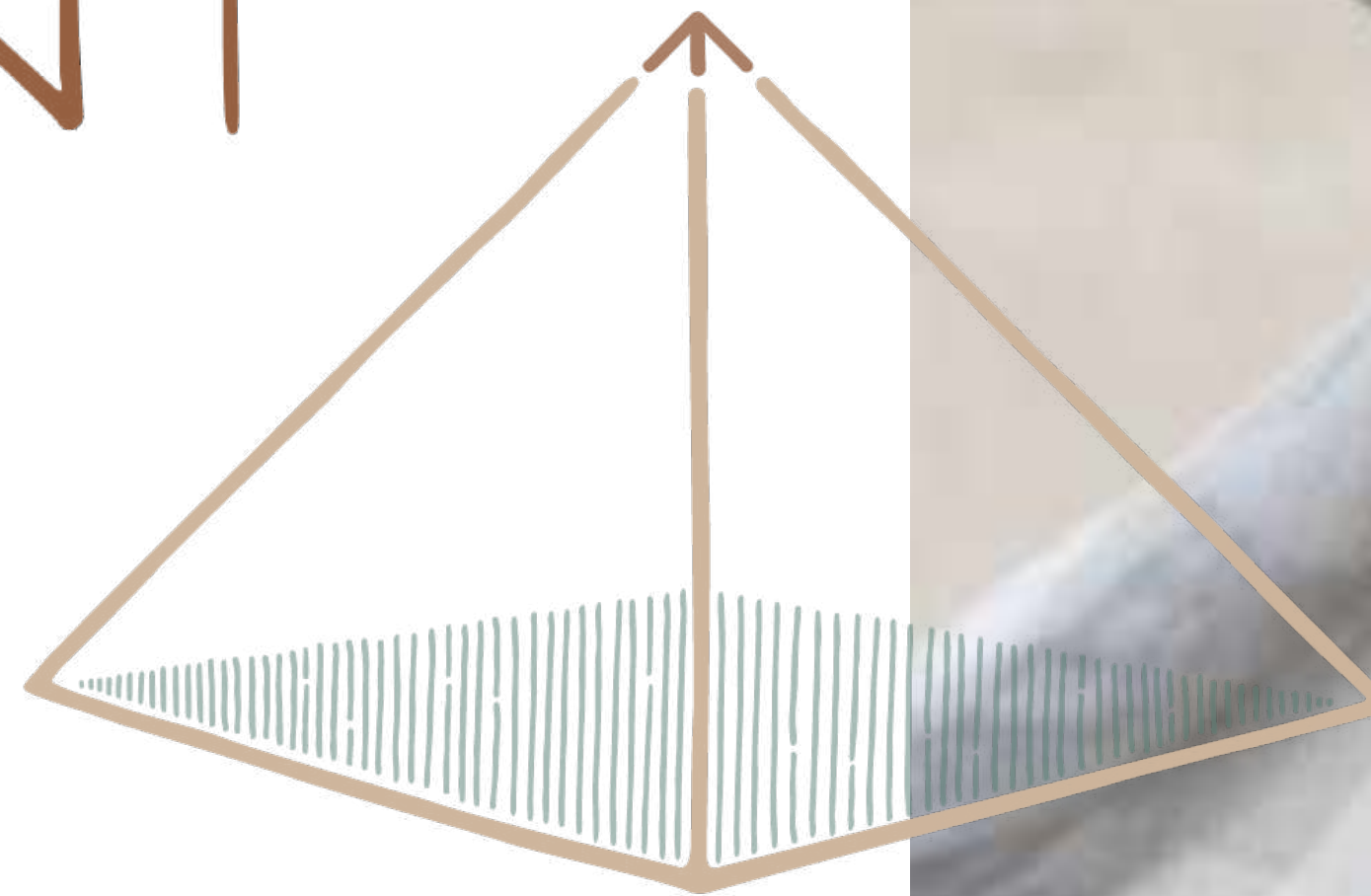


# ENGAGEMENT SYSTEM STUDENT HANDBOOK

WATCH  
OVERVIEW  
VIDEO

## SOMATIC CONSENT

BY MATT SCHWENTECK





Hello and welcome to  
the Somatic Consent  
Engagement System  
Handbook.

Thank you for taking  
the time to read  
a summary of my  
research.



MATTHIAS SCHWENTECK

**My name is Matthias Schwentek and I  
am a German-born world citizen.**

I've been a trained facilitator in Sacred Sexuality and Tantra for over 20 years with different modalities of meditation, counseling, bodywork, trauma research and neurophysiology. I am a student of life inspired by everything that resonates on the higher vibration of love, transformation and connection. My path has weaved through Tao yoga, shamanism, tantra and neuroscience and eventually guided me to the work of Consent in 2011. I've shared the somatic teachings of Consent with thousands of people at festivals, workshops and sessions around the world and developed the Somatic Consent Engagement System that you will partly discover in this Student Handbook.

# INTRODUCTION

## WHAT YOU WILL FIND

You will find maps with linked videos to the basics and descriptions about embodying Consent.

You will find the detailed steps of waking up your hands, the 3 minute game, how it works and how to play it.

You will find further maps about embodying Consent on a somatic level, with drawn out maps guiding you to the Somatic Consent Engagement System and how it all fits together—which I came to notice while experimenting with it.

It is very simplified, but enough to get you started and show you how to find the experiences that I talk about.

It's my intention that this Handbook serves as a reference for those who've already experienced the work in a session, in one of my workshops or learned about it elsewhere.

This Handbook supports as a reference that you can come back to at any time. If you've never seen the Somatic Consent work before, there's enough here for you to begin with.

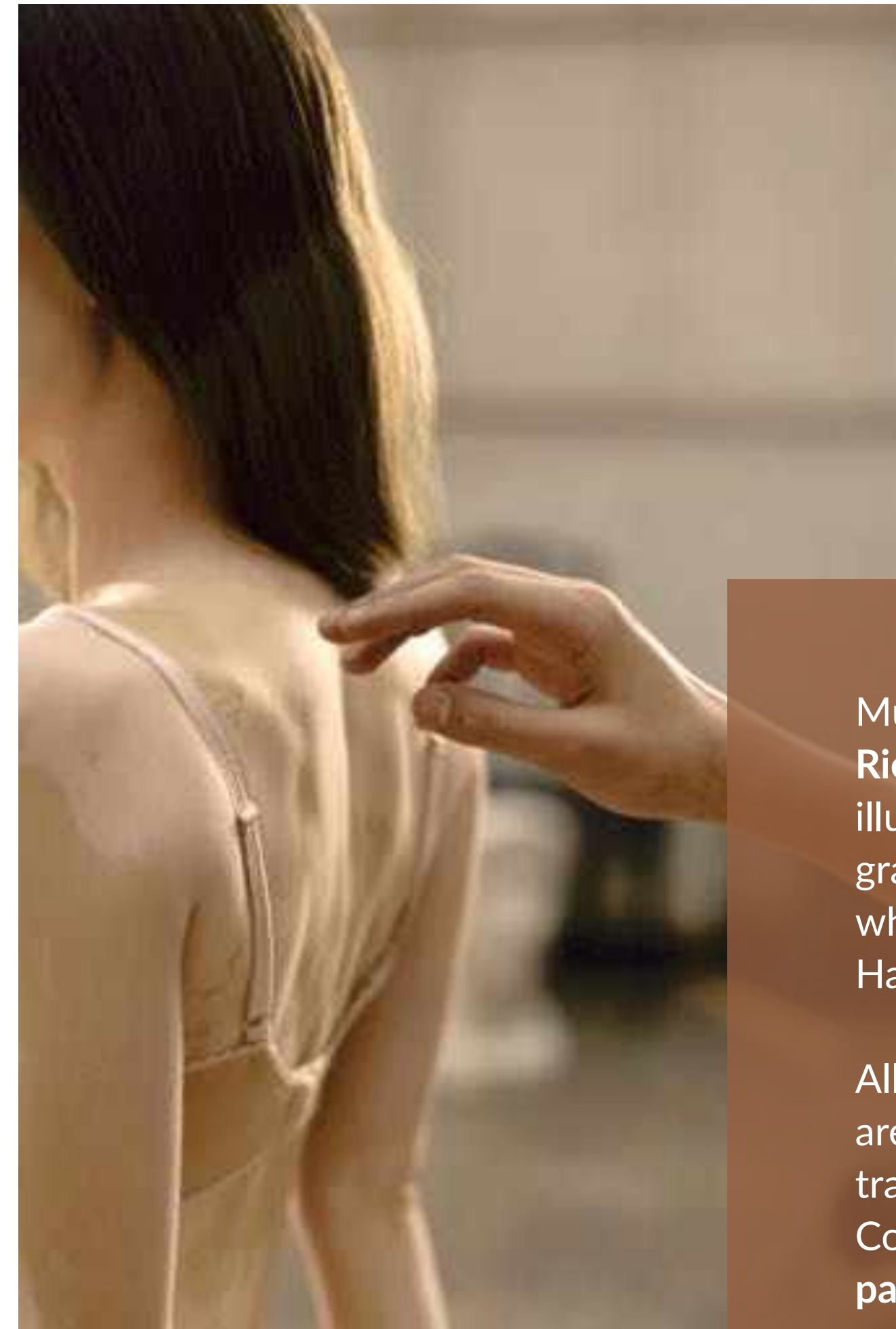
The embodied understanding in this Handbook may take you a few weeks or months to experience fully. I've been playing with it for about 10 years and continually find new depth.

Your awareness will increase over time as the practice of waking up your hands and playing the 3 minute game gradually deepens and enriches your experience of somatic understanding.

You might have insights right away, but it's the deepening over time that makes it really rich.

I hope you have a great time playing and enjoy experimenting with it as much as I have.

At the end of the Handbook you will find links to Somatic Consent online courses and groups on Facebook to connect with like-minded and like-hearted people from around the world who I've shared the transformative work with.



Much gratitude to **Ziska Riemann** who helped to illustrate the workshop graphics and everyone else who helped me develop this Handbook.

All supporting donations are welcome to keep the transformative work of Somatic Consent alive at:  
[paypal.me/mschwentecK](https://paypal.me/mschwentecK)

Graphic Illustration:  
**Ziska Riemann**  
[www.ziskariemann.de](http://www.ziskariemann.de)



# TABLE OF CONTENTS

## STUDENT HANDBOOK

### 1 Foundation of Somatic Consent

Biohacking the Cerebellum: Why waking up your hands works	5
♥ Waking Up Your Hands	9
♥ 3 Components of Pleasure	11
Direct / Indirect Pleasure	13
♥ 3 Minute Game	15
♥ Engagement System	18
♥ Somatic Consent Engagement System	19
Base	21
Engagement Zones: Who is it for, Permission and Agreements	22
Apex	24

### 2 Embodied Empowerment & Intimate Relating

Spiritual Development	25
Noticing and Meaning	27
Mixed Emotions	29
Numbness Bar	30
Polyvagal Theory	31
Who is talking and who is it for	32
Communication	33
Relationship	35
Willing to and Want - Giving and Receiving	36

# WORKSHOPS AND ONLINE MASTERCLASSES

**E-Book:** Somatic Consent - Embodied Empowerment

GET ON KINDLE!

### Embodied Empowerment & Intimate Relating Add on

Low and High Drama
Communication 2.0
Boundaries and the Spectrum of Limits
Radical Responsibility
The 4 Agreements of Intimate Relating
6 Level to Bliss
Relating - Brother Sister Lover
Procreation
Relaxed & Transformative Sexuality - Being on the Edge

### 3 Professionals Intensive - Leadership & Facilitation Add on

The Zone In The Zone
Empowerment & Choices
Treatment & Coaching
Window of Tolerance
De-armouring
The Session Tree

♥ FREE ONLINE COURSE MATERIAL!

# BIOHACKING THE CEREBELLUM:

## WHY WAKING UP YOUR HANDS WORKS

To be human is to feel and experience emotions. If we look at common daily verbal expressions, it's clear that our sense of touch is intrinsically emotional.

"Please keep in touch."  
"I didn't mean to hurt your feelings."  
"I can't stand that slippery politician."  
"I'm touched by what you said."

When we encounter someone who's emotionally clumsy, we call them tactless, which literally means they lack the ability to be 'in touch' with the other.

So how does this connection between emotion and the sense of touch form?

It begins very early in life. The formation of the Social Engagement System depends on oxytocin, which is produced when we come into direct contact with others through touch and feel safe and connected.

People born without the sense of sight, or with a hearing disability can develop great bodies and minds and experience a great life. But those born either without the biological components for a sense of touch or don't receive touch during their infancy and

first years of life experience disastrous consequences.

That's what happened in orphanages in Romania during the Ceausescu regime in the 1970s and what followed in the 1980s in grossly understaffed orphanages.

With no-one having the time to hug, hold, caress or be loving in a tactile way towards these children, the terrible results began to unfold. These children developed compulsive, self-soothing, rocking motions, attachment disorders and cognitive delays which weren't just neuropsychiatric problems. Due to touch deprivation,

their general growth was stunted, and their gastrointestinal and immune systems underdeveloped and compromised.

In some cases, volunteers came to give just 30 minutes of loving touch a day. This minimal amount of hugging and limb manipulation was enough to completely reverse all of the harmful effects of previous touch deprivation.

The critical role of touch within childhood development wasn't always understood. In the 1920s, John B Watson, the founder of the psychological movement 'behaviourism', advised parents to never touch or hug their children unless they were being rewarded for an extraordinarily good job or difficult task—advising in this case to pat them on the head and give them a

handshake at the end of the day.

Today, thankfully, most parents don't raise their children this way. However, it's a very different situation outside of the home where no-touch policies have been installed for supervisory adults such as teachers and coaches.

While these new laws are well-meaning, they can have a disastrous effect, for example, when a young child reaches to get a reassuring hug from their teacher, who isn't allowed to come into physical contact with the child.

Touch is a social good, an opportunity to create bonds of trust, cooperation and empathy. Touch is social glue.

To be human  
is to feel and  
experience  
emotions.



It's what binds sexual partners into lasting couples.

It's what bonds parents to their children and siblings.

It connects people in community together within the workplace to produce effective teams.

Doctors who appropriately touch their patients during an examination are rated as more caring, and more importantly—their patients produce lower stress hormone levels and higher healing results.

The National Basketball Association completed a wonderful study on teamwork. They watched videos of all teams in the NBA games in the first half of the season and had people note down all of the instances of celebratory touch. This included all pats

on the chest or buttocks, high fives and any other touch that team members made to celebrate a basket.

They came up with an index of celebratory touch for each team, and hypothesised whether the index for the first half of the basketball season would predict what would happen in the second half.

Their results found that teams engaging in more celebratory touch won more games in the second half of the season. More importantly, these teams played in a more cooperative fashion, for example, the star being more likely to pass the ball to another player who had a better chance of a shot.

The question isn't whether touch is good or important, but rather that the specifics of our sense of touch—how

information is relayed from our skin, via nerves to the brain—and what we actually experience as 'feeling', seem strangely different.

These strange and counterintuitive facets of touch profoundly affect our human experience and our human society.

**1) We experience touch as a unified sensation, but it's actually created by many different specialised sensors working in parallel.**

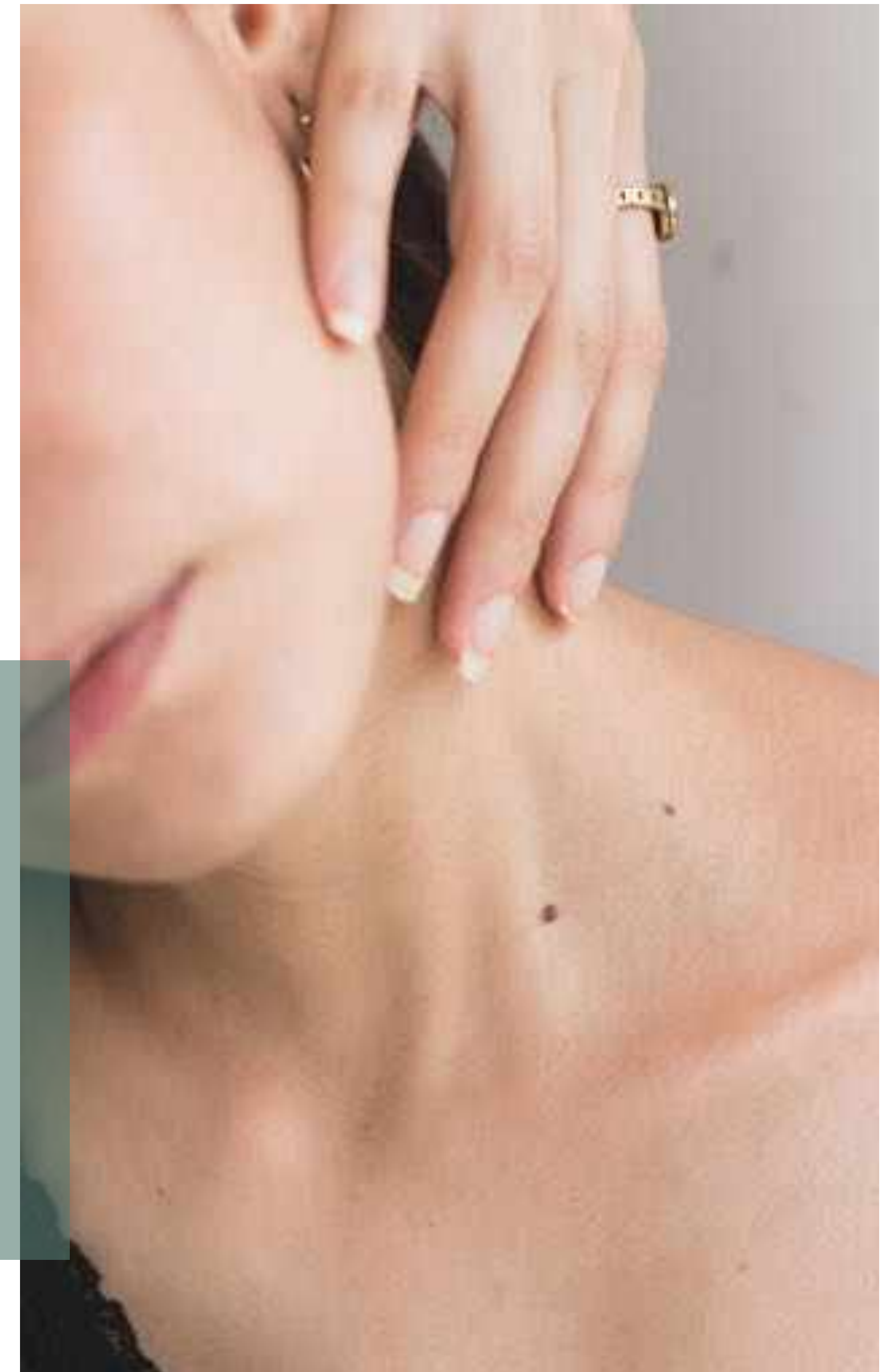
We have many different kinds of nerve endings in our skin—each one a micro machine, specialised to transfer a certain kind of information.

One nerve ending detects heat and another cold. One registers pain and others register sexual sensations, vibration, pressure, texture and fine tactile form. The

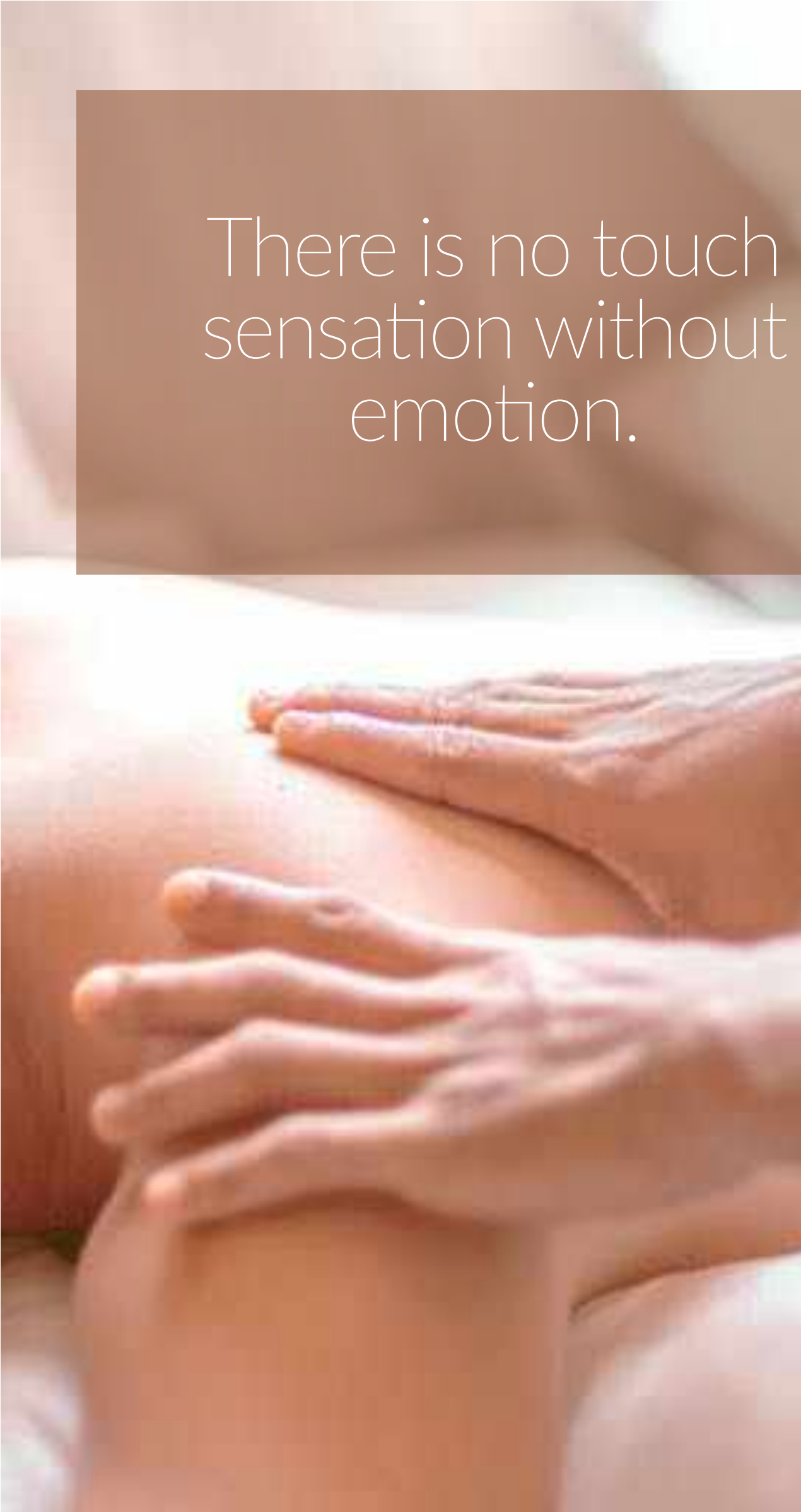
density of these nerve endings is different in different parts of your skin and gives rise to the way you experience touch on different parts of your body.

The fingertips have a high density of nerves called 'Merkel endings' which are the best at detecting fine tactile form.

Touch is  
social  
glue.







There is no touch sensation without emotion.

Even though your lips, tongue and cornea are very sensitive, you can't read Braille with them. This is because these parts of the body aren't discriminative, as they lack Merkel endings.

I'm sure you've experienced getting a piece of grit in your eye. Although it hurts like crazy, it's actually very hard to tell precisely where in the eye it is. It's the same with genitals, we can't read Braille with our genitals either, because we don't have Merkel endings there!

## **2) There is no touch sensation without emotion.**

The two go hand-in-hand. All streams of information come in via nerves and the spinal cord to the brain and distribute into two different systems.

One system is the somatosensory cortex.

Being the 'headquarters' of the discriminative system, this part of the brain is all about the facts. It tells you where on your body you are being touched, in what way and how intensely.

The other is the emotional touch system, which is completely separate and located in the posterior insula. This part gives the different kinds of touch their particular emotional tone.

For example, if you get whacked on the thumb with a hammer, you'd experience awful throbbing pain and feel an emotional response such as anger or frustration.

However, if your posterior insula was damaged (known as 'pain Easton boliya'), you wouldn't feel the same emotional intensity. You'd feel the pain in the same way, and acknowledge it

saying something such as, "Yep that hurts, my thumb's throbbing", but you'd need the posterior insula to feel the connected emotion.

Whereas, if you had a damaged somatosensory cortex and got whacked on the thumb with a hammer, you'd have the emotional response, saying for example, "Oh that hurts so badly", but you'd have no idea where exactly the pain was coming from.

We're used to thinking that certain sensations have an intrinsic emotional tone—but this is a trick our brain plays on us.

We experience a pain sensation along with the negative emotional reaction, only because these two different brain systems are active simultaneously.

## **3) We are hard-wired to pay attention to sensations, including touch sensations that originate in the outside world—but discount ones that originate from our own motion.**

As you walk down the street moving your limbs and torso, your clothes are also moving against your body—but you don't think about these sensations at all. They don't enter your consciousness—because they are strongly suppressed. Whereas if you slowed down enough, you'd become much more aware of those very same sensations.

We're hard-wired to suppress the sensations that result from our own movement because it's more important for survival to take note of and make connection to the outside world.

Evolutionary speaking that's where the things are that we might want to eat, that we might want to mate with, that we might want to run away from.

In the same way, when you attempt to pleasure yourself, electrical signals flow from the motor cortex in your brain, down to the muscles of your arm and hand (so that you can produce pleasure through movement). A copy of those signals also goes to a part of the brain called the cerebellum.

The cerebellum transforms these signals into inhibitory signals and feeds them into the somatosensory cortex, (the fact-based touch center) which suppresses the sensations.

And this is the very reason it is so different to pleasure yourself.

However, we can get around the brain's hard wiring with a simple practice—of slowly feeling an object for just 5 minutes per day. This way, it's possible to rewire your nervous system to connect the motor cortex with the somatosensory cortex.

If we believe we can take in reliable, rational information about the outside world through our sense of touch and make non-emotional decisions about it—we're kidding ourselves!

Our senses are not designed to give us the most accurate representation of the outside world. Instead, they 'mess' with the data. Based on your personal conditioning, your brain either emphasizes information coming in through touch, or diminishes it, because it blends the raw data with

your emotional state. This begins very early in life, so that by the time we become consciously aware of sensory information—this process is already wired.

While your brain serves up your experience as 'real', actually, the raw data coming in through your sense of touch is blended with your own personal

reality, due to your personal past experiences in life—as well as the genetic data of your DNA.

This hard wiring of the cerebellum, the motor cortex and somatosensory cortex ensures you pay more attention to the outside world—than to the consequences of your own movement.

But when you slow down enough, you can include the posterior insula (the emotional touch system). Then, when you're in movement, motor impulses combine with the somatosensory cortex—and you experience feelings that may feel alienating or strange. This is neurological biohacking taking place.

This somatic experience comes with the benefit of deeper connection to feeling yourself—of enriching and intensifying your sense of touch and connection with others and the world around you.

The fingertips have a high density of nerves called Merkel endings which are the best at detecting fine tactile form.



# WAKING UP YOUR HANDS

FREE  
ONLINE  
COURSE

Waking up the hands is crucial to the work of Somatic Consent. It is, essentially, a mindful meditation where you bring all of your awareness into feeling the skin of your hands while touching an object.

**Waking up your hands is the first experience and most important in this entire process. It is extremely simple. Sometimes the hardest part is actually taking it seriously enough to do it!**

**It is a change in the way you experience your hands (how your hands feel to you), which leads to all further transformations.**

Why is it important to wake up the hands? There are more nerve endings in the hands than anywhere else in the body, except the mouth and genitals. The hands are symbolic for giving and receiving. Since being a baby, you have used your hands to make sense of the world around you.

By activating the hands, you tap into the neurological developmental structure of the Social Engagement System, the part of the Autonomic Nervous System that releases oxytocin for creating safety and intimate connection. This blocks the release of adrenaline and cortisol from the fear centre into the body and calms the nervous system down.

The hands and feelings are connected to the heart, rather than 'story-making' in the working mind. I recommend a book on this topic by David Linden, *Touch - the Science of Hand, Heart and Mind*.

Using your hands and choosing to move them towards pleasure, thereby receiving somatic inflow, is the foundation for the entire Somatic Consent Engagement System. Without this, you remain stuck in rational thinking and the cognitive mind—instead of feeling.

To begin this practice, choose an object to touch with your hands. Feel free to use any object you like.

## PLEASURE IN YOUR HANDS

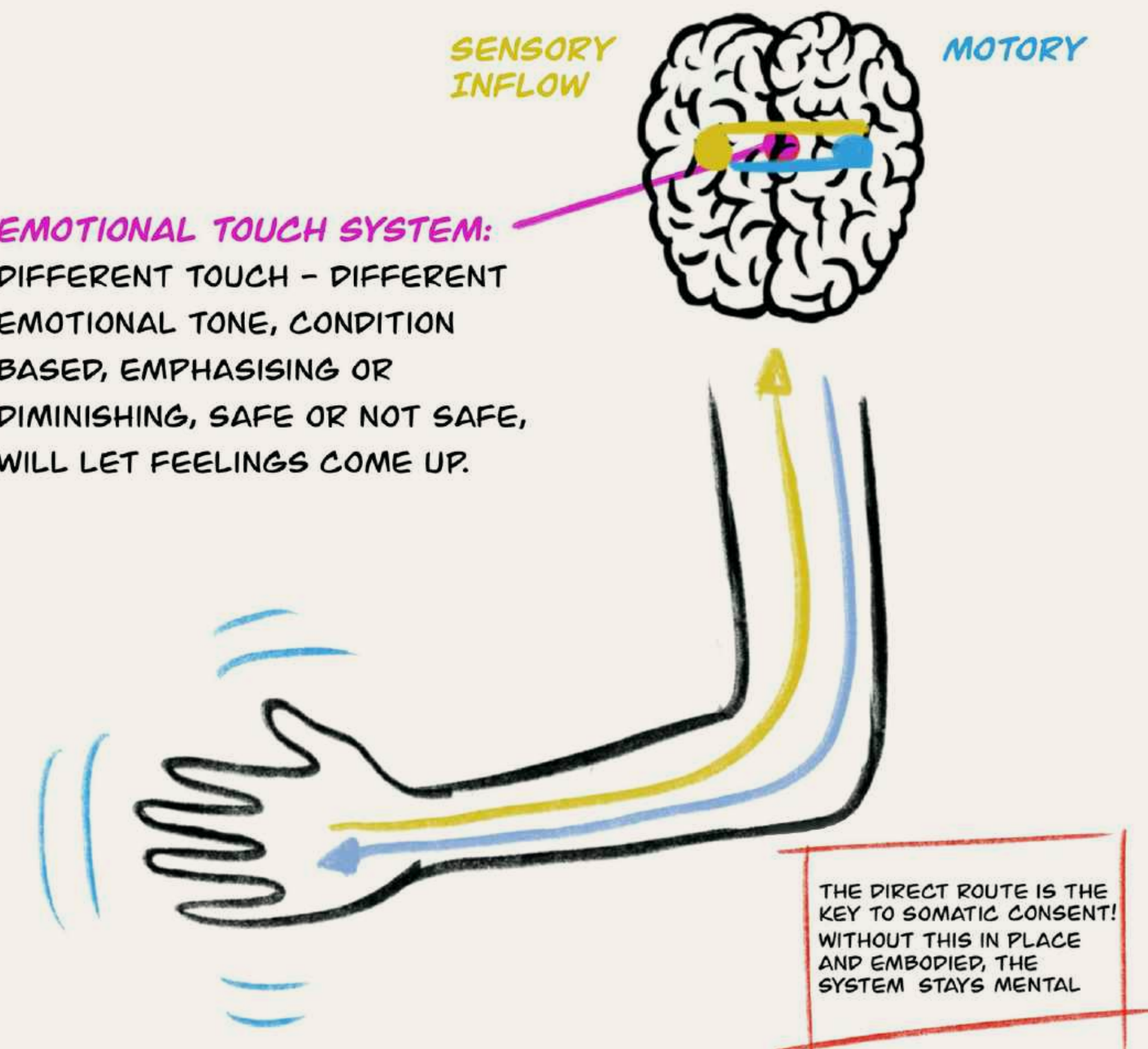
### SOMATIC

#### SENSORY

AFFERENT, NOTICING, FEELING, DIRECT ROUTE  
PLEASURE & PAIN

#### MOTORY

EFFERENT, SENDING SIGNALS TO MOVE, DOING, ACTION,  
REFLEXES





You have more nerve endings in your hands than anywhere else in your body, except your mouth and genitals.



The key to this practice is to sit down and relax your shoulders and arms. Put a cushion on your lap and set a timer for 5 minutes.

Start to bring your awareness to the qualities of the object, such as the temperature and texture. Is it cool or warm? Is it soft or solid? How dense is it? Explore, be curious and stay connected, focusing all your attention on the sensations in your hand. If your mind wanders, that's ok, that's the mind's job, just bring your attention back to the sensation in your hands.

Slow down the speed of your hands and fingers by half and then slow down by half again, using micro-movements to explore the object. At some point, you will feel the sensual inflow of pleasure. This might feel like something new and exciting, or like

re-discovering something you lost a long time ago. Memories may come up. You might feel sad, impatient, boredom, or turned on. There is no right or wrong.

Stay connected to your hands and the sensations as the practice deepens. Allow yourself to feel. Give yourself permission to feel pleasure in your hands while you choose to move, without needing to give anything or get anything back. This is your birthright.

Waking up the hands is a daily practice of neurologically readjusting the nervous system into a mode of safety, trust and connection and is the foundation or what I call the Base for practicing the Engagement Zones in the Somatic Consent Engagement System. It is your action and it is for you.

There is a Facebook group called 'SOMATIC CONSENT- The 64 Day pleasure in your hands Challenge' where people have documented all kinds of experiences from doing this practice and shared amazing stories of waking up the return of feeling pleasure with their hands.

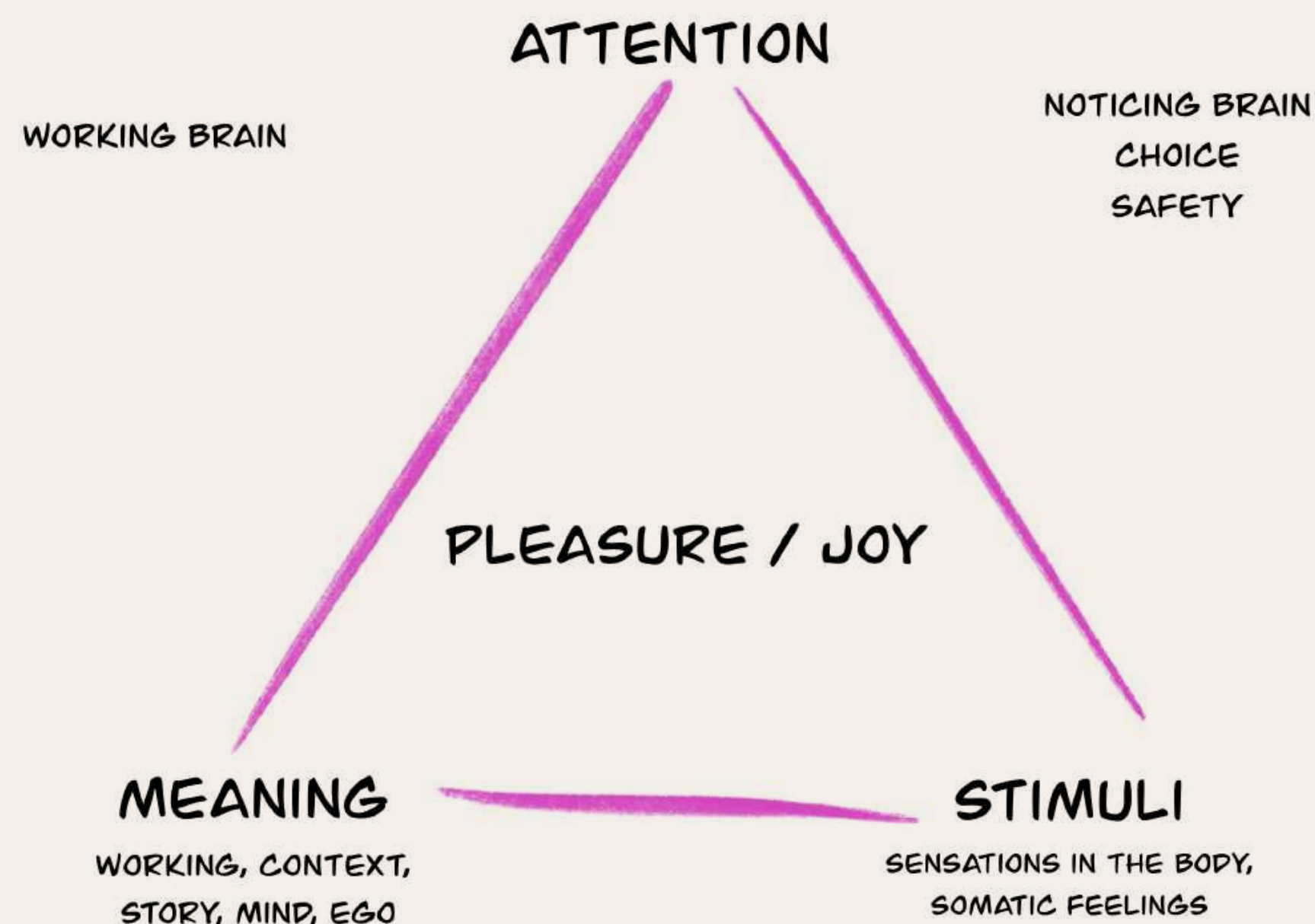
This practice is related to functions of the brain. The sensory inflow of pleasure connects the nerves in the hand with the nerves in the pleasure centre of your brain. Here, the three components of pleasure are always active.

You will notice a difference in the sensations you feel while touching another person with or without permission or when another person is touching you, with or without permission.



## 3 COMPONENTS OF PLEASURE

ALL 3 ARE CONNECTED SIMULTANEOUSLY



# THREE COMPONENTS OF PLEASURE

FREE  
ONLINE  
COURSE

The Three Components of Pleasure Map consolidates the major neural and psychological compounds related to experiencing joy and examines the manner in which they coincide, inherently affecting our Somatic Engagement System. These elements and the relationship between them correlates with the principle of the direct and indirect routes of pleasure.

This triangle shaped illustration also brings forth the importance of consciously choosing what and where we want to focus our attention, as well as the dramatic effects that forging meaning and creating a story might have on our stimuli during an

interaction with another person.

Acknowledging that the meaning making mechanism of the rational mind takes place at the same time the stimuli is activated and comprehending the potential obstacle that might suggest—is a fundamental stage in rewiring ourselves.

We all have a tendency to get lost in the story and meaning triggered by touch. Instead of focusing on the present moment, connecting to ourselves and to our partners, we drift into making future plans, fantasies or indulge in past memories.

As soon as the meaning making mechanism kicks off, our attention is diverted from the stimuli. The intellectual part of our brain then takes over as it tries to make sense and create context—therefore hindering us from delving into our somatic sensory inflow. In that instant, as we fail to bring all of our awareness to the experience of our own skin when we touch our partner, we're limiting our ability to appreciate, enjoy and feel deep and genuine pleasure.

Such is the case for example when it comes to goal oriented sexual engagement. The stimuli in charge of our somatic sensory inflow is attached to the meaning that sensual pleasure must lead to a sexual encounter—and that the latter ultimately has to have a climactic expression. Going subconsciously through this entire protocol has a negative effect on the stimuli while we're engaging with another person. The attention and conscious choice of where we want to focus our attention, is in fact the pleasure increasing factor.

To break out of this working mind loop and genuinely engage from our somatic sensory inflow we must ask ourselves where our energy is directed towards. So when we touch someone or something we will be able to bring our attention

to the action itself, thus intensifying our stimuli by focusing on what is happening in the present moment.

Have you ever been touched by someone who is fully engaged, having their attention focused on the experiences of their own skin, instead of creating

a story about what their touch could mean? This is, in many cases the most exquisite touch we can get, it feels full, present and alive.

In the context of the Somatic Engagement System it is then crucial that we create consensual agreements as part of this

practice, outlining wishes and desire and setting clear boundaries so that we won't get distracted by trying to guess what our partner wants and needs.

In order to bring our attention where we want to direct it we must activate our hands by introducing the multiple nerve endings

in our fingertips to a meditative form of touch which is characterized by its slow and mindful movement. When we slow down the speed of our hands, all of our awareness is brought to feeling the skin while our fingers create micro-movements. We will then be able to reconnect to our sensual inflow of pleasure.

Through using the direct route of pleasure, bringing attention to the sensory inflow we can calm our nervous system, let go, surrender to the moment and experience ultimate and sustainable pleasure that is created from within ourselves and is not dependent on anyone else but ourselves.

When we learn how to consciously choose the direct route of pleasure we can start to enjoy a deeper connection to ourselves and our partner.

We then can explore touch in a more genuine manner, free of story and meaning, purely focused on the sensory experience, intensifying our experience of touch, ultimately increasing our pleasure.

We all have a tendency  
to get lost in the story  
and meaning triggered  
by touch.



# DIRECT/INDIRECT PLEASURE

When you touch something that feels pleasant, the sensory route of the Somatic Nervous System receives an inflow of sensory information, sending signals into your brain which lights up your pleasure center. This is the direct route of pleasure.

When at the same time, you move your hand or body to engage with the object you are touching, you activate the motor division of the Somatic Nervous System which controls impulses to move and be in action.

It is by practicing these two dynamics simultaneously, in moving towards feeling pleasure by touching something or someone, and noticing the sensory

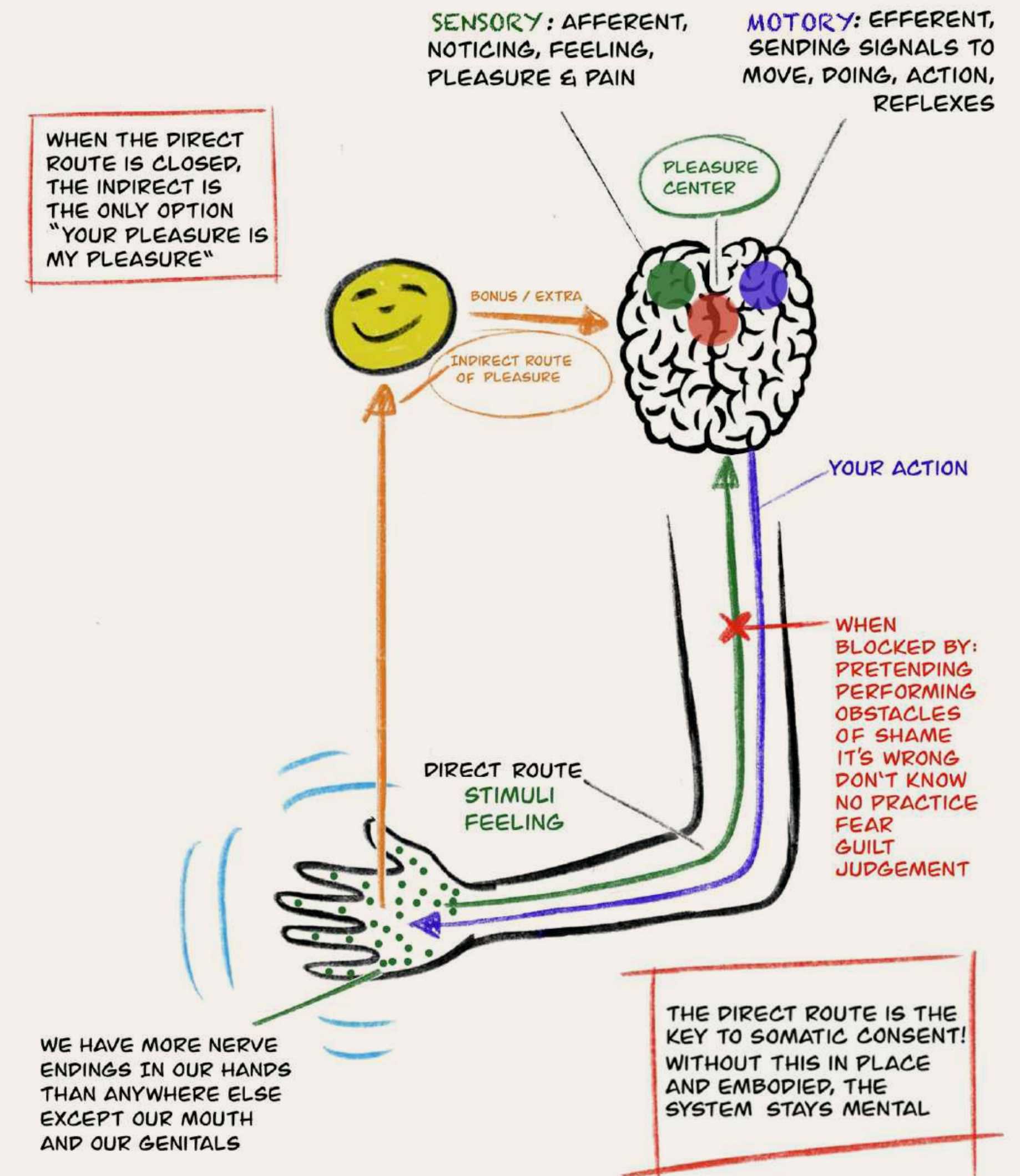
inflow, that you can create the neurological structure for personal and spiritual growth through somatic embodiment.

But what happens when you touch someone and the direct route of pleasure is blocked for some reason? This could be due to feelings of shame, guilt, fear, lack of experience or confidence, thinking it is selfish or wrong, or due to attachment to meaning or story.

When you have not learnt or are unable to access this direct route of pleasure, the only way to experience pleasure is indirectly through the response of the person you are touching. Here, you are relying on the



## DIRECT/INDIRECT PLEASURE MAP







If you can't feel  
for yourself,  
your touch  
and behavior  
is dependent  
on the other  
person's  
response.

other person's reaction and you are very limited in your capacity to experience your own pleasure and be in your own body.

Have you ever been touched this way? When the person touching you wants to get a certain response from you? Have you ever pretended and performed to make the person touching you happy? Or, on the other hand, have you ever relied on getting a response from the person you are touching in order to feel good about yourself?

The dynamic of experiencing pleasure through someone else's reaction to your touch is called 'the indirect route of pleasure'. Most people learn this route in order to survive or to belong. There is nothing wrong with this; it is just very limiting.

Used in a healthy way, the indirect route of pleasure is necessary for co-regulation<sup>1</sup> and is a bonus when you are already connected to yourself through the direct route of pleasure.

In the Somatic Consent Engagement System, the direct route is our default in the Base and the foundation for intimate connection, self-care and autonomy.

The magic of presence can be accessed at any time you choose to connect with your sensory pleasure through touching others with Consent.

<sup>1</sup>**Co-regulation:** is an unfolding action that is supporting individuals to be in relaxation with one another. 'Polyvagal Theory Map'.



# 3 MINUTE GAME

FREE  
ONLINE  
COURSE

## *How to play the 3 Minute Game*

The 3-minute game originates from Harry Faddis while teaching a workshop on power, surrender and intimacy in mid 2000.

Harry's background is rooted in deep spiritual work based on the 12-step program.

Inspired by the Rumi poem, "You must ask for what you really want, don't go back to sleep", he created the game to give participants an equal share of time to receive what they want.

**The 3-minute game involves two people asking each other two questions:**

What do you want to do to me for 3 minutes?

What do you want me to do to you for 3 minutes?

Harry's understanding of giving a gift was not only related to the giving side. The receiver also gives a gift—their power. To surrender your power, you need to give your will away to a greater power than yourself to restore your sanity. This skill emerges from your trust to be held by the other. Without this trust, we grasp onto control and are unable to surrender. This is step 2 in the 12-step program.

Giving a gift within receiving is a spiritual dynamic, meaning surrendering to a power greater than yourself. It is not the shadow side of abuse, but rather the spiritual side of transformation.

When we take the example of sexual play such as BDSM and kink, it's about creating a safe container for

transformation where all parties win.

Somatic Consent emphasises the understanding that when you are in the giving role, you also have a deep spiritual desire: to live a meaningful life, be of service to your environment and others, give your gift to the world, and live your purpose.

We all want to be wanted and accepted as the gift that we are without the need to do anything to belong.

I've learnt over the last six years that the initiation is much more powerful when simply asking for what I want, "Can I...?" "Can you...?", where I put my desire first while honoring the limits of the other person. Then when I am on the other side as a giver,

I put my desires aside to let you do what you want. While useful to understand these dynamics, of course there is far more to relating and connection.

To fully embody the benefits of doing something to fulfil my own desire (e.g. touching someone in a way that gives me pleasure), I need to open my sensory inflow of pleasure first to create a foundation for trust, safety, connection and transformation.

The 3-minute game can help people to embody the dynamics of giving and receiving as long as your action (doing something for your own benefit) is based on the somatic inflow of 'direct pleasure'.

The Apex in the Somatic Consent Engagement System represents the interpersonal place of



love and care, where both people are doing something for themselves while respecting the limits of the other and taking care of their own limits, or alternatively giving their gift of power to allow the other person to surrender. This dynamic is called a win/win encounter.

The Base in the Somatic Consent Engagement System implies the embodiment of the sensory inflow of the Somatic Nervous System (direct route).

Mutual engagement in pleasure at the Apex, requires mutual surrender. When people play they both need a similar level of embodiment, otherwise the differentiation of power

and surrender will be unequal and mutual play difficult to reach—just like if an amateur tennis player attempts to play with a professional.

### *The Somatic Touch Version of The 3 Minute Game*

How do you want to touch me for 3 minutes?

How do you want me to touch you for 3 minutes?

You must ask for what you really want, don't go back to sleep.

- RUMI

# 3 MINUTE GAME

ORIGINAL BY HARRY FADDIS - POWER AND SURRENDER

## ADAPTATION RELATED TO TOUCH

- WHAT DO YOU WANT TO DO TO ME?
- HOW DO YOU WANT TO TOUCH ME?

↕ OFFER

GIVE, LIMITS, WILLING TO, DONE TO, THEIR ACTION

WHEN YOU MAKE AN OFFER  
1) PUT YOURSELF SECOND  
2) RESPECT YOUR LIMITS

- WHAT DO YOU WANT ME TO DO TO YOU?
- HOW DO YOU WANT ME TO TOUCH YOU?

↕ OFFER

GIVE, LIMITS, WILLING TO, DOING, YOUR ACTION

## START FROM RECEIVING WITHOUT THE OFFER

- CAN I...?, MAY I...? = RECEIVE, DESIRE, DOING, YOUR ACTION
- CAN YOU...?, WILL YOU...? = RECEIVE, DESIRE, WANT, THEIR ACTION

↕ REQUEST

WHEN YOU MAKE A REQUEST  
1) PUT YOURSELF FIRST  
2) RESPECT THEIR LIMITS

JUST ASK THESE TWO QUESTIONS TO PLAY THE GAME AND TO EMBODY SOMATIC CONSENT.

PLAY THIS GAME A FEW HUNDRED TIMES  
3, 5, 10, 30, X MINUTES.



## How to play the 3 Minute Game in the Somatic Touch Version:

based on the embodiment of the direct route, the sensory inflow of pleasure.

Two questions, each as an offer:

### OFFER 1:

How would you like me to touch you for 3 minutes?

*(You might respond, "Can you massage my feet, kiss my cheek, bite my nose, hug me..." and so on.)*

### OFFER 2:

How would you like to touch me for 3 minutes?

*(You might respond, "Can I feel your back, explore your face, play with your hand..." and so on. Be aware, that this is not about 'giving' anything—this is for you.)*

When you make an offer, it's for them. Only give as much as you are willing to give.

Each of the four rounds of the 3-minute game creates a different dynamic.

Either it's your action or it's their action, and either it is for you or it is for them.

**These dynamics combine in four ways:**

- they are doing the action and it's for you
- you are doing action and it's for them
- you are doing the action and it's for you
- they are doing the action and it's for them

Each of them is pleasurable and challenging in a different way and will show you something about yourself, your sensuality and sexuality. The purpose is to feel the difference.

**Stay with the question: who is doing the action and who is this for?**

Slow down, start with 3 minutes and gradually extend the time. Keep it simple and avoid sexual body areas in the beginning.

**When it's their action and it's for you:**

Put yourself first. Go for exquisite pleasure.

Use all the time you need to notice what you want. Ask as clearly as you can, "Can you...?"

Change your mind at any time and ask for something different when you feel like it.

Say thank you.

**When you're doing the action and it's for them:**

Set your desire aside. Ask what your partner wants and wait for the answer. Make space for their choice.

Feel into what you are willing to do within your limits.

Say you're welcome.

**You doing the action and it's for you:**

Ask your partner what their limits are and respect them.

Take all the time you need to notice what part of them you would like to touch.

Ask "Can I...?"

Use your skin to feel. The more you slow down, the more you will feel.

When you start doing something for them, bring your awareness back to your skin.

Say thank you!

**When they're doing the action and it's for them:**

Set aside your desire. Be responsible for your limits.

Take your time to sense and communicate your limits.

If you need more information, ask. Say you're welcome!

The original version of the 3-minute game has a different approach and a broader and deeper spiritual implication.

I invite you to choose which version you want to play with. They are both fun.

The Somatic Consent Engagement System developed out of my own spiritual journey as a 3-dimensional matrix in a pyramid structure that includes the shadow world, the somatic inflow and Consent as well as higher spiritual dimensions of human connection.

To embody the receiving aspect of the 3 minute game, you don't even need someone to be willing to play with you. By simply

owning your own desires and what you want, you can just practice making requests with the 2 questions:

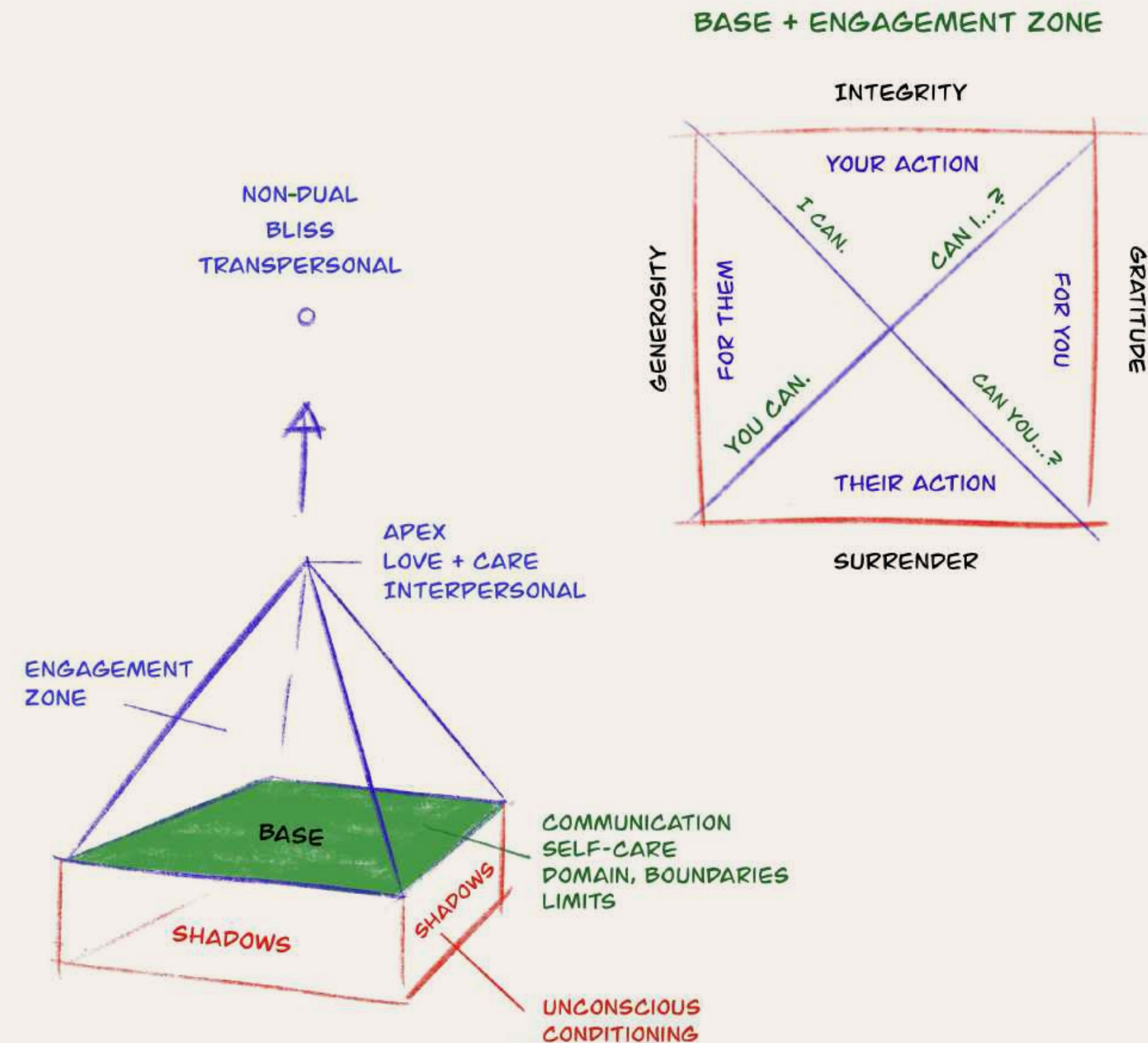
Can I...? / May I...? Asking for permission for your own action.

Will you...? / Can you...? Making an agreement for somebody's action.

In both cases, put your desire first and respect the limits of the giver.

# ENGAGEMENT SYSTEM

INTIMATE RELATING, PERSONAL AND SPIRITUAL DEVELOPMENT BASED ON THE DYNAMICS OF CONSENT AND THE POLYVAGAL THEORY.



WATCH VIDEO ▼

Let's transform the somatic dynamics of Consent as a multidimensional map in a pyramid structure. We begin at the Base where we integrate Shadows and survival strategies, into self-care and several levels of empowerment. We embody through practicing Consent in the Engagement

Zones and experience the Apex where love and care is offered unconditionally as a gift to and from the world around us. Further up we merge through interpersonal encounter into spiritual and oneness beyond any concepts of duality.

In order to fully give —without wanting something back in return for your efforts, you need the experience of fully embodying the receiving role. This rewires your capacity to give without being attached to outcome.



# SOMATIC CONSENT ENGAGEMENT SYSTEM

FREE  
ONLINE  
COURSE

The structure of the Somatic Consent Engagement System was partly created based on the 3-minute game, where two people have an equal share in receiving what they want.

Asking for what you want is not always easy. So, if you can't ask for what you want, what are you doing instead to get your needs met? If there is no permission (to do something for your benefit), the shadow can include bullying, stealing, groping, war, assault and rape.

If there is no agreement (someone agreeing to do something for your benefit), the shadow can include exploitation, freeloading, expectation, laziness,

slavery, assumption of privilege and sense of entitlement.

If you can't express your limits or say no, what are you doing instead?

If there are no limits in giving permission, the shadow shows up in victim behaviour, enduring, tolerating, and being a doormat or a pushover.

If there is no agreement for your action to others, the shadow can include being a pleaser, do-gooder, rescuer or slave, guessing, giving to get and burn out.

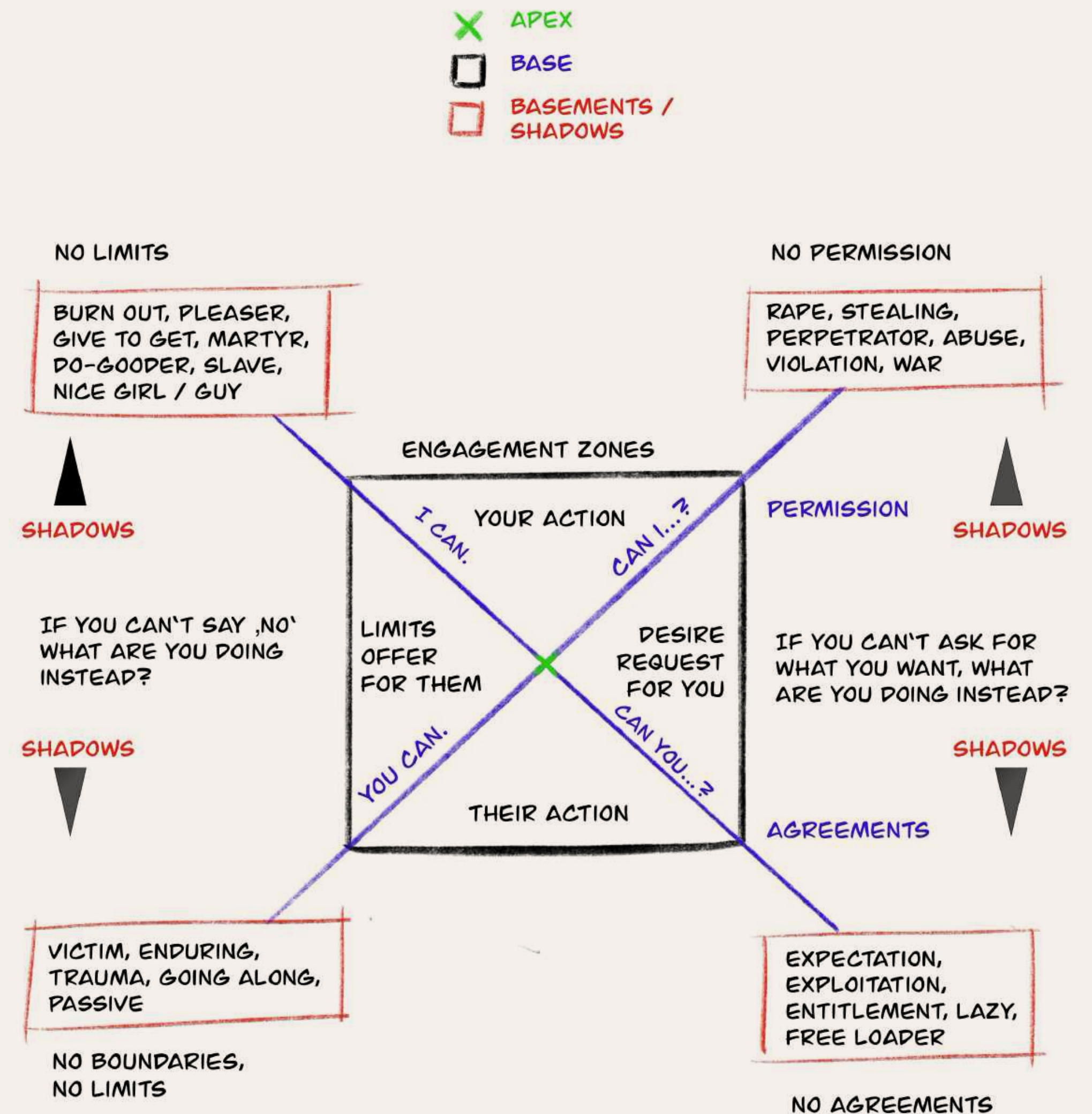
When you learn to take care of yourself and your limits and when you learn to ask for what

you want, you create the Base for engagement and connection. Here you understand what you have a right to and responsibility for.

When you stop giving from a place of trying to get something, then giving becomes clean. But in order to give, you need to stop giving for a while to find out how to fully receive.

To embody receiving, you need to fully feel, acknowledge and express what your desire is. Like Rumi implied, you need to know what you want and how to ask for it. If you don't know how to fully receive, you cannot put aside what you are not aware of, so your giving

## SOMATIC CONSENT ENGAGEMENT SYSTEM MAP





becomes dependent on getting something.

A fundamental part of the Somatic Consent Engagement System is learning how to ask for permission and create agreements, while clarifying who is doing the action, and if the action is for you or for them.

To ask permission for doing an action for your own benefit, simply make a request. “Can I...?” or “May I...?” Here the other person puts their desires aside.

To create an agreement, you ask someone to do something for you. “Can you...? or “Will you...?” **Here you put your desire first and acknowledge the limits of the other person when receiving a gift. When you are on the other side and the other person is asking you to do something for them, you put your**

**desires aside and take care of your limits, responding with what you are willing to do and gift them.**

Or from a more altruistic place, instead of making requests by asking permission or seeking an agreement, you can make an offer without any attachment to the outcome or needing anything in return. This could be in the form of the 3-minute game, as created by Harry Feddis, asking:

“What do you want to do to me?” and “What do you want me to do to you?”

Practicing and embodying the Engagement Zones, guides you up to the top centre point of the Engagement System pyramid—the Apex. Here, love and care is given and received from a place of abundance and connection.

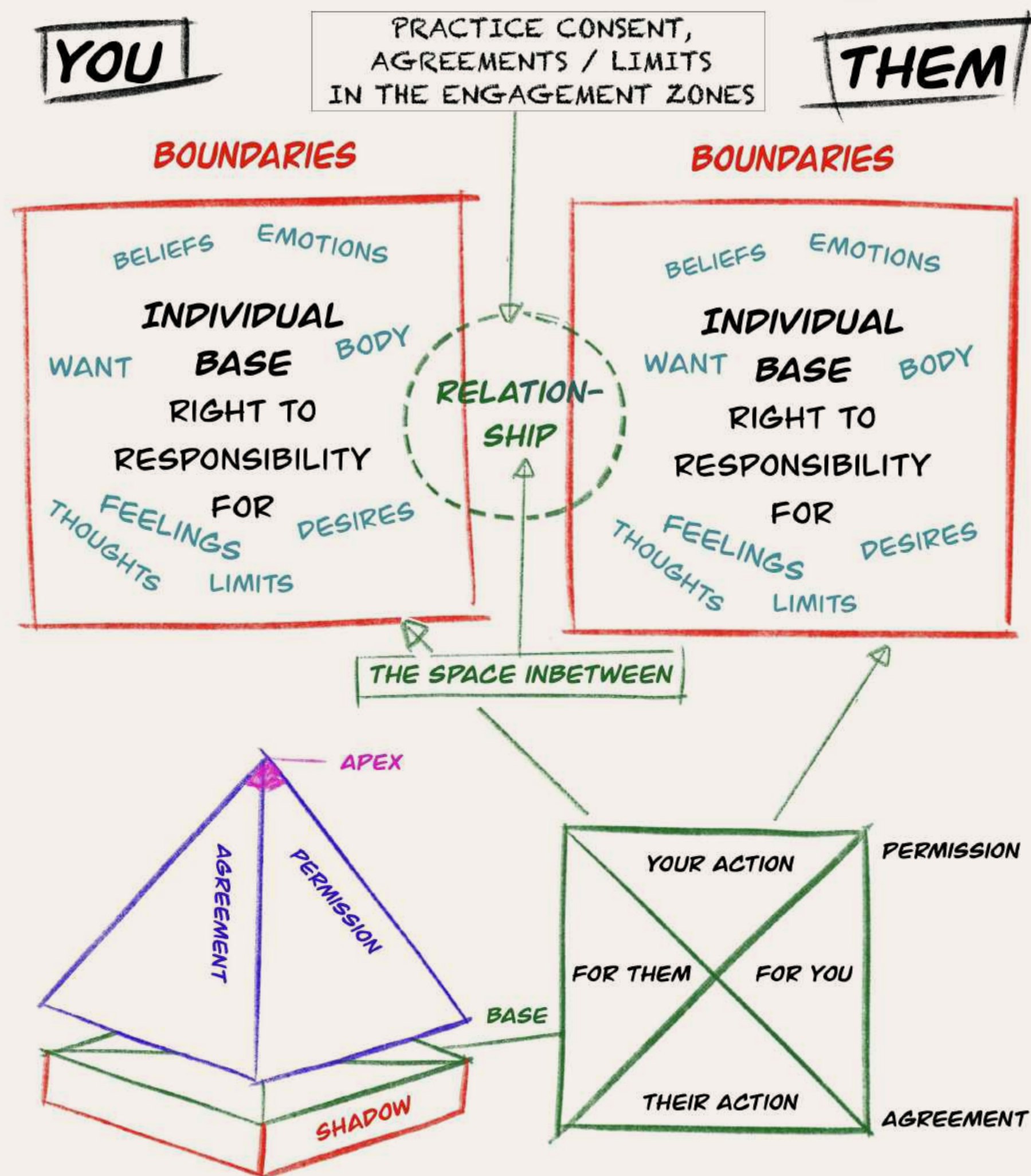


Use your  
skin to feel.  
The more you  
slow down,  
the more you  
will feel.



# BASE MAP

SELF-LOVE AND SELF-CARE



**NO AGREEMENTS, NO LIMITS, NO RELATIONSHIP**

## BASE

The Base Map of the Somatic Consent Engagement System describes what you have a right to and what you are responsible for. This includes, for example, your body, your feelings and emotions, your thoughts, your beliefs and your desires. Self-care here is a priority before you start relating with other people.

The edges of your Base is defined by your boundaries—what is ok and what is not ok for you. Your boundaries and what you have a right to and responsibility for do not change. If you don't know what you have a right to and responsibility for, then your boundaries can be easily crossed. Sometimes

your boundaries need to be crossed in order for you to establish where they are and to learn to respond in a healthy way. This happens when someone reaches out to your Base and tells you what to think, believe, feel, or do, or touches you without Consent.

Every individual has their own Base and what is going on in there is simply their business and no-one else's. When two or more Bases engage, an agreement is required. This is the basis for a relationship. The agreement defines what each person wants to share and what each person's limits are, which can change any time.

The Somatic Consent Engagement System invites people to create agreements by making clear requests or offers, specifying:

What is going to happen?  
Where and when?  
Who is doing the action?  
Who is it for?  
And for how long?



# ENGAGEMENT ZONES

Somatic Embodiment is the Base of connecting the sensory and motor divisions of the Somatic Nervous System. This then becomes a personal development path that uses pleasure where you just let your skin do the work.

The Engagement Zones are a visual of the 3 minute game in a broader spectrum of human engagement related to agreements and permission.

It is important to realise that doing an action isn't always about giving pleasure to another person. You can be doing an action to receive sensory pleasure yourself.

As we have seen in waking up the hands, this might be touching silk fabric because it feels good, or touching a partner for your own pleasure.

So, when you engage with another person, whether it is a friend, lover or colleague, are you doing

it for yourself or is it for them?

Or when it's their action, are they doing it for themselves or for you?

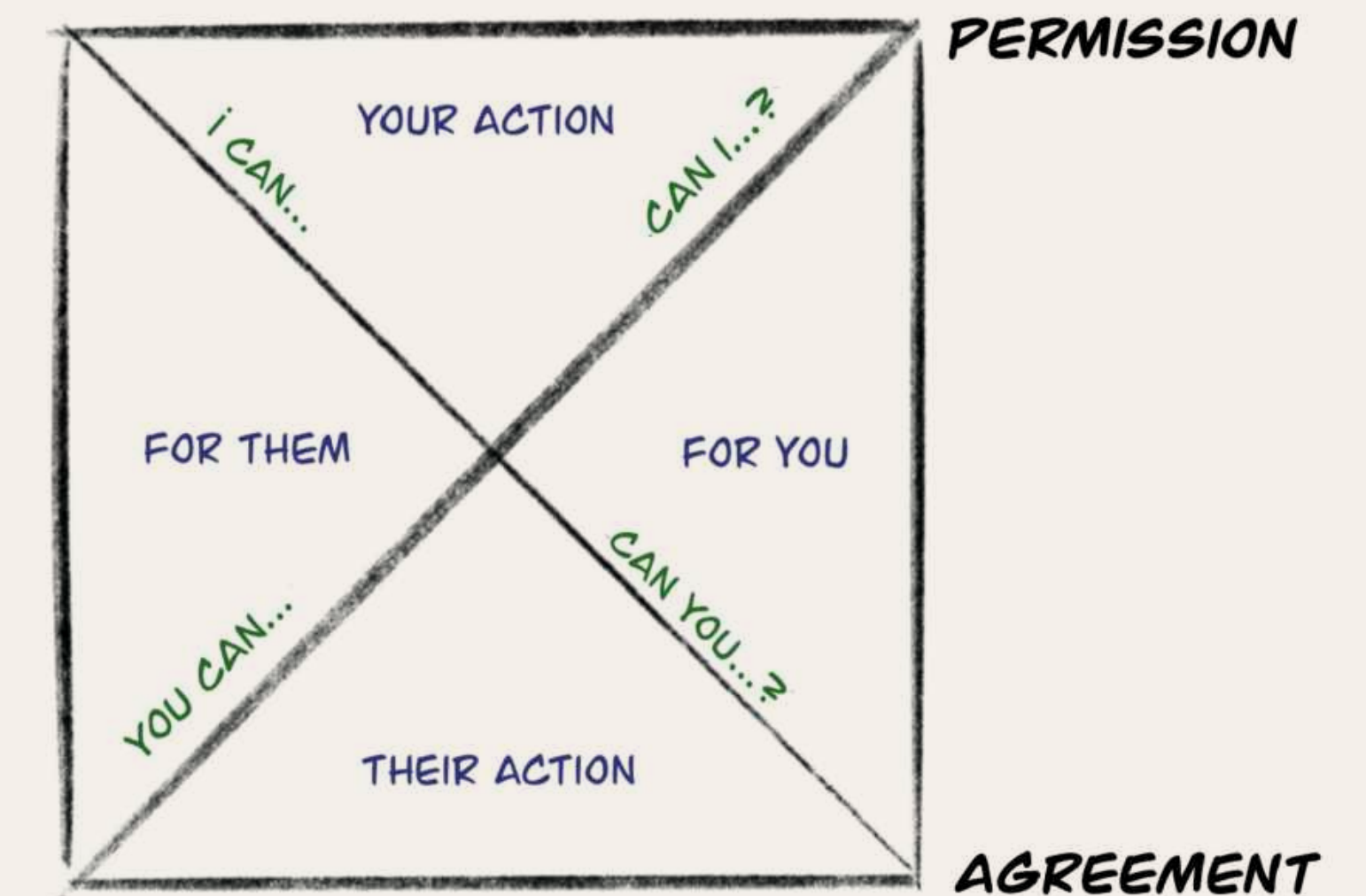
This makes a big difference and has a huge impact on intimacy and connection.



## ENGAGEMENT ZONES MAP

YOUR ACTION: IT'S EITHER FOR YOU OR FOR THEM.  
THEIR ACTION: IT'S EITHER FOR YOU OR FOR THEM.

WHO IS DOING THE ACTION?  
WHO IS IT FOR?  
- TWO DIFFERENT THINGS.



WHEN IT IS FOR YOU, EITHER YOU ARE IN ACTION OR THEY ARE IN ACTION  
WHEN IT'S FOR THEM, EITHER YOU ARE IN ACTION OR THEY ARE IN ACTION.

WHICH ONE IS IT? IT IS NOT HOW YOU FEEL ABOUT IT,  
IT IS THE ONE YOU MADE AN AGREEMENT ABOUT.



When we add Consent to these dynamics, we learn how to relate and communicate with others around us about who is 'doing' the action and 'who it's for'. In Somatic Consent, these dynamics are called the Engagement Zones.

Verbal Consent can be divided into permission and agreements.

Permission is asking to do something for your own benefit. "Can I...?" You feel them for your own pleasure.

Or you give someone permission to do something for their benefit. "You can..." You allow them to touch you because it gives them pleasure.

The other type of verbal Consent is creating an agreement by requesting an action for your benefit. "Can you...?" For example, they

agree to give you a massage in exactly the way you want it.

Or you agree to do something that benefits the other person. "I can..." for example, if you agree to do a friend's shopping.



In order to touch someone,  
you don't need to give to  
them. What you need is their  
permission to feel them.



# APEX

To demonstrate the multidimensional nature of personal and spiritual growth, the Somatic Consent Engagement System is depicted as a 3-dimensional pyramid structure. It has a Base and four sides. The sides represent permission and agreements, determining who is doing the action and who the action is for. They meet at the Apex, the interpersonal state of development.

The transformative journey begins at the Base where you integrate shadow dynamics and survival strategies, with an emphasis on self-care and self-responsibility.

The next step is to practice the Engagement Zones through touch and connection, neurologically embodying Consent in the form of permission and agreements. This practice of self-empowerment leads you to the Apex of the pyramid. This is the peak of the system where love and care is offered unconditionally as a gift to and from the world, and where you merge into spiritual and transpersonal oneness beyond any concepts of duality.

The internal values of the Apex are:

**Integrity:** alignment of your desires, words and actions; knowing if an action is either for you or for them;

learning that you and others have limits.

**Gratitude:** the joy of feeling grateful for the gifts you receive from either your action or their action.

**Surrender:** to somebody's action within your limits, or to your own experience received through a request; inner trust.

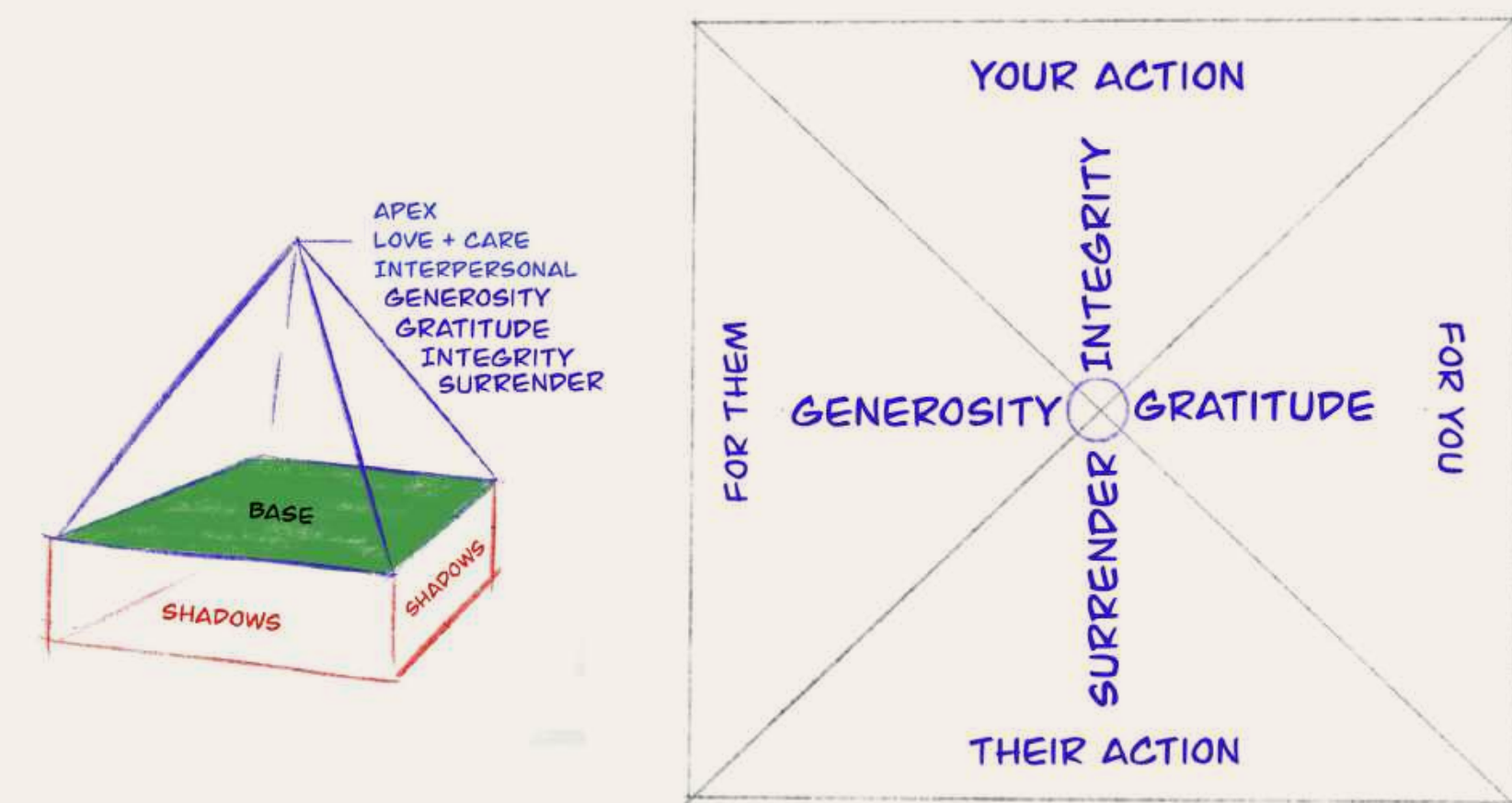
**Generosity:** providing and sharing from a place of abundance, no attachments to outcome or expectations of anything in return.

At the Apex, you become a gift and provide unconditional offerings.

You express love and care for yourself, others and the

# APEX

INTERPERSONAL, BEING A GIFT, INTIMACY, CONNECTION,  
TRUE RELATING, LOVE MAKING, FRIENDSHIP, PLAY, WIN/WIN



**INTEGRITY:** ALIGNMENT WITH OWN DESIRES IN WORD AND ACTION

**GENEROSITY:** UNCONDITIONALLY PROVIDING FROM ABUNDANCE WITHOUT NEEDING ANYTHING BACK

**GRATITUDE:** THE JOY OF FEELING GRATEFUL FOR THE GIVEN GIFTS, FREE OF GUILT RECIPROCITY

**SURRENDER:** FROM PLACE OF TRUSTWORTHINESS OF OWN LIMITS, TO A PERSON OR OWN EXPERIENCE



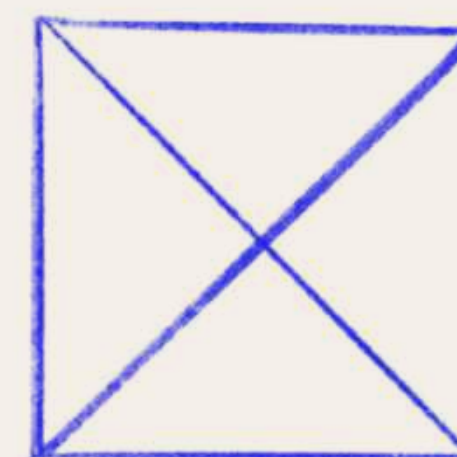
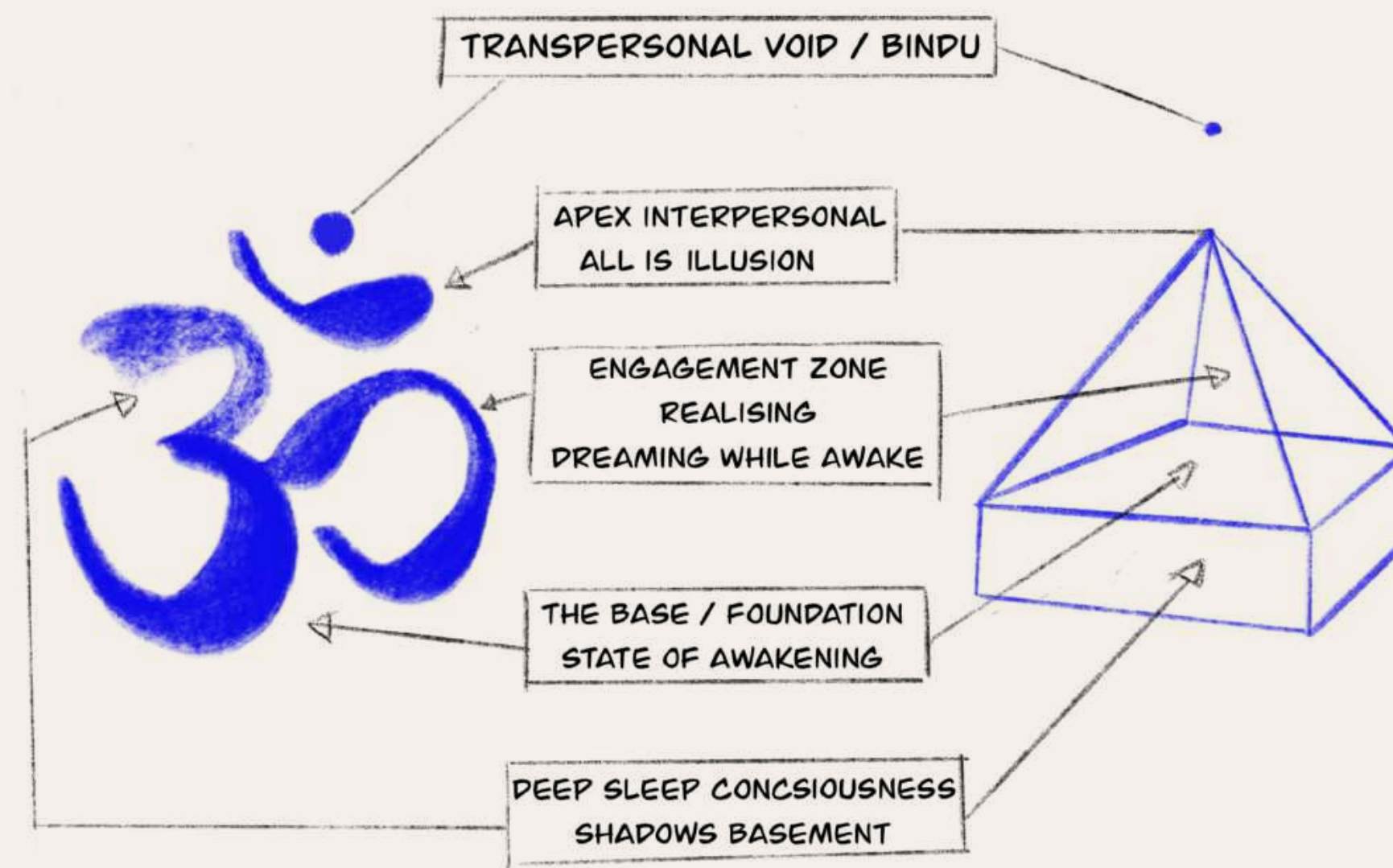
environment. In connection with another person, you find out what both parties want. You explore play, intimacy, connection, relating, mutually beneficial actions, altruism, friendship, empathy, compassion, lovemaking and mindfulness, or just being together with a friend.

From the Apex, you can go beyond into the transpersonal space of spiritual development, also known as the bliss state.

The Apex is also the doorway back into the Engagement Zones, the Base, and the basement, navigating between the worlds of personal interactions and spiritual development.

# SPIRITUAL DEVELOPMENT MAP

OM



The Engagement System is actually made up of a number of interrelated maps for personal and spiritual development.

The Polyvagal Theory Map describes the function of the nervous system and how you relate with the world around you. This is determined by either your experience of feeling unsafe, for example, stressed, oppressed or in survival mode; or feeling safe, which is when you can connect and communicate with others, make choices and engage in life in a co-creative way.

The Somatics and Consent Map combines somatic experiencing and Consent, and is related to your ability to act and your experience of pleasure.

The Somatic Nervous System is divided into the

sensory division which enables you to feel bodily skin-based sensations that are either pleasant or unpleasant, and the motor division which enables you to act by moving towards or away from the stimulus. When you engage with another person, it is verbal Consent that creates the safety needed for the Somatic Nervous System to work effectively and for sensations to be experienced fully.

At the Base of the Engagement System, you learn that body awareness and capacity for presence and pleasure increase through practising feeling while in moving action. This means that when you touch another person, you stay connected to your own bodily sensations rather than getting lost in the other person's response. This is known as the direct



route of pleasure. Slowing down enough to experience pleasure with both the sensory and motor divisions of the Somatic Nervous System active at the same time, is the foundation of Somatic Consent.

At the Base of the Engagement System, as depicted in the Base Map, you realise that you have a right to and responsibility for your body, your feelings, your thoughts, your beliefs and your desires. You are aware of your boundaries and limits and are able to express them when making agreements. You are able to notice what is going on and what feels true in every given moment. You learn to communicate and create Consent with the world around you.

The Engagement Zone Map shows how verbal Consent can be divided in two ways:

To feel more, slow down your speed of touch by half and then slow it down by half again.

**Permission:**

Asking permission to do something to someone, “Can I...?” or giving permission for someone to do something for you, “Yes, you can...” When permission is given, the person doing the action is doing it for their own benefit.

**Agreements:**

Asking someone to do something for you, “Can you...?” or agreeing to do something for someone, “Yes, I can...” In agreements, the person doing the action is doing it for the benefit of the other person.

These dynamics of verbal Consent are known as the Engagement Zones. To embody the Engagement Zones, play the 3-minute game a few hundred times with a few hundred people. Or simply ask in any interaction, “Who is doing the action and who is it for?”.

When you are in action, it’s either for you, or for them.

When they are in action, it’s either for you or for them.

The action is either for your benefit or for their benefit. You can only really know who it is for when you have clearly communicated agreements; that is what makes all the difference in any encounter.

The shadows of the Engagement System are when you are unable to ask for what you want, or

when you can’t say no and are unable to express your limits and boundaries.

There is a wise saying that goes, “You cannot change a system by fighting it; you need to create a new one to make the old one obsolete.” You do this by practicing the Engagement Zones until you fully embody them.

Through this embodiment, you reach the top of the pyramid in the Somatic Consent Engagement System, the Apex, depicted in the Interpersonal Apex Map. Here, human engagement becomes easy and natural, friendship evolves, and love and care is given freely without attachment to the outcome. At the Apex, you embody the values of integrity, gratitude, surrender and generosity. Intimate relating becomes a spiritual practice in its own right. This guides you into higher states of

spiritual awakening beyond the suffering of identifying with personal drama—and brings greater compassion and empathy for others on their life journey. You embody divine love and pure presence, moving into a transpersonal state, also known as a bliss state or the void, unified consciousness as a meditation of life.



# NOTICING AND MEANING

This map provides some guidance on getting out of your head and into your body. This is useful if you find yourself with looping thoughts during or after a challenging situation.

The graphic on the right shows a head as seen from above. The front of the brain is the working mind, which creates meaning, story and context which processes thoughts related to past and future. It is this part of the brain that is activated when you identify with your thoughts.

In the middle of the brain is the limbic system, where emotions and feelings are processed. This is an evolutionarily older brain structure that developed in the first mammals. Within

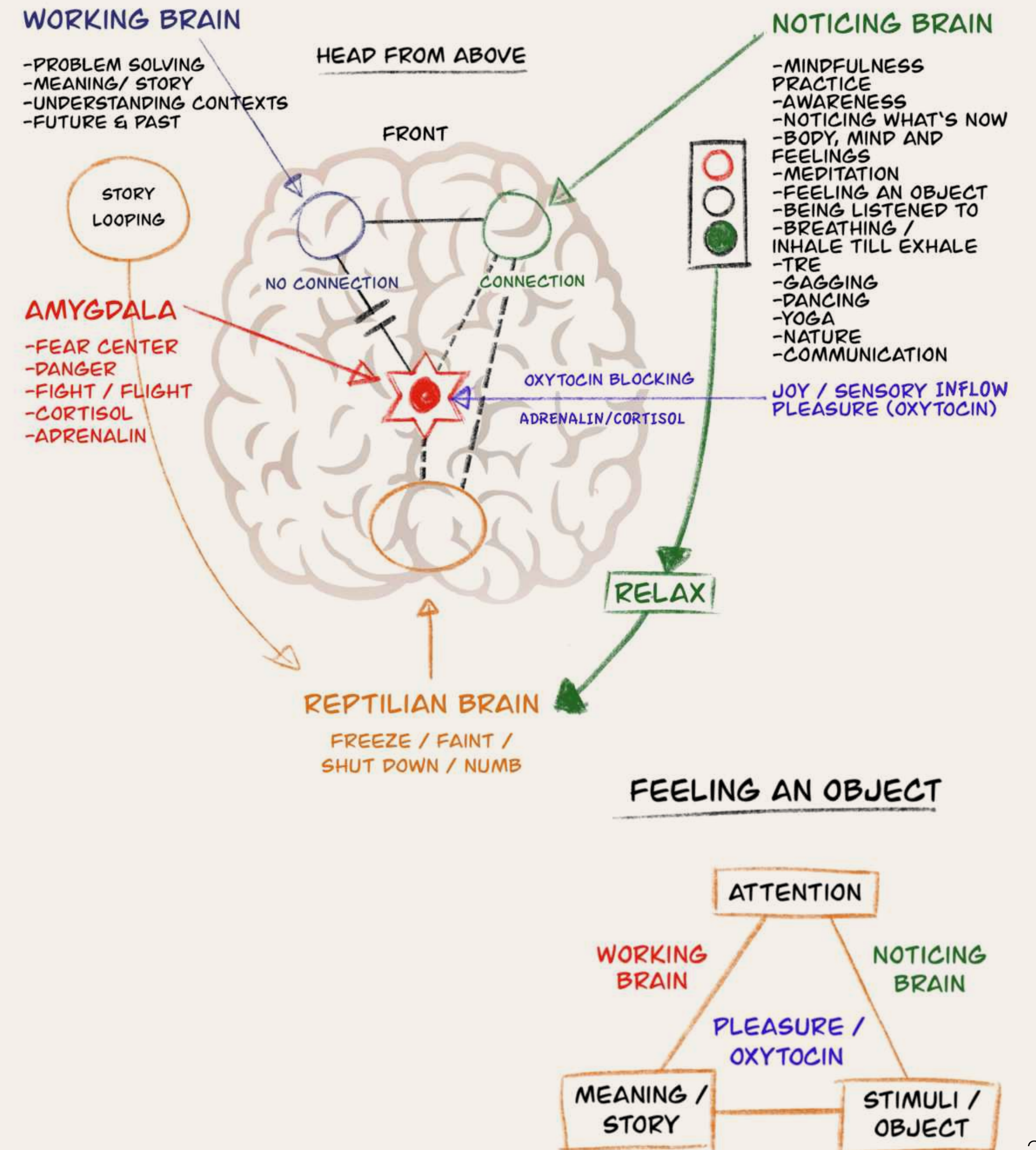
the limbic system is the amygdala, also known as the fight-flight centre, which controls immediate emotional responses and enables us to detect danger. The amygdala releases cortisol and adrenaline four times a second into the nervous system, enabling us to scan the environment for threats. This is useful, sometimes, for example, when you have to run away from a tiger or are being threatened by an aggressor.

When you get triggered, the working mind recalls a past event and you relive the unpleasant emotions associated with the memory. The working mind tries to figure out and repair the situation, wanting to get rid of the so-called negative emotions. When

the story speeds up and loops around and around, it can cause stress, anxiety and even real panic. As the overwhelm increases, at a certain point the reptilian brain is activated with survival mechanisms such as freezing, shutting down and numbness. The reptilian brain is the oldest of the three brain structures.

When the reptilian brain causes you to shut down, the working mind cannot work it out. This is when the noticing brain can help. The noticing brain is connected to the working brain where you process thoughts, to the limbic brain where you feel your emotions, and to the reptilian brain where you shut down.

## NOTICING AND MEANING MAP





When you notice what you are experiencing—sensations, emotions and thoughts—you create awareness of ‘what is’. You can do this through mindful practices such as meditation, hugging and body contact, being listened to—and in particular, feeling an object with your hands.

When you touch an object, you connect with sensory pleasure and oxytocin is released. This blocks the release of cortisol and adrenaline into the blood, enabling the body to calm down, relax, and be in the present moment. The best meditation to staying calm is to let your skin do the work that the working mind cannot do.



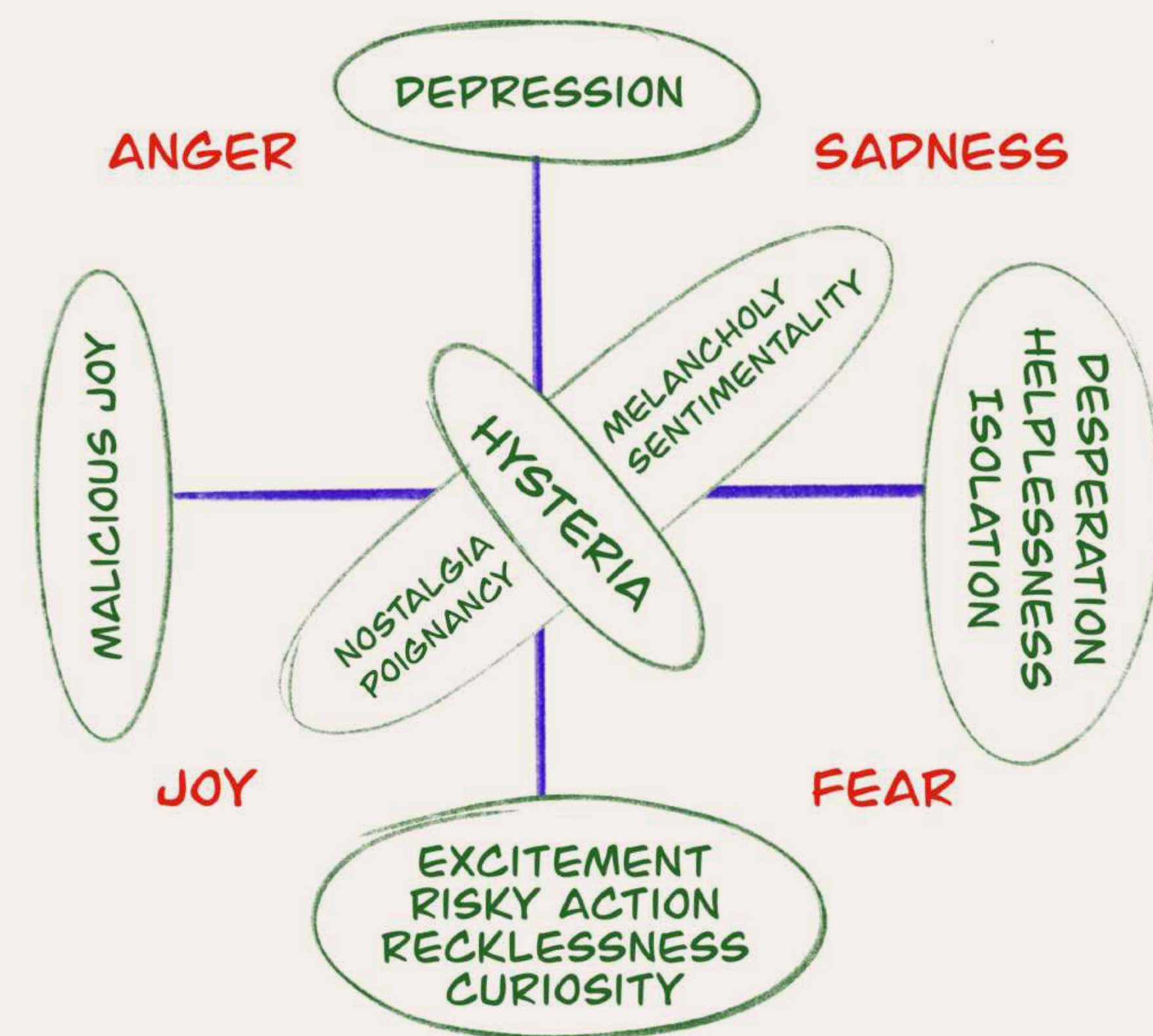
The best meditation to staying calm is to let your skin do the work that the working mind cannot do.



# MAP OF MIXED EMOTIONS

**3 MIX:** AGRESSION, JEALOUSY, GREED, GUILT, SHAME, BLAME, ENVY

**4 MIX:** BURNOUT, PSYCHOLOGICAL BREAKDOWN, COLLAPSE

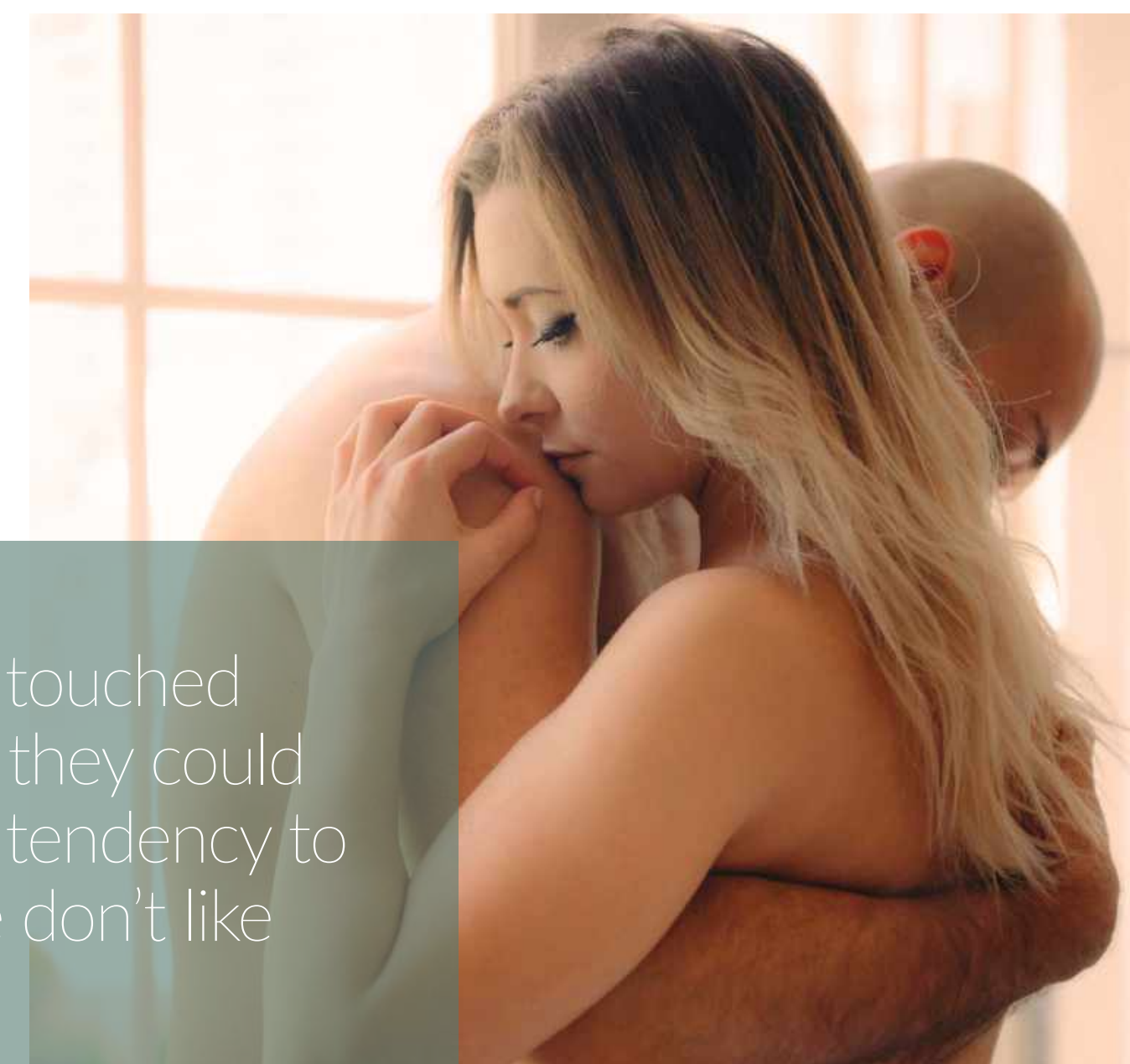


# MIXED EMOTIONS

This map shows how the feeling landscape can be divided into four basic feelings: anger, sadness, fear and joy. There can also be mixed feelings. For example, joy and fear mix to create excitement, sadness and anger mix to create depression, joy and anger mix to create malicious joy, sadness and fear mix to create helplessness, sadness and joy create nostalgia and sentimentality, and anger and fear create hysteria.

Expressions of three mixed feelings are aggression, jealousy, greed, guilt, shame, blame and envy. Expressions of four mixed feelings are burnout, collapse and psychological breakdown.

Feelings are for dealing with the here and now, whereas emotions are related to the past and represent an opportunity for healing.



Every human has been touched against their will before they could speak, that's where the tendency to go along with touch we don't like comes from.



# THE NUMBNESS BAR

The Numbness Bar Map illustrates how some of us raise the bar, shutting down and suppressing all feelings in order to avoid the healthy expression of desires and limits.

Most people's numbness bar is high enough to avoid feeling anything most of the time. But when their feelings rise up to the bar and reach a high level of intensity (70-85%), they implode, which may result in internal dis-ease and sickness, or explode, resulting in outbursts of anger as rage, sadness as grief, joy as ecstasy and fear as panic. Feelings experienced at 99% intensity would be hell and fear of death. Who knows what might happen at 100%!

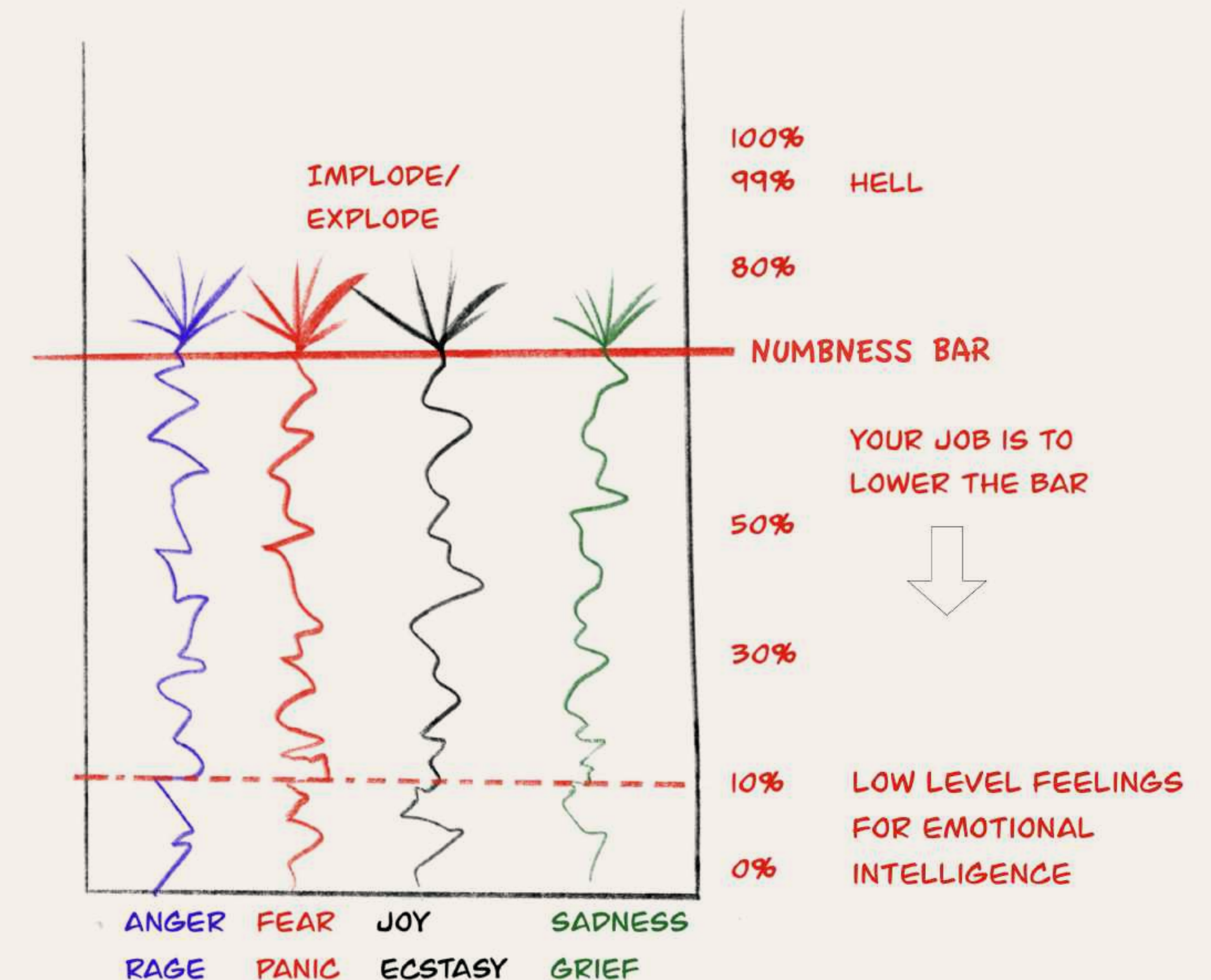
To get in connection with yourself and your body, you need to lower the numbness bar, thereby increasing your capacity to experience more subtle feelings, as well as learning how to express these feelings when they show up. To be able to notice subtle feelings needed for emotional intelligence, you need to lower the numbness bar to around 0-10%.



It is important to note that feelings are neutral—neither good nor bad—they are all valuable sources of information and can be used to engage with people and our environment. We want to be able to experience the full range of intensity from 0 to 100%.

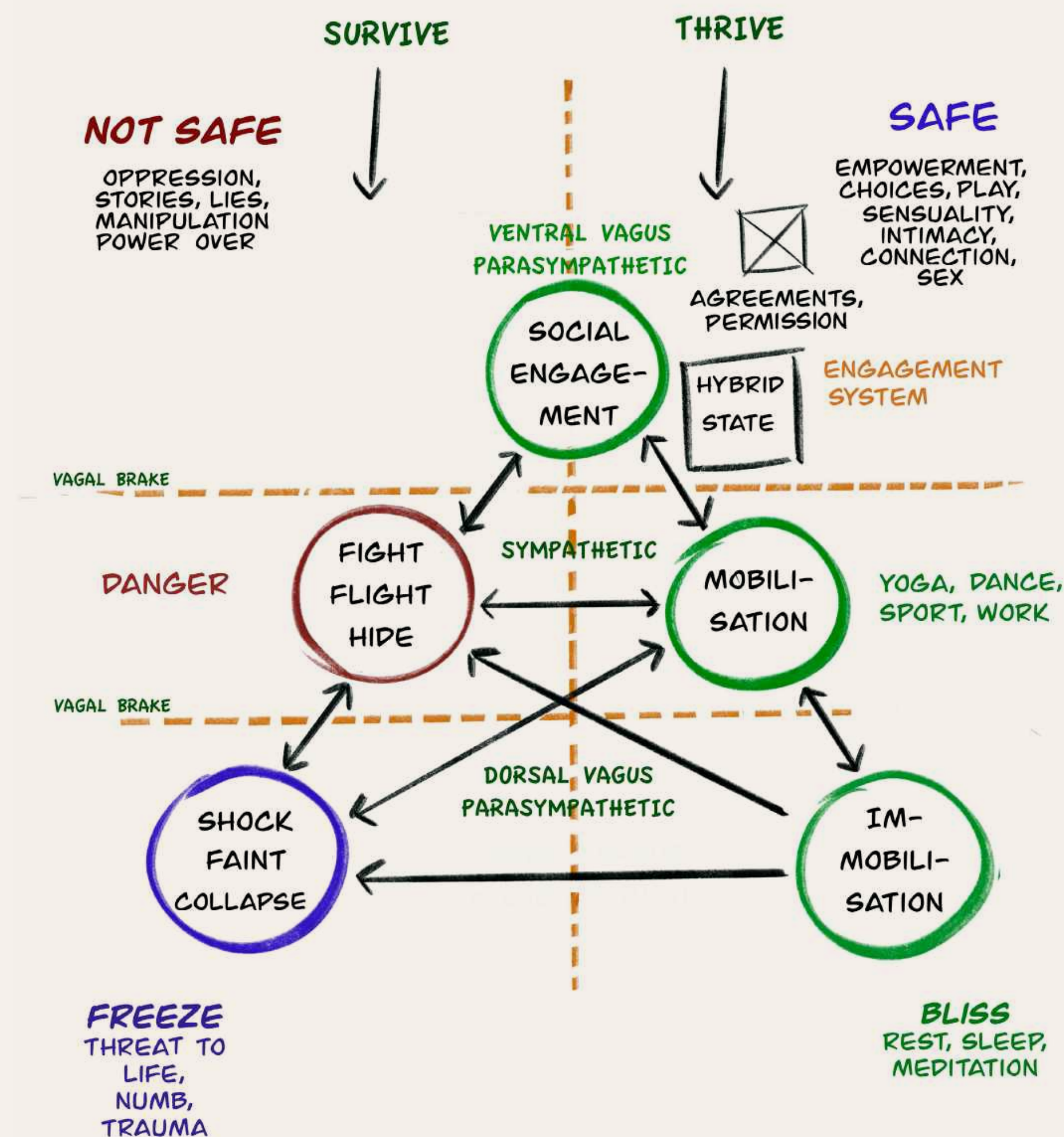
## NUMBNESS-BAR MAP

FEELINGS ARE FOR DEALING WITH THE NOW  
EMOTIONS ARE FOR HEALING THE PAST





# POLY VAGAL THEORY MAP



# POLYVAGAL THEORY

This is a picture of the Triune Autonomic Nervous System.

This system is formed of three levels in a hierarchical structure. It is a down-regulation system, working sequentially from the top to the bottom based on cues of safety or danger.

There are two main functions of this top-down system. One function operates under conditions of stress when you are not feeling safe. The other function is under normal conditions when you feel safe. Safety here is relative—what is safe for one person may be lethal to another person, based on individual experiences.

The top level of the Autonomic Nervous System, the Social Engagement System, is recruited first. The Social Engagement System is responsible for controlling breath, heartbeat, facial expression and voice.

The nervous system uses a mechanism called neuroception to process sensory information from the environment to detect danger or threats, and to adapt to the environment. If your neuroception signals a potential threat, the first reaction is to operate within the Social Engagement System and communicate.

If communication fails to bring the body back to a sense of safety, the next level, the Sympathetic Nervous System is

activated—the fight or flight response. Depending on the person and situation at hand, this is the impulse to get out of the situation by physically leaving or running away, or having the impulse to defend or fight back. The Sympathetic Nervous System enables the full range of movement of the torso and limbs.

If the flight or fight response does not create safety, or if the situation escalates or becomes life-threatening, the Parasympathetic Nervous System is activated and immobilises the body. This shutdown response happens automatically and includes dissociation, fainting and shock. In other stressful and threatening situations that lie somewhere between



social engagement and sympathetic activation, we see protective and defensive behaviours such as negotiation, appeasement, oppression, denial, lying, manipulation, control and passive aggression.

It is important to note that all of these states are well-functioning survival mechanisms that operate involuntarily to bring you back into a state of safety or to prevent you from feeling pain in the face of death.

Under normal conditions when you feel safe, your nervous system facilitates human connection, for example, through face-to-face engagement, eye contact and a soothing or melodic voice. The Sympathetic Nervous System is activated when you engage in activities that mobilise the body

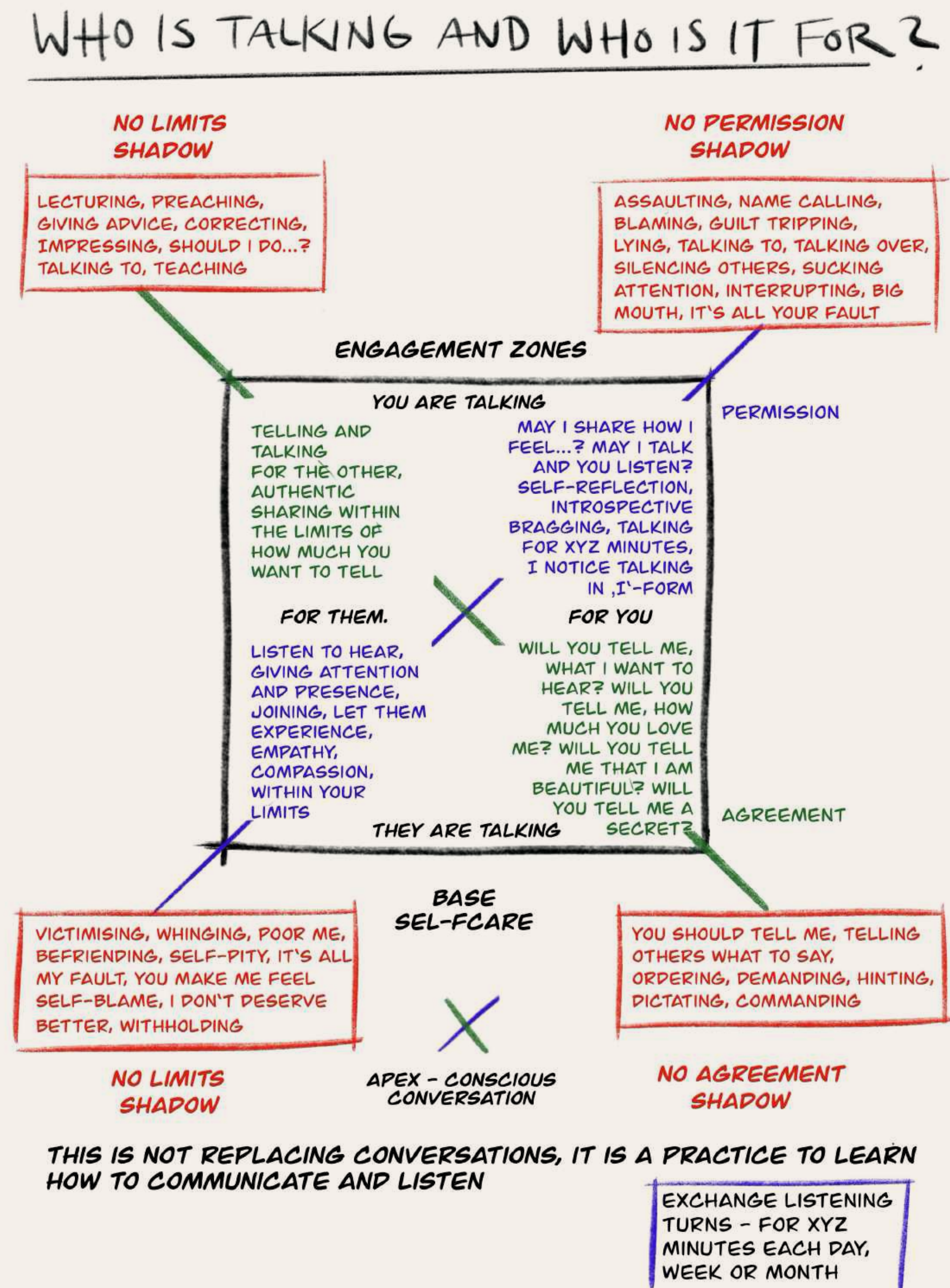
such as work, sport, dancing, yoga, sex and any creative activity. When you feel safe, pleasure and physical connection are possible. This safe mode of sympathetic action is called 'mobilisation'.

When you have exhausted yourself, the body can fall into an immobilised state where you experience rest and rejuvenation. Here you can enter into deep relaxation and ecstatic states through meditation, sexual connection and sleep. In this parasympathetic state, your system can rest in the most exquisite way.

Depending on the situation and environment, the nervous system can change and shift from one state to another in self-regulating and co-regulating or dis-regulating ways, as demonstrated by the arrows in the graphic. This is where

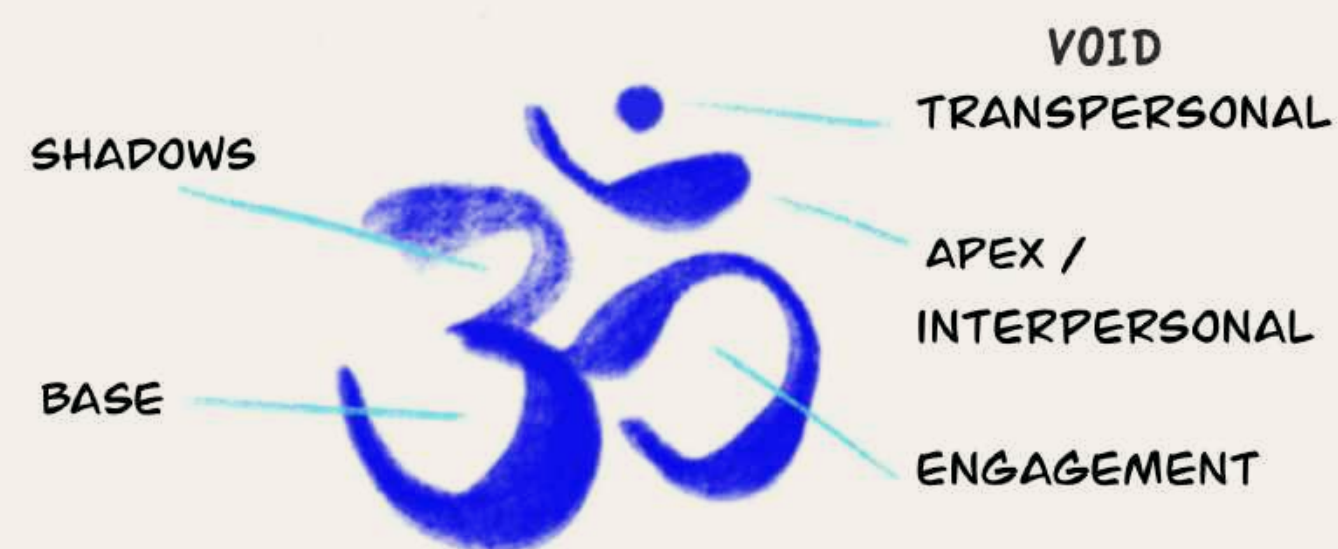
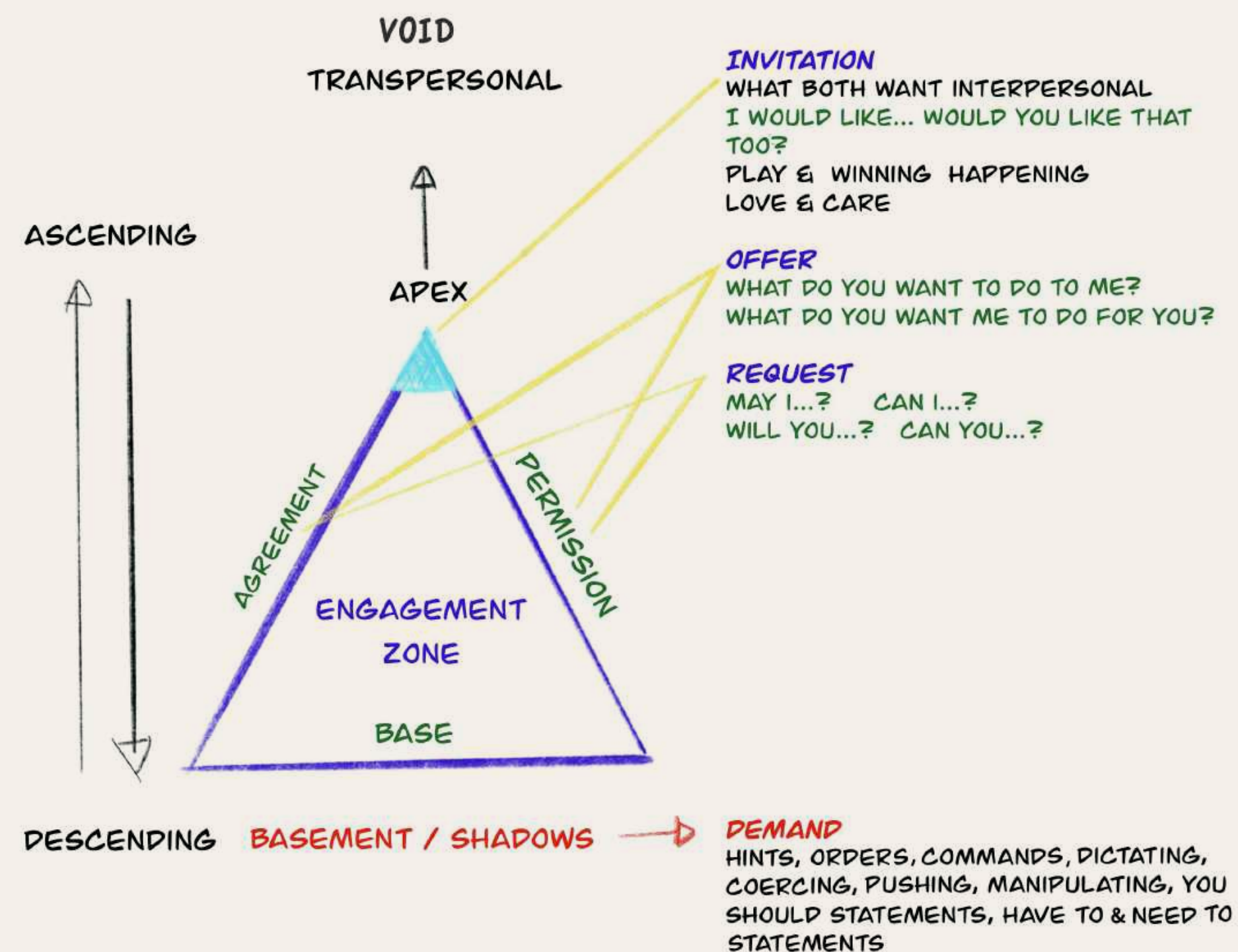
different types of therapy and healing methods can help to restore the body-mind connection and create health, rejuvenation, and healthy relationship to self and others.

Last but not least, and where my work focuses, is the safe mode of the nervous system in the area between social engagement and sympathetic mobilisation. This is a hybrid state and the only part of the nervous system where play, sensuality and sexuality are accessible. This is where the Somatic Consent Engagement System fits in, as it is a way to create clear verbal agreements that establish a sense of safety and connection. In particular, Somatic Consent is about physical action with absolute clarity on who is doing the action and who it is for.





# COMMUNICATION MAP



# COMMUNICATION

To demonstrate the multidimensional nature of personal and spiritual development, the Somatic Consent Engagement System is represented as a triangle structure evolving into a 3-dimensional pyramid.

From the top to the bottom of the triangle, there is the transpersonal space, followed by the Interpersonal Apex, then the Engagement Zones formed through permission and agreements (by making offers and requests), then the Base and the basement.

In the transpersonal state, there are no words, just silence, telepathy and intuition. The interpersonal Apex is the space for; love

and care, being a gift to the world, offering support, no attachment, no agenda, altruism, empathy and compassion, empowerment, co-creation, mutual benefit, play and conscious communication, intimate connection, a sense of safety, friendship, relating, lovemaking, listening to hear, authentic responding, nonverbal Consent, body language, inviting ("I would like... what would you like...?") and the high drama triangle.

Here we make the crucial distinction between the descending and ascending dynamics of personal and spiritual development; either not being able to rise to higher states of awakening or being afraid

of the shadow dynamics of unconscious behaviour in ourself and others.

I am personally interested in exploring all of the shadow dynamics, integrating them and transforming them into love and spirit, discovering deeper layers of being a human and evolving further.

In the basement, we find the dynamics of the low drama triangle: survival strategies, oppression, domination, manipulation, making demands, dictating, commanding, giving orders, making hints, should and shouldn't, not being able to say no, not being able to ask for what you want, stories, trauma, being reactive, being defensive or protective,





Let your skin  
do the work.

having a sense of privilege and expectations (“you should...”, “I must...”), projections (“you are...”, “you can’t”), beliefs (“thou shall not...”, “it is...”, “I am...”), interpretations (“we have to...”, “we can not...”), assumptions (“I am...”, “I have to...”, “they will...”), conclusions (“there isn’t...”, “I am not...”, “they must...”), statements “I want...”), orders or demands (“you have to...”, “do this...”).

Embodiment of the Base is an important area of personal development work that includes: self-care, learning what you have a right to and responsibility for, your autonomy, identifying and communicating limits and boundaries, saying and hearing no, identifying and communicating what you are willing to do, learning the difference between permission and agreements and the difference between making an offer and a request, expressing and asking for what you want, noticing, trust, value and realising that it’s good to acknowledge and express desire without the desperate need for getting what you want.

Once you have done this work at the Base, you are ready for the Engagement Zones. Here you learn to make clear requests:

“Can I...? Can you...? May I...? Is it ok if I...?”

“Could you...? Will you...? Am I allowed to...? Would you...?”

You also learn to make offers with no attachment to the outcome:

“What would you like me to do for you?”

“What would you like?”

“How do you want me to touch you?”

“What would you like to do to me? Is there anything you need?”

If the Engagement Zones are embodied then you will be able to differentiate between interpersonal engagement in the Apex as love and care, or agenda-related shadow behaviour.



# RELATIONSHIP

The Somatic Consent Engagement System illustrates four types of relationship agreements that have been tried and tested in many relationships over the last five years.

To demonstrate the multidimensional nature of personal and spiritual growth, the Somatic Consent Engagement System is illustrated as a pyramid structure, with the interpersonal Apex as the peak of the pyramid, the Engagement Zones as the four sides (formed of permission and agreements through making offers and requests), the Base of the pyramid and below the shadows in the basement.

Starting from the top in a descending dynamic, the interpersonal state of the Apex is where you provide love and care for others and the world. This is the first relationship agreement, where you give yourself as a gift: "When I give you a gift, I give freely and you choose what you do with it. If I have attachments and feelings, I will take care of them."

Moving down the pyramid, at the level of the Engagement Zones, the second relationship agreement is when you create agreements based on offers and requests:

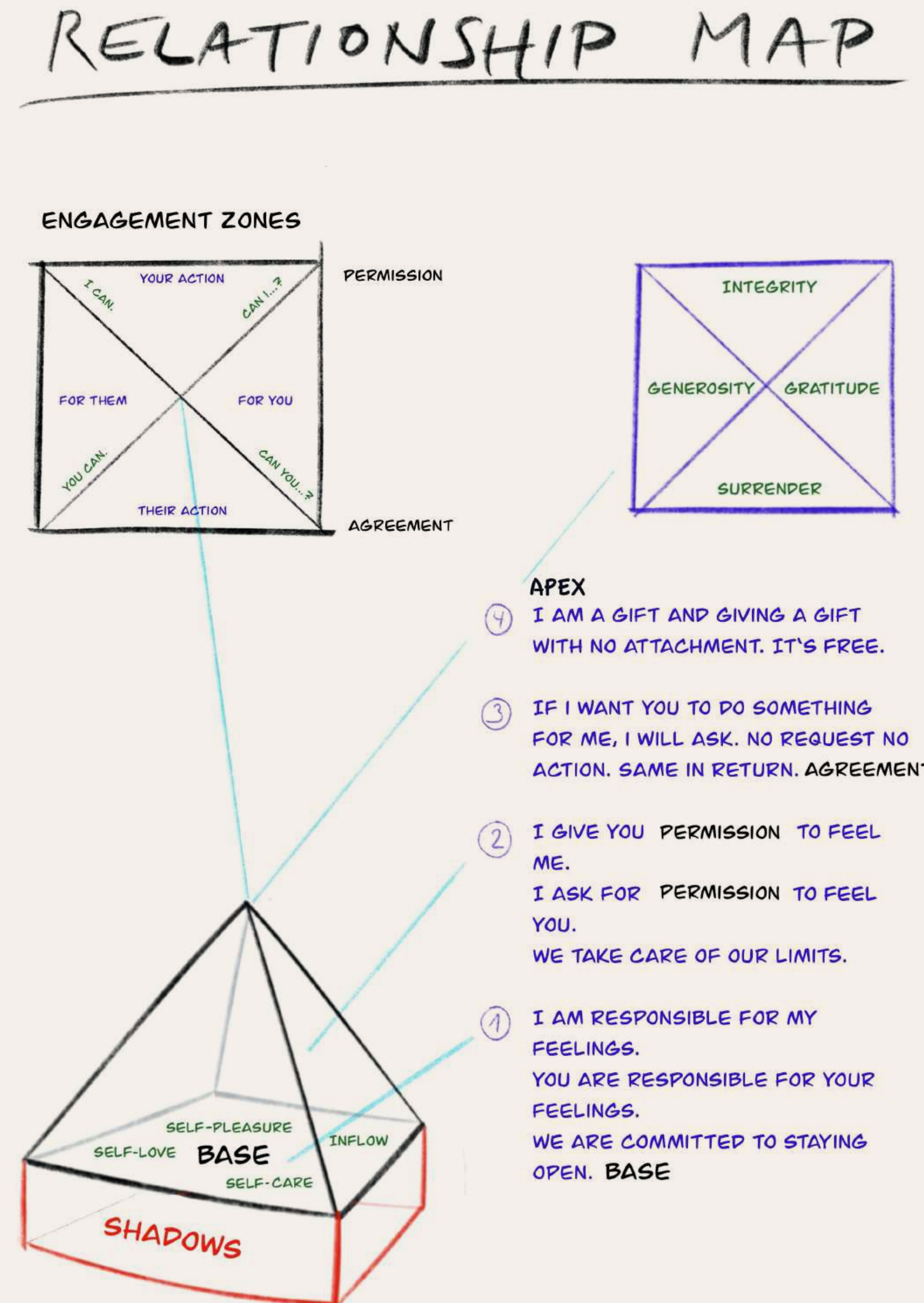
"If I want you to do something for me I will ask. If I don't ask, I don't want anything."

"You can ask for anything you want and I will take care of my limits. I expect you to do the same in return."

The third relationship agreement is about being given permission or giving permission based on offers and requests:

"You can feel me and touch me when and how you want, to give yourself pleasure. I will take care of my limits. I expect you to do the same in return."

The fourth relationship agreement, at the Base of the pyramid, is a commitment to self-care and self-love. Here you are aware of and able to express your limits, boundaries and desires:





“I am responsible for my feelings, limits, and boundaries. You are responsible for your feelings, limits, and boundaries. We are committed to staying open and communicating our feelings.”

The entire structure of the Somatic Consent Engagement System also works in reverse, ascending from the basement to the Base by integrating your shadows, into the Engagement Zones, up to the Interpersonal Apex of love and care, and finally moving into the transpersonal space of oneness beyond dualistic relating.



# WILLING TO AND WANT

## GIVING AND RECEIVING

Receiving what you want is internal and can involve others but doesn't have to.

**Receiving - It's for you:**  
What you want, your desires.

**Your Action or Their Action**

Receiving what you want is internal and can involve others but doesn't have to.

Receiving: Two things to remember when you want something from somebody:

- put your desire first
- respect the giver's limits

**Giving - It's for them: What you are willing to within your limits.**

**Your Action or Their Action**

Giving and what we are willing to, is in relationship to what others want.

Giving: two things to remember when you are willing to - 'something' for somebody.

- put your desire second
- respect your limits



I hope you have enjoyed taking in all this information! Creating maps as a way to understand concepts is one of my favourite things to do and together with the videos I trust there is enough support for you to start to grasp the knowledge. Now you have some tools to somatically experience what is possible with your skin and understand that sensory pleasure has lots of benefits for your brain, nervous system, relationships and life!

I invite you to begin your own exploration of human engagement with a new perspective and perhaps allow yourself to give and receive more deeply and also with more clarity in the exchange... it might be a little scary at first but it's worth it, I promise! Take it gently.

I would love to meet you in person one day in a workshop if possible... In the meantime, there are free online resources, an app, and a class for couples as well as a masterclass for professionals on how to use the material to empower others.

*Happy exploring,*

*Matt*



### **FREE ONLINE CLASS**

Waking Up Pleasure In Your Hands  
The 3 minute game

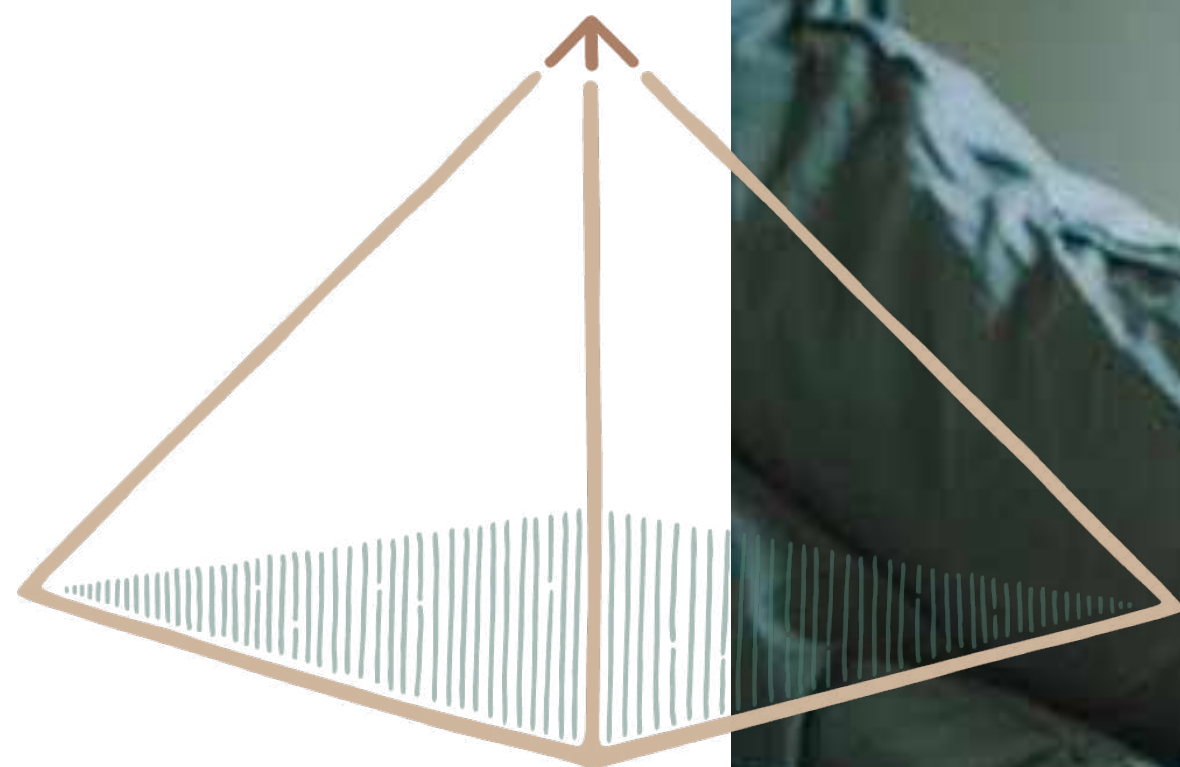
### **ONLINE MASTERCLASS**

Foundations of Somatic Consent  
Embodied Empowerment &  
Intimate Relating  
Professional Intensive –  
Leadership & Facilitation

### **BONUS MATERIAL**

Psoas Release Exercise





## *Join the Somatic Consent Facebook Group*

Share your somatic journey of Consent, intimacy and conscious connection in a supportive community.

Other Facebook groups:

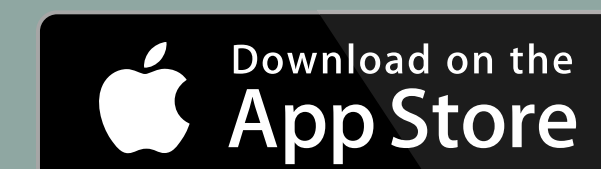
***SOMATIC CONSENT - Waking up pleasure in your hands Challenge***

***3 Minute Game Practice Group***

***Somatic Consent - Practitioners & Facilitators***

Download the new Somatic Consent smartphone app: for iOS and Android  
Waking Up Pleasure In Your Hands & The 3 minute game

***Touch Consent and Play***



info@somaticconsent.com



Matt Schwentek



Somatic Consent

SOMATIC  
CONSENT

somaticconsent.com