

Desire Lab



Somatic Intimacy Coaching



Client Guidebook

In this guidebook, you will find

1. I need

Referential symbols and language to help you notice what you might be needing in the moment

2. Medicine Invitations

Suggestions for pathways of body and nature medicine, you can also create your own invitations

3. List of

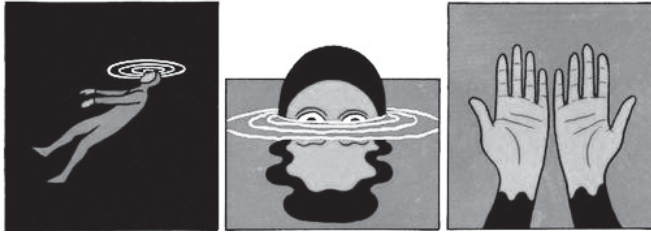
- Somatic Awareness Assessments
- Practices for Relational Harmony
- Somatic Sexological Intimacy Coaching Tools

How to use this guidebook

The guidebook is a reference for the practices and inspiration for what *you* would like to choose to explore in a session. It is *my* role and responsibility to present you with suggestions, explain the details and guide the tools and practices *for you*.

We are not working in the mind during sessions, we are here to be present with the body.

Trust your intuition and spontaneity.



the *feeling* body

the *thinking* mind

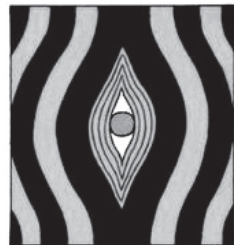
awareness *that notices*



*what is feeling
alive in you?*

*what are you
noticing?*

*what do you
need today?*



*I need movement, action,
expressing boundaries and
transforming high energy
emotions, being seen*

Fire medicine

renewal, death and rebirth

movement, voice, touch,
heart, gut, genitals, limbs

*I need reflection, softness,
falling tears, touch, massage,
expressing and transforming
grief, being heard*



Water medicine

softening, absorbing, flow

poetry, story, memory

heart, genitals, breath, touch

*I need expanse, space,
breath, freedom, possibilities
revealed, letting go and
letting in, just being*

Ether medicine

ease, expansion, relax

attuning awareness, breath,
consciousness, movement

*I need grounding, support,
feeling my body, gravity,
resting, allowing, connection,
being held*

Earth medicine

ground, root, belong

stillness, touch, massage
full body, chest, feet, joints,
genitals, spine

I need magic

Spirit medicine

deep connection

creativity, eros, love and
devotion

*I need something else... I
don't know what I need*



Emergence
allowing for discovery

surrendering to the guidance
of spontaneity

*what are you
curious about?*

*what would you like
to have happen?*

*how would you like
to explore that?*




list of tools and practices

As part of the Somatic Sexological Intimacy Coaching training from the Institute for Relational Harmony Studies and Research. Somatic awareness and relational harmony create the somatic safety to work with sexuality and intimacy practices.

1. Somatic Awareness Assessments

Foundational guided and coached somatic practices to explore your body, emotions and sensations with curiosity, without judgment or goals, in a safe space to understand your desires, boundaries, and needs.




2. Relational Harmony Practices

Inviting and allowing for the body to integrate past wounding by noticing what sensations and reactions the hurt feel like in the body in the present. By creating choice around your response to this wounding in the present, you are inviting new ways of being for yourself to come back into connection.

3. Sexological Intimacy Practices

These practices work holistically with genitals and sexuality, and are in service of expanding your somatic capacity to hold both the pleasure and pain of being in close connections, of relational *intimacy*. Pathways of curious play, sacred pleasure and sovereign sexuality.



Somatic awareness assessments



These guided practices build a deeper relationship with oneself through self-awareness and acceptance, the radical witnessing of what is present.

1. Body Focus

Guided somatic awareness practice, body coming into focus

2. Body Poem

Describing and hearing back as a poem what feels alive, what you sense and notice in your body in the present

3. Somatic Yes/No


Learning to recognise where in the body the spectrum of a full yes to a non-negotiable no is felt

4. Somatic distance

Inward awareness of response to closeness-distance of another, proximity and eye contact

5. I Want (to welcome / let go...) practice

Being able to connect to core needs and wants that are alive in the present





6. Wheel of awareness meditation

Being able to choose where to place your awareness

7. Waking up the Hands

Access the direct routes to sensation and pleasure

8. Making Requests


Turning “I want” into requests

9. Take a Walk with me

Expanding awareness to the surrounding environment
and sense of connection and safety

10. Co-regulation with breath

Using breath as a tool, exploring the sensations of
up-regulated states and down-regulated states and
making choice of moving between the two



Relational harmony practices



Coaching in relational harmony practices invite and allow for the body to integrate past wounding and fears of repeating in the future by noticing what sensations and reactions the hurt feel like in the present. By creating choice around your response to this wounding, you are inviting new ways of being for yourself.

1. Art of Listening

Radical listening practice (30 minutes)

2. Right Use of Power

Understanding dual roles somatically

3. Dual Roles


Somatic experiencing of up and down power roles

4. Deactivating Shame

Unblocking painful pathways that block connection

5. Receiving Difficult Feedback

Somatic practices in learning from the fertility of conflict





6. Intention-Impact Mismatch

Somatic understanding of incongruence / misalignment of the expression of needs, action and impact

7. Repair after Rupture

Somatic rewiring through relational repair

8. Being Seen


Radical witnessing and acceptance

9. Scar-tissue remediation

Somatic practices to integrate rupture from injuries and wounds (physical and emotional)

10. Introduction to Wheel of Consent


Experiencing relational dynamics somatically, practicing and voicing somatic yes/no and maybe for requests for needs/wants and to take action




Sexological intimacy practices



Sexology is the intersectional study of human sexuality, residing at the interface between body, nervous system, relationship, regulation, attachment and somatic experience of the self. These explorations and practices are more advanced, in the sense that they need a foundation of safety in the body, access of language to describe what you are noticing and somatic awareness of what your internal limits, choices and boundaries are.



1. Genital Mapping
2. Genital Story
3. Genital Identity
4. Body Focusing with genitals
5. Mapping of new genitals
6. Belly Massage
7. Chest, breast and nipple massage
8. Anatomy of Sphincter
9. Sphincter breathing
10. Anal massage
11. Pelvic breath and flow
12. Self Pleasure Questionnaire
13. Self Pleasure Coaching
14. Sexual health and hygiene
15. Witnessed self-pleasure
16. Voice erotic self-expression
17. Exhibitionism, Voyeurism
18. Trusting Spontaneity
19. Erotic Active Listening
20. Erotic Movement and Dance



These practices are in service of inviting new ways of being, expanding your somatic capacity to hold both the pleasure and pain of being in close connections, of relational *intimacy*. Pathways of curious play, sacred pleasure and sovereign sexuality.

SESSION STRUCTURE

60-75 minute sessions

1. Sessions always begin with a guided embodiment practice. Slowing down to arrive into the session with embodied awareness.
2. A check-in. With what feels alive coming into the session.
3. Setting the intention for the session.
4. Choosing a practice that resonates from 2-3 suggestions I will give. Clarifying the agreement.
5. The Somatic Exploration (in a time container); using tools and methodology of the sexological intimacy coaching practice
6. Ending the exploration
7. Silence and stillness for installation
8. Reflection
9. Home practice
10. Feedback





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artwork of jeromebberthier