

Epic Sex Magic Rituals & Games

How To Turn A Regular Old Saturday Night With Your Partner Into An Epic One!

By Rono & Sierra of Life Stylized



Keeping intimacy and connection alive in any long-term relationship requires commitment, openness and a willingness to explore new ways of being playful with each other.

Rono and I have been together for over a decade plus we're also business partners so you can imagine that things can get pretty "unsexy" after a while when the exhaustion of being immersed in work mode together all day carries into our sex life (which can be a lot!).

That's why we came up with a way to bring back our connection, playfulness and sexy with something we call **Epic Saturday Nights!**

Epic Saturday Nights is an intentional evening where we set a sacred container to better communicate our needs, explore and push the boundaries of our sexuality and create sex magic rituals to help us manifest our dreams and desires.

Over the next several pages, we'll be sharing a few of the titillating tools, games, and connection rituals that we use to create our Epic Nights so you too can try them out and up the juiciness factor of your relationship.

If you discover something amazing in playing with these exercises, please do share it with us! We love to hear from you! Email: us@LifeStylized.com

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Tool #1

SACRED SPACE

The pathway to deeper connection, intimacy and understanding each other.

Great communication is what nourishes every relationship to thrive and grow. It is my desire for you to get more out of your relationship by learning how to take even the hardest of conversations into what we call, Sacred Space.

Once you learn and practice this simple, yet effective tool, you will begin to enjoy deeper intimacy, more connection and experience far less fears in your closest relationships.



What is Sacred Space?

Sacred Space is a practice used to create a safe, intentional “coming together” of two people in which to communicate about “hot button” topics and challenges.

Sacred Space is designed to foster deeper connection between two people and aid them in communicating and understanding one another better.

Sacred Space allows for you and your loved one to create a neutral and loving space to share intimate details that you might otherwise be afraid to express, to grow a heartfelt appreciation for the other persons point of view and to have “tough” conversations that might normally get swept under the rug.

Why Sacred Space?

It’s human nature to bring all sorts of baggage and old beliefs in to our relationships and that is what often makes it challenging when feelings of fear, hurt or neglect arise.

When you are in a physical relationship with someone whom you deeply love and care about, tons of past conditioning and fears can get in the way of expressing what we truly need and desire.

Sacred Space is the go to tool when you are needing to find common and neutral ground to be able come back to each other, in a loving, open hearted way and be able to hear what the other person is saying with less emotional charge or knee jerk reactions that can result in further hurt.

When to use Sacred Space?

Clients and friends who have learned to successfully use *Sacred Space* were suffering from all sorts of challenges in their relationship, that have since been resolved by using this tool.

Sacred Space is a great practice to integrate into your life when...

- You find yourself in constant power struggles with your partner.
- Strong emotions are often present when expressing your feelings.
- No matter what you do or say or request, nothing changes.
- You are frustrated about how you communicate with one another.
- Your relationship has become stale, stagnant or distant.
- There is lots of finger pointing or blame in your disagreements.
- You want different things and don't see how to make both dreams happen.
- One of you feels that you are sacrificing something important in support of your relationship or the other.
- Someone (or both of you) threaten the relationship during fights.

You'll know it's time to request Sacred Space time with your partner when...

- Your amazing day escalates into "*f*** you, I am so tired of this... conversation*".
- You are afraid to share something you are feeling.
- You have been fighting for weeks on end.
- You are holding a grudge.
- Something came up that you want to share that involves a fear you have.

- You became aware of something that might impact the other.
- Something is unresolved and needs a deeper conversation.

You can also use *Sacred Space* outside times of conflict, such as when...

- You have been going, doing and have not had a moment to connect and say “hey!” to one another. In other words, you just want to deeply connect.
- You need support on making a decision.
- You want to increase your sexual experiences and need the safety of *Sacred Space* to share your needs and desires.
- One of you just needs to be acknowledged or loved up.
- Big changes are happening which need more alignment and connection between you and your partner such as experiencing the loss of a loved one, health issues, having a challenge with a child, or a pending move or career change.

Sacred Space Step By Step

1) Ask for *Sacred Space*.

This can be done at any time when you are feeling that what you need would be best addressed within the safety of a *Sacred Space* container.

2) Set a time for *Sacred Space*.

Once you both agree to *Sacred Space* you must agree to when it’s going to happen. Depending on the severity of the challenge or issue at hand, *Sacred Space* can take anywhere from 30 minutes up to 2-3 hours.

You can always start with an hour and if things are not resolved or improved at that time, you can either request more time in *Sacred Space* or commit to scheduling another round at a future time. If possible, do not let more than a day pass between *Sacred Space* process times. You want to give *Sacred Space* the time it needs to work its magic.

3) Choose a place to meet.

We've found it is best to conduct *Sacred Space* in a neutral location or room that holds no charge for either of you. This can be a porch, mudroom, home office, backyard, guest room, den or anywhere else that you will have private, uninterrupted time with each other.

Ultimately, what makes this time sacred is the container you set for it and the commitment you both make to this process.

4) Meet in *Sacred Space*.

At the time you both agreed to meet in *Sacred Space*, it's imperative (and we mean IMPERATIVE) to both show up on time and ready to engage in this process. If either of you fail to do so, it will greatly impact the ability for you to become neutral, loving and trust each other during this process.

So, pull up your big kid panties and show up powerfully for you and your partner at the time and place you agreed to (no matter what). *

**Consider this when scheduling your Sacred Space time and only commit to a time that will actually work for both of you. If you are parents, choose a time when your kids will not be able to interrupt you.*

5) Conduct *Sacred Space*.

Begin by knowing what's expected in the space.

Here are the rules that must be adhered to while in Sacred Space:

- Everyone has a right to their feelings and ALL feelings are encouraged to be expressed in *Sacred Space*.
- Speak in "I statements" not "you statements." For example, instead of saying, "You made me feel X when you said Y" say, "When you said Y, I was aware that I felt X"
- Be mindful and cautious of "story telling and dramatizing" and do your best to discuss only facts and feelings.
- There is no yelling, screaming, accusations or threats allowed in this space.

- You must be sober, conscious and not overly tired for *Sacred Space*.
- No one can leave *Sacred Space* until both parties have come to an understanding of each other. You may not agree, but at least you understand each other.
- *Sacred Space* must always end with an embrace of some kind. If you cannot embrace, you must wait until you can “hug it out” before closing the space.

As always, be sure to share your experience and thoughts with us below. I love hearing from you!

For a more in-depth version of this tool, please grab a free copy of our full Sacred Space guide at: LifeStylized.com/sacredspace

Tool #2

GAME: Five Minutes of Anything

An easy intimacy and connection game for any occasion.

One of the yummy games we like to play during our Epics (or really anytime) is called “**Five Minutes of Anything.**”

Five Minutes of Anything is quite literally what it says.

It’s a game where both partners begin by agreeing to doing something that the other partner requests to have happen for five minutes. Anyone can do almost anything for five minutes, right?

Now, in order to create the intimacy that this game is intended for, we invite the focus of your five minutes to be something that connects you both.



For example, you may ask your partner to rub your feet for five mins. Or to listen to you with an open heart for five mins. Or, to kiss you passionately or slowly for five mins. You get the idea. 😊

You each get to choose what your five minutes entails and if your partner agrees to it, game on! Set the timer and enjoy your gift.

Once you've both had a chance to give and receive, we invite you to do another round, or two or three! It's up to you how long you go, but I can say this, the longer you go, usually the sexier it gets and, eventually may lead to something epic!

Give it a try and let us know what happens!

PS- Helpful hint... set the mood for the game. Light candles, grab that jar of organic coconut oil, turn on a sultry playlist. The sexier the setting, the yummier the outcome.

Tool #3

Intention Experience

Get what you desire by speaking your intentions clearly.

Building on the theme of turning your Saturday nights into an epic one, another super powerful tool my husband Rono and I use to connect, communicate and make our night extra special (and epic) is something we call **"Intention Experience."**

The power of intention is something that we find really supports having a favorable outcome, in any situation, and is a good thing to set before doing anything of importance in life.

But so often, in the busyness of one's life and relationship it can be easy to find yourself moving from one thing to the next without any pause to check in with what each of you truly desire each moment to be.

That's why Rono and I created the "Intention Experience" tool.

This tool is something we call upon when we're about to enter into a place, event or experience where we would benefit from getting clear with our desires and expectations.

All that's needed to step into "Intention Experience" is for one or both of us to make the request in any given moment. Once requested, we have a short dialog about what either of us want to see happen during said experience.

Some of what we might intend can range from asking for something specific from each other, stating our vision for what we want the experience to be like, getting clear and sharing what we actually need to happen (logistical or practical) or any other information that would enhance and help us get on the same trajectory for what we're about to step into.

You can even use this tool for getting great results in the bedroom!

Let me paint a picture...

Things start getting hot and heavy and you find yourself going to the old tried and true methods of love making even though you've recently expressed trying new things with each other.

That's a perfect moment to stop and ask "Intention Experience?" Once that's been expressed, you now have the opportunity to get clear on and share how you want the rest of your sexcapade to go.



Maybe you just want a quickie because it's late and that's ok... but stating it makes it extra ok and takes out the possibility of someone being disappointed because they wanted something different.

Or maybe you don't want to orgasm and instead want to be teased and titillated or left wanting more. This would be a perfectly great time to express that intention.

When both partners can share what they desire or intend, then the rest of what you do is that much more connected and satiating.

In an Epic Saturday night experience, we use this tool all night long! We use it to set what we want to gain from the whole evening overall. We use it to move into each segment of the evening (deciding what game to play or deep conversation to have, or what level of intimacy we want to explore), and we use it to discuss how we want to complete the evening.

It's amazing what depth of connectedness and growth can come from this simple yet highly engaging tool. Enjoy the closeness it brings!

PS- If you find that setting your intentions brings a difference of opinion or vision and a conflict starts to arise, we have a tool for that too! Stay tuned for next week where we'll cover the Sacred Space Connection & Communication tool.

Tool #4

Keeper Roles

The power of defined roles to keep the peace.

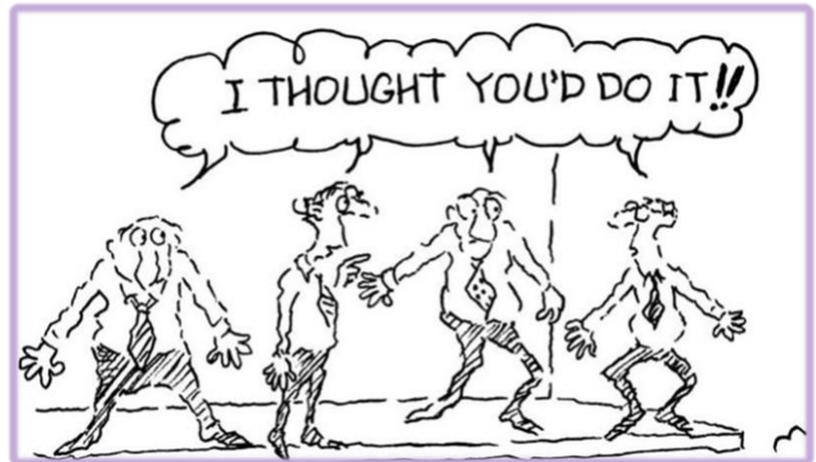
Do you ever find yourself annoyed with your partner because you feel they are either not doing enough or they drop the ball on things?

Who takes on what responsibilities in a relationship is an age old conversation that can easily turn into an ongoing issue if the communication about this isn't clear enough.

That's why Rono and I established a system we call "Keeper Roles."

Keeper Roles came out of one of our Epic Saturday night connection rituals. Things were feeling a bit unbalanced in life, business and home, so one night we decide to resolve this as part of our epic. We sat down, set our sacred space container and discussed who was going to take on what role for all categories we need to optimize our life.

What we came up with was the idea of Keeper Roles. A Keeper is someone who is basically the head of the project. It means that it is their job to be the one who makes sure that all tasks related to that category gets done or handled.



It does not mean that the Keeper person has to be the one to do all the tasks required in that category, but rather that they hold the container for that category so that the other does not have to think about it unless invited by the Keeper to contribute something.

To assign our Keeper Roles, we looked at all of the life needs we have to maintain our lifestyle and happiness and made a list of categories that each of us could take on as a Keeper.

To give you an idea, here are some of our roles and what they mean...

I am the Keeper of Spirituality which means I am project lead on making sure we are tending to our spiritual wellness and all that's required to fulfill that commitment.

I am also the Keeper of... Wellness, Sexuality & Nourishment and a few others.

Rono is the Keeper of the car which means he handles all car related needs and maintenance. I can weigh in but he tends to the car needs including insurance, repairs, washing, etc.

He is also the keeper of Technology, Finances, & Calendar / Scheduling and others.

We made the decision on who keeps what based on time availability, interest, skill and common sense.

And now that we have these very clear roles assigned we can both rest easy knowing that the essentials of life are covered!

We've shared this with our clients and couples' community and the response has been awesome! We invite you to create and assign your Keeper Roles and enjoy more peace and flow in your world!

Tool #5

Speak or Do

A sexy game that prompts depth, intimacy and a walk on the wild side of play.

When we share our Epic Saturday night rituals with clients and friends, they often ask what specific things we do to open up and get the connection and intimacy flowing. Over time we have created a litany of tools, games and rituals to turn to for the most epic experiences ever.

One of our favorite games we play is called Speak or Do. This game is one of the best lubricants igniting super sexy playtime and profound soul sharing.

Speak or Do may at first seem a bit similar to the game Truth or Dare but it has few twists to it in that...

1. You get a few more options on how to play each choice.

2. The rules of this game is that you must speak or do something that is totally edgy and outside your comfort zone in some way (no exceptions).

3. You are willing to hold the Sacred Space container for this game to have its fullest potential for vulnerability, creativity and connection.

Here's how the game goes...

You'll need a pair of dice and an open mind.



It starts when someone invites the first round by asking their partner who becomes player 1... "Speak or Do?"

Player 1 chooses: "Speak" (which means they will have to share / speak something profound and honest this round.)

They are then asked, "Me or You?"

Player 1 gets to choose if they want the person asking them to choose what they speak about or if they are willing to share something of their own accord.

**Some might ask, why would you choose something to speak on yourself, but this gives an opportunity to offer up something that you may not have felt ok to share before this moment or maybe you've been waiting for the right time to tell your partner something or any other reason you would want to be the one to choose for yourself what you share.*

The next step is to "Roll the dice and don't think twice."

Depending on what gets rolled, is the level at which you play that round.

For example, if player 1 rolls a nine, the stakes are high. That means player one has to share something that is already edgy, but edgy at a level nine.

If player 1 chooses “ME” then they get to pick what they share at a level nine. If they chose “YOU” then you get to choose what they share at a level nine.

The key to coming up with a SPEAK is to really stretch into asking or sharing something that you really want to know or learn about your partner or feel would help you grow closer. Some of the topics we explore for SPEAKs are:

- Fantasies- sexual or other.
- Withholds (things we’ve wanted to share but have felt shame or fear around).
- Desires we haven’t yet voiced.
- Past experiences that helped shape us that haven’t been shared already.
- Private things that might actually be juicy to share in this playful and open context.

If your partner chooses DO, then the sexy fun can begin. Same process applies as a SPEAK but now, you get to come up with something totally fun & edgy for the DO.

Again, based on the number that gets rolled is the depth of edgy that each round of DO requires.

Some ideas for a DO are:

- Acting out a fantasy or role play.
- Trying out a new sexual position.
- Asking your partner to do a sexy dance of some sort.
- Requesting some sort of special, physical touch or massage.
- Anything you can come up with that would be fun, sexy and yummy.

Playing at least 2-3 rounds each gives you a chance to deepen the experience with each new round. One round is never really enough and sometimes we play this game for hours because it can open up a lot of in depth sharing and / or deliciously fun physical connecting.

Overall we love this game because it invites a lot of creativity and ways to push the boundaries of what you think you are capable of. It’s a wide-open platform

that leaves it up to how you want to play as long as you are both willing to play full out, get vulnerable and have some fun.

Give it a go and let us know what happens!

Tool #6

Epic Connection Rituals

Bringing in oracle decks and divination tools to support your epic connection.

An essential ingredient to any Epic Saturday night connection ritual is an oracle deck (or two).

Rono and I have a whole collection of decks to choose from depending on what wisdom and guidance we are inviting into our space that evening.

Once we've set our "Intention Experience" for the night, and opened our "Sacred Space" container, (see past posts for more on both of these tools), we pick



out a deck, light a candle and feel into what we desire to know or be guided on to enhance the understanding and fulfillment of our intention for the evening.

Every new Epic night we create has its own specific intentions. But the baseline intention of every Epic is to deeply connect with each other, create ritual for clarity, guidance and magic making, and to bring forth the power of our sexuality, play, and pleasure to empower our desires and dreams. To fully imbue them with our sex magic.

We usually use the oracle cards at the beginning of the night to guide us on the specific intention we've set for the overall theme of the evening. We ask the

cards for messages and information on what need to see more clearly, watch out for or be aware of to keep moving forward powerfully.

Once we shuffle the deck and pick our cards, we might spend a full hour or more immersed in our reading and dialoguing about what each card illuminates for us, individually and together. Each card gives us a prompt for meaningful and deep discussion.

This gets the evening started in a way that allows us to be in beautiful communication and supporting each other on what we need to see or grow more into. It's also like spiritual lube to get the deepening going. 😊

There are many ways to set sacred space and create the ritual experience for any Epic, and we'll be sharing more games and rituals with you in the weeks to come. In the meantime, we'd love to hear about what oracle decks you use and how they've played into your relationship evolution. Please share below and tag me so I know you've commented and can tune in.

Tool #7

Medicine Bundle Creation

The Power of Creating a Medicine Bundle for Relationship Visions

For nearly a decade, Rono and I have been practicing the sacred art of Medicine Bundle creation to help enhance our dreams and desires.

A medicine bundle is a wrapped package traditionally used by indigenous people for religious purposes. A package of this type can also be referred to as a medicine bag. Medicine bundles are usually employed as a ritual aid in Shamanistic religions.

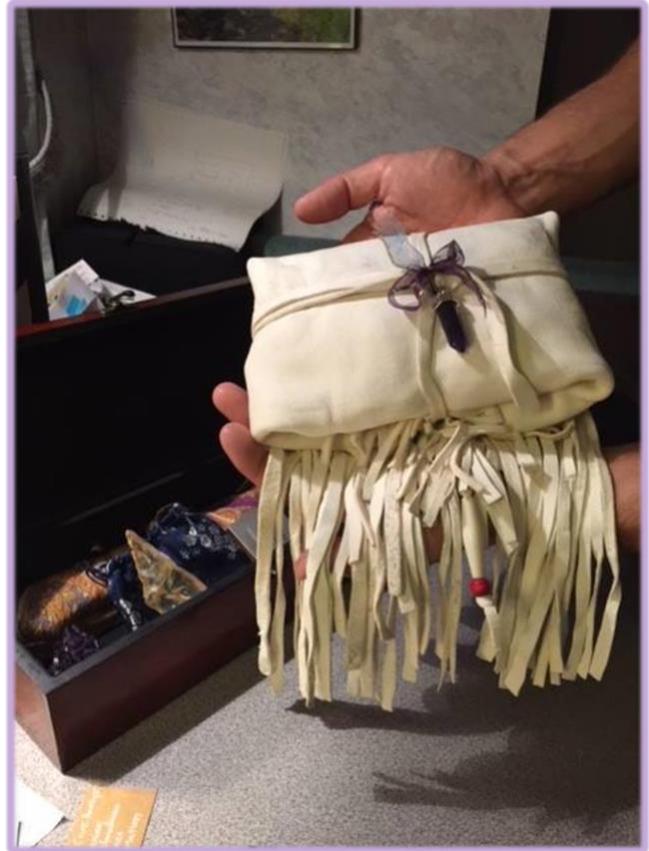
We personally use our medicine bundles to focus in and create what we most desire to happen in our personal and professional lives, but this year we decided to add a new bundle to our mix and create one specifically for our relationship desires.

That's what this article will guide you to do as well.

How a medicine bundle works is similar to an altar where you place objects that you feel have meaning, power or symbolism to what it is you want to create, call-in or conjure in life.

Rono and I will often use our Epic Saturday night ritual to prep ourselves for the bundle creation by getting clear on our intention for our bundle, selecting our sacred objects and writing down the desires we wish to manifest.

Often times we will wait until either a new or full moon to actually assemble the bundles so that we can harness the power of the moon cycle to further the magic. We also sometimes disassemble and reassemble our bundles right after we've gone through a major shift or right before we're about to embark upon a specific adventure, life or business creation (we work together in our business).



Here are some basic steps you can take to create your first relationship bundle, for whatever focus you want to use it for.

First step is to find or purchase something that you can use as the actual bundle. A nice strong piece of fabric or cloth will work if need be, but we like to use a more durable bundle wrap like leather or faux leather material. You will also need something to wrap it with, such as a leather cord or some sort of twine, thin rope or sturdy string.

Be sure to take the time to get clear on what you desire your bundle to be used for. Maybe you want more romantic trips, or a better sex life, or more profound communication, or more time off with each other. Make a list of all those desires (which you may even include IN your bundle) .

Next, take some time to gather and choose items that you will place into your bundle. These are objects that have significant meaning and symbolism for you and the desires that you are conjuring.

Some of these objects may include:

- Crystals or gemstones that have properties of what you wish to imbue into your bundle.
- Mementos of special places and significant trips you've taken together or that represent places you desire to travel to such as rocks, sand, seashells, sticks, pinecones, etc.
- A picture of yourselves or vision board picture that represents what you desire your relationship to look and feel like.
- Love notes you've written each other.
- Prayer coins or cards.
- Anything small enough to fit into your bundle that you feel represents your wishes and dreams.

Now it's time to assemble your bundle together. Be sure to do this in a sacred way. Light a candle, speak your prayers and intentions, have inspired music playing, sing meaningful songs while placing your objects in your bundle, burn some sage or incense.

Once it's wrapped and ready to go, this is where the real work begins.

To enrich and empower the potency of your medicine bundle, especially at the beginning, it is important that you work with it and give it energy every day. The more you give to your bundle, the more you gain from it.

Here are a few suggested ways to use your Relationship Desire Medicine Bundle...

We suggest working with your medicine bundle 2x per day, minimally for the first 21 days of its life.

Sit with it for 10 minutes every morning and every evening while breathing into your visions, dreams and desires. You can either be in quiet meditation (eyes closed) or be looking at your vision board while sitting with your bundle.

If you can do this together, great. If not, then do this individually with the bundle for a set period of time.

Be sure to empower your conjuring time by accessing the feeling place of your desires. When you are connected to your heart space while visioning you greatly enhance your ability to magnetize your desires.

(According to HeartMath research, when we are in a state of coherence, our heart radiates a more coherent electromagnetic energy field and this can have an impact on other people, animals, and the environment! Use this powerful radiant energy to your advantage!)

Feel gratitude for your bundle and your desires, knowing that what you seek is seeking you. And, as you work the magic of your bundle, you will begin to develop a deeper relationship to it, thus giving it more power to serve you.

Other times that we suggest using / holding / sitting with your bundle...

- When you are feeling stress, anxious or otherwise doubtful about your relationship or shared dreams.
- During or after a fight or argument with your partner to help you ground your energy back in to your heart space.
- When having a difficult conversation with or are in your Sacred Space practice.
- Any time you are feeling out of sorts in your body, mind or spirit.

When not using your bundle (we carry ours everywhere we go), you can leave it in a sacred place. Perhaps you want to make a home for it somewhere in your bedroom to remind you of your commitment to fulfill the desires you put into the bundle and give extra juice to your sleeping and sexy space.

Obviously, you will discover your own unique relationship to your bundle as you go. We'd love to hear from you about the various ways you connect to your bundle.

Who Are Rono & Sierra?

Rono & Sierra are often described as a dynamic duo and transformational force who have dedicated their life's work to supporting women & couples in awakening their highest potential and realigning their north star to create powerful evolutions in life, love and spirituality.

Sharing over 30 years of adventure together as friends, business partners, lovers, husband and wife, change agents, ceremony facilitators, pleasure provocateurs and ambassadors of fun, Rono & Sierra are known for creating extraordinary experiences and powerful containers to catalyze one's dreams and desires.

As curators of magic and mischief, they have a knack for magnetizing high frequency, conscious people who seek playful and profound experiences in which to enrich their lives and are currently doing just that with the creation of Eden Rising... the first of its kind, "restival" and private sanctuary for committed, visionary couples to evolve their relationship.



Learn more at:

LifeStylized.com