



Sacred Sex Game
Instruction Booklet

Sacred Sex Game ®

© 2017

By Shane Brandolini and Heather Kadar

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sacredsexgame.com



Dedicated to the Beloved.

Table of Contents

Warnings	i-ii
Object & Inventory	1
Preparation	2-4
Play the Game!	5-7
End of Game	8
Scoring	9
Game Rules	10
End Elixirs	11-12
Start Blocks	13-16
Terms & Ease of Play	17
Quick Start	18
Card Descriptions	back cover

Cloth game care:

- Handwash with gentle soap
- Line dry
- If needed, low heat iron on reverse side

Warnings

Warranty Disclaimer

Sacred Sex Game is provided on an “as is” and “as available” basis without warranties of any kind, whether expressed or implied. To the fullest extent permissible pursuant to applicable law, Flower of Life Publications and the creator of Sacred Sex Game (together, “Flower of Life”) disclaim all warranties, expressed or implied, including, but not limited to, implied warranties of merchantability and fitness for a particular purpose and noninfringement.

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IMPORTANT: Determine your individual/partnership ground rules. Never assume anything about the other player. NO means NO - Maybe also means NO. Before setting up the game; state the boundaries for yourself and the partnership. (Examples include: kissing, no kissing, touching in certain areas, no touching in certain areas, penetration, no perpetration, etc.) Have a clear and honest conversation about all the boundaries expressed, write them down if needed. These boundaries become ironclad rules for the gameplay.

Use at Your Own Risk

Sacred Sex Game is adult and sexual in nature and may contain materials that some may consider pornographic. Playing Sacred Sex Game may involve sexual interactions with others. Risks accompanying such interactions could include, among other things, unplanned pregnancy and/or contracting a sexually transmitted disease (STD). Play Sacred Sex Game at your own discretion and risk. The purchaser and/or player assumes all risk and liability of the use of Sacred Sex Game. Flower of Life accepts no responsibility for any injuries sustained while using this game. No information in this game, whether implied or written, is to be taken as factual or accurate. Please do your own due diligence by researching and coming to your own conclusions about what is right for you and your relationships.

Risks and Safe Sex Practices

Sacred Sex Game is not a “free pass” for careless sexual intercourse and/or sexual actions that you would not normally practice. Sacred Sex Game can be played, in its entirety, with clothes on. Flower of Life does not advocate sexual intercourse as a prerequisite for playing the game. Communicate clearly to each other about your intentions before starting the game. Share what you know about sex education, and voice any concerns you may have to your partner before starting the game or before considering sexual intercourse. Make sure to use protection to prevent unwanted pregnancy. Educate yourself and inform each other about safe sex practices and the use of birth control and/or condoms. Ask your local prenatal care doctor for professional advice and instruction before having sexual intercourse. Protect against STDs. Make sure you know your own body, and be certain you know everything you can about your partner’s body before having sexual contact or intercourse. If you or your partner have any doubts, seek professional advice and consider getting tested for STDs before sexual contact or intercourse.

You must be 18 years of age or older to play Sacred Sex Game.



Object & Inventory

The object of the game is to explore and interact with yourself and your partner, while progressing through the three rings of petals and arriving at the center circle. The first player to reach the center circle wins their chosen End Elixir.

Game includes:

- 1 cloth game
- 270 playing cards in 9 different decks
- 3 semi-precious stones
- 2 six-sided die
- Instruction manual
- Score pad
- Pen

Game supplies:
sacredsexgame.com/shop

Card count:



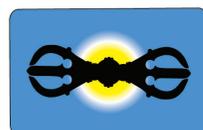
22 Body Cards



22 Mind Cards



22 Emotion Cards



22 Spirit Cards



40 Expansion Cards



40 Block Cards



40 Posture Cards



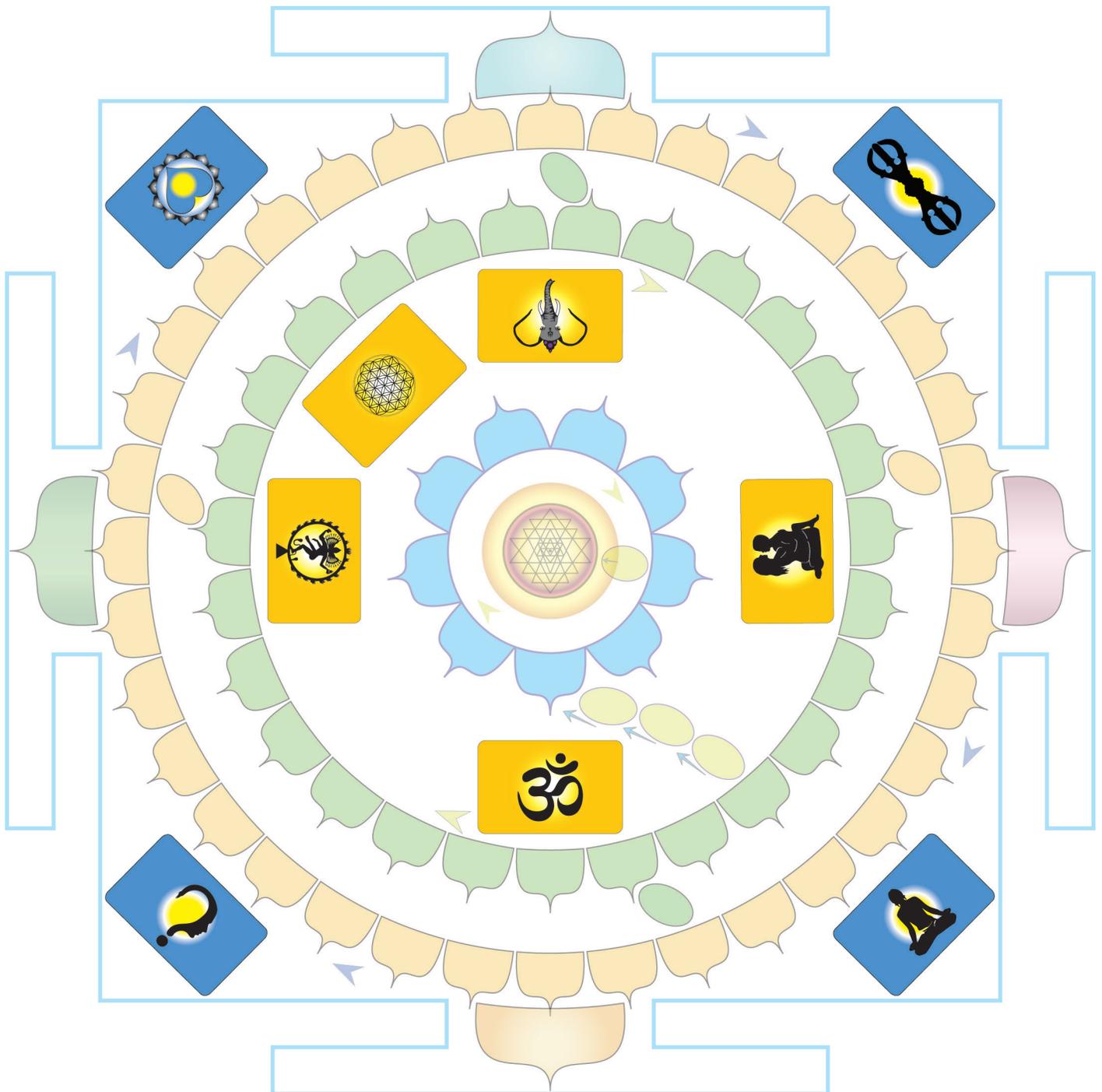
40 Knowledge Cards



22 Integration Cards

Preparation

1. Place the cloth game on a flat surface. Unpack the 270 cards and separate the nine different decks. Shuffle each deck separately to energize them. Place each deck face down on the cloth game, matching the image on the back of the cards with the image on the play surface.



2. Pull the dice and the three semi-precious stones out of the green bag. Each player chooses one semi-precious stone as their play piece to represent themselves as they move around the game.

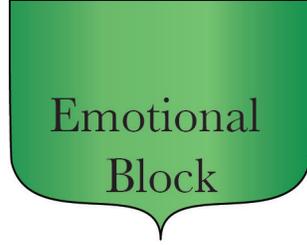
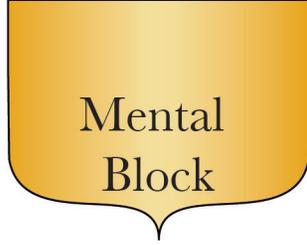
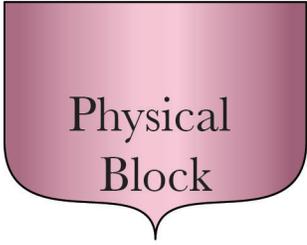
3. Scorecard: Choose a scorekeeper. One sheet from the scorecard accommodates two players. Use the scorecard to keep a running total of **E** (Energy) and **B** (Blocks) by adding and/or subtracting in vertical columns for each player.

4. Each player chooses an **End Elixir** from the list on pages 11-12.

Important: Each player **MUST** discuss their chosen **End Elixir** with their partner. Each player **MUST** agree to the other player's choice; otherwise, choose again. Not all the End Elixirs will be appropriate for the individual or the relationship. Be respectful of each other, while being open to exploring the boundaries of yourself and the relationship.

5. **Scorekeeper:** Write each player's chosen **End Elixir** on the scorecard in the space provided. Now, give each player **5** energy in the **E** section of the scorecard, by writing in the number **5**.

Name:	Name:
End Elixir: <input type="text"/>	End Elixir: <input type="text"/>
Start Block:	Start Block:
5	5
E	E

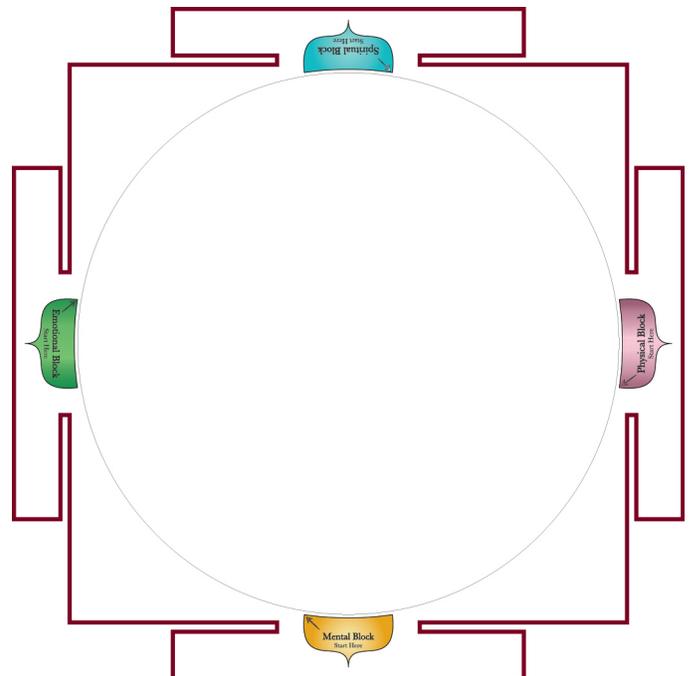


6. Each player chooses a **Start Block** from one of the four Start Block lists (**Physical**, **Mental**, **Emotional**, or **Spiritual**) on pages 13-16. **Suggestion:** Each player chooses a block that is personal to them.

7. Scorekeeper: Write each player's chosen **Start Block** on the scorecard in the space provided. Now, give each player **10** blocks in the **B** section of the scorecard, by writing in the number **10**.

Start Block: <input type="text"/>	Start Block: <input type="text"/>
10 B	10 B

8. Each player sets their chosen play piece on one of the four **Start Here** petals (**Physical**, **Mental**, **Emotional**, or **Spiritual**) that corresponds with their chosen **Start Block**.



9. Roll the dice to see who goes first. Highest roll wins.

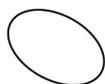
Play the Game!

Refer to the diagram on the adjacent page:

- Always move in a clockwise direction around the cloth game board.
- The cloth game has four **Start Here** petals, three petal rings (**yellow**, **green**, and **blue**), 8 stepping stones, and a **Center Circle**.
- From the player's chosen **Start Here** petal, take turns rolling the dice. Follow the arrow into the 1st (**yellow**) ring of petals. When a player lands on a petal, draw a card that matches the image on the petal, or follow the petal instructions.

Notice the 8 stepping stones:

- There are **four** outer stepping stones with directional arrows connecting the 1st (**yellow**) ring of petals and the 2nd (**green**) ring of petals. These stepping stones allow players to transition between the first and second rings as frequently as they choose, based on the roll of the dice. Landing on any of these four stepping stones allows the player to roll again.
- There are **three** inner stepping stones connecting the 2nd (**green**) ring and the 3rd (**blue**) ring. A player must qualify to enter this ring. (See "Qualify 1st")
- The eighth and **final** stepping stone connects the 3rd (**blue**) ring to the **Center Circle**. A player must qualify to enter this ring. (See "Qualify 2nd")

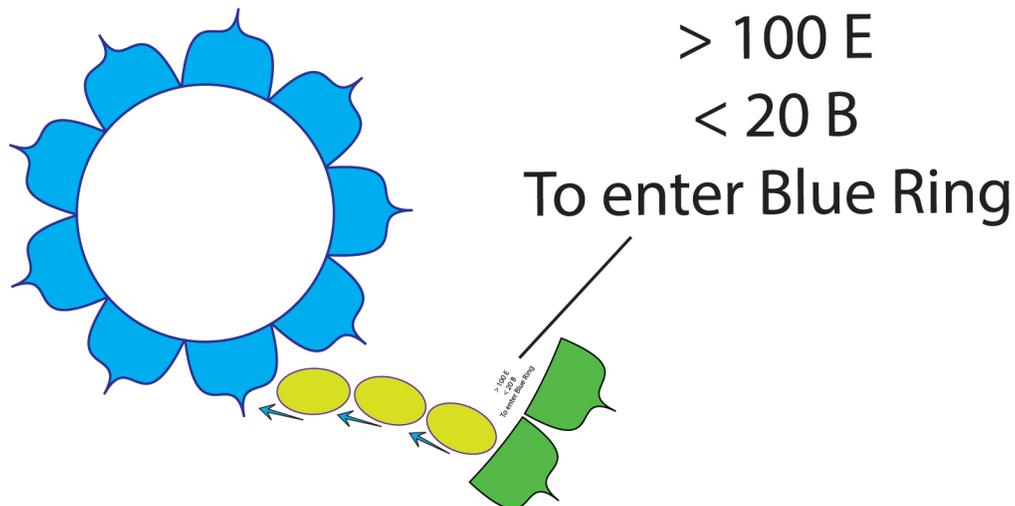


Stepping Stone

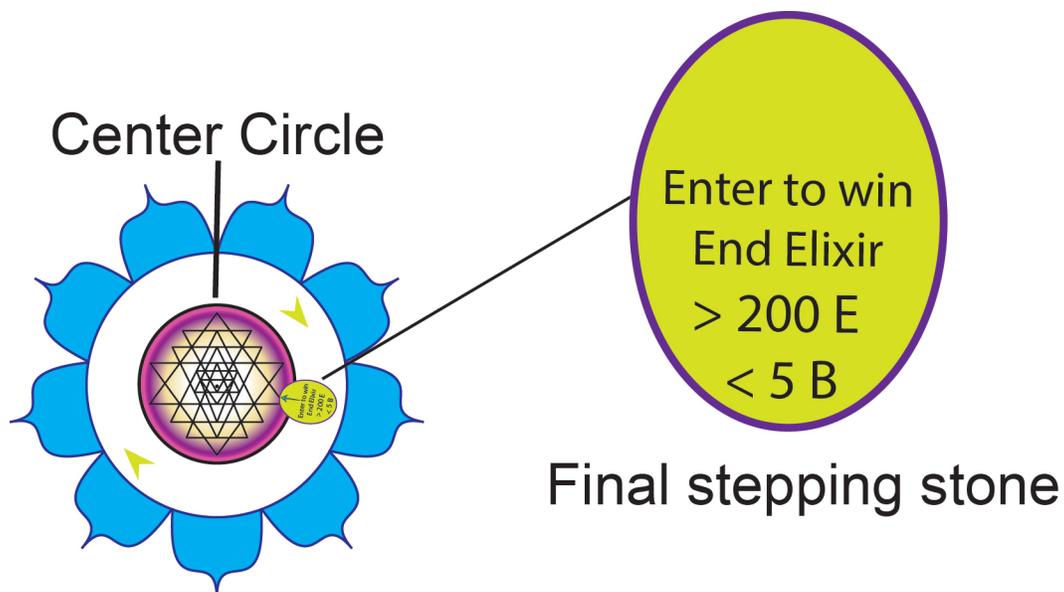


Center Circle

- **Qualify 1st:** In order to transition from the 2nd (**green**) ring of petals to the 3rd (**blue**) ring of petals, the player must first qualify to enter by meeting the scoring criteria indicated on the cloth game next to the three inner stepping stones.
- **There is no way to transition back out to the 2nd (**green**) ring.**
- **Once beyond the 2nd (**green**) ring; use one die only.**



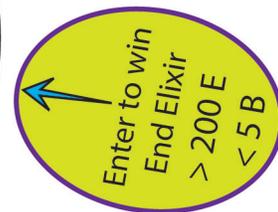
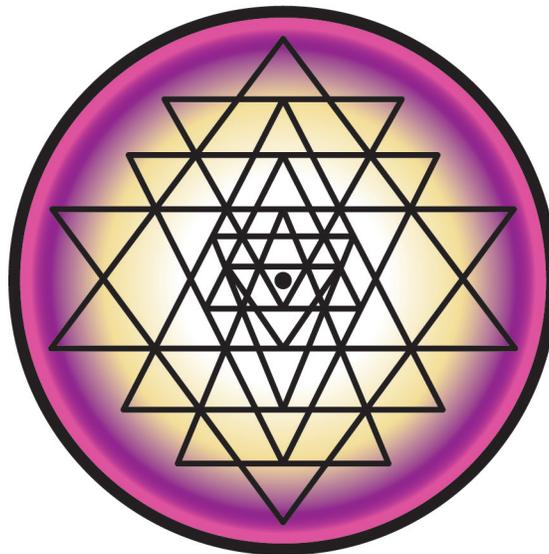
- **Qualify 2nd:** In order for a player to win the game and receive their chosen **End Elixir**, the player must first qualify to enter the **Center Circle** by meeting the scoring criteria located inside the final stepping stone.



End of Game

The game ends once both players have qualified and entered the **Center Circle**. The first player to enter the **Center Circle** wins their chosen **End Elixir**. However, the winner is not awarded their **End Elixir** until their partner has also qualified and entered the **Center Circle**.

Important:
Both players must
qualify and enter the
Center Circle
for the game to end.



Important: The non-winner surrenders their ability to roll the die/dice and the winner will now roll for their partner. Once a winner is declared and the winner is rolling the die/dice for their partner, all loss of turns are ignored. The winner must focus all their energy on helping their partner to qualify and enter the **Center Circle** for the game to end.

Scoring

- In order to progress through the game, each player must accumulate **E** (Energy) and eliminate **B** (Blocks), tallied on the scorecard.
- Follow the instructions on the card, and add and/or subtract the indicated amount of **E** and/or **B** from the card onto the scorecard, for that player.

Note: Some cards indicate scoring of **E** and/or **B** for both players. When a player pulls such a card, the scorekeeper adds and/or subtracts the indicated amount of **E** and/or **B** from the card onto the scorecard for both players.

Name: _____	Name: _____
End Elixir: _____	End Elixir: _____
Start Block: _____	Start Block: _____
	
	

- When keeping score, the lowest number is always zero. Never subtract into negative numbers.
- In order to enter the 3rd (**blue**) ring, players must first qualify. Each player's scorecard totals must be greater than (>) **100** in the **E** section and less than (<) **20** in the **B** section.
- In order to enter the **Center Circle**, players must first qualify. Each player's scorecard totals must be greater than (>) **200** in the **E** section and less than (<) **5** in the **B** section.

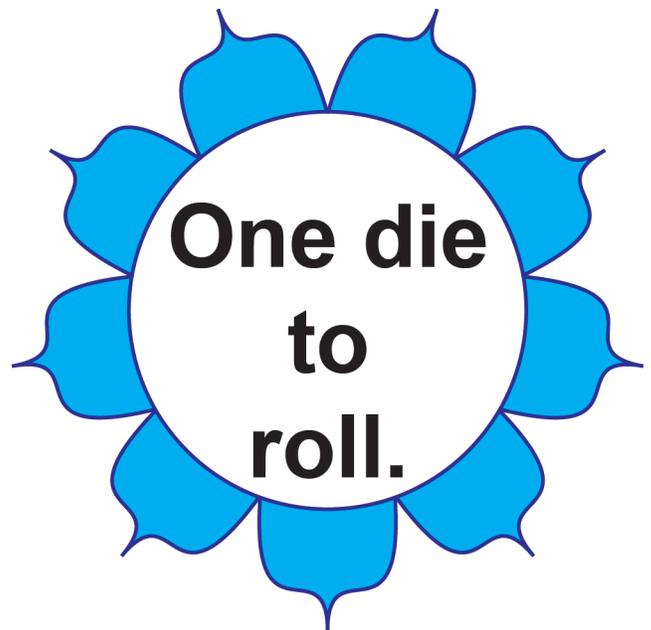
Game Rules

- If a player's dice roll lands them on the same petal as their partner, that player kisses their partner and **Receives E 5**. Failing to kiss their partner results in that player **adding B 5**.
- If a player rolls doubles, roll again.
- When a player draws a card, they must read the card aloud to their partner. Unless the verbiage is inside brackets [].
- When a card reads "or Pass," and a player chooses to pass on the instructions given on the card, the player accumulates the blocks from the card. Player's turn is over.

Example:

Receive E 5 or Pass and Add B 10

- When a player enters the 3rd (**blue**) ring of petals, they must use one die to roll. Once a player enters the 3rd (**blue**) ring, they cannot move back out to the 2nd (**green**) ring.



- If a player has qualified to enter the **Center Circle**, any roll of the die is sufficient, as long as that die roll is greater than the spaces needed to enter the **Center Circle**.

End Elixirs

1. Romantic night on the town or at home, then straight to the bedroom.
2. Romantic dinner cooked at home, then straight to the bedroom.
3. Staycation; we clear our schedules and focus on our relationship.
4. Mini-getaway; we clear our schedules and focus on our relationship.
5. Shut off all electronics for 6-8 hours and spend quality time together.
6. Thirty minutes of foreplay the next time we have sex.
7. Slow, deep, and intentional lovemaking.
8. Tonight is my night to receive or give unconditionally.
9. Tonight we will create a sacred space in which to make love.
10. Tonight we worship each other.
11. Tonight we share our sexual fantasies with an open heart and open mind.
12. Tonight you fulfill a sexual fantasy for me. (Be specific).
13. Tonight you will indulge a fetish of mine. (Be specific).
14. Tonight we connect deeply by sharing our feelings with each other.
15. Tonight we choose a new sexual position and discuss how it feels.
16. Tonight we practice deep breathing and energy transfer between our bodies.
17. Tonight we fall asleep cuddling each other.
18. Bring on the sex toys. (Be specific).
19. I receive a full-body deep massage.
20. I receive a full-body sensual massage with a happy ending.
21. You will draw me a bubble bath and light candles and incense.
22. We take a bath/shower together, wash each other, and explore our bodies.
23. Play doctor: Full body exams and honor each other's sexual organs.
24. Role-playing: Dress up, reverse roles, get into character.



25. Theater time: Choose and act out a sex scene from your favorite movies.
26. Blindfold and/or gentle bondage. Tonight I tie you up. You surrender.
27. Blindfold and/or gentle bondage. Tonight I get tied up. I surrender.
28. Wild, hot uninhibited sex, mostly. No judgment and only two rules.
29. Wild, hot uninhibited sex. Anything goes. No judgment and no rules.
30. I obey your every wish. You're in control. I am devoted to you.
31. You obey my every wish. I am in control. You are devoted to me.
32. Sexually ravaged: Have your way with me. I want to receive unconditionally.
33. The great outdoors: We have sex somewhere outside, day or night.
34. Exhibitionist: Being seen by others during sex. Put on your best public show.
35. Sex in Public: Somewhere risky. Example: elevator, park bench, changing room.
36. Striptease: I watch you slowly undress before lovemaking.
37. Sex Tape: Grab the video camera and tripod. We are making a tasteful sex tape.
38. I treat myself to a day of indulgence. (Be specific).
39. We visit a sex shop or browse a sex website together.
40. I lovingly watch you masturbate.
41. You lovingly watch me masturbate.
42. Bedtime stories: Readme dirty poetry.
43. 69 - Genital honoring, massage, and orgasm.
44. I commit to learning how to please you more deeply.
45. I commit to learning how to let go and enjoy the process.
46. We commit to practicing unconditional giving and receiving during lovemaking.
47. We commit to study and practice the secrets of foreplay.
48. We commit to the study and practice of releasing our emotional blocks.
49. We commit to the study and practice of how to achieve multiple orgasms.
50. We commit to creating more time for lovemaking and conscious communication.
51. You choose for me. Make it a surprise!
52. I make up my own **End Elixir**. (Be specific).



Physical Start Blocks

- P1. Physically withdrawn during sex.
- P2. Numbness, dullness, or acute pain during sex.
- P3. I don't want to talk about it. But I am willing to work through it.
- P4. I recognize a physical block. But I am not ready to face it.
- P5. Unwilling or uninspired to try new sexual postures.
- P6. Poor health is inhibiting my sexual potential.
- P7. Holding my breath during orgasm.
- P8. Self-conscious about the way my body looks.
- P9. Low libido, or no sexual drive.
- P10. Little, or no, desire to have foreplay before sex.
- P11. Unable to orgasm, or trouble orgasming.
- P12. Compulsiveness to please, or perform well, in bed.
- P13. Unexpected touch in areas of sensitivity shuts me down sexually.
- P14. Muscle tension before, during, and/or after sex.
- P15. Sexually invasive and/or nonconsensual contact from the past.
- P16. Lack of boundaries or difficulty saying "yes" or "no" during sex.
- P17. Trauma related to adolescent sexual experiences.
- P18. Low sexual desire or seeing sex as an obligation.
- P19. Difficult or slow to arouse sexually.
- P20. Minimal awareness of my breath during sex.
- P21. Minimal awareness of my partner's body and/or body language.
- P22. Conflict of schedules and/or busy lifestyles inhibiting lovemaking.
- P23. Physically addicted to electronics and/or social media.
- P24. I ask my partner for help in choosing my physical block.
- P25. I choose a physical block not listed.

Mental Start Blocks

- M1. Mentally withdrawn during sex.
- M2. Uncontrolled and/or unwanted thoughts during sex.
- M3. Lack of and/or suppression of my creativity.
- M4. I don't want to talk about it. But I am willing to work through it.
- M5. No time for my personal and/or sexual life.
- M6. Unwilling, and/or unable, to express my deepest thoughts.
- M7. I recognize a mental block. But I am not ready to face it.
- M8. Unable to express my sexual fantasies/desires with my partner.
- M9. Escape into sexual fantasy rather than seek sexual intimacy.
- M10. I must get the last word in when arguing.
- M11. Sexual fantasies/desires that are disruptive during sex.
- M12. Judgmental of sexuality that is outside my comfort zone.
- M13. Chronic stress and/or anxiety on a daily basis.
- M14. Shuts down, and/or is unwilling to, experiment sexually.
- M15. Depression after having sex.
- M16. Affected by derogatory peer objections to my sexual behavior.
- M17. Affected by verbal sexual abuse and/or sexual slander.
- M18. Little to no experience of peace and joy in daily life.
- M19. Minimal awareness of my mental state during sex.
- M20. Minimal awareness of my partner's mental state during sex.
- M21. Self-destructive behaviors that limit deep connections.
- M22. Fear of rejection and/or being judged sexually.
- M23. Mentally addicted to electronics and/or social media.
- M24. I ask my partner for help in choosing my mental block.
- M25. I choose a mental block not listed.

Emotional Start Blocks

- E1. Emotionally withdrawn during sex.
- E2. Consumed by negative feelings during sex.
- E3. Fearful of, and/or lacking intimacy with, my partner.
- E4. I don't want to talk about it. But I am willing to work through it.
- E5. Unable to cry. But I feel like I need to.
- E6. Difficulty expressing feelings to my partner.
- E7. I recognize an emotional block. But I am not ready to face it.
- E8. Unable to be completely honest with my partner.
- E9. Past emotional pain that overwhelms me during sex.
- E10. Overbearing, and/or compulsive, when expressing emotions.
- E11. Going through the motions during sex without feeling connected.
- E12. Sexual guilt, self-blame, and/or shame.
- E13. Avoidance, and/or fear, of deep sexual contact.
- E14. Uncontrolled emotional outbursts.
- E15. Experience of anger and/or rage often.
- E16. Trouble receiving, and/or giving, the gift of love.
- E17. Negative emotions, and/or shame, associated with my body.
- E18. Fear of being naked in front of my partner.
- E19. Minimal awareness of my emotional state during sex.
- E20. Minimal awareness of my partner's emotional state during sex.
- E21. Disregard, or give little attention to, my emotional release during sex.
- E22. Disregard, or give little attention to, my partner's emotional release.
- E23. Emotionally addicted to electronics and/or social media.
- E24. I ask my partner for help in choosing my emotional block.
- E25. I choose an emotional block not listed.

Spiritual Start Blocks

- S1. Spiritually withdrawn during sex.
- S2. Consumed by negative spiritual beliefs during sex.
- S3. Lack of trust in myself and/or my partner
- S4. I don't want to talk about it. But I am willing to work through it.
- S5. Lack of focus, and/or trouble concentrating, on a daily basis.
- S6. Difficulty sharing spiritual beliefs with my partner.
- S7. I recognize a spiritual block. But I am not ready to face it.
- S8. Unable to be completely honest with myself.
- S9. Guilt and/or shame of sexuality due to religious beliefs.
- S10. Affected by parental restrictiveness during adolescence.
- S11. The belief that sex is dirty or sinful.
- S12. Denial of inherent sexual nature.
- S13. Lack of respect for my body temple.
- S14. Trouble experiencing the sexual act as divine.
- S15. Lack of compassion and/or empathy for others.
- S16. Religious and/or spiritual beliefs hindering sexual exploration.
- S17. Little or no experience of blissfulness on a daily basis.
- S18. Little or no experience of ecstasy in my daily life.
- S19. Minimal awareness of my sexual energy during sex.
- S20. Minimal awareness of my partner's sexual energy during sex.
- S21. Minimal awareness of my partner's breath during lovemaking.
- S22. I just want to play the game.
- S23. Obsession regarding health and/or exercise takes precedence over sex.
- S24. I ask my partner for help in choosing my spiritual block.
- S25. I choose a spiritual block not listed.

Terms & Ease of Play

Terms:

- Active player Player whose turn it is.
- Lingam Male sex organ.
- Yoni Female sex organ.
- Yab Yum One person sits with legs crossed, other person sits in their lap.



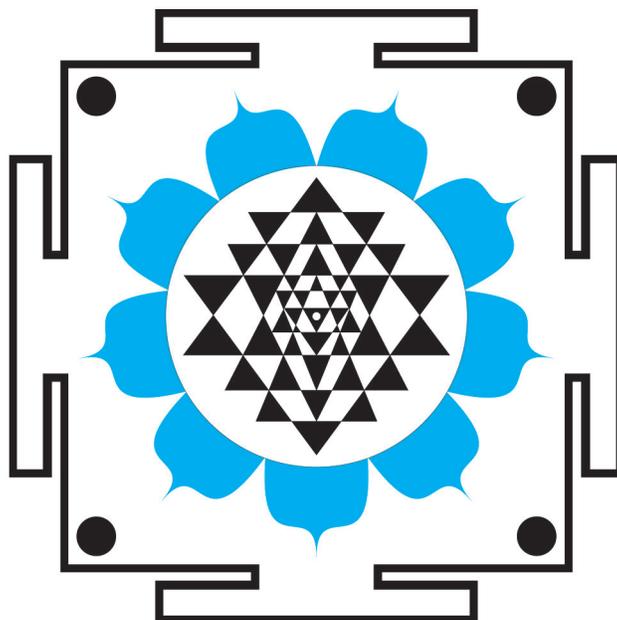
Yab Yum

Suggestions for ease of play:

- Players can choose the same **End Elixir** and the same **Start Block**.
- If a player draws a card that makes them feel unsafe or uncomfortable, they may choose to place that card at the bottom of the deck (without question) and draw another card
- The **End Elixir** list is extensive. Some of these End Elixirs may never be appropriate for some individuals and/or some relationships. Be respectful of each other and breathe deep while discussing your choices.
- Wear comfortable clothing and create a pleasing space to play the game: blankets, pillows, music, etc.
- Used cards can be neatly stacked on the outside of the cloth game. Impactful cards can be set aside for later discussion, reflection, or journaling.
- Reshuffle card decks when needed.
- Used scorecards can be saved to show player progress and/or retained as chits for the End Elixirs.
- Additional game suggestions can be found at: sacredsexgame.com/playgame

Quick Start

1. Lay out cloth game.
2. Separate cards into the nine decks.
3. Shuffle decks and place each deck face down on matching game images.
4. Each player chooses a semi-precious stone as their play piece.
5. Choose a scorekeeper.
6. Each player chooses an **End Elixir** and adds **E 5** to the scorecard.
7. Each player chooses a **Start Block** and adds **B 10** to the scorecard.
8. Players place their play pieces on their chosen **Start Here** petal.
9. Each player rolls the dice to see who goes first. Highest roll wins.
10. Each player takes turns rolling the dice, entering the 1st (**yellow**) ring.
11. Always move in a clockwise direction around the cloth game.
12. Use the stepping stones to transition between rings.
13. Players must qualify to enter the 3rd (**blue**) ring.
14. Players must qualify to enter the **Center Circle**.
15. First player to enter the **Center Circle** wins their chosen **End Elixir**.
16. Winner rolls for their partner and helps them to enter the **Center Circle**.
17. Both players must qualify & enter the **Center Circle** for the game to end.



Card Descriptions



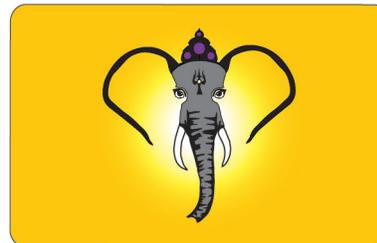
Body Card:
True and False questions related to physical state.



Expansion Card:
Opportunities for increasing Energy & eliminating Blocks.



Mind Card:
True and False questions related to mental state.



Block Card:
Possibilities of accumulating Blocks & decreasing Energy.



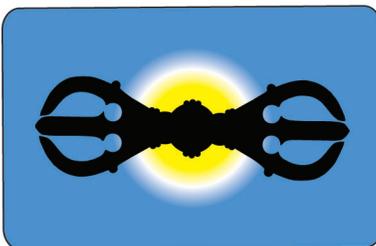
Posture Card:
Breathing, energy work, kissing, & sexual positions.



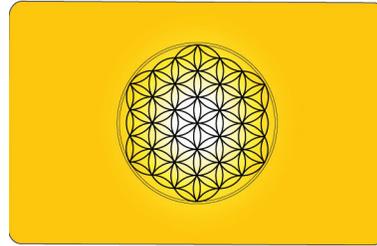
Emotion Card:
True and False questions related to emotional state.



Knowledge Card:
Increase awareness of sacred sex & communication.



Spirit Card:
True and False questions related to spiritual state.



Integration Card:
Increase awareness of giving & receiving.