
<td>Survival Bond</td>
<td>No Relationship</td>
<td>Caretaker/ Dependent</td>
<td>Caretaker/ Dependent</td>
<td>Caretaker/ Dependent</td>
<td>Caretaker/ Dependent</td>
</tr>
</tbody>
</table>

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**The Art of Communication**  
**Turning Vices into Virtues**

The precision of communication is extremely important. Language use is central to developing a connection. It is very easy to be misinterpreted. As Goethe said, “no-one would talk much in society if he knew how often he misunderstands others”.

Use this list below to identify the negative words (on the left) you use toward your partner. Now see if the use of a more positive word (on the right) with a similar meaning has more likelihood of both of you making that necessary connection. The 4 lines at the bottom are for you and your partner to think of other negative to positive examples you may use together to enhance feelings of understanding. It may be helpful to see the vices and virtues of each of the temperaments, found in the overview module.

<table>
<thead>
<tr>
<th>Stabiliser</th>
<th>Unifier</th>
<th>Clarifier</th>
<th>Activator</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Negative</strong></td>
<td><strong>Positive</strong></td>
<td><strong>Negative</strong></td>
<td><strong>Positive</strong></td>
</tr>
<tr>
<td>Plodding – Steadfast</td>
<td>Clingy – Tenacious</td>
<td>Manipulative – Socially Adept</td>
<td>Overbearing – Commanding</td>
</tr>
<tr>
<td>Impervious – Unruffled</td>
<td>Seductive – Magnetic</td>
<td>Cunning – Smart</td>
<td>Superficial – Gracious</td>
</tr>
<tr>
<td>Stubborn – Persistent</td>
<td>Neurotic – Sensitive</td>
<td>Critical – Discerning</td>
<td>Fanatical – Passionate</td>
</tr>
<tr>
<td>Envious - Watchful</td>
<td>Possessive – Loyal</td>
<td>Calculating – Organized</td>
<td>Show off – Impressing</td>
</tr>
<tr>
<td>Tight ass – Thrifty</td>
<td>Subservient – Deferential</td>
<td>Fault finding – Discriminating</td>
<td>Irresponsible – Adventurous</td>
</tr>
<tr>
<td>Unexcited – Relaxed</td>
<td>Incompetent – Inexperienced</td>
<td>Clinical – Objective</td>
<td>Overzealous – Enthusiastic</td>
</tr>
<tr>
<td>Pompous – Presumptuous</td>
<td>Wimp – Gentle</td>
<td>Insipid – Harmless</td>
<td>Brash – Outspoken</td>
</tr>
<tr>
<td>Pedantic – Precise</td>
<td>Naive – Innocent</td>
<td>Patronizing – Compassionate</td>
<td>Scattered – Expansive</td>
</tr>
<tr>
<td>Too earnest – Pure intent</td>
<td>Pushover – Adaptable</td>
<td>Sceptical – Scientific</td>
<td>Difficult – Challenging</td>
</tr>
<tr>
<td>Workaholic – Industrious</td>
<td>Gullible – Trusting</td>
<td>Worrisome – Thoughtful</td>
<td>Careless – Carefree</td>
</tr>
<tr>
<td>Inflexible – Staunch</td>
<td>Coward – Timid</td>
<td>Isolated – Independent</td>
<td>Tacitless – Frank</td>
</tr>
<tr>
<td>Mechanistic – Practical</td>
<td>Lost – Searching</td>
<td>Imposes ideas – Convincing</td>
<td>Restless – Energetic</td>
</tr>
<tr>
<td>Offensive – Embarrassing</td>
<td>Childish – Childlike</td>
<td>Impractical – Idealistic</td>
<td>Fool hardy – Courageous</td>
</tr>
<tr>
<td>Dictatorial – Authoritative</td>
<td>Unassertive – Humble</td>
<td>Noncommittal – Broadminded</td>
<td>Lustful – Sensual</td>
</tr>
<tr>
<td>Hard – Solid</td>
<td>Gullible – Innocent</td>
<td>Manipulative – Strategic</td>
<td>Impatient – Anticipating</td>
</tr>
<tr>
<td>Blunt – Direct</td>
<td>Corny - Poetic</td>
<td>Nerd – IT Savvy</td>
<td>Impulsive – Spontaneous</td>
</tr>
<tr>
<td>Stingy – Economical</td>
<td>Cheesy – Romantic</td>
<td>Egghead – Academic</td>
<td>Set back – Pausing</td>
</tr>
<tr>
<td>Rigid – Stable</td>
<td>Open – Non-committal</td>
<td>Power hungry – Ambitious</td>
<td>Reckless – Daring</td>
</tr>
<tr>
<td>Passionless – Cool</td>
<td></td>
<td>Scheming – Designing</td>
<td>Unrealistic – Theoretical</td>
</tr>
<tr>
<td>Controlling - Assertive</td>
<td></td>
<td>Picky – Particular</td>
<td>Noncommittal – Impartial</td>
</tr>
<tr>
<td>Greedy – Acquiring</td>
<td></td>
<td>Uncaring – Detached</td>
<td></td>
</tr>
<tr>
<td>Dogmatic – Principals</td>
<td></td>
<td>Fake – Unnatural</td>
<td></td>
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<tr>
<td>Obsessive - Precise</td>
<td></td>
<td>Unemotional – Reticent</td>
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</tbody>
</table>

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Communicating with Your Partner

Effective communication between you and your partner is not a given. Firstly, notice in what quadrant you are most similar. The more similar your shapes, the closer your communication style will be. This will enhance your chances of understanding one-other. On the surface, similarity sounds like a good thing, but it can promote boredom and/or competition. If our purpose is to become whole, a partner who has a different shape will challenge you to find new and more effective ways of communicating with them and others in general. Keeping in mind that single dominance is rare (7% of the population), let’s look at how each archetype gets on with another.

Unifiers and Activators have very compatible communication styles (smooth, intuitive and right brained), as do Clarifiers and Stabilisers (direct, rational and left brained). Communication gets more challenging between Unifiers (vulnerability) versus Stabilisers (safety) and between Clarifiers (analytic) versus Activators (passionate). The most misunderstandings and confrontations occur between Unifiers (feelers) and Clarifiers (thinkers) and between Stabilisers (fixed) and Activators (spontaneous). Finding the way forward requires ordered communication.

Exercise: Try communicating your next plans in a sequence. Start with your full passionate expression from your Activator and gain support by your listening Unifier partner. Then discuss together grounding issues and Stabilising limitations, and finally arrive together at the analytic landscape of the Clarifier to work out the finer details of the plan.

---

**Unifiers...**
- Express with an animated face – eyes flash, etc
- Use expansive nonverbal gestures
- Use stories to illustrate points
- Are agreeable yet opinionated
- Are sensitive to feeling isolated
- Use images to understand
- Are kinaesthetic, visual and auditory
- Have a flowing communication style
- Need you to listen
- Need to help you
- Need you to validate their emotional experiences
- Need you to soften
- Need you to care more
- Need you to help them feel safe

**Clarifiers...**
- Use facts to illustrate points
- Are more interruptive
- Appear to display little or no emotion regardless of the situation
- Express emotions abstractly
- Can feel intruded upon
- Can be wary of intimacy
- Pay attention to accuracy of language and use of words
- Have a controlled communication style
- Need you to express the facts
- Need you to show clear analysis
- Need you to have clarity and straight to the point
- Need you to lighten up
- Need you to stop blaming them
- Need more space

**Stabilisers...**
- Asks questions that have answers: Who? What? When? Where?
- Speak in sentences and paragraphs
- Complete sentences and paragraphs
- Have a controlled communication style
- Are more interruptive
- Seek sensory input
- Seek articulation
- Use touch and posture/body language
- Need you to provide details in a sequential order and in a conventional manner
- Needs you to follow the rules
- Need you to follow clear directions
- Need you to get the job done at the agreed time
- Need you to be a little more serious

**Activators...**
- Ask questions that lead to other questions: Why? How?
- Speak in phrases and love to talk
- Are agreeable yet opinionated
- Seek visual assistance
- Express through gestures
- Flow in communication
- Talk about the big picture & long term visions
- Stop in mid-sentence assuming others know what they are talking about
- Need you to be more expressive and will relate to you well when you use metaphors
- Need you to express clear concepts
- Need visual aids
- Need you to be passionate, spontaneous & fun

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Communicating with Your Inner & Outer Organisation

**Good ideas** can be blocked too soon in large groups due to the many overlapping temperaments all speaking at once or out of turn. The same is also true for the inner company you keep, with many conflicting inner voices. For an idea to reach fruition and turn into a good business action, the speaker who passionately communicates the vision (1.Activator) must first be met by open empathic supporters (2.Unifiers). Once this support has been expressed and received by the speaker, the pathway is clear for stage one questioning (3.Stabilisers) associated with fitting within the law, safety and the company’s traditional values etc. If the idea passes the green safety test, then it’s ready for the final critique and stage two questioning (4.Clarifiers). It is important for this to be the final round of questioning as opposed to the first. Clarifiers do not trust open expression, feeling things, interpersonal interactions and synergistic opportunities and will shut the Activator and Unifier down. But the Clarifier can be swayed if the idea reaches past the Stabilizer safety net. Clarifiers always err on the side of caution and for good logical reason, they are the gate keepers, often the CEO’s in the company who have the last say and sign the cheque.

**Exercise:** Become the CEO of your inner and outer company by overlooking the correct decision-making pathway (from 1 to 4). Make room for expression, emotion and support before asking the hard questions. Notice whether your inner or outer team becomes more vibrant, productive and satisfied once being noticed for their particular skill set.

---

**1. The visionary with great ideas**
- Know there is risk in bringing this good idea forward and find the courage
- Let out your high impulsivity and impatience
- Say it with passion and invigoration
- Seek out eye contact with those who show aliveness, interest & curiosity
- Acknowledge a higher force above the CEO position helping you to endure despite trying challenges
- Commit to your idea by tying them into an action plan
- Fight for a dignified cause because it means so much to you and to the world or company

---

**2. The emotional supporter**
- Don’t hold back in expressing your love and support of the idea
- Help others on their terms...not on yours
- Offer a way you could help
- Connect with the idea and the person behind the idea
- Create harmony, a sense that this is achievable if we work together
- Express satisfaction with emotionally charged gentleness and softness
- Use eye contact, encourage and feel into the sincerity and conviction

---

**3. The reliably sensible and safe**
- Does this idea fit the company’s mission statement?
- Can we make this radical idea fit into our more conservative values?
- What are the procedures we need to follow to make this happen?
- What steps do we take to plan, organise and prioritise to see to the fruition of this idea?
- Can we create the most efficient pathway?
- What needs protection with this level of risk?
- We need restraint and not jump in too deep?
- Can we follow the protocols and laws?
- Can we uphold high quality?

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**4. The gate keeping critic**
- Let me calculate the financial cost of this?
- What is my reluctance to commit about?
- Can I communicate my critique without being too abstract?
- What is the statistical analysis of success?
- Can I measure the length of time it will take to achieve this goal?
- Do I have all the facts and research?
- Does this idea sound rational and logical?
- What’s the big picture overview?
- How does it compare to other theoretical technicalities/models/formulas?

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Don’t be too concerned with facts, planning and questioning anything yet

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4 Questions that lead to Understanding

Try using a slightly different sequence for similar great results which lead to understanding. Think of an event full of conflict and tension between you and someone you care deeply for. Now start by answering question 1. and end at question 4. Be interested in which question is more difficult to answer. Question 1. will develop your insight. Behaviours need more attention before concluding or judging. Question 2. will help you develop your inner witness as you observe yourself in its parts. Question 3. will help you develop self-regulation and the need to hold the experience without acting out. Question 4. will help you to develop empathy and an ability to take more than your own perspective.

Even though the problem feels as though change needs to be implemented in box 1, (changing your partner’s behaviours), you will find that change comes more easily when we get to box 4.

For questions 1, 2 & 3, find the appropriate characteristic for the experiences. Some negatives on page 12 or 16 will direct you. Now think of a character in a story also like this and write the characteristic and character on lines 1, 2 & 3 below.

1. Activator enquiry: Characteristic_________________________Character_________________________
2. Unifier enquiry: Characteristic_________________________Character_________________________
3. Clarifier enquiry: Characteristic_________________________Character_________________________

For question 4 the Stabiliser enquiry, write what your partner is needing but not saying. Some positives on page 12 or 16 will direct you.

4. Stabiliser enquiry:

_________________________
_________________________
_________________________

For questions 1, 2 & 3, find the appropriate characteristic for the experiences. Some negatives on page 12 or 16 will direct you. Now think of a character in a story also like this and write the characteristic and character on lines 1, 2 & 3 below.

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For question 4 the Stabiliser enquiry, write what your partner is needing but not saying. Some positives on page 12 or 16 will direct you.

4. Stabiliser enquiry:
Does my Script serve me anymore?

As a way to answer the super-view question ‘What is my true identity?’, identity intelligence requires an inquiry into our character structure and our many smaller selves. The next 3 pages help a couple identify their own separate issues. So, when you come together, there is more clarity about who is playing what role, and whether that role and script are serving the relationship goals or not.

1. Highlight a private or secret self, a hidden identity which is hard to admit to in your relationship. Acknowledge and validate it so that self can come out of the shadows?
2. Write down the message this self is trying to convey in the space below? Is the script linked to a past need not being met?
3. On the next 2 pages identify the micro-skills to administer for navigating blockages, unresolved conflict, and hidden identities?

Our Selves sorted by the 4 temperaments

<table>
<thead>
<tr>
<th>Stabiliser - PQ</th>
<th>Unifier - EQ</th>
<th>Clarifier - IQ</th>
<th>Activator - LQ</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Reliable self</td>
<td>The Seeking self</td>
<td>The Insightful self</td>
<td>The Sociable self</td>
</tr>
<tr>
<td>The Good/Moral self</td>
<td>The Spiritual self</td>
<td>The Strategic self</td>
<td>The Energetic self</td>
</tr>
<tr>
<td>The Repairer self</td>
<td>The Soulful self</td>
<td>The Directive self</td>
<td>The Adventurous self</td>
</tr>
<tr>
<td>The Productive self</td>
<td>The Fluid self</td>
<td>The Mindful self</td>
<td>The Creative self</td>
</tr>
<tr>
<td>The Noble self</td>
<td>The Quiet self</td>
<td>The Logical self</td>
<td>The Happy self</td>
</tr>
<tr>
<td>The Hard-working self</td>
<td>The Loved self</td>
<td>The Truthful self</td>
<td>The Free self</td>
</tr>
<tr>
<td>The Practical self</td>
<td>The Intuitive self</td>
<td>The Expansive self</td>
<td>The Expressive self</td>
</tr>
<tr>
<td>The Honest/Just self</td>
<td>The Patient self</td>
<td>The Inventive self</td>
<td>The Playful self</td>
</tr>
<tr>
<td>The Responsible self</td>
<td>The Kind/Supportive self</td>
<td>The Scholarly self</td>
<td>The Improvising self</td>
</tr>
<tr>
<td>The Safe self</td>
<td>The Connected self</td>
<td>The Self-sufficient self</td>
<td>The Passionate self</td>
</tr>
</tbody>
</table>

Possible Public Selves

- The Reliable self
- The Good/Moral self
- The Repairer self
- The Productive self
- The Noble self
- The Hard-working self
- The Practical self
- The Honest/Just self
- The Responsible self
- The Safe self

Possible Private Selves

- The Judgemental self
- The Tough self
- The Defensive self
- The Burdened self
- The Dominating self
- The Anxious self
- The Cynical self
- The Stubborn self
- The Obsessive self
- The Frustrated self

Possible Secret Selves

- The Critical self
- The Bossy/Bully self
- The Insecure self
- The Corrupt self
- The Macho self
- The Workaholic self
- The Hollow self
- The Righteous self
- The Rescuing self

Script:

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The Drama Wheel

Exercise: Identifying and owning our less than centred parts (Moving Through the Power Struggle)

Below are four dysfunctional social interactions we take in life. Use your score to find your centre of gravity. Take it in turns to dialogue with your partner. Let him/her know what you have become aware of and how you might develop your interactions into centred responses. The diagram below will help you find a positive action plan.

1. **+Persecutor**: I do not respect boundaries, I become abusive, manipulative, controlling, I avoid blue and green, I become defensive, critical, insincere, inflexible, sarcastic, cynical, arrogant, insensitive, smug, angry and potentially violent, pretentious and unfriendly.

2. **-Victim**: I collapse into subjectivity because I feel like an object, powerless, overwhelmed with innocence, I avoid yellow and red, I avoid the big picture, I choose to remain ignorant, fatigued, gullible, masochistic, irrational, ineffective, incompetent, hesitant, doubtful, aimless, cowardly and subservient and unaware of my covert power.

3. **-Rescuer**: I like to feel superior and in control, the hero who attempts to fix the above conflict (persecutor/victim) but who avoids my own yellow and blue conflict, pain and discomfort. I can be tyrannical, coercive, dominating, stubborn, dictatorial, oppressive, bitter, righteous, possessive and disloyal towards my own inner conflicts and unconsciously maintain the behaviours of those I attempt to rescue.

4. **+Dramatist**: I am unaware of the effects I have on others as I skim too lightly over tremendous depth. Connections to myself or others is at stake as I ignorantly play & switch between all the parts (rescuer, victim, persecutor) and I end up in drama, feeling anxious, defensively over-confident, manic, overwhelmed, burnt out, intolerant, impulsive, suspicious, exhibitionistic, prickly and just switch off.

**Victims can be empathizer with healthy vulnerability**

When you are next feeling persecuted, become aware of your collapse, depression or sadness and speak from authentic vulnerability which demonstrates you are not threatened or defeated by the other or the loss of your own needs. Welcome insight into options, consequences and the bigger picture. From vulnerability comes creativity & illumination.

**Persecutors can be humbly assertive**

Even though you may feel a little disconnected, when saying what is really important to you, communicate and challenge in a way which shows empathy and kindness toward the other person involved without losing your assertiveness or perseverance. You may still need to apologize and say sorry. Say it all with a softness from your caring & stable courageous heart.

**Rescuers can be courageous, powerful leaders & facilitators**

Try listening more and caring by giving advice only when directly asked. When next coaching someone, be aware of your temporary privileged exit from the heat associated with your own personal conflicts. Don’t be afraid to disclose some vulnerability of your own to make the teaching real.

**Dramatists can be sincerely connected individuals**

When next connecting with others, be spontaneous and aware of the context you’re in and what it requires of you. Know the difference between these four positions and notice whether you can identify your position for the purpose of creating more connectivity between you and others. Sincere connection to everything & everyone is the ultimate prize.

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### The discoverable Micro-Skills from the Centred Self

<table>
<thead>
<tr>
<th>Stabilise Explore True Power Together</th>
<th>Unify Explore Compassion Together</th>
<th>Clarify Explore Wisdom Together</th>
<th>Activate Explore True Strength Together</th>
</tr>
</thead>
<tbody>
<tr>
<td>From Rescuer to Holding Space</td>
<td>From Victim to Vulnerable</td>
<td>From Persecutor to Humbly Assertive</td>
<td>From Dramatist to Sincere Connection</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Micro-Skills for navigating through blockages, unresolved conflicts and hidden identities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get yourself out of the way</td>
</tr>
<tr>
<td>Listen to understand</td>
</tr>
<tr>
<td>Get comfortable with silences</td>
</tr>
<tr>
<td>Give advice only when asked</td>
</tr>
<tr>
<td>Poke around – not knowing is ok</td>
</tr>
<tr>
<td>Drop the expert controller</td>
</tr>
<tr>
<td>Use the energy – go with it/redirect it</td>
</tr>
<tr>
<td>Empathise not sympathise</td>
</tr>
<tr>
<td>Stand by what is said or heard</td>
</tr>
<tr>
<td>Be aware of the past</td>
</tr>
<tr>
<td>Take leadership and hold space</td>
</tr>
<tr>
<td>Witness</td>
</tr>
<tr>
<td>Don’t try to fix it</td>
</tr>
<tr>
<td>Mirror</td>
</tr>
<tr>
<td>Normalise</td>
</tr>
<tr>
<td>Validate</td>
</tr>
<tr>
<td>Withhold the bird’s eye view</td>
</tr>
<tr>
<td>Challenge, not Overwhelm – Grade the Probe</td>
</tr>
<tr>
<td>Provide a space for the other to be the hero, not you</td>
</tr>
<tr>
<td>Keep track</td>
</tr>
</tbody>
</table>

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Highlight sentences below which describe your sexual style, and compare with your partner. Which style do you both mostly highlight? As a guideline for sexual satisfaction; firstly, develop positive, realistic sexual expectations together and drop the Hollywood, media-driven hype about what good sex ought to be. Secondly, explore the many sensual and sexual options which include but go beyond intercourse. Thirdly, communicate sexual desires before getting into the bedroom. Then you can be in the flow because you know your lovers need when you get to the bedroom…or where ever you may end up.

**Soulmate Unifier (Close & Intimate)**
I have to feel emotionally close to my partner before being sexual
I always think of my partner as my best friend
I don’t mind that sex doesn’t happen frequently; The quality of sex is much more important than the quantity of sex
**Sex loses value if we both don’t come**
The biggest turn on is knowing my partner is enjoying the sex
If I don’t feel emotionally bonded at the moment, then sex is meaningless
We often consider having sex, but often decide we’d rather talk and hang out
**Sex is not about erotic cravings; it’s real purpose is an expression of emotional closeness**
Meaningful sex is when we both feel emotionally connected and erotic at the same time; otherwise it’s not worthwhile

**Complementary Clarifier (Mine & Ours)**
Sex isn’t satisfying unless we take turns arouses each other
I don’t enjoy sex unless both of us have the same sexual needs, and can voice them in a positive manner
**It’s ok to have sex as a tension reducer**
I need both verbal and non-verbal communication to feel sexually receptive and responsive
Either one of us can initiate sex.
If my partner isn’t interested, he or she will say no and we will find another way to connect
**We have distinct ‘his’, ‘hers’ and ‘our’ way to initiate a sexual encounter**
I can offer a sexual option if I don’t want to have intercourse
**We enjoy playing different roles when we act out erotic scenarios**
Sometimes I like to ‘talk dirty’, and other times my partner likes to watch erotic videos

**Traditional Stabiliser (Conflict-Minimizing)**
I value clear gender roles, especially the man’s role to initiate sex
Sex toys, or other external stimuli, have no place in our relationship
Men and Women have very different sexual needs and feelings
I avoid letting go erotically because I’m afraid it will push my partner away
**Initiating affection is her domain, his is initiating intercourse**
Once we begin to cuddle I know that sex is either desired or expected
I find pornography objectionable; it is not part of our sexual life
**I like sexual intercourse best, especially the man-on-top position**
Foreplay is primarily for her, intercourse for him

**Expressive Activator (Fun & Erotic)**
I like strong emotions (both positive and negative); it makes me feel more sexually alive
I like to do erotic role-play, such as master-slave or virgin-prostitute
**Sexuality is all about feeling emotionally attached; if that doesn’t happen it’s not good sex**
Watching porn helps me get into a lustful mood
Sex is a great way to make up after an argument
I enjoy feeling randy and lustful
One of the best things about sex is spontaneity and unpredictability
**Sex is best after a bottle of wine; then I can really let go**
We use make-up sex after a fight; this is a turn-on and heals a rift between us
Sexual Intelligence & Hot Monogamy

For the first time in history, we are wanting sex in monogamy that also meets our desire. Desire meaning an expression of your individuality, your preferences and free choice. Yet to do this we need to reconcile two potentially opposing fundamental human needs for a passionate marriage; The Having versus The Wanting. Notice whether you lean to the left (Sex as Therapy) or to the right (Sex as Art). The two sides don’t mix well if left unidentified. Neediness turns off desire whilst wanting turns it on. Caretaking is an anti-aphrodisiac. Anything parental decreases the erotic charge as does vigilance, worry, insecurity, anxiety, feeling old, not connected to the body, not performing at work, low self-worth/esteem, being in the head of the other, when your partner is not considered, when you haven’t had enough time to yourself and when selflessness is at the cost of playfulness.

Besides procreation, sexual intelligence requires identifying which side of the street you and your sexual partner are on. Over time, being too hot or too cool have their own unique problems in the bed. For the too cool (left side), who have the marriage but want the passion, try setting up a private erotic zone, stop being ‘the good citizen’ who takes care of things and is always responsible. For the too hot (right side) who want the passion but don’t have the marriage, acknowledge the bonding rush of Oestrogen and Oxytocin and snuggle in the healing sex zone, trusting the security and safety of love by acknowledging your need for it.

Be aware of your waves of heat, be willful, present, focused, intentional, committed and spontaneous, remembering that foreplay can start at the end of the previous orgasm. Finding the dance between the too close and the too distant sets up a space, a zone within which to explore your roles as a sexual couple. Sexual intelligence is about knowing the roles ‘plural’ you play, exploring your unique dance together in both love and desire. It’s easy to trust in intimate sex, but the challenge is to trust intimate erotic sex for the purpose of greater emotional and sexual satisfaction.
Tantra Awareness

Acknowledging your inner bisexual reality opens the doorway to Tantra, sex with awareness, the capacity to open toward the dynamic and receptive polarities not only within one’s own body, but also the energetic polarities between two bodies, like magnets attracting or recharging 2 batteries. Generally speaking, awareness equals slowing right down; in tantra that often means removing the goal of an orgasm so as to be more present in the moment; To touch without intent, exploring the valleys long before heading toward the peak. This slowness allows sensitivity to arise both inwardly and outwardly, with the effect of amplifying the magnetic energetic polarities (+giving/dynamic & - receiving/receptive) surrounding the two of you, whether heterosexual or same sex attracted.

Tantra involves 3 key areas:

1: Understanding the pathway of Tantra. First, there is the excitement (right side/Dynamic), then love (left side/Receptive), then Joy (up), then fulfilment (down). That is, from storm to silence, from making love to love just happening, from bodily sex to spiritual union.

2: Dropping the mind. Love is the only thing where the mind is not needed so let yourself go so as to open the doorway to joy and fulfilment.

3: Knowing what to do if or when one or more of the big four emotions surface; Anger, Fear, Grief, and/or Shame are often hidden energies underneath sex. (See exercise 1 on the next page)
Sex as a pathway to move through difficult emotions

It is true that orgasms release happy hormones in our brain that give us a bonding rush (Vasopressin in men & Oxytocin in women), however conventional peak orgasms can cause a withdrawal and disconnection for both men and women. Because the big four emotions are hidden in sex, sex becomes a strategy for releasing tension, as attempts are made to 'overcome' fears (cold & dry sex), grief (cold and wet sex), shame (hot & wet sex) and/or anger (hot & dry sex). This results in a loss of receptivity soon after the chemical orgasmic bonding rush, as we cool down and realise that our underlying tension hasn't been resolved. But there is a pathway to turn fear into fulfilment, grief into grace, shame into joy and anger into excitement.

Exercise 1

a): Start with excitement and your conventional love-making style but without orgasm. Eventually sit in Yab Yum (position above) for some time and become meditative, still and receptive, cooled down, relaxed and noticing sensitivities.

b): Some emotions may come up for one or both of you while resting in this position. See if you can verbalise your feeling to your partner, with something like “I notice ___X___ coming up, I can see this is my past coming into this moment”.

c): If you have some emotion come up, after acknowledging it, you can physically leave the Yab Yum position and say to your partner “I am needing some time to myself now but will return very soon”. Slowly and gently go to another room in the house and express yourself releasing physically, e.g. hit a pillow, skip, sing, talk, jump, dig, pull out weeds, practice the self-regulating breath of peace, write 10 words in your journal to capture the essence of what just happened: All this can be done without contracting, withdrawing and collapsing.

d): If you took the time out for physical release, return to your partner and reconnect in Yab Yum asking yourself whether you are still feeling separate or more connected. If you are still feeling disconnected, then repeat the above acknowledgement and physical release.

e): If you run out of time then return to the above process at another time. Whenever talking together about your emotional states, stay with “I” statements only, e.g. “I feel…” (see Imago dialogue) and do not make your partner responsible for creating unhappiness in you, even though you may see him/her as the trigger.

f): The more often you do this process, the sooner you will both be able to ‘sit’ in slow and relaxed love making without orgasm for longer periods of time, without the emotional snags and interruptions from past baggage. If you are to have an orgasm, this is the time to experience one. But if you feel filled with energy, more vital, more alive, radiant and ecstatic without an orgasm, then don’t have one.

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The Meeting point of Love and Meditation

Slowing down
Firstly, before getting physical, there is the foreplay. Foreplay begins with the energy flowing from a man’s open, cool, safe and present heart (Green) which in turn awakens and rises the woman’s dynamic sexual temperature (+ Red/breasts) to match his own generally higher state of arousal. Think of the genital area as secondary in foreplay, with the male making the first move from the heart. Then comes the breathing, kissing and touching to further awaken the senses (magnifying the positive and negative polarities).

The deepest longing is when the duality between the two of you disappears, a state which can only arise when you both experience combining love with meditation; one of life’s greatest experiences.

Discussion points for exploration together:
- Explore, experiment and banish rules from the bedroom
- Play with eye contact
- Play with your breathing…slow, deep, sometimes together
- Use words to communicate what you feel in your heart and body as you presently experience them
- Bring consciousness to the genitals by having an inner focus and slowing down to increase sensitivity
- Shift from doing to being
- Touch, stroke, caress consciously and slowly and without intent
- Sexual energy functions best in a relaxed environment, so reduce physical effort and surrender
- Sexually heal by exploring love making with safe, slow, soft, sensitive and deep penetration
- Presence and awareness are more important than positions
- Try sustaining genital connection when changing positions
- Agreeing on a time to make love puts love back in your life
- The more you make love the more you wish to make love
- Forget about being the perfect lover. Get rid of the goal
- When you are both relaxed and receptive, love making is easy
- Forget about orgasm via contraction and tension, become orgasmic through relaxation and openness
- Non-ejaculation increases vitality and creativity
- Emotions are buried beneath sex and emerge when excitement cools
- Acknowledge and identify your emotion as an essential step in restoring balance
- Expressing feelings day by day prevents an emotional overload building up
- Emotions have their source in the tensions of the conventional sex act
- Conscious sex reduces a woman’s reactive emotionality, her experience of separation between sex and love
- Through loving a woman, a man can reveal a new world of love
- Explore love making even when you don’t feel like it
- Design your dream bed. Use lighting, music, flowers, and fragrance to create an ambience and invitation
- When on your own, circulate your vital energy by practising a set of movements and relaxation techniques

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References

Keirsey (1998) Please Understand Me II: Temperament, Character, Intelligence. Prometheus Nemesis Book Company