

*The 6 Secrets To A
Fulfilling
Relationship:*
P.I.S.S.E.D.



About Tyran

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I help humans express, feel and deepen their alignment with themselves so that they can penetrate the world with the love that flows through them.



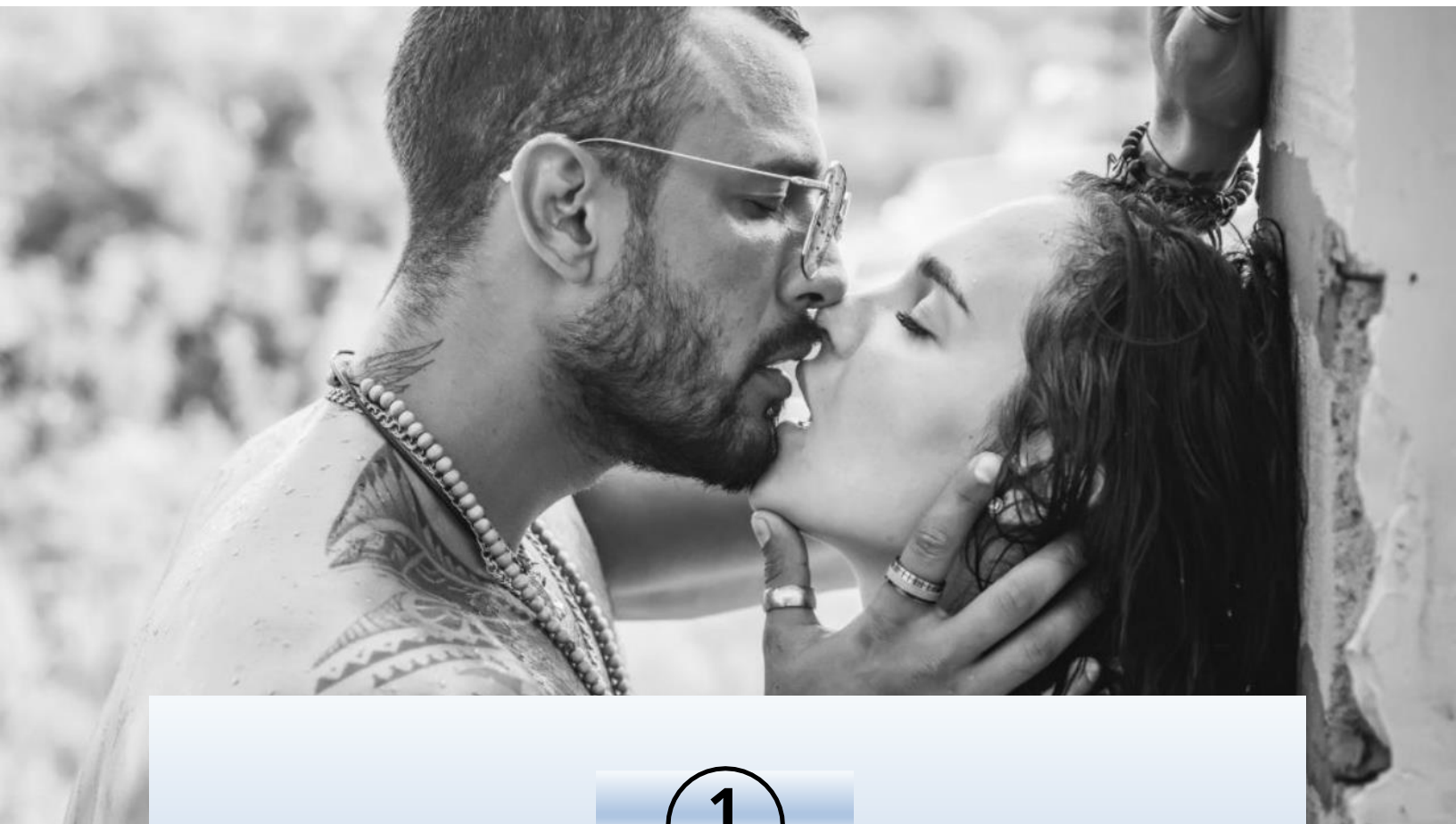
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Disclosure

While these are all separate topics and require an individual look at each one, as you read through this eBook you will realise that they are all interconnected as well. They are not necessarily in chronological order for everyone, as they represent different things for every individual and every couple. But these 6 ingredients when mixed together in a way that fits YOUR specific needs will create a deep and loving relationship for many, many years. And they can always change and move to suit your new needs as you and your partner evolve in your relationship.





1

Passion/Polarity

Let's be straight up honest here...

Without passion there's no fun in your relationship. But how do we create passion after we have been together with someone for an extended period of time, or we find ourselves in a lull?

Repetition is the biggest killer in most relationships. We know something works so we follow the same pattern over and over again. Think about the way you drive to work every day? You know the fastest most efficient route to take in order to get there by your specific time. Sex and sexual encounters with partners can become the same thing. At the beginning we like to find out how to please the other the best way we can, and then when we find that way, we just keep taking the same road. In order to constantly create new passion, we need to create polarity.

Polarity is opposites. Think of a magnet, positive and negative, they attract each other. If you have 2 positive ends they don't touch, they can't touch, the law of attraction won't allow them. Sexual energy is the same, except we all love to find similarities in someone's personality but when it comes to passion in life, we feel most alive when we are doing things outside our comfort zone. That's why polarity attracts us.

But how do we create polarity?

Well here's the fun part, you have to start to think outside the box, you have to be prepared to do something different, you have to be prepared to open up to a different version of yourself and potentially look like or feel like an idiot for a little while.

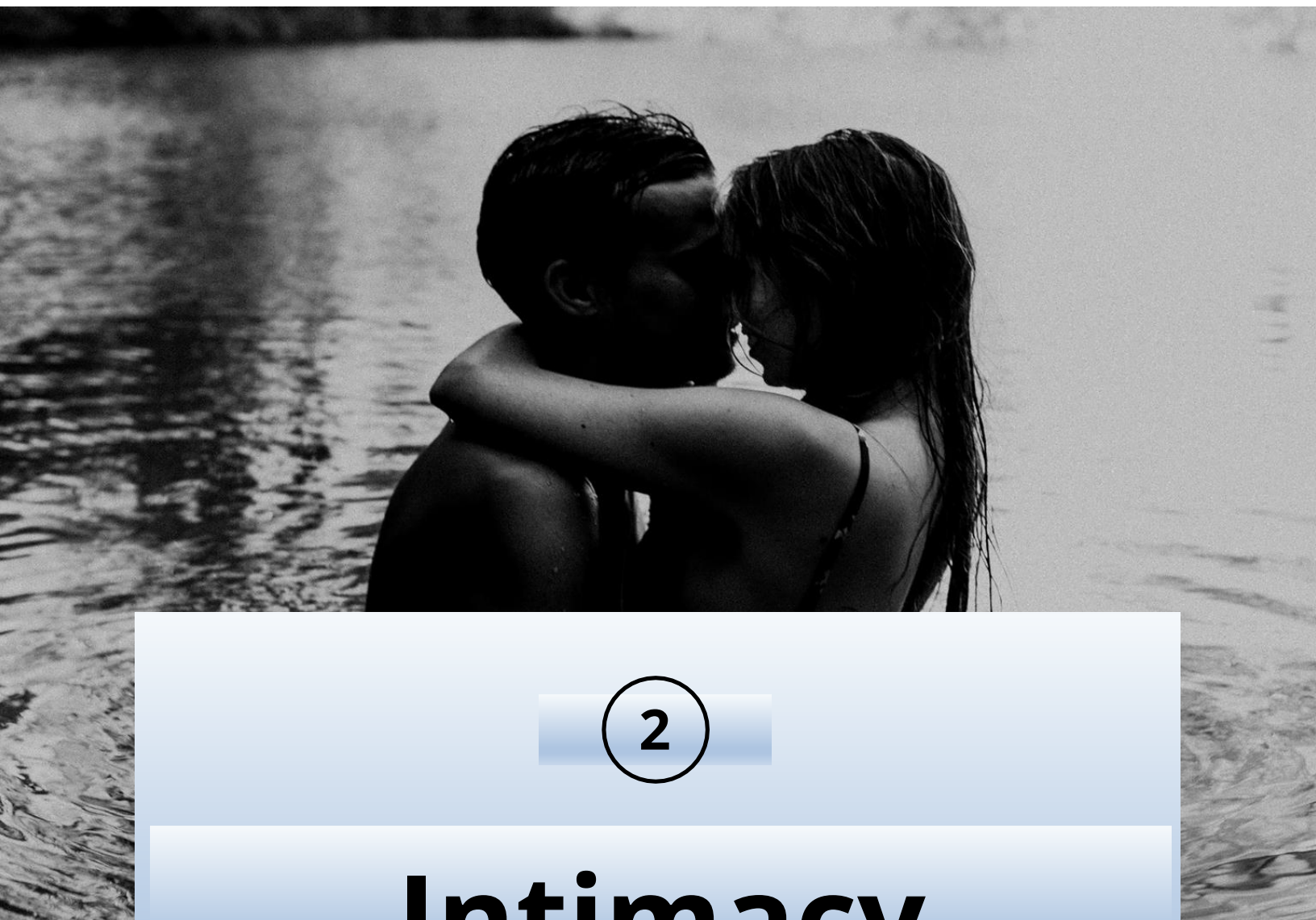
To start with there is the general masculine and feminine polarity that we all search for in life. (Typically we do this in male-female relationships) But the same is for any relationship. In gay men there is typically a top and a bottom, top being masculine and bottom being feminine. In gay women there is typically a more masculine woman and a more feminine woman. In non-binary relationships they dance between them inside of themselves.

They embody both at different times because again typically they don't believe in gender difference. If I have offended anyone who reads this, it is not my intention. I am writing to best of my knowledge in these areas. I am a straight white male (who is playing with male intimacy at times) and my knowledge is limited to my experience. I am speaking generically here to interact with the majority of people.

I don't know you or your partner but, just to throw a few ideas out there, what would it look like if instead of going to your favourite restaurant on Wednesday date night you went ice skating, or rock climbing, or you walked into the bedroom dressed as batman/cat woman? What if you switched roles for a little while and the man became the woman and the woman became the man? What if you acted like an animal in the bedroom instead of the quiet little school girl/boy? Or what if you role played the naughty girl boy at Sunday school and wanted to get punished?



There are millions of ways to create polarity not just in the bedroom but in life with someone and it's what creates attraction and passion. Start looking at your patterns and finding where you may want to change things up in order to get things feeling different in your relationship.



2

Intimacy

In-To-Me-I-See Or In-To-Me-You-See

Now while hot and heavy sex is great, we all have a tender place in our heart that is craving intimacy. But let's break Intimacy down:

In-To-Me-I-See
Or
In-To-Me-You-See

Uhh ohh... Now we have to get real. Shit!

This is the scary part for us all! In order to create something fulfilling and long lasting we need to be able to express all of ourselves. We need to be able to be real. Otherwise after a while we get bored and frustrated that we cant fully express ourselves. This is a 2-step process!

Step 1: GET REAL WITH YOURSELF!

Before you can allow anyone else into those soft and vulnerable places inside of your heart you must get honest with yourself and find out exactly what it is that you want/desire! Now you may not know straight away and there will be moments of confusion and fear almost for certain. But if you want something different to what you currently have, or what you have had in the past, then you have to be willing to do something different. It starts inside of you and then mirrors and vibrates outside of you.

So, what is it that you want? I mean REALLY want? What is it that scares you and makes you feel like if you reveal this then maybe love will be taken away from you? The love that you have tried so desperately to get, hold onto and maintain. Because that's where the gold is! That's where the deepest vulnerability is and with that the deepest form of intimacy!

Now you may not be ready to jump straight into that place with your partner and that's ok, but knowing what you want and where you want to get to, is a great place to be in compared to being bored and complacent waiting for life to happen to you.

Step 2:

GET REAL WITH YOUR PARTNER!

Now it's GO time. Generally speaking, in a relationship, when people become complacent and comfortable, they don't like change. (Especially MEN) Change means that something isn't ok, and if something isn't ok then that means that someone isn't doing something right. Stories of not being good enough, being a failure or whatever else can come up so let's take things somewhat carefully. In order to avoid the other person feeling like they are being blamed for this "complacency" in the relationship when you want to bring this up can you take ownership for your part in it? Can you get vulnerable first?

When we are in a deep connection with someone in order to break through the barriers of fear and projection, we must always take responsibility for our own part in every situation. As the saying goes, "it takes 2 to tango". I just want to be clear in saying its no ones fault but you are both contributors. So, if you can get vulnerable first, the other person will feel less judged and more responsive to open up to their own vulnerability because they aren't feeling attacked or judged.

Go get em!!



3

Safety

We all want to feel safe when we are with our lover/partner

If there isn't safety, then why would we want to stay? This is a great one to follow Intimacy because as I mentioned before, if we don't feel safe, we will struggle to open up to that vulnerable and scary place that we haven't and don't like to let many people into.

We mostly don't feel safe from past experiences. Moments in our life where we expressed a thought, feeling, desire, emotion or something else and it was judged to be bad, or unhealthy, or unwanted, or wrong so, we started to hide this part of ourselves. We started to suppress our real beliefs or feelings or thoughts or desires because we were made to believe that they were wrong. We felt shame.

How can we create more safety in our relationship so that we can open up to more vulnerability? How can we create a container for truth and integrity without judging or feeling judged?

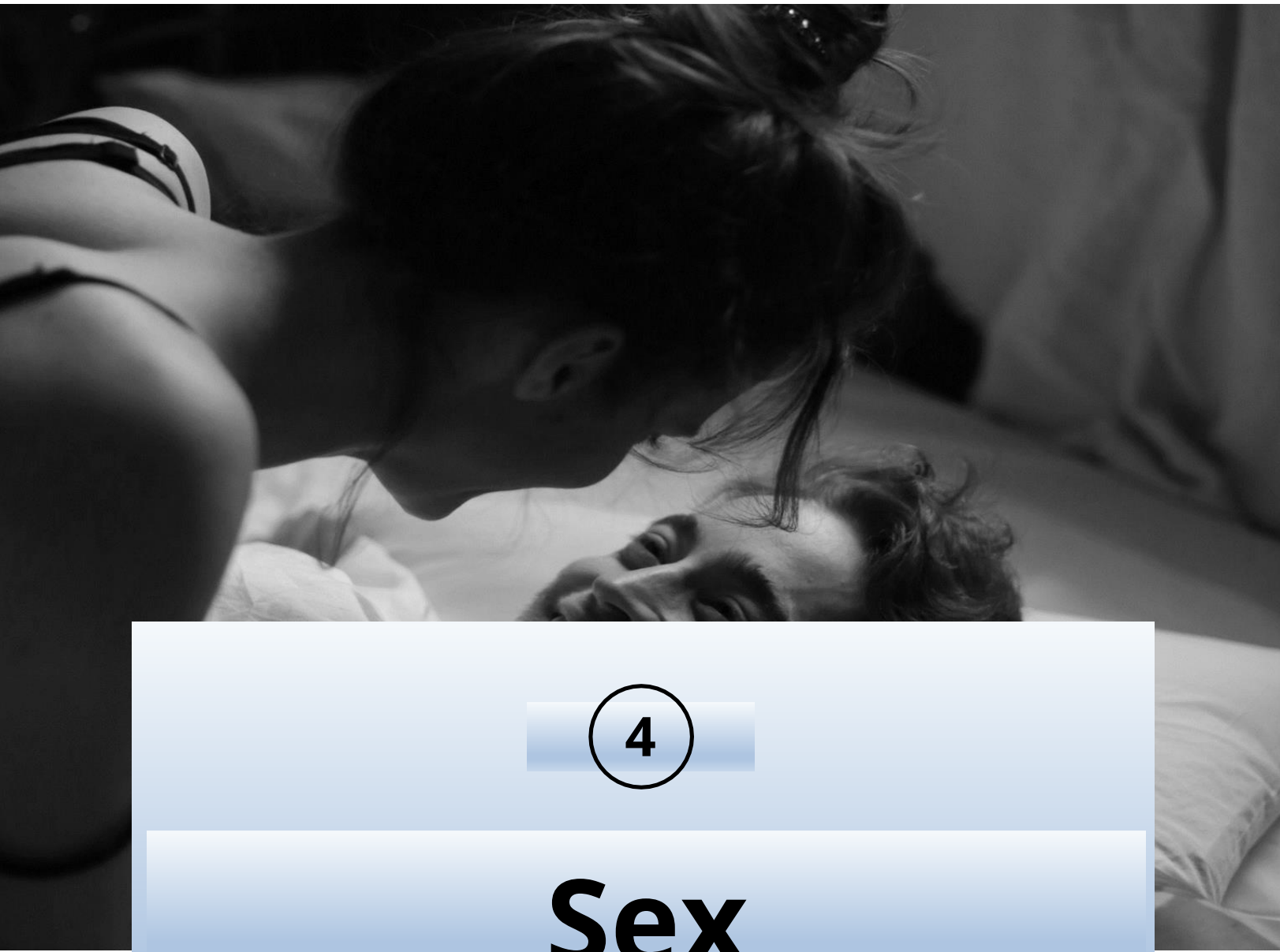
From my experience I judge someone or something the most when I haven't owned the part of me that wants to/feels like doing what the other is doing, saying, feeling. I'm coming from a self-righteous place of me being the better human!!! (this is the one I need to work on the most) I'll give you a simple clear example.

Judge yourself less so that the other feels accepted and loved as they are.

You have a couple, and the man wants to have a threesome with 2 women. His partner and another girl. He feels that if he expresses this to his partner, she will leave him because she will judge him as a dirty man, a man with no morals and that doesn't fully love her if he is thinking like that. So he would rather just suppress the desire and ignore it instead of deal with the drama that could come from him expressing his desire. If the woman did act like that, it is her not fully owning that she has a desire for 2 men! Or that she wants to sleep with someone else. I'm not saying that either would ever DO it, but to deny the fact that it has crossed your mind (if it has) is a lie and suppression. The same goes for the other way around. If the woman had a desire to be with 2 men but didn't tell her partner for fear of his reaction. He isn't owning the fact that he's had the thought about being with 2 women.

When we can fully accept that part of ourselves, then we can fully accept that part in another and create a less judgemental space. This could be for something as simple as smoking or drinking or eating poorly. It doesn't have to be sexual. If we judge someone for something, then what we are saying is that we are better than them. That doesn't create safety.

Look within your soul. Where are you a self-righteous asshole? How can you humble yourself more so that you can accept and love another more. Judge yourself less so that the other feels accepted and loved as they are.



4

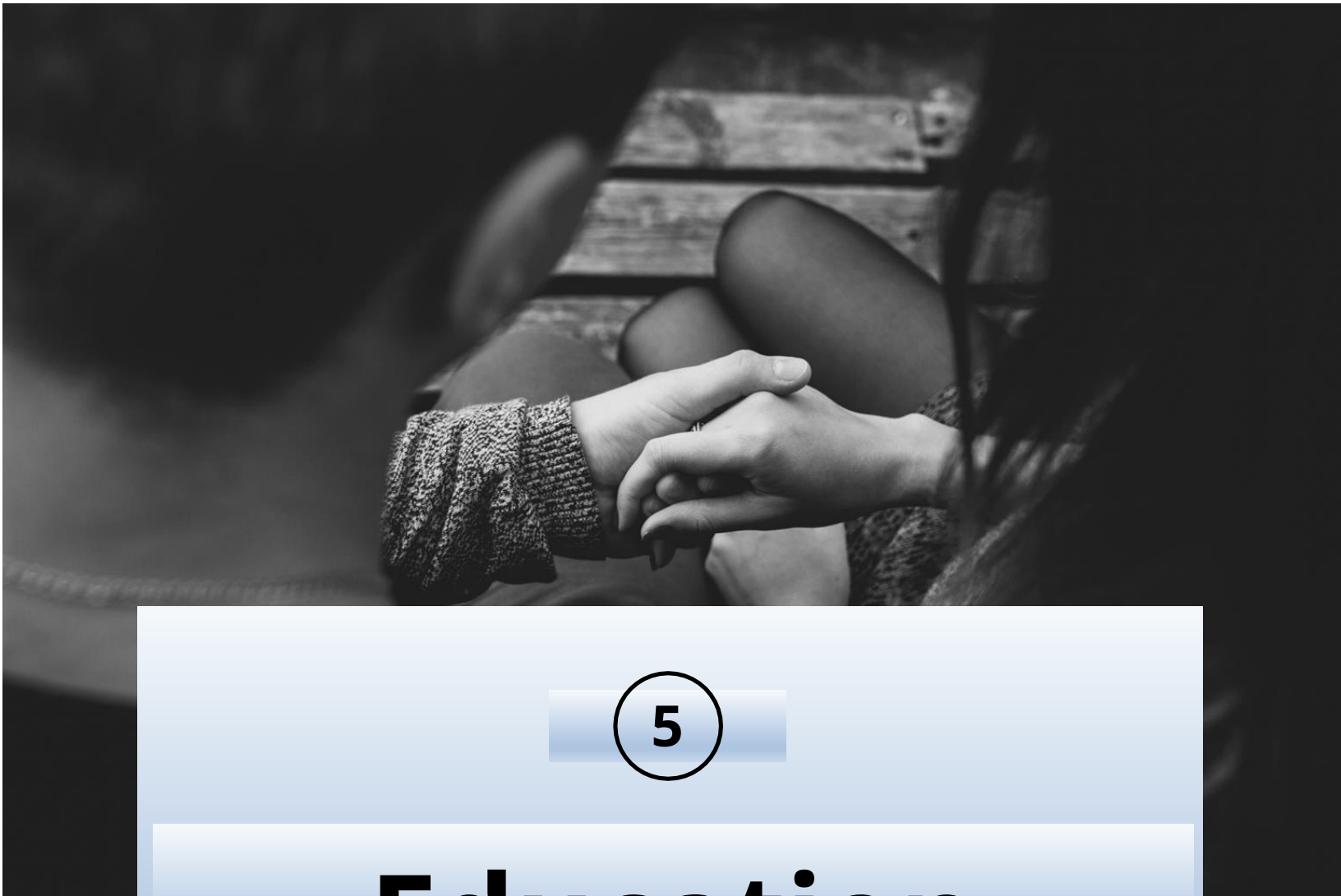
Sex

Maybe this should be at the top, but Sex is paramount for any healthy, fulfilling relationship. This is pretty straight forward but let's delve into it a little bit.

For great, wild, animalistic, mind blowing, cosmic, eye's rolling back in your head, crying in each other's arms type of sex, you need to implement all of these afore and after mentioned topics. You need to create strong polarity to create great passion. Intimacy where you feel like you are baring your soul to a depth that almost feels like you're going to die. You need to feel safe in order to reveal that much of yourself in your relationship. We need to educate ourselves about sex and sexuality in order to create a bigger playground to play in. This is what keeps us interested and wanting to come back for more. Finally, discernment, this is probably the hardest one. We need to be willing to fight for what we want and make decisions that are best for us.

We all want to be the best our partner has ever had, and we all want our partner to be the best we've ever had. We want sex that opens us up and

“Sex is paramount for any healthy, fulfilling relationship”



5

Education

We need to be educated in order to create happiness within ourselves so that that can carry over into our relationships. There are a few different types of education here we can speak to. I'm going to mention my top 3.

Education Topic 1: YOUR PARTNER

This is the simplest yet most important one of them all. It's a combination of the others. At the end of the day, the more you know about your partner the more you can meet their needs without them having to ask. Now don't get me wrong I feel it's important for all of us to learn how to ask for what we want, but romance is when you come home to a bunch of flowers, or your favourite beer is in the fridge, or your partner has done that one job that you hate doing. It is being taken to that place you've been talking about for the last 4 weeks, or it's supporting your partner to chase that dream they've had for the last 2 years.

These little things are what creates a fulfilling relationship. A partner that knows you and cares for you and loves you, for all your strengths but especially the things you're not so good at or comfortable with. Educate yourself on your partner and pay attention to the subtleties in their words, actions and expressions. You will be able to create amazing moments of depth, vulnerability and intimacy just from this.

Education Topic 2: SEX & SEXUALITY

Now I'm going to stab your ego here! You more than likely don't know as much as you think you know about sex and sexuality. Maybe you've done some research (practical as well as theory) and maybe you've had a lot of sex. But there is always more to learn. I am constantly astounded at how much I think I know and then how much I realise I am unaware of and have no idea of each and every time I interact with someone and or myself.

Every time I self-pleasure I realise something new and every time I interact with a new or regular partner, I learn something new. I am always learning and with this I am always expanding. The moment I believe I know it all I'm screwed. Like I mentioned before repetition is the biggest killer in relationships and if I want something different then I have to be prepared to try something different. It all comes back to re-educating myself of what I think I know!

Maybe I have an idea of what I do and do not find pleasurable. This limits my ability to try new things and experience something different. The most liberating feeling I personally have ever received sexually is when I was anally penetrated for the first time. It was an unbelievable experience. I had always said no, its an exit hole only, blah blah blah. But really, I was just scared. It took a little while and a very safe container for me to experience this but once I did it blew my perceptions of reality out of the water and opened up a whole new playground for me to explore.

The other side of this though is not just sex, but safe sex. Educate yourself of STI's and ovulation. As a man, it's unbelievable how little we get told or informed about the female sex organs and vice versa for women. When I can communicate clearly to a woman about her own sexual anatomy and communicate my own assured knowing on certain topics it creates another level of safety and adds more depth to our connections. Same goes for when I'm with a woman who knows things that I don't. it allows me to open to her more and feel safe.



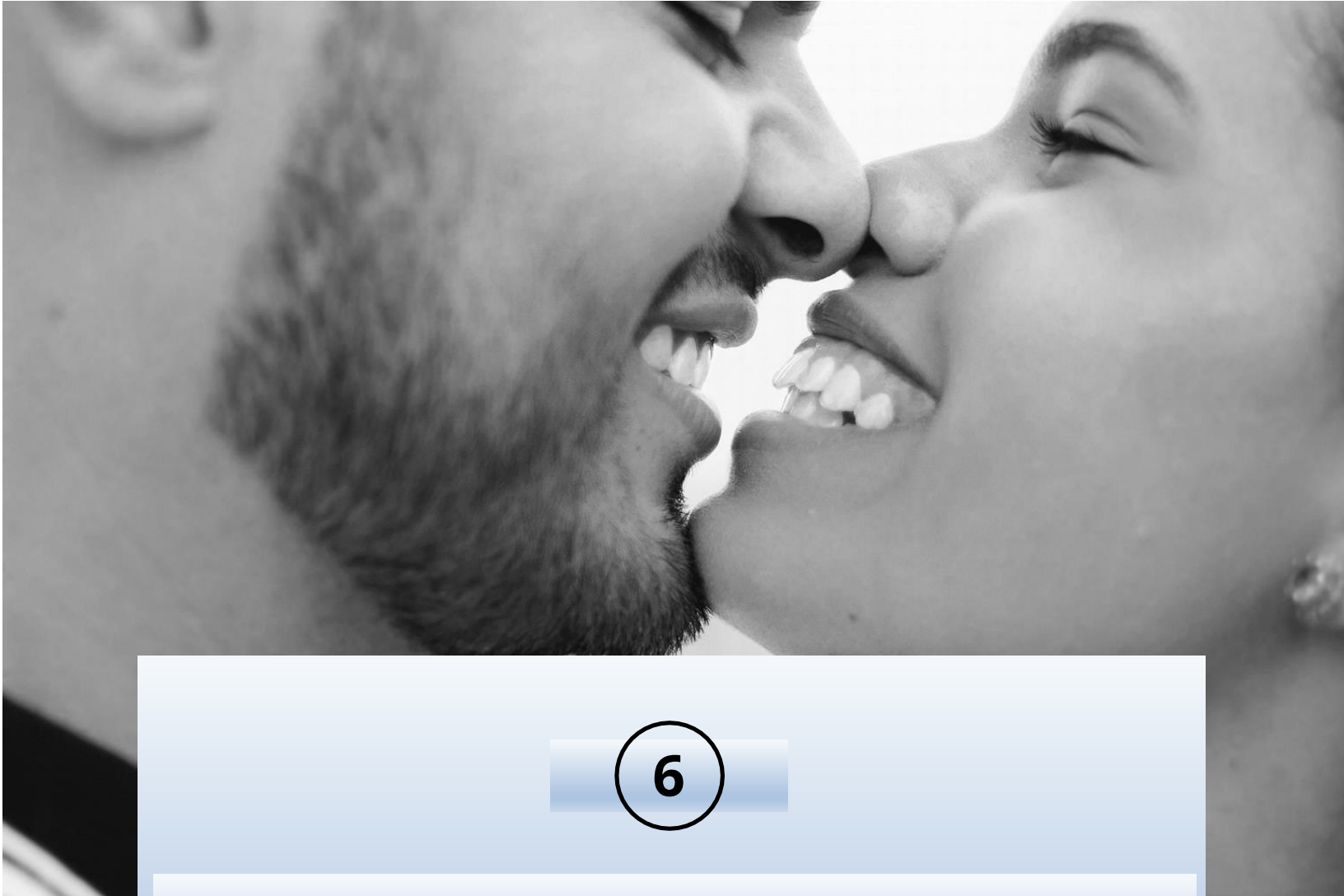
Educational Topic 3: YOURSELF

Lastly but definitely not least of all. How much do you really know about yourself? About life? About your purpose here on the planet? These are age old questions that human kind has pondered for millennia. Do you only ever talk about the weather and the same group of friends that seem to have this same drama in their lives that seems to happen again and again and again no matter how many times they replay it. Doesn't it get boring. Don't you want to challenge yourself and grow and expand?

I'm not saying you have to quit your job and go and become an international explorer (that's what I did, and I love it... haha) but start to look at yourself and decide if you are truly deeply happy where you are! If you are that's amazing, keep doing what you're doing. I'm not here to tell you that you're doing things wrong or that life isn't perfect just the way you are living it. My only thought is though if you're reading this then you're probably looking for something a little more fulfilling in your life.

So, take responsibility, and do something about it. You don't have to be in a relationship to start implementing ant or all of these not so secret secrets. But you do have to have a look at yourself and make a decision.

**Which leads us onto the last
and most challenging
topic/secret!**



6

Discernment

Now you must decide for yourself what it is you fucking want from your life!

This is the toughest one to fulfil. Now you must decide for yourself what it is you fucking want from your life!

You must really start to start standing for your own authentic expression of your inner soul calling. What do you want from this life and are you willing to do what is needed and go without in order to get what you deserve?

This may mean stepping away from certain people. It may mean going without certain things for a while as the new you, steps forward. It means being faces with challenging moments of facing the shadow or the hard parts that you have ignored for a long time.

One thing I can guarantee you is it's not all rainbows and lollipops. With every high there is a low but also with ever low there is a high.

When we start to journey in towards ourselves and ask the universe for what we believe we deserve then we better be ready to face the dragon in the cave. For we all must face the dragon to get to the gold and it is a battle to the death. But the gold we can find will change the way we interface with the world around us and create a sense of fulfilment in our lives that we never knew existed.

Good luck.

I love you

I hope you enjoyed reading this short eBook as much as I enjoyed writing it.

If you did enjoy it, please write a review on my FB page: [Tyran Mowbray](#)

Come and visit me there or on Instagram: [@Tyran.Mowbray](#)

I am always posting stuff around these topics and stalking my own shadows so that I can share my experiences and speak from a learned place. If you want to delve a little deeper into your own shadow side around sexuality, masculinity or relationships, I run online programs and 1:1 coaching. I love this work. It is my purpose on the planet and what lights me up.

Ciao,
Tyran Mowbray

