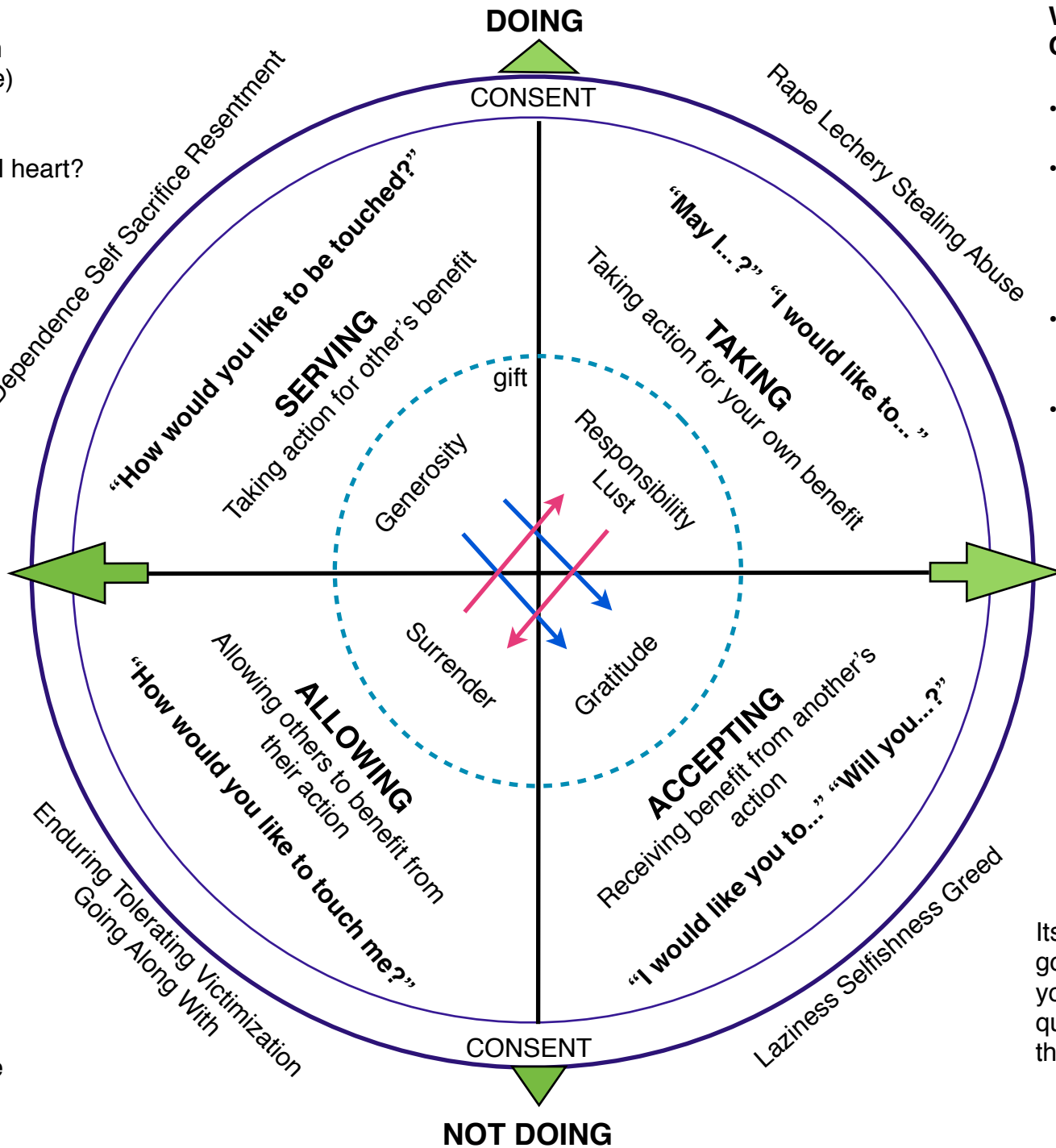


Keys to Freedom
(To know and share)

Who is this for?
What can I give with a full heart?
What do I want?

What creates the Container of Consent?

- Clarity, privacy, safety, limits
- Confidence in our ability to make a change, or make a difference in what is happening
- Slowing down enough to notice when we meet or exceed an edge
- Trusting in our partner's confidence to do the same



What Keeps us OUT of the Pleasure Zone?

- Staying Even
- Trying to do what the other person wants, instead of acting on our own desire
- Being unclear about what quadrant we are in
- Avoiding one or more of the quadrants
- Being unclear about the container of consent

PLACE of MAGIC is at the CENTER

Its where everyone wants to go, but to whatever degree you are avoiding one of the quadrants, you can't get there.