

Intimacy Educator

Teaching Through Touch



Caffyn Jesse

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erospirit

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Caution

The purpose of this book is to educate. The author is an educator and not a therapist. The book is not intended to give medical advice or psychological therapy. Whenever there is concern about mental or physical illness, a qualified medical professional should be consulted.

Designed by Mark Hand.

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PREFACE

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THIS BOOK BEGAN AS a textbook for my “Intimacy Education” program, a 6-day residential training program for people who want to practice erotic massage. I developed the program in response to repeated requests from people who felt called to work or play with others in this way, and who recognized the need for mentoring and guidance. The book will support you, step-by-step, in practicing erotic massage with both ethics and passion. It is also a resource for all who want to deepen and expand erotic well-being, heal sexual trauma or dysfunction, or simply put an end forever to boring sex.

My own healing from sexual trauma shapes my personal approach. Like many traumatized people, I used to feel chronically unsafe in my own skin. For many years now, erotic massage has been an important way for me to reconnect with my body and heal trauma imprints. As colleague Mehdi Naimi describes it, “The soul feels unsafe in a frightened body.” This bodywork breathes courage into us, “preparing the body to be a home for the soul again.”

The more I come home to my body, the more I can explore the technologies of ecstasy. I am continually awed by the joys we are capable of feeling through erotic touch. I am awed by the power of the erotic to generate happiness and freedom, in all areas of our lives.

Erotic massage is a profound and important way to cultivate erotic energy. But without clear boundaries, compassion and understanding, awakening erotic energy in this way can be confusing and painful. This book offers guidelines for both giving and receiving.

My clients and students have taught me so much, and their courage, integrity and inventiveness inspire all I do. I am a Certified Somatic Sex Educator and Certified Sexological Bodyworker, and this book will serve as an introduction to the practice of Somatic Sex Education. It draws on the teachings included in the Sexological Bodywork program created by Joseph Kramer, which I have taught in since 2012. You will find his video resources an invaluable supplement to what I have written, as mentioned in relevant chapters. Other important mentors include Dr. Betty Martin, Elfi “Emaya” Dillon Shaw, Ellen Heed and Dr. Liam Snowdon. I owe so much to my fellow erotic educators, teachers and colleagues in this work.

In this book you will learn about sexual healing, erotic energy cultivation, and varieties of sensual and erotic massage. I give stroke-by-stroke instructions for pleasuring vulvas and penises in a variety of ways, plus two chapters on orgasm coaching techniques that can vastly expand the orgasmic capacity of women, men, and those who are both or neither. In addition I offer a toolbox of massage techniques ranging from scar tissue healing to spanking. Tantric and Taoist systems of sexual cultivation, along with Western sexology, are resources for practice. You will read my strong views on boundaries, safety, and the ethics of practice, and be offered exercises and approaches that help to empower massage recipients’ choice and voice. Beautiful illustrations I created with artist S. Murali Shanmugam will teach the specifics of pelvic, genital and anal anatomy you need to know in order to offer competent and thrilling erotic touch.

Sex is an area where so many of us feel wounded. Shame, violence, and dreary habits of sexual expression (or the absence of it) wreak havoc on our erotic well-being. There is so much untapped capacity for pleasure in our bodies and our lives. Erotic energy can nourish us physically, mentally, emotionally and spiritually—whether we are with or without an “ideal partner.” With knowledgeable practice, erotic massage provides an ideal environment for healing and learning. I wish you much relaxed savoring and excited arousal in an expanded, blissful life.

INTRODUCTION

.....

TEARS POURED DOWN MY cheeks as I told Marianna, “I just want my genitals to be touched with healing intent.” I ached to explore my sexuality, but receiving genitally-focused sexual touch from a lover didn’t feel possible, or inviting. I wanted genital touch that was slow and careful, that aimed to soothe and awaken. I wanted an integration of sexually-sensitive areas with my whole body.

Marianna paid attention to creating a container for the experience. Her little house was clean, bright, airy and private. She carefully locked the door behind me. She did a smudging and blessing. She showed me a Mary Magdalene icon—her patron saint, the sacred whore—and gave me a beautiful rose. These acts and objects functioned to frame the experience as a transformative and sacred ceremony, a space and time of enhanced safety, freedom, care, permission and choice.

Marianna helped me hold my attention on my breath throughout the massage, and this kept me anchored in my body—as much as I could be at that time, when my lifelong habit was dissociation. We began with me lying on my belly. I felt safe. It was lovely how she leaned her weight into me and I could feel her body against mine. Her skillful massage was relaxing and enlivening. Usually I crave a very deep touch—perhaps because it helps me stay present—but her lighter pressure felt perfect in this moment. Her breath on my back and my ass was a delicious counterpoint to her hands. As she stroked my whole body I felt my muscles—and my fears—release. When she first put her hand on my vulva from behind—just placed it there—I

was ready. I felt the erotic energy streaming in.

So often I get shut down, numbed out or dissociated from this wonderful force—what is it? Power, energy, sweet feelingness, softening and opening, joy and aliveness. It is rooted deep in my body and yet not-me; it is a greater power.

By the time I turned over onto my back, I felt able to be that open and vulnerable. Leaning over me with her hand underneath, pulling, lifting, and rolling, Marianna communicated a commitment to my body and my pleasure with her touch. At my vulva she held still for awhile, touching without friction, and invited me to breathe into her hand. Memorable genital strokes included deep pressure on the bones, slapping and vibrating the pubic mound, and pressing the labia together. It was so good, to feel a release of my chronic pelvic clench.

Marianna asked whether I wanted any internal touch—the question in itself a part of switching the paradigm from “penetration” to “drawing in.” As a trauma survivor I need to learn how to find and communicate the nuances of yes and no in my erotic responses. How empowering it felt to be listened to as I haltingly articulated what I wanted, as I slowly learned to feel my way into what that was.

With Marianna’s finger inside me I felt derailed by a familiar pain. Catching my body’s clench, she stayed still, and allowed me to slowly open. The pain released, and I could move against her hand. With deep breathing and genital touch I felt waves of erotic energy coursing through my body, up my torso and through my arms and hands. I felt held in all the untouched places, stimulated and opened to wave after wave of this energy and power. I used my breath to achieve a sense of climax, releasing and letting go. She stayed with me, until I wanted more. I felt another climax, not exactly an orgasm but a force-field, shaking every fiber of my being.

Marianna kept her hand inside as I came down, detumescd. I felt my body and my heart so open. I was living a deep connection with ancestors, animals, lovers, and the earth.

On the long drive home afterwards, I felt so expanded, peaceful and vulnerable. I felt myself part of a circle of love and healing. I was

wise, free, powerful, joyful, gigantic. I was weepy and tender, daring and powerful. I felt solitary and secret, and yet deeply touched and reconnected with the world. I understood with my body and my spirit that I could shed the habit of smallness, and become all of who I am.

Later the next day I grieved as I felt the pelvic clench returning, the openness and lovingness becoming attenuated. What a gift, to know and live the difference.

I have seen many different “sacred intimates” over the years. The concept of sacred intimacy is ancient. In many indigenous and ancient cultures, people were available for sexual encounters in ritual space. These “sacred prostitutes” helped others to return from war, come of age, and weave together sex and soul. The expression “sacred intimate” is recent, devised by Joseph Kramer in the 1990’s when he was working with advanced students at the Body Electric School. The expression and its early roots resonated deeply with me as I explored this unconventional healing path, and found my teachers and guides.

I am still learning to release held pain, shame, habitual numbness, and my chronically cramped pelvic floor. I am learning to stay present to my body’s capacity for sexual feeling without needing to judge it, stifle it, or make a story out of it. I am learning how to separate my erotic responses from sticky attachments to any one person or situation. Through joyful and empowering body experiences, I am integrating the knowledge I need in order to make more life-affirming choices about sex.

My childhood included sexual molestation and violence. The designation of gender felt like another kind of violence, a paring away of capacities. My earliest chosen sexual experiences were a combination of shame-filled reticence and shameless sluttishness. Impaired by trauma, I could not speak my needs or trust my pleasures. I had no language for my desire and no community to support its expressions.

Once the dust settled, I felt horrified by the way my sexuality had appeared again and again in “bad” choices and experiences. It scared me. I wanted to shut down and settle down, and I chose to step into a long-term relationship where our sexual connection was polite and

unadventurous to begin with, and eventually dwindled into nothingness. I didn't miss the excitement. I felt glad to be done with all the messiness. My sexuality was shut down, frozen and numb.

I was in my forties when sex surprised me. I began having regular massages. With regular, skillful touch my body began to come alive. I felt possessed by an unfamiliar and inconvenient erotic energy. I experienced the power of this energy, like a fire of aliveness burning inside me. But with the feelings of sexual awakening came shame, fear, grief, and a flood of body-memories of the violence I had endured as a child. The massages were disturbing layers of scar tissue that talk therapy had never managed to touch. Despite the inexperience and insensitivity of the massage therapist, our sessions had initiated a process of deep healing.

I needed more. If the world of Sacred Intimates had not existed, I would have had to invent it. I wanted touch that would help me to integrate sexual energy. I wanted guides who could stay present for the emotions unfolding along the bridge touch made between my conscious and unconscious. Could this fire of erotic energy be something that empowered my life and work? Would it destroy? Impelled by my own need for healing and wholeness, I went looking for practitioners who would massage the whole body, including the genitals, in a therapeutic way. In those early days of my journey, pleasure was scarcely part of the picture.

I found Sacred Intimates, Tantra teachers, Somatic Sex Education and Sexological Bodywork. I found a host of people who are inventing and practicing ways to harness the power of touch for sexual healing. I peeled away layers of fear, pain, shame and grief to find a deep well of pleasure. I learned, very slowly, to accept sexual touch, communicate desire, and stay present to waves and floods of deep feeling. I learned, through teachers and books and then my own body, that sexual energy could be a visceral experience of the divine.

Moreover, I learned all this without falling in love or threatening my long-term relationship. Nobody had to find me attractive or choose me for sex. Indeed, I know I could never have explored and developed

my erotic capacity in a conventional sexual relationship. I needed the safe container of erotic massage and one-way touch to overcome the habit of dissociation and work through the trauma embedded in my body.

The community of erotic pioneers where I found this healing felt to me like home. To join them was my joy and my calling. I studied and practiced and eventually began to work as a Sacred Intimate. I earned a certification in Sex Education from the Institute for Advanced Study in Human Sexuality, and became a certified Somatic Sex Educator and a Sexological Bodyworker. Along the way I found tools and techniques in ancient traditions and western sexology. And I developed a practice offering erotic massage to diverse clients.

In addition to my work with individuals and couples, I now teach erotic massage to advanced students, both at the Canadian Somatic Sex Education training and in small workshops at my studio on Salt Spring Island. I am a passionate advocate of erotic massage, because I have witnessed many miracles emerging through this bodywork. Through the work and play of erotic massage, we can bring joy to each other and our world. When offered with appropriate safeguards and clear boundaries, erotic massage allows us to access sexual energy at our own pace. We can learn to feel erotic energy fully and freely, and in this learning, find our way home.

SEXUAL HEALING

.....

EROTIC MASSAGE CAN BE an arena of profound healing from the wounds of sexual abuse, and from the toxic shame surrounding sex and sexual identity that leaves no one in our society unmarked.

Whether consciously or not, the practitioner of erotic massage will be actively engaged in sexual healing work, or else actively retraumatizing massage recipients. Chapters of this book offer step-by-step instructions for giving erotic massage, but if practitioners follow these instructions without regard for individual processes of sexual healing, they will certainly do harm.

The three-legged stool of sexual healing

Clients who have experienced sexual trauma need space to safely explore sexual feeling in an embodied way. They need to physically experience their efficacy and power in response to erotic feelings that once signaled their helplessness and violation.

I have developed a model for working with clients that I call the three-legged stool of sexual healing. One, I encourage clients to learn to choose pleasure. Two, we work playfully to empower their choice and voice in erotic situations. Thirdly, we do various exercises to help them access full embodiment. Each of these “legs” supports the other. If one element is missing, the structure cannot stand.



Figure 1. The 3-legged stool of sexual healing is a useful model for multiple approaches to working with people who have experienced sexual trauma.

Learning to Choose Pleasure

It sounds funny, but we often need to *learn* to choose pleasure. Suffering can be more familiar, and hence more “comfortable,” than joy. In small and large ways, we can learn and practice choices that engender joy in us. We can experience the unfamiliarity of choosing the heartfelt “yes” within us—whether for wholesome food, a sunshiny day, a person who supports our spirit, a quality of touch, or a style of sexual pleasure. By meeting our clients with love and respect in the area of sex, where so many feel damage, insufficiency and shame, we guide them to feeling *worthy* of pleasure. Then, they need practice actually choosing pleasure, time and again.

A simple exercise to help a client choose pleasure involves repeatedly asking them “What would you prefer?” Invite them to choose the chair they sit in, the type of tea they drink, and the type and quality of your touch. Often it can be difficult identifying something so large and

amorphous as what we *want*, but we can practice choosing pleasure based on what we *prefer*.

Empowering Choice and Voice

We can assume people do *not* have ready access to choice and voice around sex.

Cultural silences preclude the possibility of open communication. Trauma and shame freeze our bodies and disempower our voices. If clients can learn to speak their truth and ask for what they want in sexual situations, they will expand their capacity for pleasure.

I encourage clients to intuit their boundaries and practice defending them. We explore how they can embody a sense of “Yes,” “No,” “Maybe,” and “I changed my mind.” We might work for many hours with the question, “How would you like to be touched?” Sinking into that question and feeling the answer from the inside can be a powerful learning experience, a way of exploring and developing an expanded container of consent that increases the possibilities for pleasure. With patient practice, clients learn to put an end to enduring, and to feel and speak their truth in erotic exchanges.

Sexual Healing through Bodywork

Do people really heal and learn through the experience of erotic massage? Perhaps this story of one special client will inform and inspire.

Melissa is a woman in her late forties who came from Eastern Canada for a residential retreat on Salt Spring Island. This is part of a message she left me, when she went home:

“A million thanks couldn’t begin to thank you enough. You have opened so many doors and taken down so many walls for me. I have so loved this week with you.”

On her intake form, Melissa said she could not recall a good sexual experience. She had grown up in a religious environment where sex

was sin. She had experienced the trauma of rape within a long-term relationship, and she felt shame that she had not acted more powerfully to prevent it. Her self-pleasuring practice was desultory. She shrunk from possibilities for play and pleasure, because of her fears.

Our time together began with conversation about her sexual history and desires. Then we explored with actual body experiences how she could learn to listen to her body—to feel and follow the inner yes, to trust and express the inner no. I guided her in exploring practices that can amplify sexual feeling with breath, sound, movement and imagination, as described in the next chapter. We considered genital anatomy and mapped our body parts, sharing stories of how we had been hurt, what felt good, and what we wanted for the future of our vulvas. We explored what stopped Melissa from giving herself whole-heartedly to pleasure—as she felt into her distractions, shame, fear, and physiological inhibitions. She practiced giving mindful attention to the cascade of body sensation that is generated by sensual and erotic touch. We found touch that connected her with grief and fear she needed to express. As she trusted me more, she dared to share fantasies that seemed shameful, and we investigated how she might translate troublesome turn-ons into desires that could be explored in life-affirming, playful ways. We followed the question “How would you like to be touched?” in small 2-minute increments, and then expanded into longer sessions. Melissa had day after day of practice listening to her body, expressing desire, being listened to, following her joy, tracking her distractions, and feeling into how she was resourced and resourceful in this realm. A world of possibility could open up for her, because this was not theory. This was actual, embodied experience.

We carry our life histories in our bodies. Experiences, anxieties and freedoms shape gesture, posture, and access to genital feeling. Somatic practices begin with bringing awareness to sensations, breath, body expression, body boundaries and moods. We can learn to scan the body, gaining awareness of emotions and how they are felt as body sensation. We can learn ways to breathe, move and use voice and gesture that help us feel more balanced and grounded. We can gain the power to

shift feelings of fear and habits of dissociation. We can witness and address self-limiting contractions, and develop more choice in our bodies and our being.

Erotic massage, offered within this framework, can guide us from embodying habit, constraint, and closure in our erotic lives. We can learn to actually live open lives of flexibility and expansion, wherein sexual energy is welcomed and cultivated as a wellspring of joy.

“You have opened so many doors and taken down so many walls for me.” Melissa’s words tell me she has found access to her own courage and resilience. She can dare to explore and embody erotic freedom, even in a world that would shame and constrain sexual energy. She can draw on lived experiences of play and pleasure, communication and boundary-setting. She has actually tasted her huge capacities for healing and delight.

Donna Cerio has developed a program for delivering health care to survivors of sexual abuse through “Intentional Touch.” She notes that massage therapy has the potential to lift the imprints made by abusive touch and replace them with non-abusive touch, supporting the client’s sense of self-regard, safety, empowerment and integrity. The invasion, fragmentation and powerlessness felt by a person who experiences sexual abuse finds an antidote in a therapeutic relationship of respect, consistency and care.

In this therapeutic relationship, client empowerment is fundamental. By offering full-body touch within clear, consistent boundaries, during sessions guided by the client, with attention to empowering their choice and voice at every step along the way, we offer survivors of sexual abuse a new beginning and hope.

A young woman who had been severely, repeatedly abused over many years of her childhood came to work with me for three days. Our sessions culminated in a massage in which she directed every touch. She wrote me a long letter afterwards, and I quote it here at length, because it give such a good window into the power and healing potential of this work.

“You have a confident, present, loving and gentle touch

that was easy for me to trust. I could just focus on me, instead of feeling responsible for you in any way.... Once I got over my self-consciousness, and my fear of telling someone what I wanted and liked, and trusted that you would respect it, it was actually really fun and empowering. I actually stayed fully present in my body for the whole session!

“I feel like even showing up was a huge rite of passage for me in terms honoring myself and my body. Since the massage, I have been way more in my power, much more at home with myself and the world.... I feel more connected to myself, other people, the Universe and even God. It’s so powerful and incredible it’s really hard for me to find the words and keep it concise. There’s been a huge shift for me and in my life....

“The biggest thing you did for me was help me to remove the shame. I feel at peace with who I am, my sexuality, and exploring this area of my life. It’s becoming an area of pleasure and play for me and I’m excited to explore more. I truly don’t know how to thank you as even all this only skims the surface of what has been going on for me. Thank you for being there in the way you were for me, for being willing to continue this work with me in the future, and for doing what you do. I’m really glad I found you—and found my self.”

Healing our Relationship with Sexual Energy

Erotic massage can help us heal the cultural relationship with sexual energy, one person at a time.

We create an environment where arousal is welcomed. Sexual energy is valued as life force energy. Pleasure is prioritized. The recipient of a massage is invited to choose pleasure, over and over, as the practitioner asks them how they would like to be touched.

An erotic massage invites us to deep embodiment. As touch opens the heart and soothes the chattering mind, we ask massage recipients to pay exquisite attention to the torrent of sensation within their bodies. They are invited to build their capacity for sensation, and to anchor their attention in the body with each breath.

Erotic massage contradicts moral and cultural proscriptions and the condemnations that attempt to regulate us with fear and shame. It supports values that emerge from the experience of pleasure: gratitude, joy, forgiveness, connection, compassion.

Erotic massage is loving. I do not ever engage in a conventional romantic relationship with my clients, and indeed the warranty that I do not is essential to allowing a particular loving relationship to unfold. I love each person on my table unconditionally, as I care for the body in all its intricate beauty, as I care for the dappled patterns of dark and light in each person's soul. Because I am not entangled in a conventional erotic relationship, I am able to be present with an open, loving heart to all that is unfolding in each person. My clients respond with love—not for me, as an individual, but for themselves and all beings. Through the experience of ecstatic embodiment, we learn to be and become love.

A man of fifty came to see me because he was feeling his sexual relationships were repetitive and empty. He wanted to connect sex and spirit through embodied practice. We did deep pelvic breathing exercises followed by erotic massage. We saw each other just once, but he felt his world transformed. Afterwards, he wrote:

“My dear Caffyn,

I really didn't know what to expect from you.... I had only bits and half imagined pieces to go on with this sex/spirit stuff. What is the mystery of the sex/spirit connection anyway? Is this going to take months of therapy?

[As our session unfolded] I felt beautiful and perfectly myself. Relaxed and joyful. Happy. Loved. I took in your words and began to understand how spirit is love, and how genital stimulation can be an avenue through which love can flow.

I laugh to myself now when I remember asking you how this would carry over into my day-to-day life. My heart is full to overflowing, and I can see the effects of love reflected in all those around me. I possess a new and genuine

confidence that it is all about love and I've got lots of it! My relationship with every body is gentler, warmer and closer. I have more energy for every thing.... I love how this feels and how this is."

Time and again I hear from clients that erotic massage bridges the division between sex and spirit. It helps people find their way to an erotic connection with all life.

The third leg on the three-legged stool of sexual healing is "Accessing Full Embodiment." This leg deserves its own chapter, as we explore some concepts and exercises that may be useful.

Resources

Caffyn Jesse, Sexual Healing, www.erospirit.ca

_____ What is sexological bodywork? www.erospirit.ca

Donna Cerio, Intentional Touch, the Cerio Institute

Staci Haines, *Healing Sex: A Mind-Body Approach to Healing Sexual Trauma* (book, and videos at the New School of Erotic Touch)

Peter Levine, *Healing Trauma: A Pioneering Program for Restoring the Wisdom of Your Body*, Sounds True, 2008 and many other books.

Bessel Van der Kolk, *The Body keeps the Score: Brain, Mind and Body in the Healing of Trauma*. New York: Viking, 2014.

ACCESSING FULL EMBODIMENT

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VERY FEW PEOPLE HAVE the chance to explore the intricate technology of their bodies and feel the full range of sexual energy. Unlocking the sexual flow in the body and opening to the ecstasy of conscious arousal is healing for individuals and for our world.

I guide new clients to breathe fully. We are a culture of shallow breathers, breathing in short, fast upper-chest breaths that minimize core movement and starve the body of sensation. Simply bringing awareness to the chest, and the movement of breastbone, ribs, shoulder blades and spine, we can initiate more movement and body awareness. We nourish the heart with every breath.

As the body moves, the breath deepens, and I invite clients to notice the belly expanding with each in-breath. If they can bring their breath into their belly, arching their spine with every in-breath, and curving it with every outbreath, the whole spine gets engaged in breathing, as the back arches and the tail wags with every in-breath, and then the spine curves as the tail tucks in with every outbreath. The diaphragm descends and massages all the inner organs with each breath. Relaxing, expanding and softening the belly with each breath, we begin to jettison cultural baggage and become more vulnerable emotionally.

Once clients are using their breath to mobilize the spine and the belly, I invite them to bring their awareness a little deeper, into the pelvic bowl. The bones of the pelvic bowl are meant to expand outward with every in-breath, and come together with every outbreath. The muscle fibers of the pelvic diaphragm slide apart with every in-breath,

and slide together with every outbreath, pumping energy through our bodies. By giving an occasional voluntary squeeze to the beautiful infinity symbol of muscles that embraces our genitals, we can make this perpetual stimulation more conscious and voluntary. As we begin to pay attention to the sensation within our bodies, we can honor the pleasure in this deeper breathing with mindful awareness. We begin to understand that we are actually designed to feel genital stimulation with each breath.

Many new clients feel deeply moved by this simple exercise in body awareness. Erotic feelings that have been shamed, inhibited, and confined to expression in empty paradigms are actually an innocent and joyful part of every breath!

Cultural prohibitions inhibit the awareness of sexual feeling. The closing down of body awareness affects virtually everyone in this culture. Our nervous system responds to stress by numbing body awareness in general and erotic feeling in particular. Personal traumas get embedded in our tissues. The muscles of the pelvic diaphragm atrophy with immobility, so they no longer stimulate the genital nerves. With layer upon layer of disavowal and disengagement, most of us are comfortably or uncomfortably numb.

As practitioners of erotic massage, we act as educators and health care providers who guide people to access the joys of full embodiment, where we live in touch with erotic energy in all its dimensions. The capacity for full embodiment expands through a matrix of body, mind, spirit and emotions. In each realm there are specific techniques we can use ourselves and offer to clients.

Table 1. Embodiment tools

EMBODIMENT TOOLS				
	Breath	Sound	Movement	Imagination
Body	Using breath to arouse and relax the body, regulating the Autonomic Nervous System	Sounds we make and hear vibrate and move the body	Sexercise, shaking, pelvic floor and spinal mobilization, Kegels	Expanding sensation, Sense focus, the Inner smile
Mind	Breath calms the mind so we can release anxiety and focus on body sensation	Learning to communicate, set boundaries, ask for what we want, tell our stories	Using mindful awareness to tune into inner impulses	Setting intentions and goals, using fantasy to explore and awaken desire, cultivating mindfulness, managing distraction.
Spirit	Breath as inspiration and spirit, being breathed	prayer and celebration, invoking spirit guides, ritual and ceremony	ecstatic dance, spontaneous movement, restraint (power and surrender play)	chakras, microcosmic orbit, medicine wheel, kundalini awakening, sex magic, seeing the divine in ourselves and others
Emotions	Breath as the inner lover, bringing pleasure and renewal to every cell, heart-opening breath	giving voice to emotions with courage	expressing emotions with body movement, discharging trauma	building the capacity for loving connection by living with an open heart

Breath

Breath is an aspect of awakening body, mind, spirit and emotions, and then weaving these dimensions together in a gentle, self-directed

way. Breath is an inner lover, bringing pleasure and renewal to every cell. As we become aware of our breath in this way, we feel loved from the inside out, and this can expand our willingness to feel all our emotions, however difficult, big, small, or inconvenient they may be. Breath can be a language of emotions: ragged, relaxed, fearful, tender. Breath happens unconsciously yet can be controlled by our conscious mind. Breath is a bridge between them. Through breath we can dialogue with the Autonomic Nervous System, and calm or arouse our bodies. Tuning our awareness to the air around and inside us, we become willing to be moved and breathed by a power greater than our conscious will. Breath is inspiration and spirit.

Sound

Sound is another aspect of awakening body, mind, spirit and emotions. In the realm of the body, we can awaken capacity for full embodiment by giving voice to what we feel. I suggest tuning into any sound the body wants to make, and allowing it to become a little bigger, a little stronger. We can feel how the sounds we make vibrate our bodies, and then give expression to that vibration through more sound, body movement and breath. Erotic massage can provide an arena in which people learn to use their voices—to communicate desires and boundaries, and to share complex emotions. We create a safe container for full embodiment in part by invoking the spirit realm, with prayer, song and celebration.

Movement

Encouraging movement is one of the most important and neglected aspects of teaching full embodiment through erotic massage. Stress, trauma and cultural prohibition freeze the body, and our natural movement is inhibited. People often go into erotic exchanges with the frozen demeanor of a “deer in the headlights”—frightened of the other and their own desires, anxious to accommodate, and set

to endure whatever is offered while grasping scraps of pleasure. Erotic massage recipients can bring this attitude to the table. They lay quiet and unmoving, hoping for the best and prepared for the worst, as the clueless practitioner moves busily around them, trying to produce an ecstatic experience. But no matter what skills we possess, we cannot bestow ecstatic experience on another person. The capacity for ecstasy has to be built from the inside, claimed and practiced by the person experiencing.

Before and during an erotic massage, I want my clients to move. People who have frozen in the face of trauma, or gone numb through decades of boredom and neglect, begin to experience a sense of their efficacy and power as they start to move and breathe again. Sexercises including stretches, squats and pelvic floor squeezes mobilize and awaken the body.

When we bring mindful awareness to body sensation, we often find movement impulses that seem to emerge spontaneously from deep within the body. We can learn to tune into these impulses and make them big. These spontaneous movements may lead us into emotional expression, or celebratory dance, on or off the massage table. Of course stillness can be appropriate and necessary for a receiver of a massage who wants to focus on the cascade of sensation and emotion within them. But generally, I work to build a capacity for more and more movement in ongoing sessions. As this capacity builds, so does the receiver's ability to access full embodiment.

Imagination

Osho observed that “Energy follows imagination” and this fact can be used for good or ill. The mind can chatter and ruminate in ways that distract and destroy, or we can harness its power. We can use mental imagery and imagination to support the ecstatic unfolding of body, mind, spirit and emotions.

A rich, well-nourished fantasy life is an important component of accessing full embodiment. Fantasy can help us to explore and awak-

en desire. By inviting the imagination to unfold without judgment or censure, we can access inner wisdom and guidance. Fantasies are not mere mental constructs. We respond to fantasies viscerally. We can enjoy arousal and orgasm in dreams. People often shut down their fantasies because they fear them, or because our imaginations are generally starved by lack of room to play. We can honor fantasy as an open space in which every archetype can safely unfold. And understand that fantasies are not instruction manuals. We can tease out a fantasy's meaning and value in many ways as we translate it to desire, and then to actual goals.

Creative visualizations are important tools for accessing full embodiment and exploring the intersection of sex and spirit. We can use imagery and imagination to move desire through the body. Kundalini Awakening visualizations, the Taoist Microcosmic Orbit, the Tantric practice of moving sexual energy through every chakra, and the Buddhist practice of the Inner Smile are all effective ways to practice attending, amplifying and circulating erotic energy and linking sex with spirit. Sex Magic, the practice of dedicating sexual pleasure to healing and transforming self and world, is another valuable approach that can easily be integrated into an erotic massage ritual.

The power of imagination can also be used for exploring and managing emotions. My toolbox includes healing meditations that guide the listener to meet their fears, soothe old wounds, and mother the inner child. With imagination we can build a sense of the self as Compassionate Witness, allowing all emotions without having to repress or vent them. This capacity for detachment without dissociation expands our capacity for pleasure a hundred fold.

Love

For all the tools, toys, exercises and techniques I teach and recommend, there is really only one act or attitude I think essential. Simply, I love.

I offer erotic massage to women, men, and those who are both or

neither. My clients are old and young, fat and thin, conventionally attractive and not. I give genital touch to strangers—people I have never seen before and who I may never see again. And I understand my most important role as a practitioner is to love and be love.

Love in this sense is an act and attitude of body, mind, spirit and emotions. As a practitioner of erotic massage, I love the receivers' bodies. I work with body chemistry and cellular function to build loving connection from the inside. I honor toes and ears, scars and thighs, listening to the personal history embedded in the body, contradicting self-loathing, soothing the effects of trauma, and replacing the imprints of painful and inappropriate touch with pleasurable and respectful touch. I love the receivers' minds, coaxing their communication, honoring their desires while I honor my own boundaries, listening to their stories with unconditional positive regard, helping them groove new neural pathways that link brain, voice and feeling. I love the receivers' spirits, with an unconditional love that could be called *agape*. I stand in spirit and greet their spirits in a state of wonder and amazement. I am agape, wide open, as I experience the joy of working with erotic energy. And I connect with each receiver emotionally and offer my love, as one wounded human being to another. I hold them in my open heart as they ride waves of emotion, often traveling from deep grief to elation in a single session. This is love in action. It has nothing to do with standards of attractiveness, partner choice, or making the selective judgments that usually limit what we call love. It is about a profound connection of souls.

One receiver described the experience as being “held in an ocean of love” while “my body felt completely electrified..., pulsing with energy head to toe.” It is being held in an ocean of love that allows this unfolding of erotic capacity. Knowing, feeling and sharing love, the practitioner of erotic massage can create a sacred space in which there is a communion of cells and souls.

Mindful Erotic Practice

As Joseph Kramer often reminds his students, with erotic massage you offer an *experience* that can be transformative, but for real change to be made, there needs to be ongoing *practice*. A daily commitment to expanded self-pleasuring will foster more and more awareness and enjoyment of sexual energy. In both massage and daily practice, these principles can guide.

Think of the whole body as an erogenous zone.

Instead of feeling arousal only in the genitals, allow pleasure to stream through the whole body. Breathe deeply and relax the muscles. Use imagination to convey erotic energy to every cell. Feel a full-body erection, a tingling aliveness.

Use Your Imagination and Pay Attention to Subtle Sensations

The feeling of full-body arousal may be very subtle at first. Visualizing the body's cells lighting up with erotic energy helps tune mental focus to subtle sensations.

Give Acceptance and Approval to Every Sensation

Shame, guilt, fear and inattention block our natural erotic response. We can change our level of pleasure dramatically by simply noticing and approving of every sensation, with an open heart and an attitude of complete acceptance.

Exercises for Accessing Full Embodiment

Exercise 1: Prana Pump with the Pelvic Diaphragm

Once deep breathing mobilizes the pelvis, you can encourage clients to use their pelvic muscles as a pump for sexual energy. Pelvic floor exercises (aka Kegels) involve the contraction of these muscles. These muscles assist in controlling erection and ejaculation, and exercising them can make orgasms for all genders last longer, feel stronger, and

become distributed through the entire body.

Unfortunately, many people in our culture experience chronic clenching of the pelvic muscles. This may result from held trauma, or may be a way to armor and protect the genitals from injury. If your client's pelvic muscles feel immobile, cramped or painful, you can suggest a variety of techniques to encourage opening and relaxation. Have them stretch, squat, and breathe into the pelvic floor. A pelvic opening massage can be focused on addressing tension in these muscles.

Exercises that engage and relax pelvic floor muscles can be done anywhere, anytime—and nobody will know the difference. We can relax the muscles with deep pelvic breath and contract them with mindful squeezes, stimulating the genital nerves and generating sexual energy while waiting in traffic, enjoying the seashore, or saying hello to someone.

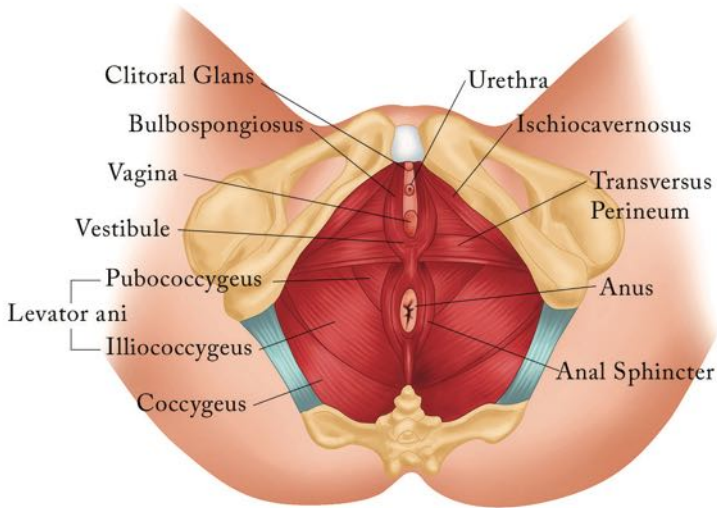


Figure 2. Muscles of the pelvic diaphragm, female. Drawing by S. Murali Shanmugam with Caffyn Jesse.

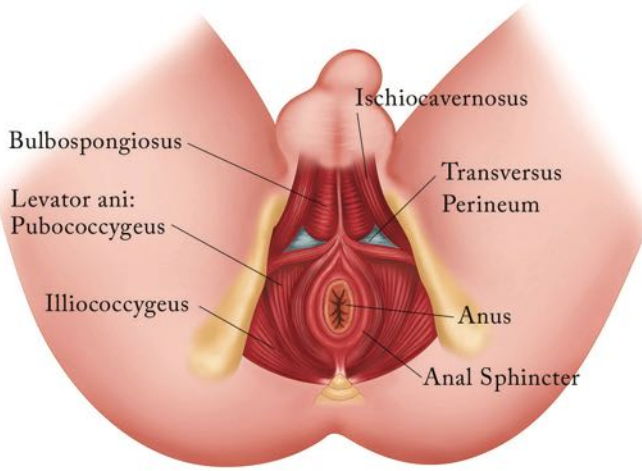


Figure 3. Muscles of the pelvic diaphragm, male. Drawing by S. Murali Shanmugam with Caffyn Jesse.

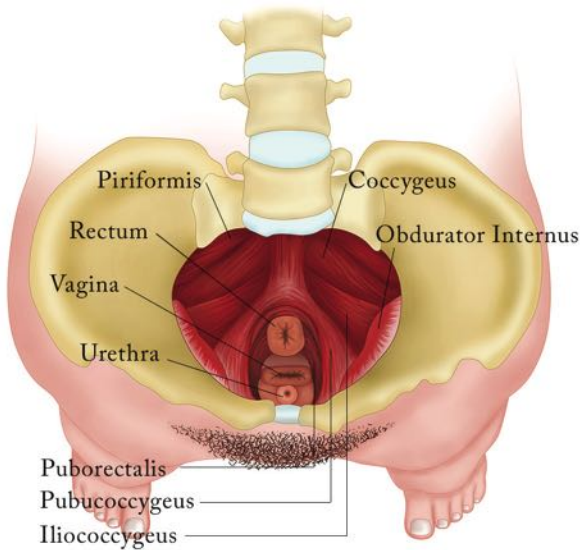


Figure 4. Muscles of the pelvic diaphragm, visualized from a viewpoint inside the body. This illustrates how we can access these muscles through vaginal and anal massage. Drawing by S. Murali Shanmugam with Caffyn Jesse.

Exercise 2: Wand of Light

1. Close eyes and focus the mind on the genitals. Imagine sending breath to the genitals with every exhale. Feel the genitals filling with warm breath.
2. Visualize light shining down on the genitals—light from the sun, moon and stars. Focus on the penis or clitoris, bathed in light. Feel the genitals glow.
3. Feel a pulse beating inside the genitals. Feel them suffused with energy. Place a hand near the genitals and feel the pulse of energy. Now touch, very briefly, and feel the power surge through you.

Exercise 3: Catch Fire

1. Begin on hands and knees. Inhale, softening the stomach and feeling the pelvic diaphragm expand. Exhale, releasing and lightly pulling in the stomach.
2. On the inhale, imagine a small fiery ball of sexual energy at the perineum. On the exhale, pulling in the stomach, feel the fiery sexual energy move through the entire body, and then outside of the body. Feel it glowing all around you. Inhale, expanding your belly, pulling the energy back inside the body, back into a concentrated ball of fire at the perineum.

Exercise 4: The Microcosmic Orbit

The Microcosmic Orbit in Chinese medicine is made up of two channels, the Governor Channel (up the Back) and the Conception Channel (down the front).

The Governor Channel begins at the perineum and runs from the tip of the tailbone, up along the spine to the top of the head and then over the forehead, ending in the groove between the bottom of the nose and the upper lip. The Conception Channel runs from the tip of the tongue, into the throat, and along the midline of the body down to the pubic mound, through the genitals to the perineum. Touching the tongue to the roof of the mouth completes the Microcosmic Orbit.

We can use imagination to circulate sexual energy in the Microcosmic Orbit, up the back, and down the front, up the back, and down the front. This visualization helps spread sexual energy through the whole body, allowing for relaxed savoring in high states of arousal. Use this visualization as you self-pleasure.

This Microcosmic Orbit visualization helps distribute sexual energy, so it can be valuable for people who suffer from premature ejaculation or others who feel they peak too quickly. And, because sexual energy seems to expand when we visualize it circulating in the Microcosmic Orbit, the visualization is just as valuable for anyone suffering from anorgasmia or who is feeling disinterested in sex.

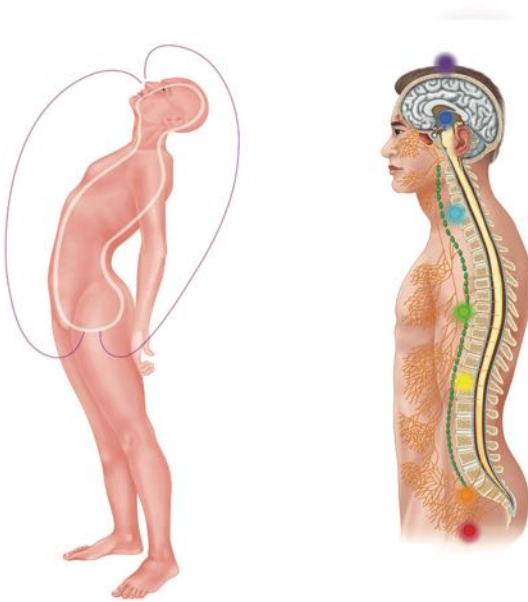


Figure 5. (left) Illustration showing Microcosmic Orbit for the circulation of *chi* or life-force energy. Erotic energy can be visualized as travelling from the genitals up the spine to the top of the head, and back down the front of the body into the genitals. The Macrocosmic Orbit for the circulation of *chi* draws in the energy of earth and sky. Figure 6. (right) Illustration showing Chakras. Erotic energy can be visualized as spiraling up and down the Chakras. Play with color, emotion and meaning. Drawings by S. Murali Shanmugam with Caffyn Jesse.

Exercise 5: Chakra Vibrations

1. Get out a favorite vibrator and put on some music.
2. Take a few relaxing breaths. Empty the mind. Let go of tension. Dance to the music.
3. Begin to take deeper breaths. Inhale through the nose and exhale through the mouth. Make it “circular” with no pauses between inhales and exhales. Rock the pelvis, arching the lower back on the inhale, curving it in on the exhale. Let breathing be erotic.
4. Bring attention, and then bring the vibrator, to the first chakra, the perineum. Feel the vibration in this centre of your connection with the earth and with survival. Feel the vibration in your sex. Breathe the color red through your whole body.
5. Bring attention up, and vibrator up, to the area of the womb, the sacrum. Feel the vibration in this centre of creativity. This is the home of personal power, our capacity for creative erotic connection. Breathe the color orange through the whole body.
6. Bring attention up, and the vibrator up, to the area of the solar plexus. Feel the vibration in this centre of our own uniqueness—what makes each one of us so special and important that we each have our own unique DNA. If we are not fully ourselves, the world will not have this. Breathe the color yellow through the whole body.
7. Bring the attention up, and the vibrator up, to the area of the heart. Feel the vibration in this centre of our capacity for loving kindness for ourselves and all beings. Breathe the color green through the whole body.
8. Bring attention up, and the vibrator up, to the throat. Feel the vibration in this centre of our communicative capacity—to sing and pray, and speak our truth, and ask for all we want. Breathe the color turquoise through the whole body.
9. Bring attention up, and the vibrator up, to the area of the third eye, between the eyebrows. Feel the vibration in this centre of our intuition, our inner wisdom, our psychic powers. Breathe the color indigo through the whole body.

10. Bring attention up, and vibrator up, to the crown of the head. Feel the vibration in this centre of our connection with the divine in ourselves and others, of our capacity for joy, for ecstasy. Breathe the color violet through the whole body.
11. Keep one hand on the top of the head, and take the vibrator back down to the root of the body (the perineum). Feel the whole core vibrating. Stay with it and ride the waves.
12. Turn the vibrator off, but keep paying attention to the body's vibration. Savor.

Resources

Caffyn Jesse, Breathe the Body Erotic, online course, www.erospirit.ca

Caffyn Jesse, Fantasy Doorways, guided meditation, www.erospirit.ca

Orgasmic Yoga Institute, online courses, www.orgasmicyoga.com

Sheri Winston, Orgasmic Abundance, free online e-book

Susan Crain Bakos, *The New Tantra Simple and Sexy: Longer, Better Lovemaking for Everyone*. Quiver, 2008

SENSUAL MESSAGE

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MASSAGE IS A WAY to interact with a person's whole being: body, mind, spirit and emotions.

Massage affects us physiologically in numerous ways.

Massage supports the circulatory system, increasing blood flow and the oxygenation of tissues.

Massage creates a detoxification effect. Toxins are flushed from the cells through the lymphatic system. There is also an increase in urination following massage that can last for several days, helping to rid the body of waste products.

Massage affects the muscular-skeletal system. Massage helps heal injured muscles and keeps tissues pliant and vibrant. Stiff, tense muscles pull the skeleton into distorted postures. With massage, muscles release and lengthen, allowing the skeleton to realign.

Massage affects the respiratory system. Breathing deepens and slows as the body relaxes. Massage also releases muscles that restrict the lungs' expansion, so deeper breathing becomes easy and joyful.

Massage generates a biochemical response. Serotonin and dopamine levels increase, reducing anxiety and depression. Cortisol, the stress hormone, decreases. Oxytocin increases, the hormone of love and bonding. Endorphin secretion is stimulated, building a feeling of bliss. This biochemical response is magnified when a massage is sensual and erotic.

Massage touches the mind.

As skillful touch soothes the nervous system, it invites the mind to

relax and open. In our “normal” state of stress, our ability to think and communicate is compromised. The nervous system’s fight-or-flight response creates a mental attitude of constant vigilance. The mind chatters, surveying potential threats. Massage encourages the brain of the person receiving to shift into the theta rhythm of meditation and creativity. Massage also oxygenates the brain.

Massage supports the spirit.

Skillful touch invites the experience of bliss. When you are blissful, you feel open and present. You feel at one with the world around you. A new energy wells up inside you. Through massage, we can feel “divine.” We experience spirit from the inside out.

Massage affects the emotions.

Loving touch encourages the heart to open. Receiving a massage, we experience the unconditional positive regard of another person through an embodied practice. In contrast to other touch exchanges, massage is non-demand touch. It is the well-being of the receiver that is the goal, and not the gratification of the giver. Receiving this focused, caring, positive attention in an environment of complete acceptance allows for an untangling of complex emotions. Buried feelings can surface as fear dissolves.

Most of us store fear and shame in the genital area, along with thousands of delicious nerve endings that can generate bliss. When genital touch is integrated into a massage, we can expect to encounter a wide range of emotions. As givers of massage, we can help recipients open their hearts simply by being unafraid of emotions. There is no reason to take emotions personally and no need to fix them. As givers of massage, we can welcome tears, just as we welcome joy.

Massage supports the integration of body, mind, spirit and emotions.

Talk therapies proceed from the outside in; changes in understanding are meant to help a patient become happy, calm and free. In my experience, this process is often an incomplete one. Patients come to my practice after decades of talk therapy. They have an excellent mental understanding of how they wish to put aside past traumas and become happier. But the body can’t catch up. They walk around with hyper-ac-

tivated nervous systems. Mind chatters, spirit shrivels, the heart wants to cling or close. With massage, the client's mind, spirit and emotions evolve from the inside out. Physiological processes support peace unfolding from within. There is an integration of well-being with a person's whole being. Biochemistry invites ecstasy.

We are used to “donut massages” that bring healing and pleasure to every area of the body *except* the genitals. Such massages can be wonderful, but inasmuch as they communicate the message that our genitals are untouchable, they do harm. In a culture that shames sexual feeling, many people learn to numb out pleasure and aliveness in the genitals and surrounding tissues. This abnegation of feeling creates what sexologists call the “Genital Hole” (a phrase that originated with A.H. Almaas). The “Genital Hole” becomes a place where the wounds of a lifetime get stored. Sensual and erotic massage includes and *integrates* the genitals. Exploring the range of sensation that is possible, we awaken the neural network. Such touch can assist us in bringing aliveness to this core part of our selves, expanding our capacity for feeling, and giving erotic energy an honored role in our bodies and our lives.

How to Touch

In my work, I have given massage to hundreds of clients. I have also received many massages—wonderful, forgettable, and downright uncomfortable. Through my experiences giving and receiving I've developed these guidelines for practice.

Be 100% present.

Understand that when we touch someone, we touch their entire history, their deepest wounds, their secret identity, their healing powers, and their most profound capacities for joy. With each touch, we must be mindful of this.

Your commitment to being 100% present can be reflected in the environment where you offer touch. Make it a sanctuary—quiet, private,

and set apart. Agree on a certain amount of time, and stick to it. Make this dedicated temple time, when both of you can let go of all other concerns, and completely focus on your experience.

Slow is better than fast.

Slowing down allows us to savor the sensuous, and to watch for and respond to non-verbal feedback from the person receiving. Slowing down gives time for the person receiving to notice nuances of physical sensation, and also, to pay attention to what is going on for them emotionally.

Touch at the “resilient edge of resistance.”

Touch that is too soft is irritating. Touch that is too hard is assaultive. The pressure that feels good changes will change from day to day and from moment to moment. Be acutely aware of how your touch is received. (The phrase “resilient edge of resistance” comes from Chester Mainard, via Barbara Carrellas.)

Love what you do.

Relish the joy and privilege of touching. Adjust your table height and your body posture to keep your own body happy and comfortable. You can lean into or pull back on someone to give them deeper pressure, rather than pushing. Pleasure or tension you feel will be transmitted to the person receiving.

Know your anatomy.

Learn about the body, including genital anatomy, and your hands will touch deeply and knowledgeably.

Ask for specific feedback.

Instead of asking, “Does this feel good?” you can ask for specific feedback by saying “Would more or less pressure feel better?” “Would you like one or two fingers?”

Say “Thank you.”

Make a habit of saying “Thank you” *every* time you get feedback or a request. A response like “I’m sorry” indicates feedback is received as criticism, and this inhibits future dialogue. “Thank you” invites more communication and deepening intimacy.

Use your breath to connect.

Breathe audibly to guide the person you’re touching into deeper relaxation, or higher arousal. Encourage them to cycle between relaxed savoring—with deep full breaths—and peaks of excitement, with rapid breathing. Feel them from the inside as you synchronize your breath.

Follow the guidance of the person receiving, use your intuition, and be ready for anything.

The last guideline is also a caution about the complexity of erotic bodywork. When we integrate respectful and skillful genital and anal touch in a bodywork session, we are counteracting patterns of shame in our culture and in each one of us. This can be deeply healing for the person receiving. But be aware this touch can also trigger shame, and painful memories. I work to empower my clients, follow their guidance, and then stay present through all that arises. There might be tears of joy or deep grief. Anger, attachment, guilt and fear can be part of what arises in a session. As givers of erotic touch we can encourage and model mindfulness—being there as a “compassionate witness” to all that is unfolding, in body, mind, spirit and emotions.

Sensual Massage is not Therapeutic Massage

Sensual massage can incorporate a huge vocabulary of touch, explore a wide range of emotional nuance, and include many varieties of sensation. Often it is desirable to begin a massage in a conventionally therapeutic way, with calming strokes to encourage deep relaxation and kneading to help release areas of tension. In other sessions, the person receiving might guide you to explore emotional dimensions of

touch. Touch can be playful, nurturing, aggressive, loving, dismissive, tender. You might offer to experiment with varieties of sensation, alternating between touch that is deep and barely perceptible, incorporating tickling, spanking, scratching, pushing and holding. Students in my advanced classes taught me to experiment with metaphor: “Touch me as if you were a wave breaking on a beach.” “Touch me as if you were a cat walking on a fence rail.” Many different approaches to touch can help awaken and heal.

During your session, regular check-ins are essential. Don’t be afraid to break the spell by asking open questions like “What would make this feel better?” You can say, “Keep guiding me.” Don’t stop engaging your client in directing you. Look for explicit confirmation that they like what you are doing. See if they want to continue or change your touch. Make sure they know you will stop whenever they want you to. As you hold the time container for your session, let your client know what is happening. “There are 10 minutes left in the touch part of our session. What would you like to experience in this remaining time?” can be a good question.

Preparations

As the person receiving will be without clothes and without draping, your space needs to be very warm. A warm pad on the table also helps. Warm your massage oil too.

Organic coconut oil has anti-fungal properties and is an excellent choice for a massage that includes the genitals. It congeals at temperatures below 70 degrees and requires special handling for comfort and safety. Melt the oil and put it into flip-top bottles, then melt each bottle again before using. Beware of open-top bottles that will allow your hand to contact someone’s body, and then come into contact with oil that will go onto another person’s body. This can spread infections. Wash your hands and your oil bottles very thoroughly between uses. Bottles should stay unlabeled, since labels on bottles can pick up germs.

Some practitioners like to use a favorite massage oil for the body,

and a water-based lube for genital touch. Whatever you choose for oil and lube, be sure to follow the safety guidelines above.

Mucous membranes, such as those in the genitals and rectum, are fragile tissues that can easily be torn. Minute abrasions create pathways through which infections can enter the body. Using medical-grade gloves when touching mucosal tissue will help to prevent abrasions and eliminate any possibility of infection passing between genitals and small cuts on the hands. Use non-latex gloves, as latex is an allergen that dissolves in oil. Use powder-free gloves, as powder will mix messily with lubricants and bodily fluids.

Timekeeping is an essential part of giving a good massage in a safe container with clear and predictable boundaries. Agree on the time you will spend together before you begin. The giver of massage needs to keep tracking time throughout the session so the receiver can let go of all time considerations.

While becoming a superb practitioner of erotic massage does not require extensive training in therapeutic massage, I do recommend a weekend massage course. This will give you a basic routine to get started with, a list of contraindications and precautions, and some hands-on experience.

Preparing yourself to give a massage involves letting your mind relax, so that you can fully concentrate on the person receiving. Warm your hands by rubbing them together, drawing up energy from the earth into your hands. Or warm your hands by holding a cup of warm tea, as you release all other concerns and prepare to welcome the massage recipient. Remove all jewelry and your watch.

Basic Massage Strokes

Holding

Don't underestimate the power of simply holding the recipient's body. Holding your hands still on a body part will bring the recipient's awareness to that area—their mind meets the energy in your hand. Holding is especially powerful when you initially make connection

with the recipient or when you connect with a new part of their body. You can hold the recipient's weight, as for example holding their head in your hands, or holding a leg in the air. You will find they gradually release their weight into your hands, when they trust you to hold it up. This can represent a profound unwinding of unconscious tension. When first approaching the genitals, it is advisable to begin with holding. Your hand held still on the recipient's genital area will allow trust, awareness and sensation to gradually unfold, rising into the warmth of your quiet hand.

Gliding

Use long, slow, flowing strokes over the whole body to begin a massage, and return to stroking throughout. Gliding strokes are used to apply oil and promote circulation, warming the surface of the skin. These strokes are also about connecting giver and receiver while bringing the receiver's awareness into the body. Use the full surface of your hand and allow your fingers to conform to the recipient's body. Land very lightly at the beginning of the muscle you are stroking, apply more pressure through the stroke, and leave lightly at the end. Be slow and steady with your touch, gliding the full length of a muscle from end to end. Don't jump from one area of the body to another. Try circling movements as well.

Kneading

Kneading breaks up adhesions in the fascia and muscle tissues and promotes circulation. Lift a fold of flesh and squeeze it gently as you knead. Avoid jerky motions, pinching, poking, or being hesitant. Grasp the recipient's flesh between thumb and fingers, one hand at a time, and roll it firmly as you slowly move across the muscles. Twist, pull and palpate the deeper tissues, moving across the body, or focusing on a single spot where tension is stored. Lean into the recipient's body to apply deeper pressure.

With deeper strokes, you need to be sure to avoid pressing directly on joints or bones, or soft tissues like the throat or belly.

Balance repetition and variety. A good rule of thumb is to repeat a stroke three times. Three times feels great as the body relaxes into the repetition. More than three times, and your giving can start to feel robotic, while the recipient becomes bored. Be sure to give each side of the body equal attention, or the recipient will feel unbalanced.

Wringing

Stroking with moderate pressure across the grain of a muscle or muscle group creates friction, and is a very effective way to stimulate blood and lymph circulation while stretching congested muscle tissue. Wringing generates heat in the tissues. Try cross-fiber movement up and down the back, the arms and the legs.

Compression

When the muscles are warmed and relaxed, you can experiment with deeper pressure. You can compress muscles and muscle groups with your palms, the heel of your hand, thumbs, fingers, elbows, fists and even knees. Big muscles—especially the gluteal muscles of the butt—love deep pressure.

As a general rule, start light and gradually go deeper, then back off gradually. Remember—no pressing on joints, bones and soft tissues!

Percussion

Tapping, drumming, hacking and slapping the body with percussive strokes can set up vibrations that stimulate and invigorate the inner organs.

Begin very lightly and watch carefully for the receiver's reaction. Some people find percussive strokes unpleasant and even violent.

Massage Ergonomics

Ideally the table is supposed to be at the height of your hands when you stand beside it and make a fist. Keep your back straight so your mobility comes from the pelvis and legs. Rooted and grounded, you

can lean back from the pelvis to lift, lean in to press. Spread your legs and squat rather than bending your back. Just say no if you are feeling strain, and adjust your position until there is no strain. I sometimes climb on the table or put one foot on the table to gain leverage. You should finish a 2-hour massage feeling pleasantly exercised in your body, *never* worn out or strained.

Knowing When Not to Massage

A client may have several conditions or illnesses that mean you should not offer massage, including (but not limited to) psychiatric disorder, infectious disease, venous conditions, and uncontrolled hypertension. If the person receiving has been a victim of any trauma, proceed only with great caution, and be guided by their continual communication. If the recipient is susceptible to severe asthmatic attack, allergic reaction, diabetic coma, epileptic seizure, and heart attack, you should only massage with due caution. People with osteoporosis should be massaged very gently. Do not massage a pregnant woman without specialized training. Have your client check with their doctor to see whether massage is contraindicated with their health conditions. The first and foremost rule of any therapy is “Do No Harm.” If you are uncertain, don’t do the massage.

Always follow these precautions:

- Do not massage anyone without intake and assessment procedures and without having them sign a waiver.
- Do not massage people sensually or erotically without engaging in exercises that empower their enthusiastic consent.
- Do not press on joints or bones. Doing so is dangerous and can cause injury.
- Do not massage areas of acute inflammation.
- Do not massage cancer patients over sites of active cancer.
- Do not massage varicose veins.
- Do not massage wounds or recent surgeries.
- Do not massage unconsolidated fractures.

Exercise 6: A Basic Massage Routine

Begin with a general discussion about what the receiver wants from the ritual and how they like to be touched.

Ask the receiver to lie face down on the massage table. Guide them to breathe and relax, and to let you know when they are ready to be touched. Introduce your touch by simply holding. Synchronize your breath. Then massage one side of the back, using gliding strokes to apply oil. The back enjoys broad circular strokes. Press into the muscles along the spine, but be sure not to press on the spine.

Have the person receiving guide you. Ask them specific questions like, “Would more or less pressure feel better?” “Would faster or slower feel better?”

Work into the shoulder with kneading strokes to help them release the weight of the world.

Work one side of the back and then the other. Finish with integrative strokes over both sides of the back, down into the sacrum, from a position at the top of the head.

Move to the side of the receiver you first worked on. Begin giving your attention to the butt cheek. Start with holding, then gentle circles, and gradually increase the pressure if your client likes it. Try compression strokes with the heel of your hand, and your fist. Back off gradually.

Massage the leg, avoiding pressure on the knee. Try wringing strokes as well as gliding strokes. Add compression when working on the thigh.

Do one side of the body and then the other.

You can use different kinds of sensation to awaken the body, as well as relax it. Featherlight stroking, scratching and tapping can all be enjoyable.

Turning over can be a moment when the person receiving feels deeply vulnerable. Take your time, and let them settle.

Sit behind the head to work on the shoulders. Incorporate the breasts. Massage the neck from this position. Face massage feels wonderful. The face has its own natural oil—don’t use much extra oil on the face.

Moving to one side of the receiver’s body, give arm, hand and

fingers attention.

Massage the front of the leg, avoiding pressure on the knee. Try wringing strokes as well as gliding strokes. Add compression when working on the thigh.

Do one side of the body and then the other.

This is where conventional massages end. If you are exploring integrating genital touch, go slowly, mindfully, and with awareness of potential pitfalls. Massage should include genital touch only at the request of the person receiving. Always be guided by their ongoing communication. Ask, "How would you like to be touched?"

Exercise 7: Breast Massage

Breasts can be key to a woman's experience of sexual pleasure. In Taoist and Tantric understandings of women's sexual energy, breasts are the gateway to love and orgasm.

Some women regularly have orgasms through breast stimulation alone. Yet many women do not want their breasts to be touched or feel no pleasure when they are touched. Unfortunately, rough and insensitive handling of breasts during erotic exchanges is the norm. This leads women to extinguish sensitivity on the neural pathways that connect their breasts with erotic pleasure. In addition, women carry around many negative feelings about their breasts. Concerns about breast size, shape, hang, texture, color, nipple conformation, and the consequences of breast surgeries interfere with women's self-acceptance and their capacity to tune in to the subtle sensations in their breasts. Breasts are also the gates to the heart center and these gates may be implacably closed due to emotional injury. Loving, sensual massage, without any erotic demand, can gradually reawaken the sexual and emotional potential of the breasts. The body responds to respect and loving acknowledgement by expanding sensation.

Slowly rub warm massage oil onto her arms and shoulders. Massage the pectoral muscles above the breasts, and then gently incorporate her breasts.

Do NOT touch her nipples!

Work on both breasts simultaneously or sequentially. Focusing only on one breast will leave her feeling unbalanced.

Slowly cup each breast, like a bra, keeping your fingers relaxed and open. Just hold her breasts for a time, allowing sensation to arise beneath your hands. Swirl your fingertips around the base of her breasts. Feel into the seam that attaches her breast tissue to her chest.

Run your well-oiled fingertips from the bottom of her breastbone up to her throat. Feather your fingers out from the center of her chest onto her breasts, but Do NOT touch her nipples yet! Return your hands to the “bra” position, cupping and gently vibrating the breasts.

Make heart circles, drawing a heart shape on her chest with two hands, between her breasts, around the top of the breasts, and down to a point at her pubic mound. Come up the center and do this again, several times, then reverse directions.

Find many ways to make circles and spirals around her breasts without touching the nipples. Rub your palms from above her nipples up to her collarbones. Stroke her chest lightly from the side of the ribcage, toward the nipples. Then surreptitiously and almost imperceptibly brush the backs of your fingers across her nipples just once. Start tickling, swiping, twirling your fingers on her skin and add nipple brushes in to the mix.

Only if and when she is responding with arousal to breast touch (and this may take many sessions of delicate breast massage) you can experiment with adding more nipple play. Let the circles you make around her breasts gradually grow smaller, until you gently circle around the nipples. Roll the tips of her nipples between your thumb and forefinger. Touch them with a featherlight touch and try plucking them with all your fingers. Some women want to be pinched hard. Ask her how she likes it.

When massaging a woman who has had a mastectomy, trust that though the external breast has been amputated, the energetic breast is there to be loved. Scar tissue from any breast surgery may require special attention; see the chapter in this book on “Healing Painful Sex.”

Resources

Videos

Caffyn Jesse, *Learn Erotic Massage for Healing and Pleasure*, online course
New School of Erotic Touch. *femme à femme—Erotic Massage*.

Books

Barbara Carellas, *Urban Tantra*. Celestial Arts, 2007
Gordon Inkeles, *The Art of Sensual Massage*, Bayside, CA, Arcata Arts, 2011
Susan Mumford, *Sensual Massage: The Joy of Touch*. Reed International Books,
1994
Kenneth Ray Stubbs, *The Essential Tantra*, New York, Penguin, 1999

TOUCHING WOMEN

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Introduction

I want to live in a world where girls and women are free to shine with their full radiance, unconstrained by fear or shame. Can you imagine a world where female sexuality is honored and celebrated?

Imagine learning to be a girl and a woman in a culture where female genitals are sacred and beloved—seen as a symbol of the great goddess, and the source of all. Imagine a world where both personal and cosmic harmonies depend on women's sexual ecstasy.

Imagine there are temples where women share their erotic knowledge and wisdom, teaching daughters, sisters and friends how to keep their vulvas strong and supple, healthy and free, and how to access all the pleasure that is possible.

Imagine a world where every vulva is celebrated as beautiful in its unique configuration. No girl is hurt or shamed or filled with fear. Every style of being a woman is welcomed, including masculine, feminine and genderfluid, and all pathways to being female are celebrated, including transgender journeys.

What stops us from claiming our pleasures? Women need:

- **More Worthiness.** Sexism and sex-negativity keep us from claiming our pleasures. We are taught to feel our desires aren't important, our vulvas aren't beautiful, our pleasure is unworthy of attention, respect, educated touch, and the time required for

full arousal and multiple orgasms. Heterosexism and transphobia keep women from claiming their pleasures, when their pleasures involve sex outside the box.

- **More Sensation.** Because girls and women are shamed about sexual feelings, we can suffer from a lack of capacity to *focus* on sensation. The mind is nervous and distracted. We don't give enough value to erotic feeling. The nerves of the vulva can be deadened by neglect, and by exposure to trauma. There can be scar tissue. There can be an overall body armoring.
- **More Knowledge.** We are not taught about basic female genital anatomy. We don't ourselves know enough about what is possible, and we don't have knowledgeable partners.
- **More Time.** With the lack of knowledge, there is a lack of time spent pleasuring the erectile tissue beds of the clitoral complex. Whether we are talking about partner sex or self-pleasuring, the average sex act in North America is all over in 8 minutes. And sometimes its great to have a quickie. But women's anatomy of arousal includes beds of erectile tissue that take an average of 40 minutes to engorge.
- **More Lube.** Sex is needlessly uncomfortable or painful for too many women. It is a simple physiological fact that older women experience dryness and thinning of the tissues of the vulva. We need more lube. For young women too, this is good advice. Whether we are talking about external or internal stimulation, everything goes better with more lube. More lube allows longer and more diverse stimulation of the genital tissues.

Growing up female, most women experience intense shame about the look and smell of their sexual parts. Instead of celebrating menstruation, there is a vast industry built on hiding and shaming it. Scented vulva perfumes and douches, despite their proven health hazards, are widely marketed. Girls are not told about the vast diversity of labial structures that are normal and beautiful. Many women fear their inner labia are abnormal because they are longer than the outer labia, or

because one lip is longer or larger than the other. Vaginoplasties numb sexual feeling, but many women choose Barbie-doll pussies over erotic joy. As erotic massage practitioners, we meet and address these cultural wounds.

The Vulva: Anatomy

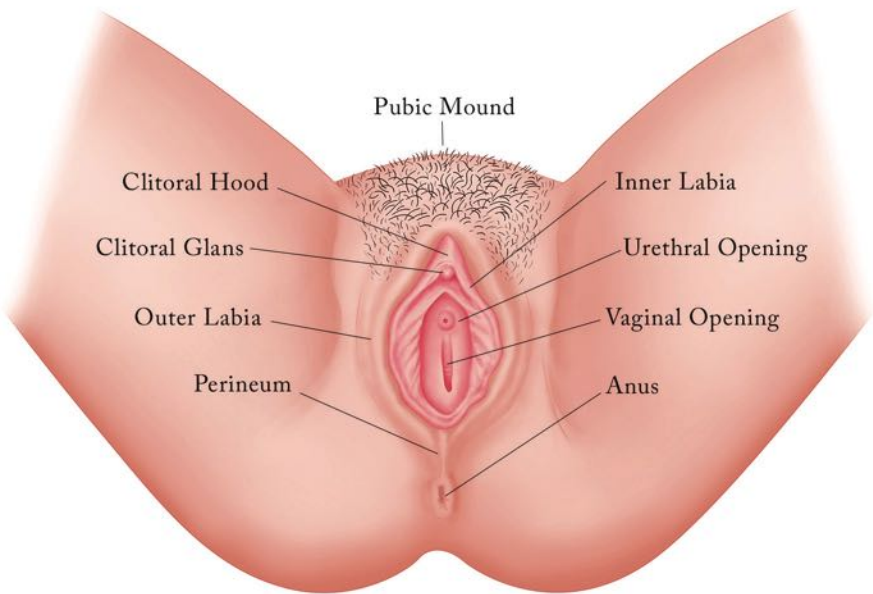


Figure 7. Parts of the external vulva. Drawing by S. Murali Shanmugam with Caffyn Jesse.

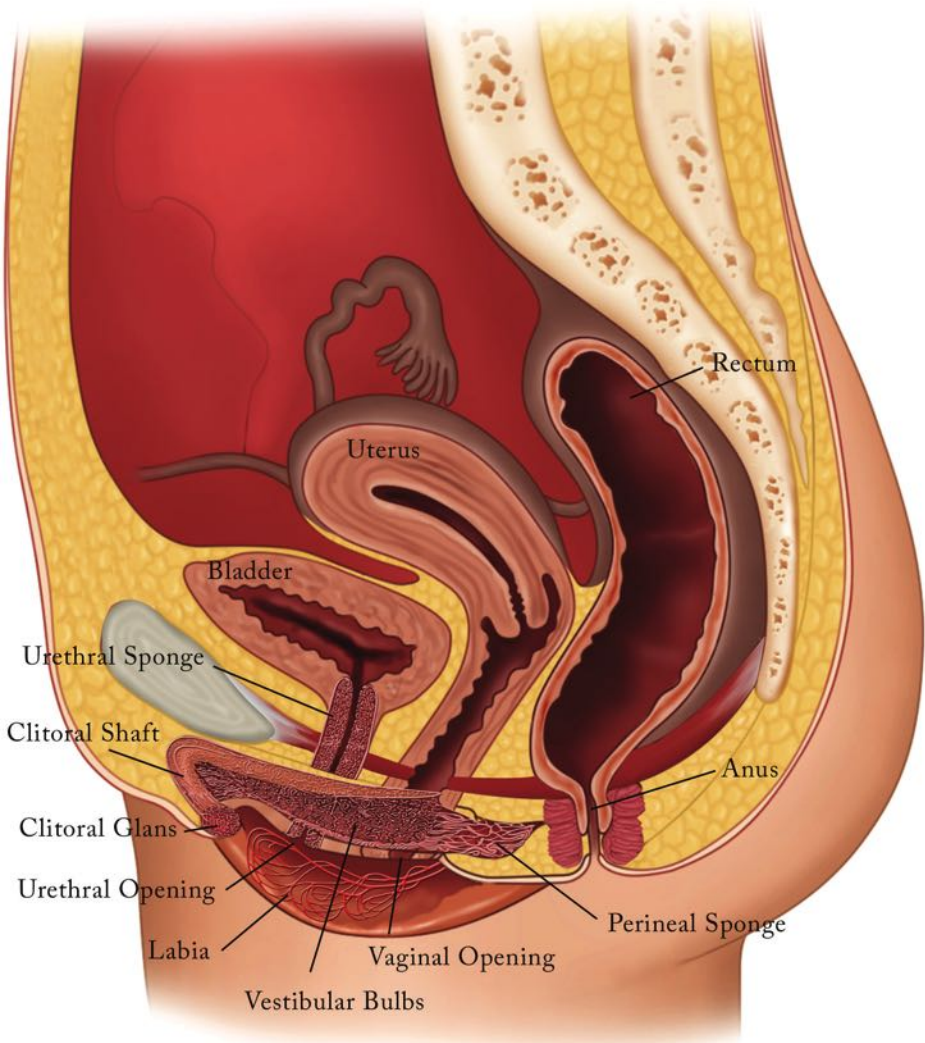


Figure 8. Female genital anatomy, sagittal view. Drawing by S. Murali Shanmugam with Caffyn Jesse.



Figure 8b. Female genital anatomy, saggital view, showing engorgement of erectile tissues. The erectile tissues of the clitoral complex become engorged with blood—including the shaft and glans of the clitoris, the legs of the clitoris, and the vestibular bulbs. The urethral sponge, surrounding the urethra, becomes engorged with prostatic fluid. Drawing by S. Murali Shanmugam with Caffyn Jesse.

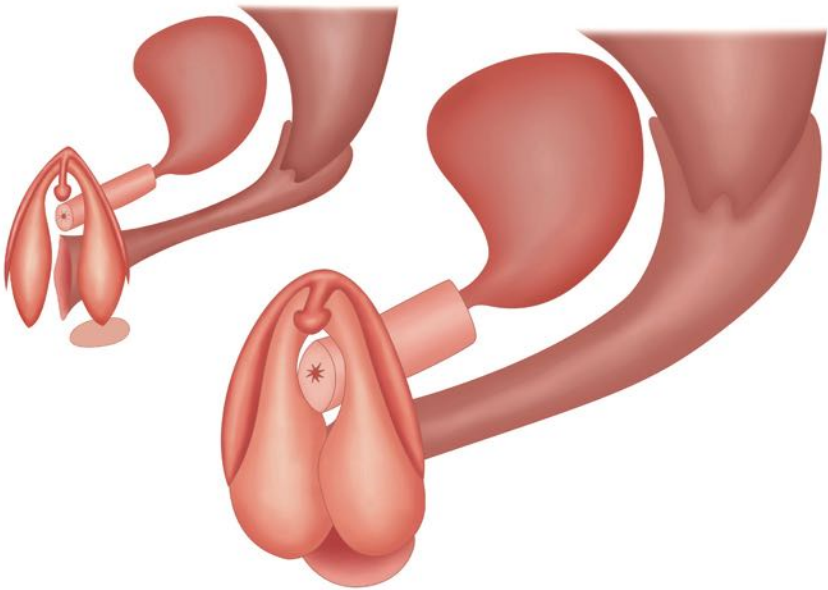


Figure 9. Female Genital Anatomy, $\frac{3}{4}$ view, showing changes with arousal and engorgement. Pelvic ligaments contract, shifting the position of the uterus, moving the cervix out of the way of penetration, and expanding the vagina.

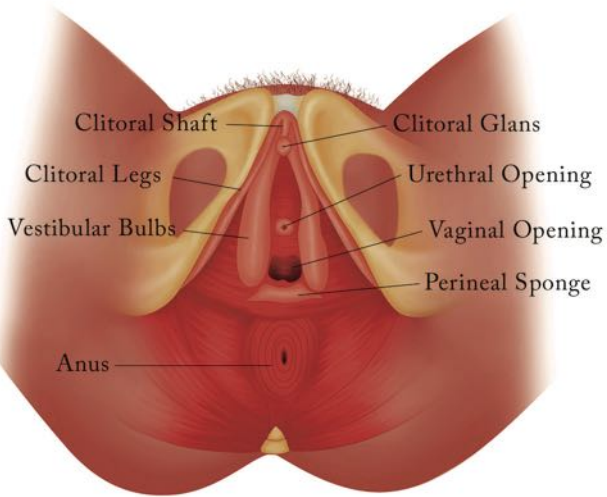
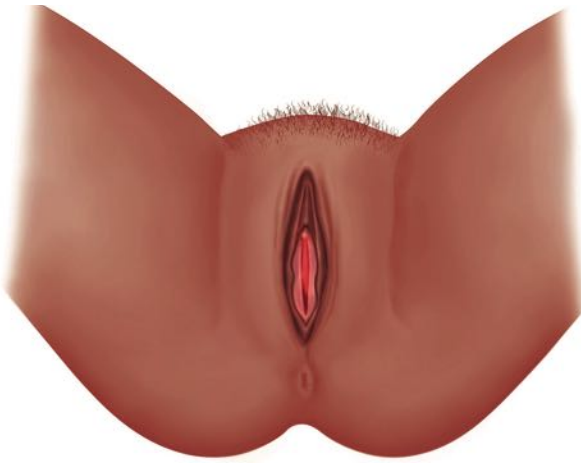


Figure 10a The erectile tissue of the clitoris, unengorged.



Possible changes in the external vulva with arousal and engorgement are shown in Figures 10b (unengorged) and 11 b (showing engorgement). The clitoris may increase in size 2-3 times and protrude from beneath the hood. Outer lips become puffy, separated and elevated. Inner lips increase in size and extend outwards.

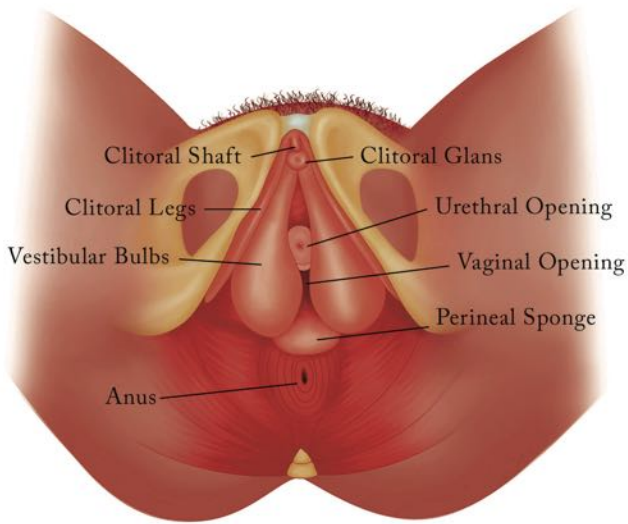


Figure 11. The erectile tissue of the clitoris, engorged.

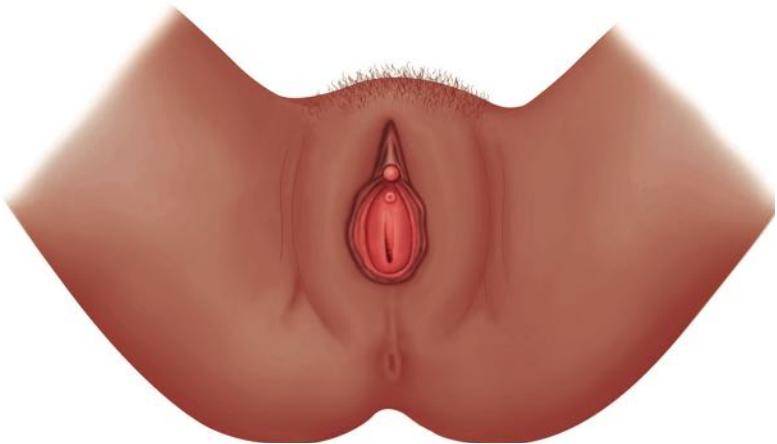


Figure 11 b. Possible changes to the external vulva during arousal and engorgement. In addition to the changes shown in these diagrams, an engorged urethral sponge (G-spot) may become more visible at the vaginal opening. The appearance and behavior of women's external genitals varies widely. All drawings on this and the previous page by S. Murali Shanmugam with Caffyn Jesse.

Genitals are as different as faces. Each woman has her own unique labial configuration. Some lips are fat and some are thin. Some lips are long and some are short, and some are markedly asymmetrical. Sometimes the glans of the clitoris is prominent, and sometimes it seems impossibly hard to find. Huge ranges of colors, shapes and sizes all are normal and beautiful.

We are all innervated differently too. Some women need very gentle touch, and others respond best to deep pressure. This can change within a session and between sessions, with the degree of arousal, the time of the month, and the stage of life. Some women readily enjoy internal stimulation, while for many others it takes prolonged external stimulation, plus education and practice. Learning the anatomy of the vulva cannot replace communication and creativity, every time, with each recipient of your touch.

Beneath the almost overwhelming diversity of vulva shapes and sizes, natal women have a similar anatomical structure. There are beds of erectile tissue—the clitoral complex—whose blood vessels contain one-way valves that can close to allow engorgement, with sufficient stimulation, focused attention and a relaxed environment. There is as much erectile tissue in a vulva as in a penis, but most of it is hidden beneath the skin.

When and if the erectile tissue surrounding the vagina becomes engorged and puffy, vaginal penetration may become pleasurable. As the swollen tissue surrounding the vagina is stimulated, the whole clitoral complex can be engaged by internal penetration. If penetration happens before she is ready, none of this potential is tapped.

Many men and women worry that their genitals are either too large or too small. These worries arise from a dearth of knowledge about the anatomy of arousal. When women are given sufficient time and attention to engage and engorge the whole clitoral complex, penetration by the smallest object or penis can be an exquisite pleasure. At the same time, this engorged tissue is more distensible and, with adequate lubrication, a large object or penis can be accommodated comfortably.

With high arousal and knowledgeable stimulation, the urethral

sponge engorges with prostatic fluid. This is the area known as the G-Spot. Many women wonder why their G-Spot is not sensitive. One answer is that the urethral sponge is typically the last area to develop sensitivity in a trajectory of arousal. Expanded juiciness requires more stimulation, more varied stimulation, and MORE TIME.

The vagina actually expands during high arousal, even as the entrance to the vagina narrows with engorgement of the erectile tissues. Pelvic ligaments contract, raising the uterus up over the bladder, resulting in an enlarged vaginal canal and the “wide-open” feeling that women sometimes report with extended arousal.

The pudendal nerve is largely responsible for innervation of the external and internal clitoris. The pelvic nerve innervates the vagina. The cervix and uterus are also innervated by the hypogastric nerve and the vagus nerve. The vagus nerve is a cranial nerve that travels through the body outside the spinal cord. Through this pathway, women who have complete spinal cord transection can experience orgasms, despite an absence of external genital sensation.

Exercise 8: Vulva Mapping

After a full-body massage, you can begin genital exploration by stimulating the area around the vulva—the thighs, the lower belly, the inguinal crease. Drape your hand over the vulva and simply hold. Vibrate the pubic mound, and move the flesh over the pubic bone in circles.

Apply oil. Explore the territory between the thighs and the outer labia. Roll and gently tug on the outer lips, and then the inner lips.

Find the clitoral hood, the shaft, and the clitoral legs. Pull back the hood to reveal the glans. Some women are too sensitive to be touched here directly. If you touch here, do it very, very gently, with lots of lube. Try lightly tapping, and gently stroking, as if you were stroking an eyelid. Go even slower, and even more gently.

Stroke the shaft through the hood. Roll the shaft back and forth, all the way up to the pubic bone. The clitoral shaft becomes erect when the clitoral complex gets engorged.

Feel deeply into the vulvar vestibule, along the sides of the bones of the pelvis, touching the legs of the clitoris, just under the bone.

The vestibular bulbs may start to engorge during clitoral stimulation. The vestibular bulbs lie beneath a layer of muscles, behind the inner lips and surrounding the entry to the vagina (the “vestibule”). Press into the flesh around her vagina and move it back and forth over her vestibular bulbs.

The perineal sponge lies inside the body between the vagina and the anus. This sponge is engorgeable tissue that helps to squeeze the vaginal opening tight when it is full of blood, along with the vestibular bulbs and the urethral sponge. The perineal sponge can be stimulated from the outside, through the perineum. Vibrate, press and release the perineum. It can also be stimulated from inside both the vagina and the anus. (We must be careful never to touch the vagina with a finger that has touched the anus. Mixing anal and vaginal juices can result in a nasty bacterial infection.)

If you are invited to enter the vagina (and be aware that many women never want vaginal penetration), you can find the glandular tissue of the G-Spot on the top wall of the vagina, just inside. It may have a ridged feeling, which gets more pronounced as arousal increases. Using plenty of lube, gently insert one finger, with the pad of the finger facing straight up. Stroke along the urethral sponge from the entrance of the vagina to deep inside the vaginal canal. Feel along the back and the edges. For some women, there is an area of exquisite sensitivity at the back of the urethral sponge (they have a G-Spot). For other women, the whole sponge is sensitive. Some women find that external stimulation of the area around the urethral opening can be orgasmic. This area has been described as the “U-Spot.”

The Vulvovaginal Glands (aka Bartholin’s Glands) are located under the inner lips, on either side of the vagina. They secrete a drop of two of slippery lubrication into the vagina when a woman is aroused. Lightly pressing and tapping the inner lips in the vaginal area can stimulate these glands. The lubrication they secrete can be felt about half an inch into the vagina.

If sufficient arousal has built and internal stimulation is enjoyable, you could explore another area of pleasure potential around the cervix. Towards the front of the body, behind the urethral sponge and before the cervix, you can find a potentially sensitive area that has been described as the “A-Spot.”

Find her “A-Spot,” stroke gently and allow her response to arise. If she is enjoying your touch, give this area plenty of time. 10-15 minutes here may produce a new form of vaginal lubrication. Capacity for ecstatic sensation in this area can build with practice.

For some women, gentle stimulation of the cervix is very pleasurable. For many others, it is painful.

Towards the back of the body, behind the cervix, is the area known as the “P-Spot.” Stroke to see if there is sensitivity, pleasure or discomfort in this area.

To finish any exploration of genital anatomy, remove your finger(s) from the vagina ever so slowly. Hold your hand still over the public mound. Let it rest there, as your other hand touches her heart chakra, between the breasts. Breathe together and stay connected as she relaxes. It can be nice to finish with a prayer or blessing, and a talk about what you each experienced with the process.

Resources

Videos

Caffyn Jesse, *Learn Erotic Massage for Healing and Pleasure*. The video focusing on vulva touch is called “Waking the Neural Network.”

_____, *Vaginal Orgasm*, YouTube

Pleasure Mechanics, *Guide to Fingering*

Books

Rufus Camphausen, *The Yoni: Sacred Symbol of Female Creative Power*. Inner Traditions, 1996.

Hylton Coxwell, *Vulva 101*. Designed to help society overcome its fear and shame regarding vulva, *Vulva 101* features closeup photos of one hun-

dred and one women's vulvas, ranging from 18 to 65 years old. Each page focuses on one woman's vulva from three different angles. Offered as a free download on the Internet June 2014.

Rebecca Chalker, *The Clitoral Truth: The Secret World at Your Fingertips*, Seven Stories Press, 2000

Federation of Feminist Women's Health Center, *A New View of a Woman's Body*, 1991

O'Connell, Helen E. et al., "Anatomy of the Clitoris," *The Journal of Urology*, 2005, Volume 174 , Issue 4 , 1189—1195

Sheri Winston, *Women's Anatomy of Arousal*. Mango Garden Press, 2011

ORGASM COACHING FOR WOMEN

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Many women who come to see me say they are turned off sex or not experiencing orgasm. Erotic massage can help these women learn to stay present with pleasurable body sensation, as they practice allowing sexual feeling to fill the body and quiet the mind. With erotic massage we are also educating the woman receiving (and her partner, if applicable) in understanding the range of sensation that is possible, while we simultaneously educate her genital tissues to feel more and more sensation.

How can our nerves learn to feel? Just as we can build muscles with dedication to regular workouts, we can build new neural pathways by offering our nerve endings regular touch.

Dr. Douglas Wahlsten, eminent neuroscientist, explains. “The synapses at the end of nerve fibers have a rapid turnover. They are formed and broken down frequently in ways that are activity-dependent. In addition, pathways in the brain that are most active slowly build more and more connections, and areas of the brain devoted to specific functions gradually expand when they are exercised, more rapidly early in nervous system development, but continuing throughout life.” At the level of sense receptors, more stimulation leads to more sense receptors. In the brain, where connections between things are made, more attention to pleasurable sensation should lead to an increasing capacity for pleasure.

“If muscles and bones aren’t used, they quickly atrophy, as we see with astronauts,” says Wahlsten. “The same thing happens with the nervous system. Synapses with a lack of activity will be degraded and not replaced, so sensitivities can be lost over time.”

For a woman’s full pleasure potential to unfold, she will need an environment where she feels safe. Anxiety, stress and distress activate the Autonomic Nervous System. Sexual response is inhibited as the body prepares to fight or flee. When we cannot fight or flee, but must endure frightening and transgressive experiences, we dissociate. Too many people have learned to dissociate from genital sensation by enduring painful or unwanted sex. And for a woman’s full pleasure potential to unfold, she will need an environment where she feels challenged and excited. People go numb enduring boring sex. We need to meet each client, each time, in a way that can invite their full potential, seeking the right balance between safety and challenge.

Clitoral Glans Orgasm

A clitoral glans orgasm is what most women know to be an orgasm. Intense stimulation of the clitoral glans builds arousal and whole-body tension, climaxing with an orgasmic peak that lasts 20-30 seconds (or much longer with techniques I write about in Exercise 9). The muscles of the pelvic floor contract, and the orgasm feels intense, wonderful, and relieving.

Use lube and start touching the glans softly. Increase the pressure, speed and intensity, following her desire. She might experiment with lying on her back, and lying face down on top of your hands, her hands, or a vibrator. Some women want and need direct, intense stimulation of the clitoral glans, while others only enjoy indirect stimulation through the clitoral hood. If that feels like too much, try stimulation through blankets. Sometimes one part of the glans is most deliciously sensitive. Experiment with doing the same motion repeatedly for a long period. 45 minutes of focused stimulation of the clitoral glans is an ordinary amount of time to generate a clitoral glans orgasm. Too

many women give up way too soon. If a woman's mind wanders, guide her to change the touch, blend in other kinds of touch, use erotic visualizations, and bring in fantasy to ramp up her arousal.

Full Clitoral Complex Orgasm(s)

Another way for women to explore and experience their orgasmic capacity is through Clitoral Complex Orgasm(s). When the whole landscape of the clitoris is engaged, orgasms feel different. Exploring with knowledge of her genital anatomy, follow her guidance to stimulate the whole clitoral complex until it is engorged and erect.

An example of a stroke that would engage the whole clitoral complex, once it is nice and erect, is using three fingers of one hand in a circular motion, pressing into her pubic mound to pleasure her glans, while the other hand stimulates the vagina and the anus, being careful not to mix juices. Alternately, you can use a thumb to stimulate the glans in a strong and focused way, while one finger stimulates the vaginal opening, and another finger pleases the anus. You can gauge the pressure that is desirable by noticing if she is pushing into your thumb or withdrawing from it.

Whenever she feels a sense of climax, encourage her to express and enjoy the orgasmic sensation, but don't stop. Keep the stimulation going. More and more pleasure is possible. Instead of thinking "relief of tension" as with the Clitoral Glans orgasm, Clitoral Complex orgasms can feel more like opening, opening, opening.....

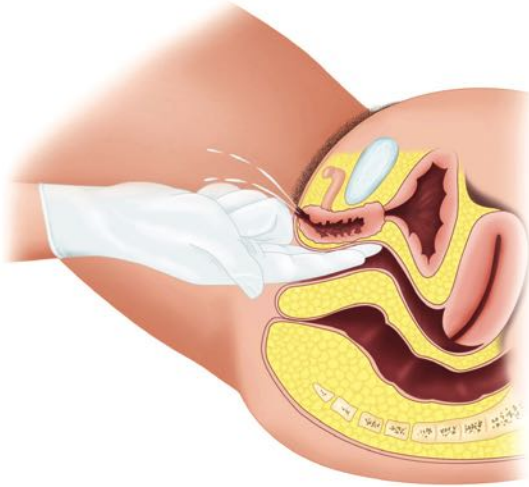


Figure 12. Anatomy of female arousal showing the “G-Spot” or Urethral Sponge. Stimulation of the “G-Spot” can lead to ejaculation. Drawing by S.Murali Shanmugam with Caffyn Jesse.

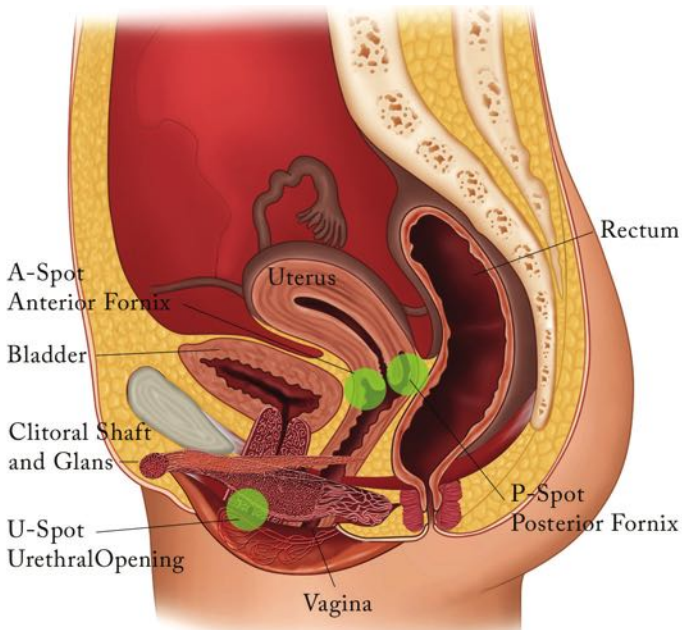


Figure 13. The anatomy of female arousal, showing the “A-Spot,” “P-Spot” and “U-Spot.” Drawing by S. Murali Shanmugam with Caffyn Jesse.

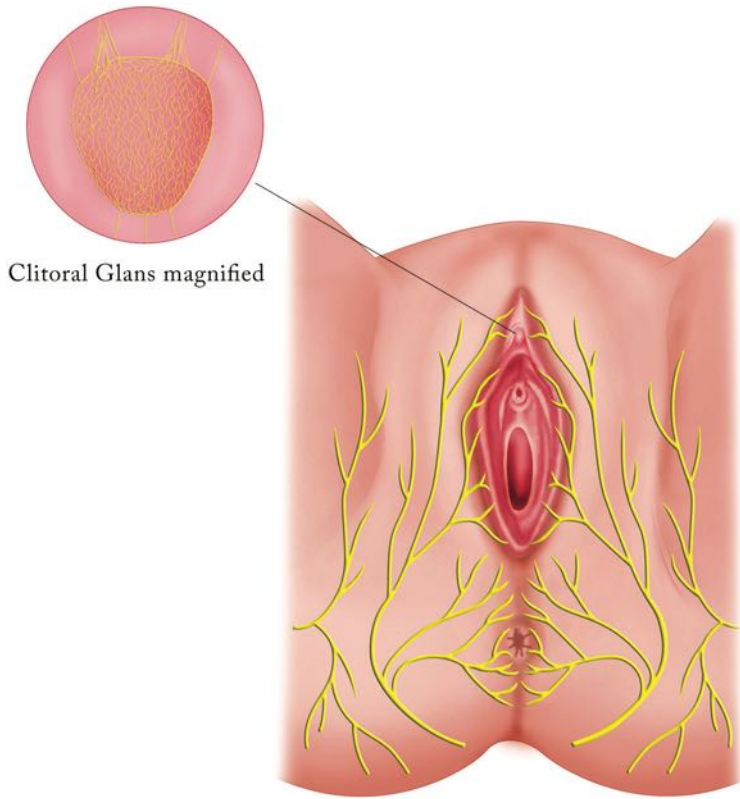


Figure 14. The anatomy of female arousal showing innervation of the vulva by the pudendal nerve. Drawing by S. Murali Shanmugam with Caffyn Jesse.

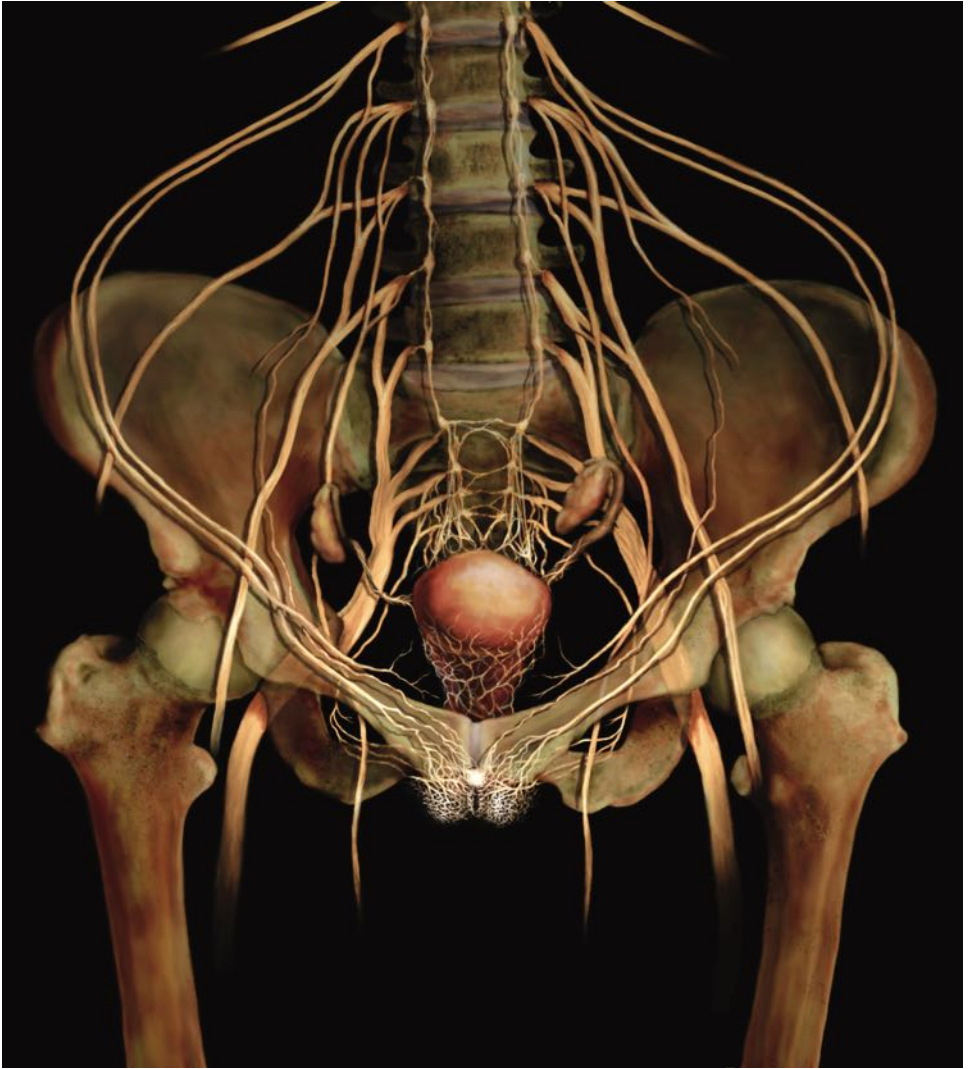


Figure 15. Visualization of the anatomy of female arousal showing innervation of the genitals and surrounding areas. Note that the clitoris is the most intensely innervated area. Internal anatomical structures are also highly innervated. The external clitoris is largely innervated by the pudendal nerve. The pelvic nerve, hypogastric nerve and vagus nerve innervate the internal structures. Image from Anatomical Travelogue/ Science Photo. Used with permission.

Vaginal Orgasms

While the clitoral glans and the clitoral complex usually have a primary importance in women's orgasmic journeys, different pleasures are accessible in women's inner realms. This is not a prescription for what any woman should feel or experience. So many women have experienced pain and injury with penetration, through violence, and through consensual sex with inadequate arousal and lubrication. Many have learned to numb their vaginas, close their sensory pathways, and dissociate during vaginal stimulation. In addition, all women are innervated differently. In some women, the nerves innervating the vagina are readily accessible. For others, there can be a process of building more and more feeling capacity in the vagina through many experiences of pleasurable stimulation.

Only when and if she is ready, begin to explore her inner world. Once inside, don't forget the clitoris. You can keep stimulating her externally with your other hand. Or encourage her to pleasure herself, or use a vibrator, while you focus on internal stimulation.

Sacred Spot Massage

For many women, the G-Spot is a big mystery. A 2009 British study, based on personal testimony from a large number of women, concluded that the G-Spot did not exist. Some women can identify their G-Spot anatomically, but wonder, "What's the big deal?"

Yet for millions of women over thousands of years, the G-Spot has been a place of vast and dependable pleasure, and the source of "Squirting Orgasms." The G-Spot is an area of profound importance in women's erotic anatomy.

The G-Spot holds incredible pleasure potential, yet this tissue can be numb or painful due to physical and emotional blockages that are stored in this area.

As discussed previously, the G-Spot is misnamed because it is not a single "spot." It is a cone of erectile tissue that surrounds the urethra.

Different women have different urethral sponge shapes and different areas of maximum sensitivity.

The G-Spot can be numb or painful to touch. A woman will suffer micro-tears in this tissue anytime she is penetrated before she is ready. Childbirth and abdominal surgery can also result in scar tissue that makes G-Spot stimulation hurt. If a woman is experiencing numbness or pain, I encourage her to spend many hours receiving G-Spot massage. With massage she can gently and safely feel her way into the wounds stored in the tissue, and allow them to be witnessed and to heal. For many women, there seems to be a vast reservoir of tears locked in the G-Spot. Rather than ejaculating, they may weep. I see this as a beautiful erotic release.

It may take several months or more than a year of regular massage to help women discover the pleasure potential of the G-Spot.

Combine G-Spot massage with massaging the clitoral glans to magnify feelings of pleasure and educate the nerves into a new state of awareness and sensitivity.

G-Spot massage is one way to heal and awaken the inner vaginal environment. In a non-demand situation, directed by the receiver, women can learn to go deeply into all the feelings of grief, joy and electric pleasure that the G-Spot can offer.

Squirting Orgasms

G-Spot Massage can also be a way to explore the mysteries of Squirting Orgasms. Ejaculatory fluid accumulates in the tissues of the urethral sponge during engorgement.

In order to ejaculate, we have to give ourselves permission—both to experience a very high level of sexual excitement, and to make a big mess. Make sure that you celebrate messiness! Let her know that it's okay to pee. Use a towel or a “bed protector” pad to create a place of permission.

The woman exploring ejaculation will need to be well hydrated. She can be encouraged to drink lots of water, and also to pee right before the massage, so she will be reassured that her bladder is empty.

Start slowly and engage all the erectile tissues of the clitoral complex. Use a vibrator to ramp up arousal. Let her enjoy an orgasm or two before going inside. Use your fingers to start stimulating the G-Spot through the front wall of the vagina, while continuing to stimulate the external clitoris with your other hand, or a vibrator.

I suggest using a pulsing motion to stimulate the G-Spot, rather than the oft-described “come hither” motion. The latter can irritate this sensitive area and cause injury. Pulse gently at first, moving your whole hand from the elbow. Increase the speed and intensity of your pulses if her arousal increases and more speed and pressure feel desirable to the woman receiving.

When the G-Spot is highly stimulated and engorged, and sexual energy is high, she may feel that she has to pee. Invite her to go with that feeling, allow it, and focus on it while you continue to stimulate the G-Spot.

She can be encouraged to breathe deeply, pant, make noise, rock her pelvis, and stimulate her G-Spot from the inside by relaxing and squeezing the pelvic muscles.

If you feel a gush of fluid, that’s it! She’s had a G-Spot orgasm. Don’t expect huge squirts of liquid. Celebrate small amounts of ejaculate. Large squirts of ejaculate are rare, and usually only accessible after much enthusiastic practice.

A G-Spot ejaculation doesn’t feel like a clitoral orgasm. It takes practice to tune in to the subtler pleasures of a G-Spot orgasm. After you feel a gush of fluid, you might take a little break from high levels of stimulation while you keep touching her vulva. In a few minutes the urethral sponge will refill, and if you keep going, she will likely have more ejaculatory orgasms. Ejaculation does not mean an end to engorgement, for women.

Ejaculatory fluid smells clean and earthy, not like pee, and the smell can vary with the woman’s diet or menstrual cycle. Described by the ancients as “Amrita,” female ejaculate is the life-giving “Nectar of the gods.”

Notice that sometimes a woman can “injaculate” and push ejacu-

latory fluid back into her bladder. If she has to pee right after erotic stimulation, this is probably what happened. See if it helps her ejaculate if you remove your hand or toy from near the urethra when she bears down.

Blended Orgasms

If she feels a regular orgasm coming, guide her to bear down and push it out with a roar. Suggest that she give birth to her orgasm! Tell her she should pee right there if she needs to. Let the waters flow. In this way she can learn to have a blended orgasm that combines clitoral orgasm and ejaculation.

A-Spot Orgasms

Find her “A-Spot” beyond the urethral sponge (G-Spot) and before the cervix, stroke gently, and allow her response to arise. Follow her verbal and non-verbal guidance. You can combine A-Spot touch with ongoing stimulation of the clitoral glans. Try holding, pulses, circles, fluttering, and gentle stroking. Try side to side and back and forth. Women who enjoy A-Spot orgasms call them ecstatic and endless.

Anal Orgasms

The external and internal anal sphincter and the rectum can be highly responsive to erotic touch, in women as well as men. The perineal sponge, between the vagina and the anus, and the P-Spot, on the back wall of the vagina near the cervix, are two particular erogenous zones that can be stimulated anally as well as vaginally. Always go very slowly, wait to be invited in, and use lots and lots of slippery lube for anal massage. (See more information in the chapter devoted to anal massage.) As with vaginal penetration, it works best if the woman can move onto your finger, rather than you pushing a finger into her. Face down with ass in the air is a position that works well. So does lying on

her side on the massage table, ass propped up on a pillow. Go excruciatingly slowly. Make sure she is really turned on, and open, before entering. Add clitoral stimulation to anal stimulation, being very careful not to mix anal and vaginal juices. Orgasm with anal stimulation can feel like an expansion of body, mind, spirit and emotions.

Valley Orgasms

Peak orgasms depend on an active build-up of excitement. And they feel wonderful! But pursuing a peak orgasm can make sex into a goal-oriented activity, with lots of action and tension—during which we neglect subtler joys. A valley orgasm is different. It arises in a relaxed body. Rather than a destination we can pursue, it is an ecstatic unfolding—an orgasmic state we enter. Guide her to bring awareness to internal movements of energy, and fully appreciate the small thrilling sensations coursing through her body. Relaxing (even if briefly) invites the flow of blood and body fluids, and the expansion of erotic energy. Relaxing into body sensation invites increased bodily sensitivity, and more psychological openness. When we are in a state of relaxation, heart wide open and fully aware of all the joys we are feeling, we may not exactly “have an orgasm” but rather, we *become* orgasmic.

Three Sacred Waters of Female Arousal

Ancient Taoist sexual practices describe Three Sacred Waters of women’s sexual response.

When the clitoris is stimulated, blood flows into her erectile tissues. With time and knowledgeable touch, the clitoral complex gets swollen. The Vulvovaginal glands secrete a slippery liquid to lubricate the vagina.

The First Waters are like rain that widens the river.

Enjoy a Clitoral orgasm.

The Second Waters come with G-Spot Awakening. The urethral sponge engorges with prostatic fluid. With joyful stimulation of

G-Spot and clitoris, enjoy a Squirting orgasm.

The river flows.

In high states of arousal, there is engagement of the deep structures of women's arousal anatomy. Pelvic ligaments contract, shifting the position of the Uterus and expanding the vaginal canal.

With stimulation of nerves deep in the vagina, along with the clitoris, pleasuring the A-Spot, and nerves around the cervix... fluid from the urethral sponge can flow through a Skene's gland duct into the vagina, and combine with cervical mucous in an endless gush.

The Third Waters flood the fields with life-giving nourishment.

Enjoy a never-ending orgasm.

Expanded orgasms

Erotic massage is also a way to explore multiple orgasms, and to reach prolonged orgasmic states. These states have been described as extended massive orgasms, continuous multiple orgasms, blended orgasms, or expanded sexual orgasms. Keys to achieving these states are the embodiment tools of breath, sound, movement and imagination described in the chapter "Accessing Full Embodiment."

I encourage massage recipients not to quietly and passively receive my touch, but to dance on the table. If they can find a movement impulse in their body, I want them to follow it, and make it big. An expanded responsiveness to movement impulse helps the body become fully alive and orgasmic. The same applies to sound. I suggest they find the sound their body wants to make, and let it become bigger. For some people, this is a mighty roar. For others, it is a quiet whisper. A relaxed, alive body and a mind entirely focused on pleasure are key ingredients for experiencing prolonged orgasmic states.

Exercise 9: Expand Orgasms with Breath

Another ingredient for expanded orgasm is the use of breath. Here are four breath techniques I share with clients.

A. Come like a Lion

As you begin to orgasm, slowly breathe out and make noise. By extending your exhalation while you make sound, you can expand the duration and intensity of your orgasm. Work towards extending your orgasm through one long out-breath, a quick intake of breath, and then another one or two breaths. As long as your throat is open to sound and your heart is open to pleasure, the orgasmic wave can continue to flow through you.

B. Suspended Breath and Extended Exhalation

Orgasm scientist Nan Wise developed this technique, which was popularized on the internet by Susan Crain Bakos. As you build up to orgasm, stall your breath. Take a shallow inhale and hold it, then let it slowly out. Keep doing this for several seconds. It should feel like you are in a place of stalled breathing because you are inhaling and exhaling small amounts of air. When you are almost at orgasm, take a deep breath and hold it. As you feel the orgasm begin, exhale in a big, extended breath while imagining sparks flying out of your vagina. Enjoy your extended and expanded orgasm.

C. Breathe to Arouse

You can move your body into a more excited, orgasm-focused state by simply lengthening your inhalation relative to your exhalation. Breathe in deeply to a count of four. Let your breath fall out quickly, though without effort. Keep doing this for awhile and notice how you feel.

D. Fire Breath

Pant like a dog. Breathe as quickly and noisily as possible. Doing this for a very short period—no longer than 15 seconds when first starting—wakes up the body and focuses the mind.

Physiologically, these short, fast, upper-chest breaths are a controlled and conscious version of a “stress-breath.” Fire Breathing recreates the adrenal stimulation that occurs with stress. Stress responses

include increased heart rate, sensitivity to external stimulus, narrowing of attention, and sensory focus. Invoked consciously and mindfully, they can increase both pleasure and presence.

Tips for the non-orgasmic

- Vibrate the external clitoris with a good-quality electric vibrator like the Hitachi Magic Wand. Use the vibrator during self-pleasuring, erotic massage and partner sex.
- Take more time.
- Use lots of oil or lube.
- Find, read and watch erotica that stimulates sexual feeling.
- Fantasize! Fantasies are safe places to explore the unlived life and the unacknowledged parts of the self.
- Expand the definition of orgasm. Include all sensations of “climax,” fulfillment and release—both inside and outside of genital sex.
- Explore the joys of non-orgasmic sexuality.

Conclusion

Imagine a world where men and women are taught how to touch the vulva with great skill and care. Where we know in our bones that exquisite sexual attention is every woman’s birthright. Where every lover knows how to support each woman in a deep relaxation of her body, mind and spirit, where they assume her entitlement to boundless pleasure, while honoring her needs, her moods, and her “No.”

This is a world where women have no fear of sexual violence and no compulsion to endure unwanted touch. They have no anxiety about sexual selfishness and taking too long to orgasm. They don’t jump up after just one orgasm to “give back.” And yet there is no need or compulsion to find pleasure in any encounter, because some days what matters more is finding grief, feeling rage, or expressing vengeance for places and times it wasn’t safe to do this.

Women and girls need space, time and ongoing support to claim and reclaim their sexual power, transform limiting beliefs, celebrate their bodies, and heal past wounds. As givers of erotic massage, we can support women on this important journey. We can work and play to co-create a world where each woman can shine with her full radiance.

Resources

Workshops

Body Electric courses for women.

Caffyn Jesse, Women's Temple.

Videos

Betty Dodson, *The Orgasm Doctor*. Two private hands-on Sex Coaching sessions.

Books

Susan Crain Bakos, *The Orgasm Loop*. Quiver, 2008

Betty Dodson. *Sex for One: The Joy of Selfloving*. Harmony, 1996.

APPROACHES TO VULVA TOUCH

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EVERY MESSAGE RECIPIENT IS different, and every time with every message recipient is different. These approaches to vulva touch are offered to help you build a vocabulary of possibilities. You may want to use excerpts and combine the approaches in different situations.

Mindful Erotic Practice Ritual

“Orgasmic Meditation” is a particular erotic ritual involving stimulation of the clitoral glans, taught and practiced by the One Taste community. Many variations of erotic ritual are taught in video lessons on Joseph Kramer’s Orgasmic Yoga website. Both “Orgasmic Meditation” and “Orgasmic Yoga” suggest a prearranged ritual with prescribed and limited forms of erotic touch. This is an especially useful approach to share when coaching busy couples who want to become more tuned-in sexually.

In an erotic ritual you can practice tuning into your sensations and feelings 100% because giving is separate from receiving. Receiving is usually the more challenging role. It is hard to let go of worrying about the other’s pleasure, and go completely into your own.

With an erotic ritual, both people practice simply “showing up” ready to give or receive erotic touch. Too often, people wait to engage in sexual activity only when they are simultaneously “in the mood.” This is a set-up for infrequent and disappointing sexual experiences.

People can change that paradigm by scheduling an erotic ritual that happens whether they feel horny or don't, whether they get aroused or not. They show up for themselves, their partners, and their erotic possibilities in a whole new way.

Exercise 10: Erotic Ritual for Women

The giver of touch stays clothed. The receiver of touch removes her clothes from the waist down, and lies down on a bed or the floor with her legs open. The giver sits comfortably beside the receiver. When the receiver is ready, the giver rests their hand for some moments in the genital area. They then apply lube and stroke the receiver's genitals for fifteen minutes, using a timer.

When giving, go slowly and use very little pressure. Welcome guidance from the person receiving. Try a repetitive stroke such as this:

1. Pet downwards, using your three longest fingers. The middle finger glides along the shaft and glans of the clitoris and the outside of the vaginal opening, the other two fingers run along the place where the thigh meets the labia. As a variation, try running your outside fingers between her inner and outer labia.
2. Make a Y with forefinger and index finger and stimulate the clitoris and the labia with a scissoring motion.
3. Pull back the hood of the clitoris and massage the glans very, very lightly and very, very slowly. Use the same amount of pressure as if you were touching an eyelid.

Remember to use lots and lots of lube. Silicone lube may be best for this practice.

Repeating the same stroke over and over helps change this into a ritual rather than a regular erotic experience. Mindful awareness can build in both of you. There is no worry about what to do or what will happen next. There is simply an opportunity for the receiver to sink into total awareness of genital sensation. The giver of touch should remain completely focused on what they are doing.

End by quietly holding the receiver's genitals, with complete attention. This grounds the sexual energy that has built up in your bodies. You

can each share a description of one particularly memorable moment of sensation while avoiding evaluating or comparing the experience.

Taoist Erotic Massage

Mindfully receiving a Taoist Erotic Massage can be an ecstatic exploration of the life-force energy within us. The rhythmic breathing and genital stimulation of the Taoist Erotic Massage can activate altered states of consciousness. Receiving this massage can be a journey to a deeper wisdom, a way to feel sacred spirit within our cells.

Dr. Joseph Kramer developed Taoist Erotic Massage in the 1980's through his work with men at the Body Electric School. He merged the ancient wisdom of Tantra and Taoism with the insights of western sexology, psychology and neurobiology, developing a powerful practice that can evolve and integrate body, mind, spirit and emotions. It was Dr. Annie Sprinkle who combined her commitment to women's empowerment with her knowledge of women's genital anatomy to create a Taoist Erotic Massage routine for women. She developed massage strokes designed to awaken the entire clitoral complex, and taught Taoist Erotic Massage in workshops around the world. She worked with Joseph Kramer to create the video "Fire in the Valley" on Taoist Erotic Massage for women.

Writing of Taoist Erotic Massage, Annie Sprinkle says, "Our sexuality is not only something that can be used for the enhancement of an intimate relationship, for physical pleasure or for procreation. It can also be used for personal transformation, physical and emotional healing, self-realization and spiritual growth, and as a way to learn all of life and death. A focused, sexually awakened group of women is a divine and extremely powerful force that can not only inspire each woman in that group, but has the potential to contribute to the well-being of all life on earth. That is the intention of this ritual."

The following exercise is adapted from a pamphlet by Annie Sprinkle and Joseph Kramer (undated, used with permission).

Exercise 11: Taoist Erotic Massage for Women

Please Note: The following is a list of options that might or might not be pleasurable. It is not a list to get through. Every woman is different in what she enjoys. Stay in communication. Be sensitive to non-verbal cues.

I. Cast a Circle

Begin with a general discussion about what she wants from the ritual and how she likes to be touched. State the intentions for the ritual. Guide her into deep breathing.

II. Come into the Body

A. Massage the back of her body using stretches, vibrations, glides, circles and kneading. Brush her skin with your fingertips. Massage her scalp. Pinch her fingers and toes. Rock her body.

B. Repeat massage on her front side.

C. Incorporate breast massage.

III. Waking up the Neighborhood

A. *Over Ovaries.* Rub your palms together to generate heat. Lay warm palms over her ovary area. This really generates sexual energy.

B. *The Womb Warmer.* Spiral palms over uterus area.

C. *The Heart/Vulva Palm Rest.* Rest one hand over her heart, the other over her vulva. Massage the channel in between.

D. *Vibrate that Vulva.* Place your whole hand over her vulva and vibrate. Vibrate her heart center with other hand.

Now put on your vinyl gloves.

IV. The Vulva

A. *Vulva Petting.* Lubricate gloves, or sensually drip oil directly onto her vulva. Pet with long slow strokes, top to bottom, and bottom to top. Beware that some women find “up-strokes” uncomfortable as this exposes the ultra-sensitive glans of the clitoris.

B. *Tug On Pubic Hair*

C. *Open her Blossom and Blow*. Peel open the labia and blow gently onto the mucosal membrane. (Never, ever blow into the vagina. This is dangerous!).

D. *Tapping*. Lightly tap the vulva. You can tap gently with one finger on the clitoral glans. The urethral opening can also be deliciously sensitive.

E. *Outer Labia Lip Massage/Inner Labia Lip Massage*. Pinch the lips between your thumb and fingertips and lovingly massage. (Lip sizes will vary widely.)

F. *Drumming*. Tap and slap her whole body, especially the inner thighs, heart center, and vulva. Use your fingers as if you are playing a drum.

G. *The Triple Digit Vulva Pet*. Use the three longest fingers with the middle finger gliding along outside of the vaginal opening, the other two fingers running along the place where the thigh meets the labia.

H. *Labia Shiatsu*. Press into the legs of the clitoris around the pelvic opening with your thumbs.

I. *Vulva Palm Press and Palm Circles*. Pulse deeply into the tissues of the vulva with your whole hand. Press deeply into the tissues and make circles with your palm, engaging the whole clitoral complex.

V. The Clitoral Glans

A. *Gentle Touch and Tickle*. Tickle the glans of the clitoris extremely lightly. Add more pressure if you are touching through the hood.

B. *Rock Around The Clit Clock*. With forefinger make tiny circles, stopping at every one of the twelve hours around the glans.

C. *Pinch and pull*. Grasp the clitoral shaft through the hood, and pull on it. Go up and down along the shaft. Roll it in your fingers.

D. *Scissors*. Make a Y with forefinger and index finger and stimulate the clitoris and the labia with a scissoring motion.

E. *Tour de France*. Orbit your forefinger around between her inner and outer labia from perineum to above the clitoral glans. Add a little circle around the glans.

F. *Three-finger Circles*. Press three fingers down into the clitoral hood

and massage the glans and surrounding area with three fingers moving in a circle. Be sure you are pressing deeply and firmly enough so that you are moving all the flesh in this area in a circular motion.

G. *U-Spot*. Lightly tapping the urethral opening can feel very pleasurable to some women.

H. *As She Likes It*. Massage her clitoral glans as she likes it. (Ask! Get her to show you how.)

I. Enjoy witnessing her self-pleasuring.

Be sure to incorporate massaging other areas of her body whenever possible, spreading the energy down her thighs and legs, and up her body to her third eye and out the top of her head.

VI. Internal Massage

Ask her if she'd like you to enter her temple gates. Be aware that some women do not want to be penetrated at all. Some women like to be penetrated with a baby finger only, while some like a whole fist. Some women like lots of movement and activity. Others like very quiet, meditative touch. Use lube, lube and more lube. Keep pleasuring her external clitoris with one hand while you go inside with the other, or invite her to touch herself.

A. *Waiting at the Gate*. With one finger tickle the vaginal opening as lightly as possible. Make her hungry.

B. *Invitation to the Temple*. With one hand on her heart, place a finger at the introitus (entrance to the vagina). Allow her to draw you in.

C. *Entering the Temple to Pray*. Insert forefinger ever so slowly. Hold still. Just be there.

D. *The Four Directions*. Press firmly up/ to the side/ down/ to the side, several times each side.

E. *Perineal Sponge*. Massage the sensitive perineal sponge by pressing into the back wall of the vagina, towards the anus. Begin with simple pressure, and then circling with one or two fingers. Circle in both directions. Begin gently, and gradually increase the pressure if she likes it.

F. *G-Spot / Urethral Sponge*. Gently massage the entire urethral

sponge. Circle both directions. Gradually increase pressure if she likes it. See if there is one area of the sponge that is more sensitive.

G. *Pulses*. Press into her urethral sponge gently, like ringing a doorbell, Press/release/press... Begin slowly and then increase the speed and pressure if she requests it.

H. *Triple Goddess*. Insert thumb into vagina, curl palm around onto clitoris, fingertips on top of pubic bone. Alternate stimulation between the three areas; the urethral sponge, the clitoral glans, and the pubic mound.

I. *A-Spot*. Reaching up past the urethral sponge, stimulate the upper wall of the vagina. Try pulses and gentle stroking, back and forth and side to side.

J. *The Cervix*. Find the cervix and stimulate it gently, using the tips of your fingers. Alternate cervical stimulation with G-spot stimulation and clitoral stimulation, 10 seconds each.

K. *Screwing*. Massage in and out while twisting at the wrist.

L. *Healing Thrust*. Some women might sometimes want deep, vigorous penetration. Make sure she is very relaxed and breathing deeply.

M. *More Fingers?* If she says that another finger would feel even better, you can repeat all the strokes above, using two fingers. Keep adding more fingers if she requests them.

N. *Silent Duck*. Shape one hand to resemble a duck's beak, with all five digits kept straight and held as close together as possible. Slowly insert into a very well lubricated vagina.

O. *Fisting*. Once the hand is inside, some women enjoy the fingers formed into a fist, thumb on the inside. The fist is either held still or moved slowly in a meditative, massage-like way. Fisting works wonders to relax the whole pelvis and builds a lot of sexual energy.

P. *Stillness*. Hold completely still with your finger(s) or hand inside her vagina. Don't move, just be there, meditate. Let her sink into full awareness of inner sensation.

VII. The Vibrator

(Be sure to use a condom when vibrator is shared. Use a non-latex condom, as oil dissolves latex.)

A. *Good Vibrations*. Vibrate all over her body. Include bottoms of feet, inner thighs, shoulders, back of the neck. Vibrate sensitive areas like heart and throat with the vibrator on top of the hand.

B. *Vibrate the Chakras*. Begin at the perineum, and lead her through a meditative awakening of all the chakras. End with one hand on the crown chakra and return the vibrator to the root (See Exercise 5).

C. *Pulses*. Press/release/press/release, on clit area.

D. *Vibrate the Clitoris*. Some women don't like the vibrator directly on the clitoris, but to the side of it.

E. Vibrate vaginal opening.

VIII. Spreading The Energy

Throughout the massage, take the energy from her vulva and spread it down her legs, and up her torso and head.

IX. The Big Draw

Remove your hands or keep touching her, as you prefer. Invite her to take staccato breaths with you, using the breathing pattern sniff-sniff-blow. After about twenty of these short, fast breaths, breathe a long breath in, and breathe it out with a hiss. Breathe a long breath in, and breathe it out with a sigh. Now guide her to hold her breath as she tenses her entire body, beginning with the vulva, ass, abdominal muscles, chest, and down through the arms, legs, hands and feet, and even the face. Hold the clench, and hold the breath, until you are ready to just let go. Let everything go.

Stay present, don't talk. If you are touching her, stay completely still until she guides you to remove your hands. Don't 'fluff the energy'. Hold the space. Bask in the afterglow. Take lots of time here. (The Big Draw can also be done by stretching instead of clenching. This is a good practice if she is dealing with chronic tension in the pelvic floor.)

If you have discussed this beforehand when setting intention for the

ritual, you both might want to practice “Sex Magic” as you visualize your prayers, wishes, desires, and dedications getting sent out into the universe on the wave of energy you send up.

X. Grounding and Ending

- A. Look lovingly into her face until she opens her eyes.
- B. Towel off oil.
- C. Speak from the heart if desired. Maintain silence if desired.
- D. Touch her shoulder, help her sit up. Support her back.
- E. Open the circle.

This ritual will be more meaningful if you each take time afterwards to pay attention to your experience. Make notes about what happened, the feeling states you experienced, and the distractions that came up for you.

Pelvic Opening Massage

To support the relatively recent evolutionary project of walking on two legs, humans have a vital adaptation—the pelvic diaphragm. This structure is composed of deep interior muscles and connective tissues that bind the body together and support our organs. The muscles and tissues of the pelvic diaphragm are meant to form a strong and supple core structure that moves and stretches with every breath. But very few people do this deep breathing regularly. Chronic shallow upper-chest breath leaves the pelvic diaphragm static and the tissues unoxygenated.

Add to this the day-to-day stress of immobility. We sit in chairs, rather than moving, squatting, and stretching out the lower back and the pelvis. Then add all the ways pelvic tension accrues around the genitals and sexual feeling. Disavowal of sexual feeling, disapproval of masturbation, slut-shaming—these attitudes and events show up as tension in the pelvic diaphragm. Add sexual trauma.

Add scar tissue in the abdomen, whether from sexually transmitted infections, rape, surgery, childbirth, or simply chronic tension in the pelvic muscles. Adhesions and constrictions create reduced blood flow,

and an inhospitable environment for the nerves, blood vessels and structures throughout the pelvic basin. This can result in debilitating conditions including genital numbness or reduced sensation, chronic pain, and a variety of sexual dysfunctions.

The purpose and function of a “Pelvic Opening Massage” is to bring relaxation, awareness and sensation to the internal pelvic musculature. As we touch with precision and ongoing communication, the woman being massaged can better sense her interior landscape. Relaxing the pelvic diaphragm with intervaginal massage can assist her in deepening her breath and expanding her capacity for sexual feeling. It can help her release long-held traumas and heal chronic pain. I learned of this massage first from materials developed by K. Ruby, a Certified Sexological Bodyworker whose teachings are part of the Sexological Bodywork training. Healing intervaginal massage has also been offered and articulated by Oregon physiotherapist Tami Lynn Kent.

Often when traumatic experiences occur, the body cannot fully process them. So the experiences are held in the tissues where they show up as tension, numbness or inability to be present when the areas that suffered trauma are touched. With a “Pelvic Opening Massage” we consciously and mindfully go into this tension and engage it, with time and space for energy, emotions and memories to come up. Releases can trigger deep grief, shaking, crying, difficult memories, or unexpected pleasure.

The success of the massage depends on the ability of both giver and receiver to be deeply engaged in their experience, fully present, open and curious.

This massage can be adapted for interanal work with people of all genders.

Exercise 12: Pelvic Opening Massage

As you begin:

Talk with her about her intentions for receiving the massage. Find out what she needs to feel comfortable and safe.

Start with at least 20 minutes of full-body massage.

Ask her if she would like to begin exploring genital touch. Hold your hands over the vulva. Gently massage the external vulva. As this massage is about healing, and not about pleasure, she may be uncomfortable with any pleasurable feelings that arise from genital stimulation. Be mindful and stay in communication.

Be sure to use enough lubricant so that she feels comfortable. Castor oil is a good choice for the internal massage, as it will help the tissues to release. It is too viscous for external massage, where coconut oil is preferable.

Rest your finger at the opening of the vagina. Invite her to move her body onto your hand when she is ready for internal touch. Go about an inch inside with your finger.

Imagine her vaginal opening as a clock face, with 12 o'clock in the centre top, towards the pubic bone, and 6 o'clock at the centre bottom, towards the anus. Review the clock image with her and tell her that you will press into each one of the twelve hours, and hold it. Do so, moving around the clock, letting her know where you are pressing. Hold strongly for a long time at each "hour."

As you hold each point, gradually intensify the pressure, feeling into the skin, fascia, muscle and bone levels. Ask her at each point to guide you into giving more or less pressure. She may want a lot of pressure on some points.

This treatment can be ergonomically challenging for the giver. You will likely have to change fingers and hand positions to remain comfortable. Be sure to move very, very slowly. Stay in communication with receiver. Tell her what you are doing and what you are about to do. Never take your hand away or enter abruptly.

At each point, as you hold it, you can ask her what she is experiencing—sensation, numbness, heat, restriction, pleasure? Also take time to hold with silence, allowing her to go deeply into her own inner experience.

While you are holding various points inside the vagina, be prepared to hold space for whatever is happening for her. As memories, emotions, spontaneous sound or movement arise, know there is nothing

you need to fix. You can encourage her breathing and grounding. If you get worried, ask her to communicate with you or ask her what she needs.

Some of the points you touch may feel numb to the woman receiving, and some may be painful. Having the point held may release sensation or ease discomfort. Some points may create arousal. Just breathe into the sensations.

Once you have gone around the clock with holding, you may decide to try a deep intervaginal massage that works on freeing any adhesions in the tissues.

You may wish to go a little deeper into the vagina, and do the 12 points plus releasing massage at a deeper level. Or you may wish to save this work for another day.

When the massage is complete for the day, and you have removed your fingers from inside her, cup her vulva again with your hands and rest quietly with her.

Be sure to leave time for sharing observations and feelings.

Healing Touch Meditation

I developed this meditation for survivors of sexual abuse and trauma, based on Stephen Levine's "Opening-The-Heart-Of-The-Womb Meditation" in his book *Healing into Life and Death*. I usually speak some of these words to the touch recipient, while offering a tender, slow, body-honoring touch.

This meditation can be offered to a person who is fully clothed, using imagination and awareness to "touch" their inner world. The images can be adapted for anal trauma and for work with people of all genders.

Exercise 13: Healing Touch Meditation

Allow the woman receiving to rest comfortably, face up, on a warm massage table in a warm environment. Ask that they let you know when they feel ready to receive your touch. Wait until requested. When

asked to touch, begin by quietly holding one of her hands. Synchronize your breath.

When it feels right, move to the top of her head. Touching the scalp, allow a merciful awareness to gently receive the sensations arising—the softness of the scalp against the skullcap, the roundness of the brow. Use gentle touch to release any tension around the eyes, and move slowly through the face. Palpate the cheeks, the ears. Feel the muscles of the jaw begin to soften as they let life in, in mercy and loving kindness. The weight of her head can be held in your hands. Feel her gradually letting go, gradually trusting you to hold her weight.

Let your awareness, and your touch, proceed downward into the throat and the neck. Feel the long muscles that extend from the base of the skull soften as they are held. Feel them as they spread out into the shoulders.

Gently hold the throat, with no pressure. Feel in the darkness of the throat the long unsaid, the often swallowed away, touched by deep acceptance and loving kindness.

Feel gently down into the pectoral muscles, at the top of the chest. Reach behind the shoulders. Offer a gentle, comforting hug that receives her body as it vibrates with aliveness.

Feel the strength in her shoulders, the musculature, the bones, the tendons that allow her remarkable capacity for movement. Feel how this miracle extends down each arm, filling the palm, vibrating to the tip of each finger. Feel how life animates the muscles, extending down the arms into the hands. Feel the capacity for movement, for service, for pleasure, within the hands' ability to reach out and to touch, draw, dig, hold, clean, bandage and caress.

Feel the chest rising and falling naturally with each breath. How the breath breathes itself in trust, each breath following the last effortlessly. Feel the heart beating within, the lungs gently opening with each breath.

Invite her to notice, as you touch. Notice any sensations around the heart. Wait, allowing her to soften any holding there. Let the sensations float in a new mercy, a deeper kindness.

Cup and hold her breasts. Take time to allow sensation to arise here.

Let the breasts be held in healing awareness, a loving kindness that honors their capacity for sensation, for giving and receiving life.

Now let your touch proceed gently down the front of her body, feeling the ribs as they spread out like a protective canopy above the open softness of the stomach and belly. Place your hands on the belly, without pressure. You may feel her belly tighten with anxiety or shame. Just rest there with loving kindness and allow her belly to soften, to receive healing. Feel the breath breathing itself in soft belly. Feel the muscles rising and falling with each breath.

Continue touching, brushing your hands briefly and gently across the pelvic area. Notice whatever tension arises. Feel this whole area in softness and mercy. Let your awareness pass tenderly through the genitals and continue through the upper legs, thighs, and calves. Move slowly to the soles of the feet. Feel the rootedness with the earth at the bottom of each foot.

Allow awareness to fill the legs, gradually moving up from the soles of the feet to the upper legs. Invite her to feel the strength and durability of the legs, knees, ankles and feet. Feel the preciousness of each step they are able to provide. Feel the quality of tingling and vibration in the lower body. Feel legs, feet, knees, hips, as an aliveness in the body.

Allow awareness to gradually gather toward the inside of the upper legs. Feel the area between the knees, the sensation of space, the tingling of skin and muscle. Let your touch move up into that space at the very top of the legs.

Gently move toward the inguinal crease, and then the pubic mound. Let your hand rest lightly there. Just receiving very tenderly whatever sensations are arising.

Gently move your hand slowly down between her legs, to rest on the labia. Simply holding. Allowing sensation to arise in your hand.

Let your hands brush across the outer labia and rest gently on the clitoris. Feel the subtle wrinkles of the clitoral hood, the inner labia. Pour warm oil as a sacred anointing over your hand resting on her genitals. Slowly and gently brush the warm oil into the tissues.

Allow a soft awareness to receive the sensations there at the genitals

with great mercy and tenderness.

Allowing the awareness to gather as it will. Take time. Without the least sense of rushing or urgency, move your hand down towards the vaginal opening. Feel the ruffled fringes that protect this tender entrance of the body.

Just holding and allowing awareness to gather there at the opening into the body. With mercy, tenderly moving through the shadows and light.

Gently allowing the light, the mercy to enter into the vaginal opening. This merciful entrance. Holding your finger there, at the introitus.

If she wishes to feel you inside, invite her to move her body onto your well-oiled finger.

Slowly. With great mercy and tenderness. Holding still inside this temple.

Allowing awareness to soften and receive life as it enters the body. Allowing mercy to receive the sensations. Moving so tenderly into the vagina. The tissues softening as they receive this loving awareness, expanding into the body with acceptance, with sweet tenderness. Touching so gently with mercy and awareness the subtle tissues of the vagina.

Let awareness receive the inner body with mercy and loving kindness.

Let your connection fill gradually with the light of mercy.

Let the soft light of the heart shine there in the vagina.

Letting the vagina soften, letting it open.

Letting it just be. In loving kindness, in gentle, healing mercy.

Sense the strong trunk of the vagina opening into the great dome of the womb. Sense the fallopian tubes extending like branches from this tree of life. Feel a loving kindness slowly expanding from the vagina, filling her whole body with a healing mercy and gentleness.

Allow the light of loving kindness to heal, to allow her wholeness. Feel her whole body filled with light. Filled with mercy. Filled at last with tender mercy. With tender care.

With one hand inside her vagina, place your other hand on her heart. And let the heart meet the genitals. Let the upper heart gradually

sink into the lower heart of the vulva. Two hearts beating together, upper and lower, forming one shimmering star of being, of kindness, of completion.

Let it be. Allow the light and the darkness to be.

If it feels right, this prayer may be helpful:

“May we be free of a past of pain and confusion.

May we let our genitals, our hearts, be filled with their own natural light.

May we be whole unto ourselves.

May we be at peace.

May all beings be free from suffering.

May all beings know the joy of their true luminescent being.

May we all meet in mercy, in noninjury, in compassion.

May we be healed.

May all beings be free.”

Standing G-Spot Massage: A 10-Step Technique

As a Somatic Sex Educator, I have long studied the anatomy of arousal, the G-Spot and female ejaculation. But I had never heard of the link between this system and the Lymphatic System until a fortunate meeting with Dr. Paul Tinari.

Tinari is a research epidemiologist who has spent many years studying bio-fluid mechanics and the movement of fluids such as lymph throughout the body. When Tinari’s partner was diagnosed with breast cancer and died at the age of 39, he became passionate about uncovering the role that lymph played in the development of disease. After many years of research, Tinari became convinced that the stagnation of lymph in the body is a significant contributing factor to the development of breast cancer and many other diseases. As a result, he dedicated himself to the study of lymph massage, energy, sexual and tantric techniques from masters around the world. From this research work, he developed advanced techniques to stimulate the flow of vital fluids throughout the body. He has a system of lymph

massage for breast tissue health and a simple, but effective system to encourage the discharge of large volumes of ejaculate which he describes as “lymphatic fluid.”

The woman receiving this massage will need to be well-hydrated in order to experience the discharge of lymph. Invite women you work with to drink lots of water and also to pee first, so they will be reassured that their bladders are empty.

Exercise 14: Standing G-Spot Massage

Begin the G-Spot Massage in a standing position, if possible. Standing up makes it easier for the woman to expel ejaculate.

1. Deep Pelvic Breathing

Have her lean back against you and encourage her deep pelvic breathing. Invite her to clear her mind, and focus on body sensation.

2. Activate the Flow of Lymph

Begin with gentle touch on the forehead and scalp. Stimulate the flow of lymph, and build connection and trust.

3. Body Honoring

Use your touch to express acceptance and honoring of all parts of the body. Light stroking activates the lymphatic system and encourages the flow of lymphatic fluid towards the groin.

4. Open the Heart

Touch the breasts very, very gently. Touch the very tip of the nipple with a barely perceptible touch. Your underexpression allows the full flow of her energy. Gently massage the nipple outwards, in a circular direction. This opens the heart chakra.

5. Abdominal Massage

Continue the circular massage all the way down her abdomen. Comfort, connect and reassure.

6. Outer Labia Massage

Very gently stimulate the outer labia, at the top of the thighs. The goal of this light touch is to stimulate her arousal while eliminating her fear that you will be too rough, or seek to penetrate her too soon.

7. Inner Labia Massage

After she begins to lubricate naturally, add oil and caress her inner labia.

8. Clitoral Glans, Shaft and Hood

Here every woman is different in her sensitivity, and what she enjoys. Experiment and ask for direction. Wait until the clitoris is fully erect before proceeding.

9. G-Spot Massage

Gently moving inside the vagina with adequate lubrication, press into the urethral sponge and then release. Dr. Timari suggests beginning by pulsing with a relaxing rhythm of .8 of a second.

As the G-Spot system becomes activated, use the same pulsing stroke at double the speed. You can double this again at higher levels of arousal.

10. Ejaculation

When the urethral sponge is engorged, and she feels she has to pee, suggest that she bear down and push it the fluid out.

After a good flow of ejaculate, rest for a minute or two, and offer integrative, whole-body touch. Allow the glands to refill.

Then see if you can keep going, and she can enjoy more ejaculatory orgasms.

Resources

Videos

Instructional videos on Orgasmic Meditation (YouTube):

How to OM

The Story of the Ignited Man

Orgasmic Yoga Institute:

Cherry Blossom Caress.

New School of Erotic Touch:

Fire in the Valley Instructional video class by Annie Sprinkle and Joseph Kramer on Taoist Erotic Massage for women.

Tallulah Sulis, *Divine Nectar: Exploring Female Ejaculation*

Books

Tami Lynn Kent, *Wild Feminine: Finding Power, Spirit & Joy in the Female Body*. Atria Books/Beyond Words, 2011

Deborah Sundahl, *Female Ejaculation and the G-Spot: Not Your Mother's Orgasm Book!* Hunter House, 2003

TOUCHING MEN

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Introduction

I WANT TO LIVE in a world where boys and men embrace their softness and sensitivity, their creativity and kindness. Can you imagine a world where these aspects of masculinity are honored and celebrated?

This is a world where no child is shamed and filled with fear, whatever their gender presentation or sexual identity. It is a world where genital mutilation is consigned to history. Where boys and men are supported in healing their woundedness. Where men and women and those who are both or neither all learn to honor and cultivate the joys of soft penises and the inner world.

In the cultural construction of gender, men seem to have more permission to be sexual. This “permission” is actually a very narrow prescription: to be sexual with young women, to be sexual with hard penises, to be sexual in ways that assert the power and authority of phallic masculinity. How terrible this is for boys and men! In identifying with phallic masculinity, they are meant to become unfeeling, hard and closed. What then of the actual body, that still feels, fears and wants?

In my practice, I see men who suffer intense shame because they are experiencing one of the common sexual dysfunctions: premature ejaculation, erectile dysfunction, inhibited ejaculation. Or they feel shame because they are tuned in to the joys of anal eroticism, and have no

permission to explore this in their lives. Other men suffer because they want no more of the sterile connections they have had with others and feel turned off sex. Some men feel extremely sexual, but have no place to express this. If they have been circumcised, they may carry trauma and scar tissue that inhibits intimacy. Some men feel compulsive and addicted in their masturbation practices, others feel inhibited and joyless. Some men feel shame about homosexual experience and desire. They feel shame about penis size and function. They can feel intense shame, grief, fear and paradoxical desires when contending with a personal history of anal rape. There are so many ways that men are wounded sexually, and yet we live in a culture in which there is no permission for men to explore, express and grieve how they are wounded around sex.

As givers of erotic massage, we are able to offer a unique gift to men. We touch them in ways that honor the whole body, and make no demand of them. As receivers of an erotic massage, they don't need a hard penis. They don't need to interact in ways that assert masculine authority and repudiate anal eroticism. We touch in ways that celebrate every penis as beautiful in its unique configuration. We can offer the embodied insight that the penis is not a phallus—not—or not only—a symbol of power and privilege—but a sensitive, vulnerable, soft compilation of tissue, nerves, blood and skin. We invite quiet contemplation of sexual sensation, and celebrate wild expressions of sexual pleasure. There are few men who do not find this form of erotic interaction healing, affirming, and liberating.

Male Genital Anatomy

Just as with women, male genital anatomy comes in a vast diversity of unique configurations. Penises have unique personalities! Scrotal sacs can be huge or tiny. Foreskins can be frilly or smooth. Some shafts are thick and some are thin, some long and some short. Some bend sideways. Sometimes the shaft looks very different when engorged, while other penises show much less variation.

The foreskin covering the penis is specialized tissue, composed of skin, mucosa, nerves, blood vessels, and muscle fibers. The tissue of the foreskin has great elasticity. It is extensively innervated and built for pleasure. Because it is not attached to the shaft of the penis, the foreskin is free to slide back and forth, rolling inside out as it goes. In adult men it can stretch and roll out when the penis is erect, and afterwards return to its forward, protective position. In the forward position the foreskin functions to protect the mucosal surface of the glans. The fibers of the peripenic muscle sheath form a whorl at the tip of the foreskin, which acts as a sphincter (the preputial sphincter). There is a concentration of nerve endings in the ring of ridged tissue just inside the tip of the foreskin. Below this boundary the skin is mucosal tissue. Like the clitoral glans, the glans of the penis is naturally moist and soft. In circumcised men, the surface of the glans must become toughened and dry as the exquisitely sensitive nerve endings retreat behind a hardened surface. Men who have been circumcised are scarred to varying degrees. It can be healing to honor this scar tissue by witnessing it, holding it, and massaging it with oil. (See more in the chapter *Healing Painful Sex*).

Up to half the cock is inside the body. The perineum and the scrotum are highly innervated and very sensitive to touch, as is the anal area. Internal anatomical structures are also highly innervated, particularly the prostate gland. (See Figure 19).

Men are all innervated differently. Circumcision, abdominal surgery and masturbatory habits variously affect them. There are many ways in which the feeling capacities of genital nerves are stimulated or compromised.

Some men readily enjoy internal stimulation, while for others it takes patient education and practice. Some men need very gentle touch, and others respond best to high-friction strokes. As with pleasuring the vulva, this can change within a session and between sessions, with the degree of arousal and the stage of life. Learning genital anatomy cannot replace communication and creativity, every time, with each recipient of your touch.

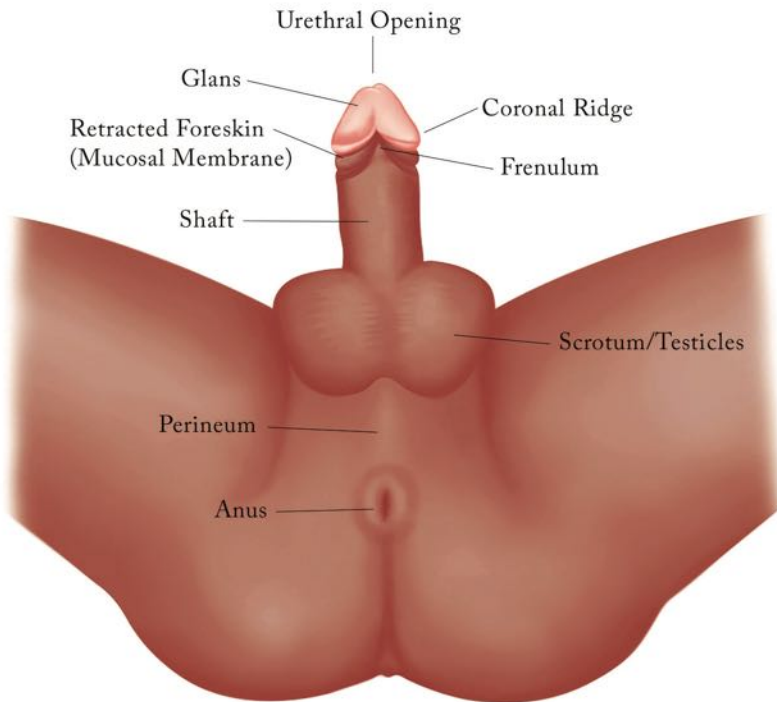


Figure 16. Male external genitalia. Drawing by S. Murali Shanmugam with Caffyn Jesse.

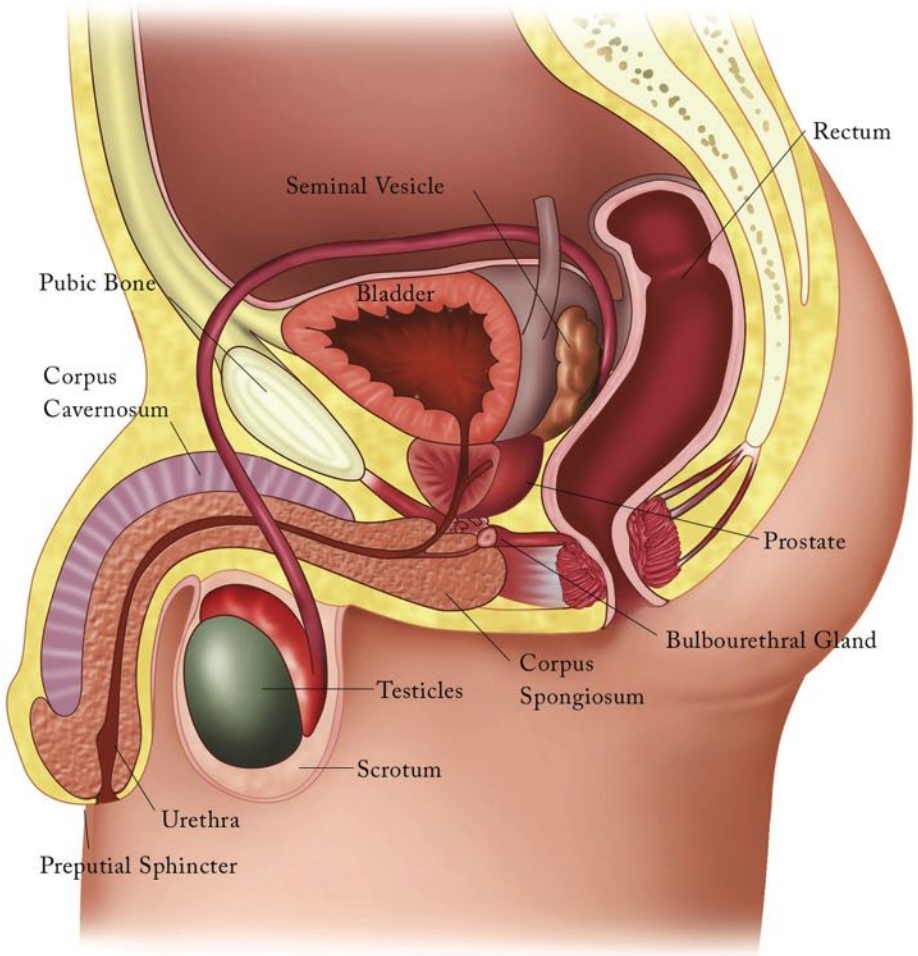
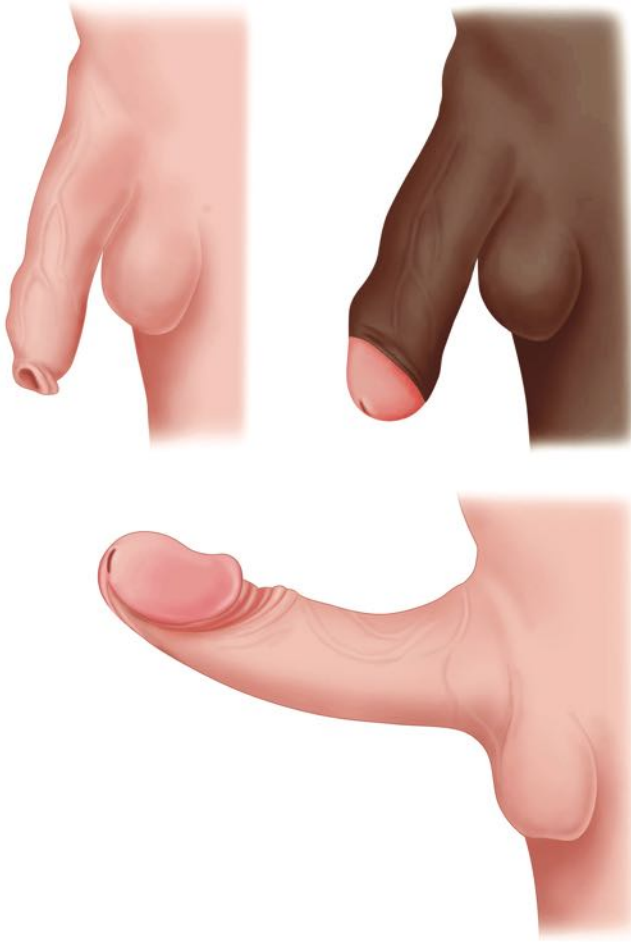


Figure 17. The male pelvis, saggital view. Drawing by S. Murali Shanmugam with Caffyn Jesse.



Figures 18 a, b, and c. Male genital anatomy showing changes with arousal and engorgement. a. When erectile tissues are not engorged, the foreskin completely covers the glans. b. As the corpus cavernosum fills with blood, the penis expands in size. The loose skin of the foreskin retracts, exposing the glans. Bulbourethral glands (aka Cowper's glands) secrete pre-cum. c. With the foreskin fully retracted, the mucosal membrane of the glans and inner foreskin is exposed. Urethral opening dilates, glans color deepens. Testicles elevate and rotate forward. Drawings by S. Murali Shanmugam with Caffyn Jesse.

Arousal and Erection

Genital engorgement begins in the brain. Nerves in the brain send chemical messages to nerves in the genitals, telling blood vessels to relax so that blood can flow freely into them. In men who experience engorgement with arousal, the arteries leading into the penis open up so that pressurized blood can enter the penis quickly. The veins leaving the penis constrict. Pressurized blood is trapped in the corpora cavernosa, and this blood causes the penis to elongate and stiffen. The penis becomes erect. If the chemical messages get blocked, or arteries leading to the penis don't open up, or the veins relax, the erection doesn't happen or is not sustained.

Arousal and erection are not equivalent. Arousal and orgasm can happen without any engorgement of the genital tissues. I always encourage massage recipients to focus on their arousal and not their erection. It is typical for the penis to tumescere and detumescere several times during an extended period of genital massage. For some men this is disconcerting. Most men enjoy exploring the vast range of sexual response that becomes possible in an arena where erection is irrelevant.

Exercise 15: Mapping the Male Genitals

After relaxing the recipient with a full-body massage, you can approach genital touch by waking up the neighborhood. Spiral palms over lower belly. Caress the legs and the inner thighs. Lay your palms over the inguinal crease.

Gently place your whole hand over the genital area and simply hold the penis. Allow the energy to rise beneath your hand.

Reach down and hold the testicles. Move the scrotum around the testicles, checking for any adhesions or irregularities around their smooth surface. This is a check for testicular cancer. Scratch, rub, stretch and tickle the scrotum. Ask him how he likes to be touched. The raphe is the thin seam that runs along the center of the underside of his scrotum. It is full of nerve endings and it can feel great when gently stimulated.

Feel the contours of the inner cock. Feel the deep bulbospongiosus

muscle, located behind the testicles and in front of the perineum. Stroke and move the skin on both sides of the muscle.

Massage the inner cock through the perineum. Vibrate the perineum with the heel of your palm or your fist.

Follow the bulbospongiosus muscle between the testicles and up the shaft of the penis. Use deep pressure along the shaft to feel into the deep structures of the penis. Alternate with gentle, featherlight touch to invite all the nerve endings to come alive.

You can slide an oiled finger under the preputial sphincter and make a circle over the glans, stimulating the foreskin from the inside as you stimulate the glans from the outside.

Locate the frenulum, in the midline of the underside of the penis, just below the head. This connecting membrane anchors the mobile foreskin to the shaft of the penis. Many men report that the frenulum is highly erogenous tissue. If the man receiving your touch is circumcised, notice if there are any remnants of foreskin near the frenulum. These may be very sensitive. Some men enjoy gentle stimulation, with oil, over a long period of time, in this area.

With plenty of oil, you can focus on the glans. Slowly and sensitively massage the glans head. Feel the edge of the coronal ridge. Tap gently on the urethral opening. Notice if his arousal is increasing. Notice if his erection is increasing. These two might not be linked.

Try a variety of creative strokes to stimulate the shaft, glans, balls and perineum, as described in Exercise 18. Create connection between the penis and other areas of the body with long, integrative strokes.

With lots of oil, you may want to explore the effect of high friction strokes. Alternate high friction strokes with holding strokes, and invite the receiver to use long deep breaths to relax in a state of high arousal.

This may be a good time to incorporate anal touch. See the chapter on anal massage for detailed suggestions. Reach under his balls to find his asshole and stroke around it, continuing to apply oil. You can stimulate the prostate gland externally, through the perineum. Wait to see if the asshole relaxes, and invites you in. With plenty of slippery lube, he might want you to stimulate his prostate internally. Feel past the internal

sphincter through the wall of the rectum in the direction of the front of the body, for the contours of the prostate gland. It is a round bulb of tissue approximately two inches in. Lightly tap or swirl your fingertip around it. Then gradually experiment with faster and firmer touch.

At some point, if the man receiving your touch is feeling very aroused, he might want to switch to continual and vigorous stimulation of the penis, striving for ejaculatory “relief” of his accumulating arousal. For some men this is an inevitable script, for some it is an occasional pleasure. Receiving erotic massages over time can help him expand his capacity for pleasure, so that his sense of a need for ejaculatory “relief” subsides.

Whether ejaculation happens in a few seconds or after an hour or more of high arousal, whether the man you are working with ejaculates twice a day or once a month, always encourage him to RELISH his ejaculation. Experience the joy of it. Massage the ejaculate into his skin. You can encourage him to try eating his ejaculate. Semen is delicious and nutritious—plus it contains hormones that can make us feel more joyful and satisfied. Savor!

Ejaculation need never represent an end to pleasure. With gentle touch, keep pleasuring his body and his genital region, so that he learns how ejaculation can be savored and celebrated in the context of a richly-textured, ongoing orgasmic journey.

If the man does not climax with an ejaculation, he may enjoy climaxing the massage with a “Big Draw.” Detailed instructions are included in Exercise 18.

Finish with quiet connection. For example, you can just rest your hand on his penis and his heart for 2 or 3 minutes.

Conclusion

For the man receiving erotic massage, this may be the first time he has ever encountered encouragement to feel all the pleasure he is capable of, in a loving environment, without demands or urgencies. As givers of erotic massage, we provide an antidote to the social designa-

tions and compulsions of masculinity. We create an alternate culture with loving touch, where men can be soft and men can be wounded. They can receive endless pleasure, without a script. Their engorgement and urgency is welcomed, but not required, and their whole genital structure, internal and external, can be witnessed and touched. For many men, this is a deeply emotional and healing experience.

Resources

Workshops

Body Electric courses for Men

Caffyn Jesse, Intimacy Education Program

Books

Mantak Chia and Doug Abrams, *The Multi-Orgasmic Man: Sexual Secrets Every Man Should Know*, HarperCollins, 2010

Ian Kerner, *Passionista: The Empowered Woman's Guide to Pleasuring a Man*, William Morrow, 2008

R. Louis Schultz, *Out in the Open: The Complete Male Pelvis*, North Atlantic Books; 2nd Revised edition 2012

Videos

Caffyn Jesse, *Orgasmic Mastery for Men*, online course including videos and written materials

Pleasure Mechanics, *Guide to Hand Jobs*

ORGASM COACHING FOR MEN

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Basic Ejaculatory Orgasm

Many men suffer from early ejaculation and need help staying with their arousal longer. Masters and Johnson found that 75 percent of men reach orgasm after two minutes or less of masturbation. Conventional sex therapists pronounce premature ejaculation cured when penetrative sex lasts for two minutes. Through erotic massage and practice with the erotic embodiment tools in this book, men can learn to enjoy states of high arousal for several hours. Some men will wish to finish their exploration with an ejaculatory orgasm. Many other men struggle with inhibited ejaculation; they need help reaching and enjoying basic ejaculatory orgasms.

Physiologically speaking, the male orgasm consists of contraction and pulsating in the penis, prostate and pelvic region. These sensations are accompanied by increased heart rate, rapid breathing, muscle tensing, anal sphincter and pelvic muscle contractions, and an increase in blood pressure, which then result in a sudden release of tension. Inhibited orgasm can be addressed by voluntarily playing with rapid breathing and muscle tension in the pelvic floor and the whole body. Breathe deeply and relax muscle tension to extend arousal. Breathe quickly and engage muscle tension to head towards ejaculatory orgasm.

Distracting thoughts, shame and inhibition can inhibit orgasm. An environment of loving acceptance can help. You can also encourage

the man you are coaching to use fantasy or visualization to focus on his arousal.

Stimulating men's entire arousal anatomy with a wide variety of strokes feels wonderful and helps awaken new erotic possibilities. But just as with women, when relieving tension with a conventional orgasm becomes a goal, stay with the move that is working the best. Increase the speed and intensity as he asks for more with his words or his body. Don't change the pattern of movement until he ejaculates.

Have him show you what he likes. A conventional orgasm-focused wanking stroke involves wrapping the whole hand tightly around the shaft and moving rapidly up and down over the shaft and glans. For some men the glans is far too sensitive to enjoy this treatment.

Expanded Orgasmic Sensation

Deep, conscious breath, extended touch, relaxing into sensation, and multiple experiences of peaking without ejaculation will usually expand men's sense of pleasure. An eventual conventional orgasm will feel stronger and last longer. Sometimes, after extended erotic massage, conventional orgasm becomes inaccessible or irrelevant. All genders receiving erotic massage can be encouraged to simply stay present with all that arises, experiencing expanded orgasmic sensation rather than a habitual trajectory of excitement, orgasm and end.

Separating Orgasm and Ejaculation

Orgasm and ejaculation are separate events. By learning to distinguish between them, men can learn to enjoy multiple orgasms and full-body orgasms. Masturbation practice plus erotic massage creates a great learning environment for men who want to master this practice. I coach men to learn to feel full arousal while staying deeply relaxed, to cycle between excitement and enjoyment, to breathe and imagine the circulation of their arousal through the whole body.

One key aspect of learning to become multiply orgasmic is learning

to control ejaculation.

Invite your client to pay close attention to all the sensations of arousal. The more he relaxes the more he will feel. He may be able to discern various levels of arousal. With practice, he can learn to guide the massage practitioner to take him up to the highest levels of arousal, then stop and let the sensations subside.

He can assign numbers to different arousal levels. These numbers are meant to help him describe his sexual response, not to rate it.

Table 2. Table describing arousal levels, for men

1	No arousal
2-3	Mild twinges of arousal, not constant
4-5	Constant, low level of arousal
6-7	Steady moderate arousal
8	High arousal
9	Edge of orgasm
10	Orgasm
11	Ejaculation

Once a man becomes tuned into the full range of his erotic response, he can guide you to stop stimulating him when he is at the edge of orgasm—just before the “point of no return” for ejaculation. There he can savor involuntary orgasmic muscle contractions in the pelvic floor and elsewhere in the body. He may voluntarily squeeze his pelvic floor muscles to pump erotic energy through his body and to stop ejaculation. At first these sensations may feel “less than” an ejaculatory orgasm, but with practice, focus, and expression, the feelings will increase.

Orgasmic Events

Another key aspect of becoming multiply orgasmic is learning to experience non-ejaculatory orgasmic events.

Guild the man to be acutely in his body. Encourage him to use

breath, sound, movement and imagination to spread the arousal through his whole body. He can imagine circulating erotic energy in the Microcosmic Orbit (see Figure 5), or simply imagine that every cell has become erect.

Use intermittent touch to stimulate the genitals.

He can learn to concentrate on varieties of aroused pleasure he may feel in his genitals and his whole body. These sensations can be very small and subtle: tingling, goosebumps, squirming, spontaneous sounds, trembling, shaking in the arms or legs. Guide him to focus on *any* pleasurable sensations, and to magnify them with his movement and imagination, letting spasms of pleasure rock his body. Guide him to express his pleasure in sound, and then listen for the echo of the sound in his body.

With visualization, movement and sound, he can help the pleasurable sensations become bigger. Guide him to experience how waves of pleasure can expand from the loins through the limbs. He can let his body surf the waves of pleasure, magnifying the feelings as much as he can.

When he encounters the inner prompting to switch to continual and vigorous stimulation, guide him instead to surrender to the experience. Instead of seeking ejaculatory relief from this intensity, he can relax into it. He can allow his whole body to become more and more orgasmically aroused.

The process of opening to the multi-orgasmic intensity of pleasurable feelings typically takes from several weeks to several months. Guide him to be patient and not to try to force the experience. The slower he goes, faster he will arrive.

Soft Penis Orgasms

Various health issues can prevent engorgement of erectile tissues, but they need not prevent men from enjoying multiple orgasms. There are also many men who struggle with premature ejaculation. Learning of soft penis pleasures can assist these men and their partners in feel-

ing empowered and joyful in their erotic life. Men who have reliable erections may also wish to explore soft penis orgasms to enjoy the different orgasmic sensations and the freedom from habitual sexual scripts.

To explore soft penis orgasm simply stay in communication, keep building up the stimulation, and spend an adequate amount of time (an hour or more) on arousing erotic touch. Hold, jiggle, stroke, vibrate, pull, twist and roll the soft penis. Find what feels good. Play with the scrotal sack and massage the perineum. Encourage the man receiving to stay present with all the sensations, focusing on arousal and not erection. Follow what is pleasurable without chasing an orgasm. Incorporate whole-body touch.

Men's habitual tendency may be to feel self-conscious and inhibited by an absence of erection, and to stop erotic stimulation with a sense of frustration after 15 minutes or less of playing with a soft penis. If instead you commit to focusing on following the pleasure for an extended period, you are quite likely to enjoy one or more soft-penis orgasms.

Anal Orgasms

The outer and inner structures of the anus and rectum are highly innervated. (See more in the chapter on anal massage.) There is a particular concentration of nerves in the prostate gland that surrounds the urethra, just below the bladder. These nerves can be stimulated through the perineum externally and through the rectum internally, as well as through voluntarily clenching the muscles of the pelvic floor. *Focusing* on pleasurable feelings in the prostate, anal canal and anal sphincter leads to increasing pleasure. Eventually, the pleasure increases to produce intense anal and prostatic orgasms. Training the body to regularly enjoy this kind of pleasure can take weeks, months or years, although anal orgasms can also happen surprisingly and spontaneously.

Aneros prostate stimulator is a good home practice device for men exploring anal pleasures. The head and stem are designed to stimulate the prostate. The curves of the stem provide stimulation up and down

the anal canal. The force of pressure on the prostate is controlled by the man's anal sphincter and pelvic floor muscle contractions. A “perineum tab” provides external prostate massage and acts as a pivot point to drive the massaging action of the Aneros inside the rectum.



Figure 19. Visualization of the anatomy of male arousal showing innervation of the genitals and surrounding areas. Note that the glans and shaft of the penis are the most intensely innervated areas. Internal anatomical structures are also highly innervated, particularly the prostate gland. Image from Anatomical Travelogue/Science Photo. Used with permission.

Sound Orgasms

Jack Johnson is a psychologist who developed a technique that produces arousal and multiple orgasms through breathing and a “Key Sound.” The Key Sound is a deep erotic moan or roar that activates the Autonomic Nervous System and builds arousal. Practitioners create an expanding spiral of sound/arousal/attention-to-pleasure that, repeated, drives the body to produce and enjoy increasingly intense pleasure waves, and eventually, non-ejaculatory orgasm. With practice men and women can learn to concentrate themselves, in a matter of minutes, into a multi-orgasmic state.

Three Sacred Waters of Male Arousal

So far as I know, this is not an ancient Taoist formulation like the Three Sacred Waters of female arousal. But men also have different fluids that flow through their arousal anatomy, and these can be focused on separately with great benefit.

Pre-cum is the viscous fluid produced by the Bulbourethral glands (aka Cowper’s glands). It exits from the urethra during sexual arousal. By hanging out in the zone of arousal that produces pre-cum for an extended period, men can learn to feel and amplify the glands’ secretion and build a more extended orgasmic response.

Rain widens the river.

The prostate gland produces 25-30% of the volume of a conventional ejaculation. Through activation of the prostate with erotic massage and self-pleasuring, men can learn to “milk the prostate” and experience a prostatic orgasm separately from a conventional orgasm.

The river flows.

I think of the third waters of male arousal as full ejaculatory orgasm, when engaged joyously and mindfully rather than as a habitual relief from tension. Sperm leave the testicles through the thin tubular vas deferens, which passes up and over the pubic bone, behind and under the urinary bladder, then through the prostate gland. From the pros-

tate gland sperm enter the urethra, with fluid that is added from the prostate and the seminal vesicles.

The fields are flooded with life-giving nourishment.

Letting Go of the Agenda of Orgasm

For men and women to learn to enjoy multiple orgasms and better orgasms, they need to first relax and let go of the agenda of orgasm. Just do what feels good, keep following the pleasure, and let go of any goals.

Focusing on strong pleasurable feelings without surrender to habit is a very challenging practice for many people. But the rewards are great. Small climaxes and pleasure sensations become stronger and more intense, until they increase to multi-orgasmic levels. Erotic massage supports people in *relaxing* into their pleasure. I advise clients and students, “Make love to your habit.” By adding just a few new moves, spending just a little longer, and savoring the journey, we can gradually learn to multiply our pleasures with ever-unfolding joy.

Resources

Jack Johnson’s Multiple Orgasm website, www.multiples.com.

New School of Erotic Touch, Joseph Kramer, Evolutionary Masturbation for Men: An Intimate Guide to the Male Orgasm, video course

APPROACHES TO TOUCHING PENISES

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EVERY MESSAGE RECIPIENT IS different, and every time with every message recipient is different. These approaches to touching men are offered to help you build a vocabulary of offerings. You will want to use excerpts and combine the approaches as needed in different situations.

Exercise 16: Exploring Inner Aliveness

Have the man lie naked on his back. Guide him to breathe deeply and turn his attention inside. Have him scan his body and relax, bit by bit. Keep scanning for areas of unnecessary tension and holding, and let them go.

Meet his eyes with a soft gaze. Share your magnificence and admire his, through your eyes. After a few minutes, move across the space that separates you and, as mindfully as possible, place your hands on his body. After exploring his body with conscious touch, move to brush, then gently hold, his genitals. Bring all your awe into your holding.

Hold his penis softly, then squeeze and release. Explore his balls and inner cock. Go slowly, and even more slowly, as he feels into mindful awareness of his genitals. Offer his genitals your exquisite attention. Explore with a relaxed curiosity. If a certain touch creates a sense of urgency, just modify it so that he can sink back into a relaxed state of genital awareness. Take your time. With this exercise you are exploring

an extended period of genital aliveness without moving into excitement.

After about 15 minutes of exploratory genital touch, finish with a minute or two of simply holding his genitals, while gazing softly at him. End with a hug.

Create an Erotic Ritual

As described in the earlier chapter on “Approaches to Vulva Touch,” you can create an erotic ritual for a predetermined amount of time, like 15 minutes. Resist the temptation to ignore the timer and proceed into an extended session. Let that happen at a different time. This is an excellent exercise to offer couples who come for sex coaching.

Exercise 17: Erotic Ritual for Men

The receiver of touch removes his clothes from the waist down, and lies down on a bed or the floor with his legs open. The giver sits comfortably beside the receiver. When the receiver is ready, the giver rests their hand mindfully for some moments in the genital area. They then apply lube and stroke the receiver’s genitals for fifteen minutes, using a timer. When giving, go slowly and use very little pressure. Welcome guidance from the person receiving. Try a repetitive stroke such as this:

1. Hold the penis at the base with one hand, and then massage the frenulum and the glans with your flat palm, gliding over the head of the cock and the belly.
2. Glide your fist very lightly over the top of the cock in a spiraling motion.
3. Massage the frenulum and the base of the glans with two thumbs.

Remember to use lots and lots of lube. Silicone lube may be best for this practice.

Repeating the same stroke over and over helps change this into a ritual rather than a regular erotic experience. Mindful awareness can build in both of you. There is no worry about what to do or anticipation of what will happen next. There is simply an opportunity for the receiver

er to sink into total awareness of genital sensation. The giver of touch should remain completely focused on what they are doing.

End by holding his genitals firmly, with complete attention. This grounds the sexual energy that has built up in your bodies. You can each share a description of one particularly memorable moment of sensation while avoiding evaluating or comparing the experience.

If the man receiving suffers from premature ejaculation, he may ejaculate early in the ritual. Relish the ejaculation, use a towel to clean up, and carry on enjoying the touch for the remainder of the scheduled time.

Taoist Erotic Massage for Men

Taoist Erotic Massage can be an illuminating and joyous journey to a deeper reality; this is a spiritual-erotic practice. Guide the receiver to use breath, visualization and the conscious placement of attention to tune into erotic energy, circulate it and amplify it. As the body relaxes in a full-body massage it releases hormones that facilitate feelings of love, bonding and trust. With sexual stimulation we produce a cascade of powerful endorphins that generate a feeling of bliss. With prana pumps engaged by prolonged deep breathing, the heart opens, energy spirals through the chakras, and we can experience ecstatic unity with the divine in ourselves and others. “This is about integrating spirit at the cellular level,” my teacher Emaya says.

Dr. Joseph Kramer comments, “Human beings in all times and cultures have experimented with sex to achieve transpersonal states of consciousness.... By paying attention in the present moment to our own biological bodies, we became aware of a remarkable potential. Erotic trance states offer access to wisdom, creativity, aliveness and freedom not otherwise available to the human community.”

When offering Taoist Erotic Massage to men, be sure to slow down, stop or change what you are doing before ejaculation becomes inevitable. After a long full-body massage, spend at least 30 minutes on massage with a genital focus. The intact penis and the circumcised penis need to be treated quite differently, as the foreskin contains many

thousands of additional nerve endings, and the glans of the penis in intact men is mucosal membrane. In general, intact men prefer a more delicate touch. Special instructions for foreskin stimulation are below. A nice feature of this massage is that an erection is not required for it to feel good; some massage strokes actually feel BETTER when the penis is soft.

Taoist Erotic Massage was developed by Dr. Joseph Kramer and is best learned through his video course, “Fire on the Mountain.”

Exercise 18: Taoist Erotic Massage for Men

Please Note: The following is a list of options that might or might not be pleasurable. It is not a list to get through. Every person with a penis is different in what they enjoy. Stay in communication. Be sensitive to non-verbal cues. Go very slowly.

I. Cast a Circle

Begin with a general discussion about his intention and goals for the ritual, and how he likes to be touched. Verbally or non-verbally state the intentions for the ritual. Guide him into deep breathing.

II. Come into the Body

- A. Massage the back of his body using stretches, vibrations, glides, circles and kneading. Brush skin with finger tips. Massage scalp. Pinch fingertips and toes. Rock his body. Integrate gentle loving touch to the bum and the anus. (No poking!)
- B. Repeat massage on his front side.
- C. Circle breasts outwards. Hold the breasts. Some men have breasts that are exquisitely sensitive, while others find breast stimulation irritating or dull. Watch his reactions and stay in communication!

III. Waking up the Neighborhood

- A. *The Love Line.* Rub your palms together to generate heat. Lay warm palms over the inguinal crease—the line between the

torso and the thigh that creates a 'V' shape pointing in the direction of the groin.

- B. *Warming the Hara.* Spiral palms over lower belly, honoring it as the seat of life, the centre of intrinsic energy.
- C. *Brushing.* Massage the legs and the inner thighs, brushing your hands lightly over the genitals.

IV. The Foreskin

- A. *Gentle Stretch and Tickle* The foreskin on intact men can be stimulated through gentle stretching, both forward and backward. Stimulate the ridged band near the preputial sphincter. Gentle tapping and tickling of the foreskin feel good too.
- B. *Through the Hood.* Keep the foreskin over the glans and gently massage the coronal ridge through the double layer of foreskin.
- C. *Peek a Boo.* Work the foreskin back and forth over the head.
- D. *Under the Hood.* Slide a finger under the foreskin and make a circle over the glans, stimulating the foreskin from the inside and the glans from the outside.
- E. *Scar Tissue Honoring* Men who have been circumcised are scarred to varying degrees. It can be healing to honor this scar tissue by witnessing it, holding it, and massaging it with oil.

V. The Shaft and Glans

- A. *Awakening Pressure.* Grasp the shaft of the penis between the thumb and the forefinger. Squeeze up and down the shaft to awaken the deeper tissues of the penis.
- B. *Integrative Strokes.* Anoint him with oil, lay the penis on the belly at a 12 o'clock position, stroke the cock from base to glans, and then move up the body with an integrative stroke. Do this for each of the 12 hours. You can hold the balls with the other hand.
- C. *Frenulum Massage.* Pull the skin taut and massage the frenulum. Use the whole palm, then thumb circles (one thumb and then two thumbs).

- D. *Glans Massage*. Hold the penis in one hand with the head sticking up. Using the well-oiled palm of your other hand, slowly and very gently massage the glans. Reverse directions.
- E. *Shuttlecock*. Take the penis in both hands, fingers lightly touching the sides of the shaft. Now flick the penis back and forth between your two hands.
- F. *Cock Cradling*. Place one hand under the cock, holding it up, and the other hand over the cock, holding it down. Move hands back and forth.
- G. *Birdcage*. Make a birdcage out of one hand, with spread fingers arched, and grasp the glans just under the coronal ridge. Vibrate the cock with the "cage."
- H. *North and South*. Stroke the shaft in one direction, balls in the other.

VI. Heart Genital Connection

- A. *Hold and Vibrate*. Rest one hand over his heart, the other over his penis. Vibrate your hands. Massage the channel in between.
- B. *Heart-Healing Strokes*. With the penis resting on the stomach, take one hand and cup the testicles. Then glide the heel of the palm of the other hand up the underside of the penis to the heart. Use a whole forearm to sweep across and up from the genitals, up and across the chest.
- C. *Belly Bliss*. Pull the skin of the cock taut and hold it at the base. Use heel of the other hand on the frenulum, finger tips on the belly.

VII. High Friction Strokes

Use Lots of Oil or Lube!!

- A. *Corkscrew*. Pull the skin of the penis toward the base with one hand. With the other hand corkscrew the well-oiled penis.
- B. *Make Fire*. Take the shaft in your hands and rub your hands together as if you are making a fire. Vary speed and pressure.
- C. *Milking*. Start with one hand lightly grasping the bottom of the

penis. Then stroke the penis from the bottom all the way to the top. When you hit the top, release the penis. Meanwhile, bring your other hand to the bottom of the penis and repeat.

- D. *Cock Tease*. Use a fast, tight grip and a conventional wanking stroke, and then suddenly switch to a gentle, awakening and teasing stroke. Build the intensity for as long as he can stand it.

Invite the man receiving to take long deep breaths, and to relax for a long period in a state of high arousal.

VIII. Best if Erect

All of the other strokes feel great on a soft penis. These ones work best when he is erect.

- A. *Shake the Base*. Hold the base of the penis with one hand tight against his body. With the other hand, hold his penis tightly enough so that your fingers don't slip and slide up and down. Push rapidly on the penis, stimulating the shaft and the base.
- B. *Perpetual Penetration*. Let his penis "penetrate" into your fist on each stroke. Before the head of his penis pops out of your hand, bring the other hand up for the next penetration. Try faster and slower.
- C. *Hand Jive*. Interlock fingers around the shaft and rub up and down.

IX. The Balls and Perineum

- A. *Touch the root*. Up to half the penis is inside the body. Massage the inner cock through the perineum.
- B. *Core vibrations*. Vibrate the perineum with the heel of your palm or your fist, have him take deep breaths, and make loud sounds.
- C. *3rd eye Activation*. With one finger on the perineum and one on the 3rd eye, vibrate both.
- D. *Scrotal Massage*. Scratch, rub, stretch and tickle the scrotum. Ask him how he likes it.
- E. *Good Vibrations*. Use a vibrator on the perineum. (Be sure to use a condom when vibrator is shared.) Hold the vibrator on

the perineum with one hand and put your other hand on top of his head. Invite him to feel the vibrations all the way through his body.

X. Anal Massage

Be aware that some men do not want to be penetrated. Some men like to be penetrated with one finger only, some like a whole fist. Some men like lots of movement and activity. Others like very quiet, meditative touch. Use lube, lube and more lube. (See separate resources in the chapter on anal massage.) Wear vinyl or nitrile gloves for any internal touch.

- A. *Temple Gate Tease*. Massage the anal opening gently, for a long period. Make him hungry.
- B. *Invitation to the Temple*. Never poke or push into him. Wait until the external sphincter opens, and draws you in.
- C. *Entering the Temple to Pray*. Insert a finger ever so slowly. Hold still. Just be there.
- D. *The Four Directions*. With one or two fingers press firmly North/ East/ South/ West, several times in each direction.
- E. *The Prostate*. Find the prostate gland through the anterior wall of the rectum. Gently massage the prostate—with one or two fingers. Circle both directions. Ask him how he likes it. Stimulate the penis and the prostate simultaneously.

XI. Spreading The Energy

Throughout the massage, take the energy from his genitals and spread it down his legs and up his torso.

XII. The Big Draw

Remove your hands or keep touching him, as you prefer. Invite him to take staccato breaths with you, using the breathing pattern sniff-sniff-blow for about 20 breaths. Then breathe a long breath in, and breathe it out with a hiss. Breathe a long breath in, and breathe it out with a sigh. Guide him to tense his entire body, beginning with the muscles

at the base of the penis, and proceeding out to anus, ass, abdominal muscles, chest, and through the arms, legs, hands and feet. Guide him to squinch up the face. Hold the clench, and hold the breath, until he is ready to just let go. Then let everything go.

Stay present, don't talk. If you are touching him, stay completely still until he guides you to remove your hands. Don't 'fluff the energy'. Hold the space. Bask in the afterglow. Take lots of time here.

XIII. Grounding and Ending

- A. Look lovingly into his face until he opens his eyes.
- B. Towel off oil.
- D. Speak from the heart if desired. Maintain silence if desired.
- C. Touch his shoulder, help him sit up. Support his back.
- E. Open the circle.

This ritual will be more meaningful if you take time afterwards to pay attention to your experience. Write about what happened, the feeling states you experienced, and the distractions that came up for you.

The traditional Taoist Erotic Massage concludes with a "Big Draw," which is not usually compatible with ejaculation. The "Big Draw" takes all the energy that would go into an ejaculation and transforms it into rocket fuel for the inner voyage.

If the man receiving is certain he wishes to ejaculate at the conclusion of the massage, you can experiment with "Little Big Draws" during the session. The "Little Big Draw" is a lighter version of the "Big Draw," and it is useful for building, releasing, transforming and focusing energy during a long massage. Invite him to take staccato breaths with you, using the breathing pattern sniff-sniff-blow, but rather than doing this 20 times, do it about 10 times. Then breathe a long breath in, and breathe it out with a hiss. Breathe a long breath in, and breathe it out with a sigh. Now guide him to hold his breath while he tenses his body, and holds the clench, and holds his breath, until he is ready to just let go. But rather than encouraging him to go into an extended period of quiet meditation, as with the "Big Draw," when doing the "Little Big

Draw” you can slap or tickle him, keep stimulating his body, and bring his focus back to the ongoing journey of the massage.

Resources

New School of Erotic Touch, Joseph Kramer, *Fire in the Valley*, video course on Taoist Erotic Massage for men

_____ *Soft Cock Massage*, video course

_____ *The Best of Penis Massage*, video course

TOUCHING GENDER

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Challenging Gender Assumptions

ONE OF THE MANY wonderful things my clients and students have taught me is that I need to continually examine and contest my assumptions. Nowhere is this process more important and fruitful than the realm of gender.

Gender is typically the first thing we identify about someone who calls us on the phone or walks into our practice. Is this a man or a woman? We mark someone as either male or female, and as we do so, we call into play a whole host of assumptions about their chromosomes, hormones, gonads, socialization, self-identity, social identity and partner choice. How are we gendered as only either male or female in the complex interaction of biochemistry, individuality and society? All the elements that constitute our gender are much more diverse than the bifurcation of gender into male and female would allow. Yet this bifurcation is an all-pervading structural element in how we think, act, and move in the world. Assumptions we make about gender can shape and misshape our relationship with clients and the choices we offer them.

As givers of erotic massage, we create an environment in which clients can explore their sexuality. We invite them to cultivate the erotic capacities of body, mind, spirit and emotions. On this journey to erotic freedom, some will break open the prison of gender and the ways it

constrains erotic imagination, embodiment and society. I believe that as erotic massage practitioners we have both reason and responsibility to work and play in ways that help expand possibilities in the realm of gender identity, partner choice, and the social, psychological and physical consequence of being designated either man or woman. As we educate ourselves, and make our practices more open, perhaps we can imagine gender outside its social designations and compulsions. Perhaps gender can become a sex toy people can try on, play with or discard.

Tantric and Taoist traditions of sacred sexuality—at least in the forms they reach us today—don't play much with gender. They can get stuck in advocating the worshipful communion of an opposite-sex couple, yoni and lingam. No doubt such communion can be beautiful. But suggesting that this is the highest form of erotic interaction is harmful, ugly prejudice. The tradition of Somatic Sex Education in which I am trained is one that celebrates the diversity around and within us. We honor same-sex erotic exchanges, solo sex and group rituals.

This is work that challenges gender oppressions as it invites women to experience the full extent of their orgasmic energy, and men to experience their softness, flexibility and inwardness, and gender-variant people to explore and express all the joy we are capable of. We support queer, transgender and gender-variant people on their gender journeys.

Can we touch the people that come for erotic massage in ways that support gender diversity and invite transformational consciousness, while honoring each person exactly where they are? Take time to consider your preconceptions and how they are affecting you in your encounter with each person who comes to see you. Then push your assumptions aside, and make space to understand this person as an individual. If they are to encounter you, and not your assumptions, you will need to do this ongoing work. By keeping your mind and heart open, and free of expectations and conventions, you can offer people the space they need to define and redefine who they are sexually.

With your touch and imagination you can bring mindful attention

and creative play to the fact that so-called male and female genitals are not so different after all. We all have inner bits and outer bits and beds of erectile tissue. In early fetal development our genitals are undifferentiated. We can explore how to touch in ways that invite a swim in this undifferentiated consciousness.

Gender Identity, Gender Expression, Biological Sex and Who We are Attracted To

Sam Killerman has created a treasure trove of online resources about gender and sexual orientation. He points out that Gender Identity, Gender Expression, Biological Sex and Who We are Attracted To are different aspects of how gender is felt, constructed and expressed in every body. Rather than seeing an opposition between Male and Female in the various aspects of how we constitute our gender, we can notice different continuums that allow for the “infinite plot and label combinations” that actually exist.

A person can be non-gendered in their gender identity. At the other end of the continuum, they can identify as 100% male or 100% female. They can identify as bi-gendered, gender-fluid, or some combination of male and female. They can adopt different gender identities with different people and in different circumstances, and this is something that can remain constant, or shift and change throughout a massage or throughout a lifetime. I have worked with people called women who find that identity limiting or unbearable. Some need support to explore and express their maleness. Others find a home in a more fluid identity, while some feel right rejecting gender identifications entirely. I have held people designated as men through the grief, relief, fear and joy that can be experienced when that gender designation releases its grip. The embodied experience of penetrative pleasures can be transformative for the gender identity of men.

“Gender expression” refers to how the person you are working with *presents* their gender. We make assumptions based on people’s gender expression, but it is usually just the tip of the iceberg. A woman

can feel butch and present as femme, or feel femme and present as butch, and the dissonance between gender identity and gender expression might or might not affect how she likes to be touched. I have worked with many cross-dressing people who disclose that they have fully-developed male and female gender expressions as part of their lives. “Ron,” who arrives at the studio as self-evidently male, may have “Rhonda” within as a secret gender identity, or Rhonda may already have a flourishing female gender expression with her own lipstick, lingerie and friends. People who present as hypermasculine men can be gay in their attractions, bi-gendered in their gender identity and female in their sex.

Biological sex is another area where we make assumptions. Based on people’s gonadal structure, we might imagine we know their biological sex. But here again, nothing is so simple as the notion we are always only either male or female would suppose. I have worked with an intersex person who recognized and re-experienced the gender assignment surgery they had as an infant as I mindfully mapped their genitals. A colleague has worked with someone identified as female who appeared to be extremely feminine, with breasts and female genitals. She turned out to be chromosomally male, with Androgen Insensitivity Syndrome. Her vagina was short, without a cervix, and she looked to increase its dilation and depth with genital massage. I have worked with pre-operative, post-operative and non-operative transgender people who experienced their biological sex as different from the one they were assigned at birth, based on their gonadal structure in infancy.

And then, of course, there are so many plot and label combinations in the area of who we are attracted to. We can be bi-gendered in our identity, queer in our gender expression, female in our sex, and attracted to masculinity. We might get tangled in assumptions that someone with this particular combination is either a straight woman or a gay man. We can be asexual or ambisexual in our attractions, fixed or fluid in our expression, gender-consonant or gender-dissonant in our sex, expressive or hidden in our identity—and these characteristics

are likely to shift and evolve as we build levels of connection and trust. Erotic massage can be a safe and healing path for people who want to explore various aspects of sexual orientation and sexual preference.

Queer, transgender and gender-variant people are boldly creating possibilities for all people to have a more playful and creative relationship with gender, whatever their sexual orientation. As innovators and pioneers, they pit their bodies and desires against the *status quo*, and they are likely to encounter many forms of violence. Practitioners of erotic massage can offer sanctuary. The massage studio can be a safe haven where a gender pioneer can relax into embodied exploration. Or it can be another place of oppression. We need to have sufficient cultural competency to make our practices welcoming to everyone on their gender journey.

Working with Gender-Variant People

How do we make our practices welcoming to gender-variant people? First, check your assumptions. Understand that gender is not tied to genitals. These additional suggestions help bring us to a starting point.

1. Scrutinize cisgender privilege.
2. Learn the language.
3. Ask good questions.

Cisgender Privilege

When all or part of us is cisgender, that is reinforced with enormous privilege. Our validity as a man/woman/human goes unchallenged, and does not depend on how much surgery we've had or how well we "pass." Those people without cisgender privilege, or the parts of ourselves that live without cisgender privilege, lose the ability to walk through the world unremarked. Gender-variant people are stared at, whispered about, pointed at, or laughed at because of our gender expression. We face violence or the fear of violence every time we walk down the street, seek medical treatment, look for an apartment, use a

washroom, apply for a job. We find that strangers assume they can ask what our genitals look like and how we have sex.

We can work to create space in the world for queer, transgender and gender-variant people by supporting their rights and addressing cisgender privilege. March in the Pride Parade. Show up at the Transgender Day of Remembrance in your community. Oppose unjust laws and advocate for human rights protection. Address transphobia and cisgender privilege when it comes up in conversation, physical structures, intake forms, workshop offerings, designs for living, and your own heart. Be explicit in your welcome to gender-variant people. Ask questions, both of yourself and others.

Learn the Language

As providers of erotic services we need to take responsibility for basic literacy in the special concerns of queer, transgender and gender-variant clients.

Somatic Sex Educator Dr. Captain Snowden says, “When we travel to a new country or want to interact in a new community, we try to learn their language. With Transgender and Gender Variant clients this is a respectful and logical way to start. In Transgender communities, there is constant dialogue about terminology and its application for diverse members of the community. This can be both exciting—as it is a deeply creative place to be able to invent language that fits us individually—and frustrating, as it is not always easy to decipher the ‘right’ language to use with our clients.”

We need basic literacy on LGBTQ identity definitions. When it comes to erotic touch, however, we will need more understanding and sensitivity than any identity definitions can afford. The ways gender, identity, expression, sex and desire combine is individual and infinite. The biggest danger lies in making assumptions. We might assume our clients have or want to have certain body parts, or that they like or don’t like certain kinds of touch, that their genitals will or won’t function in certain ways like becoming erect, self-lubricating, penetrating or ejaculating. Sometimes your assumptions will be right and other

times they will be insulting and wrong. The wrong touch, or inappropriate vocabulary, can trigger dysphoria and traumatize a client.

The anonymous author of “Transcending anatomy: a guide to bodies and sexuality for partners of trans people” (available at no charge on the internet) guides, “As a general rule, **always echo the language your partner uses for their body.**” They write: “Trans people’s genitals come in many different forms, and so do the terms used for them. Some trans people use the same words that many cis people use to talk about their genitals—whether to describe their anatomical form or the way they conceptualize them: vagina, penis, clit, cunt, pussy, dick, cock. Others have come up with new words or phrases specifically to describe trans genitals: diclit, click, manhole, strapless, cockpit, front hole. Some use words that are nonspecific: stuff, bits, junk, downstairs.” If you or they use toys, learn from your client how to refer to them. Does your client think of the toy as an object, or are they more comfortable discussing it as part of their or your body? You can also find ways to navigate your interactions without actually naming body parts or acts.

Honor the courage and vulnerability of any gender-variant person who comes to your practice. Show them that your respect for their gender identity will not be diminished because of how their body looks or because of the ways they want to be touched. Commit to conceptualizing their body as they do and using the language they use to describe their parts. Catch your assumptions, make mistakes, and try again.

Ask Good Questions

Sam Killerman guides, “If you aren’t sure what pronouns to use for a person, simply ask them. A good way to ask this question isn’t ‘Are you a boy or a girl?’ but rather ‘What are your preferred gender pronouns?’ This is a great question to get in the habit of asking in general, and one that will make the gender-diverse people in your life way more comfortable being in your life.”

In any offering of erotic massage, you can ask, “How would you

like to be touched?” You can ask this question over and over. Asking “May I touch you in this way?” is a very different question, as sex educator Betty Martin teaches. The phrase “May I?” suggests that you are asking permission to touch in a preconceived way that proceeds from your own desires. All too often, a vulnerable client will endure this kind of touch to keep the peace and avoid insulting you. In contrast, the question, “How would you like to be touched?” invites the client to speak from their heart, and to answer in their own vocabulary, as they request touch they want without regard to your agenda. With attention to nuance, you can shift your language from prescriptive to heart-opening.

“Show me what feels good” can be a serviceable and open way to invite a client’s direction while avoiding inappropriate names for body parts. Let your client know you would enjoy and appreciate the honor of witnessing their self-pleasuring. You can also put their hand over yours and invite them to move your hand so that you touch them the way they like it.

Conclusion

Erotic massage can be a sacred gift in the lives of queer, transgender and gender-variant people. As practitioners, we can offer an environment for safe and respectful exploration of how their bodies feel, and how to be sexual, as they investigate bringing their inner experience of gender into the world. We can address scar tissue from surgeries (see more in the chapter on Healing Painful Sex). We can offer touch that honors each person’s internal gender experience and helps it to unfold.

People who explicitly identify as queer, transgender or gender variant have special needs and concerns, but their journey to find a home within genders, between genders and beyond gender is common to every person we touch. Erotic massage can support people in exploring the touch that brings them pleasure in an environment of complete acceptance. Our work can empower each client to come home to their own body and access the body’s wisdom, wherever they are on the

gender journey.

Resources

Anonymous, "Transcending anatomy: a guide to bodies and sexuality for partners of trans people," widely available online, 2014.

Caffyn Jesse, Mapping Queer Meanings, www.queermap.com

LGBTQ Identity Definitions: A List by Sam Kellerman, available online 2014.

Sam Kellerman, It's Pronounced MetroSexual, <http://itspronouncedmetro-sexual.com/>

ANAL MESSAGE

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Encountering the “Electric Fence”

CHESTER MAINARD, A PIONEER of anal massage, had a great description of how shame operates in our relationship with anal eroticism:

“One of the tricky things about shame is that it is often invisible to the person experiencing it. Shame creates an ‘electric fence’ within ourselves. Once you get shocked two or three times you stay back from the fence. The electricity can get turned off but you still don’t go near the fence anymore. **When we are operating in our comfort zone we are actually operating inside the shame.** Shame operates by avoiding the feeling of it, and it is tricky sometimes to notice what you are avoiding: ‘Oh, I’m not feeling anything right now.’ That may be true or maybe shame is operating so well that you’ve learned to stay well inside that fence, not taking any risks that may result in the activation of the shame. When you approach anal work you get to see where that fence is. You think everything is fine in your life but don’t even think about your asshole. This anal avoidance is a fundamental place of shame that a lot of our other shames get built on.” (This statement is from a talk Chester Mainard gave to Certified Sexological Bodyworker students in 2004.)

Our bodies are built for anal eroticism. The anal area is one of the most innervated pleasure centers of the human body. But the pleasures

young children feel in excretory functions are usually quickly shamed. The anus becomes a no-go zone and a place that holds fear and anxiety.

Most people know little about anal anatomy and its pleasure potential. Though statistically more people are experimenting with anal sex, it seems that such experiments assiduously avoid the potential pleasures of anal eroticism. Even people who practice anal intercourse readily and willingly may not understand that anal penetration can be joyful. Many are simply enduring a painful experience as an act of love for their partner, or out of low self-esteem. Anal fissures have become a common health concern among young women, who say they provide this intimate area of their bodies as a service to partners, without regard to their own pleasure and health.

I believe that the prohibitions on anal pleasures are linked to the widespread use of anal rape as a weapon. From antiquity to the present, men have used the threat and fact of anal rape of boys and men to construct and maintain hierarchies. Proving the power of one man while subordinating and shaming another, anal rape *effeminates* the man who is raped. In other words, sexism is what gives this act its cultural power. Overcoming the shame that accrues to anal eroticism is a key part of addressing gender oppression.

For men, developing a taste for anal penetration can mean developing a radical, transforming desire. Frank Browning describes anal penetration as “an entry into the most private and sacred zones of individual identity,” and “an act which shatters the authority and integrity of the male self.” Klaus Theweleit, writing of male fantasies, comments “Anal penetration comes to represent the opening of social prisons, admission into a hidden dungeon that guards the keys to the recuperation of the revolutionary dimension of desire. . . .” Anal penetration often feels like a profound identity exploration.

We need education and support to feel into the personal and cultural wounds that interfere with our capacity for pleasure. Anal massage, offered sensitively and with no agenda, is a perfect way to allow us to gently confront held traumas, and feel how they manifest in the body as pain, anxiety, distraction and numbness. We can encounter

the “electric fence” of shame in ways that are conscious and mindful. By working with intention at the outer limits of our comfort zone, the comfort zone gradually expands. Over time spent with loving touch, we can feel our way into a rich unfolding of the anal eroticism that is possible.

Before you start: Precautions about anal exploration

Use plenty of lubricant and go slowly to prevent rectal lining damage. If it hurts, you are going too fast and pushing too hard.

When working with people with vulvas, never use the same hand to touch anal and vaginal openings. This can result in a nasty bacterial infection. A good practice is to use a dedicated hand for anal touch and the other hand for clitoral and vaginal stimulation. You can use a towel to catch any oil that might drip from the anus into the vagina. Fear of mixing juices can create anal tension, so let the person receiving know that you are being very mindful of this basic fact of anal hygiene.

Whatever toy you use, be sure it is designed for anal play, in that a wide base will anchor the toy outside the body. The digestive tract can vacuum up other toys, so they have to be removed surgically!

For anal massage, you will want to use gloved hands. Gloves protect the practitioner and client from transmitting bacteria, while they minimize any risk of tearing sensitive anal tissues with fingernails.

Be sure your hands and toys are very clean before and after anal penetration. Bacteria found in the rectum can be transmitted to other orifices or to a partner.

Anal stimulation may cause feelings of having to go to the bathroom. More often than not, this is just a “feeling” that the stimulation causes. It may simply take some getting used to.

Anal Anatomy

There are two muscle rings called sphincters around the anal open-

ing. If you insert a finger about one half-inch into the anus and press your fingertip against the side, you can feel the place where external and internal sphincter muscles overlap. The external sphincter is controlled by the central nervous system. We can squeeze these muscles tight by an act of conscious will, just like we can purse our lips or clench a fist. The internal sphincter is quite different. This is smooth muscle controlled by the Autonomic Nervous System, the part of the nervous system that makes adjustments in blood pressure, respiration rate and other “involuntary” body functions. Because the internal sphincter normally functions reflexively, most people can’t tense or relax it at will. It takes a deeper learning to relax the internal sphincter.

The anal canal is less than an inch long, leading into the rectum. Folds of tissue give this canal a remarkable capacity for expansion. When the anal sphincters are deeply relaxed, an entire hand can pass through the anal canal. Yet for many people, a baby finger is too much penetration. Forcing penetration can result in a variety of medical problems such as hemorrhoids (protrusions from the anal cushions) or fissures (tears or cracks in the anal lining). When touch is prematurely or forcibly introduced into the anus, the sphincter muscles go into spasm. With continual pressure and battering, the spasm can partially release and the pain subside. This is the way the majority of people seem to explore anal eroticism. It is not anal pleasure, but simply the relative absence of discomfort that is sought. As practitioners of erotic massage, we can offer a much different exploration.

When working with people who are new to anal pleasure, you can explicitly offer to massage their anus with an agreement that penetration will not be part of the picture. With that assurance, the recipient of your touch can concentrate solely on the sensations that your touch is generating, without thinking about penetration and all of its stigmas.

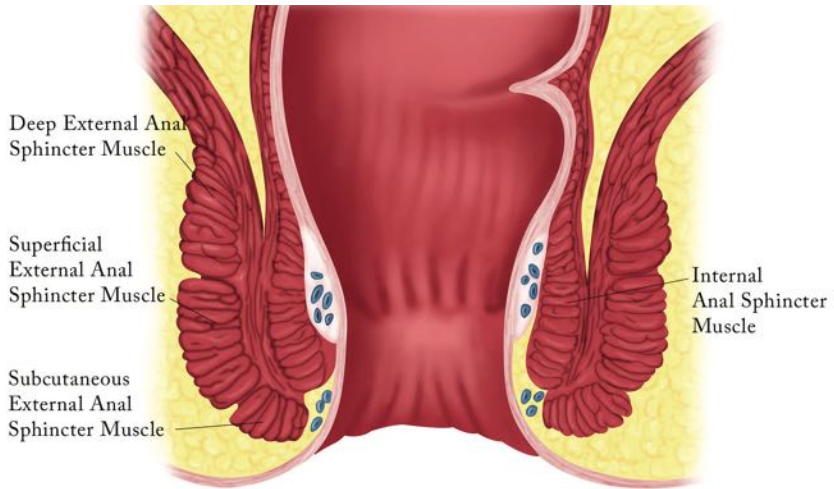


Figure 20. The internal and external anal sphincters. Blue dots show hemorrhoidal veins. Drawing by S. Murali Shanmugam with Caffyn Jesse.

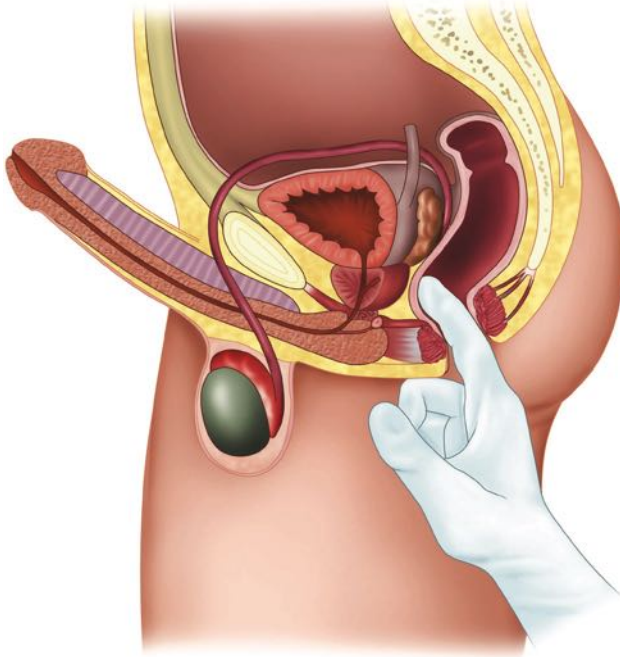


Figure 21. Prostate massage, sagittal view. Drawing by S. Murali Shanmugam with Caffyn Jesse.

Exercise 19: Anal Mapping

Waking up the Neighborhood

Anal touch becomes pleasurable when the whole body is in a state of deep relaxation. You can begin your exploration with whole body massage and deep, synchronized breathing. Focus on the inside of the thighs and the lower back, then the butt cheeks.

Offer the person receiving deep pressure in the gluteal muscles, where so much tension is carried. Feel the bones of the pelvic bowl through the butt cheeks and hold them. Feel into the muscle attachments around the sacrum. Hold the sacrum and imagine it as a sacred chalice that receives and gives back life-force energy.

You can experiment with different kinds of touch to relax and awaken the nerve endings in the butt. Try holding, gliding, compression, spanking, tapping, featherlight touch, stroking, squeezing and rocking.

Stimulate the area around the anus before touching the sphincters directly. Let desire build. Go slowly as you try new things and add new sensations. Keep communicating about speed and pressure. Use plenty of oil.

Use oil, and caress the groove of the butt with the side of your hand—up and down for men, up and away from the vagina only for women. Add vibration to the glide. Use both hands to pull the butt cheeks apart. This feels vulnerable and exciting. Push the butt cheeks together. This feels safe and relaxing. Alternate touch that is exciting with touch that is relaxing, watching how the person receiving responds. The idea is to help the person being touched to expand their comfort zone gradually, without ever going into a sense of being unsafe.

The Perineum

The perineum has a dense concentration of pelvic muscles and nerve endings. When you stimulate the perineum externally, you are stimulating the perineal sponge of the clitoral complex in women and the root of the penis plus the prostate gland in men.

You can pulse the pads of your fingertips in and out. Press in and

move in small circles around the perineum. Put your fist on perineum and pulse. Evaluate the elasticity or stiffness of pelvic floor muscles through the perineum. Move slowly and offer deep pressure, so these muscles relax.

The Anal Opening

Many nerve endings are on the outside of the anus, so you can enjoy a radical unfolding of anal pleasure without ever going inside.

Simply holding the anus with a still hand will allow the person receiving to relax. It is important that they know that you have no agenda, and that you will never penetrate before they are ready. You can pulse on the sphincter with one or two fingers, and stroke around with circular motions. Use a knuckle to visit the anus. Add vibration. Glide your thumb (or finger) across the asshole. Slide your thumbs into the groove and move them in circles over one another, gliding over the asshole, then pressing in. Slide your forearm through the butt cheeks and press your elbow into the groove.

Going very, very slowly can be deeply relaxing. Rapid touch can build excited arousal. Be sure not to go too fast. When in doubt, slow down, and then slow down even more. Deep relaxation is what will allow the recipient's arousal to unfold.

Going Inside

Listen to the body, and verbally communicate with the massage recipient. The paradigm of "penetration" should be discarded in favor of "being invited in." The asshole will open like a flower beneath your hands, when and if it becomes ready. Be patient and know this readiness is a journey that can unfold through many sessions, over many months.

Use lots and lots of slippery lube. Rest your index finger on the asshole and apply very gentle pressure. Allow the ass to relax, open, and invite you in. Move very, very, very slowly.

When you first enter the anal canal, just hold still for a long time. Let this person know that you have no goals. Sphincters open and relax

at their own pace. When you begin to move, make only slow and tiny movements. Watch for constriction. Be ready to stop and gently withdraw. Recognize that the recipient's desire alone does not guarantee their pleasure.

Try a slow and gentle stretch in all directions—pressing into the external sphincter at every hour on the clock face. Feel whether the sphincter can relax and release. Move gradually inside, if you are drawn in.

In this initial approach to touching inside the body, your goal is not arousal, but relaxation. Only the deepest relaxation will allow this rich concentration of nerve endings to come alive. Is the internal sphincter tight? Go no further. If you feel it relax and open, pulse slowly and gently into the various points and massage into tight places.

If you go deeper past the internal anal sphincter, you can feel into the muscles of the pelvic diaphragm and their attachments. Gently and slowly massage into areas of constricted and bunched-up muscle fibers. Try gentle and deeper pulses. Add vibrations, circles, stretching, and see how the recipient responds. Where does the asshole take you?

There may be arousal. Follow the pleasure. Explore adding external genital touch, and investigate how you can stimulate the genitals from inside the anus. What spots feel especially good? The prostate is often a source of pleasure when massaged. The root of the penis is near the anal opening and can be stimulated from the inside. In women the perineal sponge and the whole clitoral complex can be stimulated with interanal touch, plus the deeper erogenous zones.

For prostate massage, feel interanally towards the front of the body for a walnut-sized gland (size varies—and many older men have enlarged prostate glands). The gland is usually a little deeper than one or two knuckles deep. Feel the contours of the prostate gland. You may feel a distinctive pulsation under your fingertip. You may be able to feel two distinct lobes of the prostate, with a sulcus in between. Stroke the prostate towards the sulcus. This is the motion used to milk the prostate. Begin very gently, and explore increasing the pressure if he is aroused. Ask for specific feedback.

The anal canal and rectum are passageways that normally contain

little if any feces. Sometimes, though, anal massage can get messy. If you are not prepared to greet fecal matter with equanimity, don't offer anal massage! Some receivers like to prepare for anal massage with an enema.

Conclusion

Work in the anal area is crucial for full and deep embodiment. Ellen Heed describes anal massage as “the Royal Road to the Autonomic Nervous System” because we access smooth muscle simply by massaging and relaxing the internal anal sphincter. She also notes that the digestive system has its own independent nervous system, known as the enteric nervous system. “The enteric nervous system produces 98% of the serotonin in the body. It also produces its own benzodiazepines (valium). It even contains a substantial amount of grey matter (brain cells), hence its name: The Second Brain.” We can understand that with anal massage we are building capacity to dialogue with unconscious processes and tune into our “gut instinct,” as we evolve the function and integration of neural networks.

Resources

Jack Morin, *Anal Pleasure and Health*, Down There Press; Fourth edition, 2010

Aislinn Emirzian and Charlie Glickman, *The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners*, Cleis Press, 2013.

Videos

From Pleasure Mechanics:

Butt Massage

Anal Massage on a Woman

Guide to Prostate Massage

From the New School of Erotic Touch:

Joseph Kramer, Uranus: Self Anal Massage

_____, *Anal Massage for Relaxation and Pleasure*

_____, *Anal Massage for Lovers*

and other videos

References

Frank Browning, 1994, *The Culture of Desire: Paradox and Perversity in Gay Lives Today*. New York: Vintage Books (Random House), p. 87, 89.

Klaus Theweleit, *Male Fantasies*, trans Chris Turner and Erica Carter, Cambridge: polity Press, 1989, Volume 2 p. 138.

Ellen Heed, "Meet the Anal Sphincters: The Royal Road to the Autonomic Nervous System," 2011, unpublished PowerPoint prepared for the 2011 Certified Sexological Bodyworker Canada training.

HEALING PAINFUL SEX

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N EARLY THREE OUT OF four women have painful sex at some time during their lives, according to the American College of Obstetricians and Gynecologists. For men painful sex has been subject to significantly less research, but through my years as a practitioner of erotic massage I have come to believe that a significant percentage of men suffer from pain with erection, intercourse or orgasm. Many transgender and gender-variant people also suffer from painful sex that can be rooted in trauma, surgical scarring, or holding chronic tension in a body that feels all wrong. Genital numbness is not the opposite of pain, but an associated problem. People respond to chronic pain or tension in the genital region by shutting down and going numb. All of the massage strokes shared in this book can help to heal and awaken the neural network. The techniques in this chapter, which focuses on fascial release and scar tissue remediation, are more tools to add to your toolkit.

When a client presents with sexual pain, we can teach them multiple alternatives to intercourse-based sex. This can alleviate the issue of pain in many relationships. We can also use our massage skills to assist them in healing painful sex. Massaging intervaginally and internally can help us reach deep into the body, bringing healing touch to tissues that cannot be reached in any other way. A significant number of medical studies prove the efficacy of internal massage in addressing pelvic pain. We can also offer a loving environment to support a client in releasing and healing tension and trauma.

When dealing with a client who is experiencing pain with sex, I offer three guidelines initially:

1. Take more Time

All too often, penetration happens before we are really ready. As discussed in more detail in the chapter on “Touching Women,” the erectile tissues of the internal clitoris take an average of 40 minutes to engorge. It is the engorgement of erectile tissues around the vagina that makes vaginal penetrative intercourse pleasurable. Deep relaxation of the anal sphincters allows anal pleasure to unfold.

2. Use More Lube

A good lubricant can make all the difference. Try silicone lube if water-based lube or coconut oil isn't slippery enough. (But silicone lube is not compatible with silicone toys. Put a condom on your toys.)

3. Check for a Medical Condition

There are many medical conditions that can cause sexual pain, including urinary tract infections, various sexually transmitted infections, and pelvic inflammatory disease. A medical professional should check any occurrence of sexual pain that is not easily alleviated by slowing down and using more lube.

If your client has gone through medical diagnosis and treatment and ruled out everything else, but they are still experiencing symptoms, there is a form of treatment you can offer. With intervaginal and interanal massage, the muscles of the pelvic diaphragm can be palpated, bringing relaxation, increased circulation and hydration to this essential structure in which so much tension can be stored. In addition, the fascial system can be addressed. Massage that focuses on the fascia will encourage blood and lymphatic fluids to flow freely. Muscles, joints, bones, organs, and the nervous system can realign and work more effectively. Fascial release can also address scar tissue resulting from abdominal and genital surgeries, trauma, childbirth, and chronic tension.

Fascia is a term for the continuous, three-dimensional web of con-

nective tissue that joins, separates and permeates every structure and system in the human body. Instead of focusing on the muscles, bones and organs taught in anatomy class, you can focus on the space between them. In this space there is a semifluid internal architecture of fascia. Fascia not only holds this space, it also honeycombs all through the whole body, connecting every structure, wrapping every bone, holding each organ, and surrounding each muscle, muscle fiber and cell. Fascia is full of sensory nerve receptors. It is through the fascia that we sense where our body is in space. Fascia orchestrates full-body movement.

Fascial restrictions can affect everything in the body, from skeletal alignment through to cellular function. Injury to the fascia can result in extensive restrictions that snake through the fascial architecture, constraining the flow of blood, lymph, and nerves in places far removed from the initial problem. Fascial restriction creates pain, tension and dysfunction, which can generate additional fascial injury.

Exercise 20: Fascial Unwinding

You can feel and heal your own fascial network through stretching. Try tuning in and allowing your body to find its preferred stretches. Slowly unwind your body from the pelvic bowl. Expand your length and breadth, feeling your bones lengthen and your muscles slide across one another. When you come to a stopping point in your stretch, feel into it for awhile. Notice whether you feel fascial release after holding a stretch for one to five minutes. If you can, continue unwinding.

Fascia is composed of stretchy elastic fibers, supportive collagen fibers, and a gelatinous substance that surrounds them. Author Brooke Thomas uses the metaphor of a sponge to explain the elasto-collagenous complex of the fascia as a fluid system. She writes, **“When a sponge dries out it becomes brittle and hard. It can easily be broken with only a little force because of how crispy it has become.** However, when a sponge is wet and well-hydrated it gets springy and resilient. You can crush it into a little ball and it bounces back. You can wring it and twist it, but it is difficult to break” (emphasis original). When

fascia is well-hydrated it assists anatomical structures in sliding easily over each other. When it is dry, fascia will actually glue these same structures together. Muscles can no longer move into and over each other; they lose strength as well as stretch. Organs get stuck to adjacent organs or the pelvic wall. Arteries, nerves, and the lymphatic system get trapped in a stranglehold. Soft tissue restrictions keep fascia dry, sticky, brittle and prone to injury. Sticky bits (called “adhesions”) need to be unstuck before fluid can return to dehydrated fascia. Internal and intervaginal massage can be remarkably effective in encouraging this process.

Organic castor oil is usually used for any part of scar tissue massage that requires oil. Massage can be supplemented with the application of “Castor Oil Packs” made of oil-soaked flannel and applied with heat. The Ancient Egyptians used castor oil for medicinal purposes, and it has been used in many other cultures as a folk medicine. The product is sold as a dietary supplement and it is considered safe in proper doses for use as a laxative, but the castor bean contains a poison and the oil can cause allergic reactions. Be sure to test outside before applying the oil to mucosal tissue. In the Sexological Bodywork training we are taught that the oil can help to dissolve and remove adhesions along with other therapeutic effects. My own experience and the anecdotal evidence of colleagues support this claim.

The exercise “Pelvic Opening Massage” described in the chapter “Approaches to Vulva Touch” (Exercise 12) is very similar in intent and content to a massage for healing painful sex. It is often useful to combine these methods.

Exercise 21: Scar Tissue Massage

Begin by palpating the person’s body overall, without oil. Connect with the person emotionally and synchronize your breath. Encourage your client to feel a softening with every exhale, as if they are melting into the table. Feel for fascial restrictions. Where these are found, you can encourage release by anchoring the fascia with one hand and distracting it from the anchored hand with the other. Hold the tissues

in a stretched position until you feel a release. This can take from between one to five minutes. You can also bring the tissues into a stretch by moving one hand up while the other moves down. Bring these same principles to bear when you focus more closely on smaller areas, using thumbs and fingers instead of whole hands. Try skin rolling to release the fascia.

A caution: check for any scars from any hernia operations, and ask if the massage recipient has had a hernia. Beware of putting any pressure on this scar tissue, as it usually contains a mesh that can cause injury.

After some time working at the fascial level from the outside, I usually apply a pack of castor-oil-soaked flannel, along with heat. This castor-oil pack can rest on the lower abdomen, where fascial restrictions tend to concentrate, as I venture towards the genitals.

Hold your hands cupped over the genitals of the person receiving. Gently massage the external genitals. Be sure to use enough lubricant so that the recipient feels comfortable. Castor oil is a good choice for the internal massage, as it will support the fascial release, but it is too viscous for external massage.

If you are invited into the body for interanal or intervaginal massage, go very slowly. Evaluate the elasticity, sensitivity and stickiness of the tissues. Where you feel adhesion, pull on the tissues as you encourage the fascia to release and realign. Hold still, with tension, on sticky bits. You can visualize, and invite your client to visualize, that the sensation of stretch or pressure slowly reaches more and more deeply into the body, like water soaking into a sponge. If there is pain, ask your client to guide you as you observe their body. Is it sharp pain that causes their body to recoil? Or is it "good pain" that feels healing? If it is "good pain," you can instruct them breathe deeply as they direct their focus to any tightness underneath the pain. As they focus on softening that tightness, you can keep holding, until you feel the glue release. Be patient, as this release can take five minutes. Unwinding of fascial restriction can often be felt throughout the body, and is sometimes expressed in involuntary movements, shivers and shakes. Fascial release

can be supported by regular internal massage to relax the tissues and improve circulation.

If there is scarring from abdominal or genital surgery, trauma, or childbirth, feel for its depth, shape, texture and extent. Invite the person receiving to communicate with you how they feel your touch, and whether they feel pain or stickiness referred to other parts of the body. In this way you can follow and treat the extent of fascial adhesion. Apply castor oil as you continue to massage and encourage the adhesions to release and realign throughout the body. Abdominal and genital scar tissue can often be felt throughout the abdominal cavity, and in the spine, neck and shoulders.

I work in partnership with my clients, helping them to go into a state of deep internal awareness. They feel into the scar, and allow it to speak to them. The scar's "holding" is typically both physical and emotional, and often an emotional and physical release will be felt simultaneously. Listen to the stories held in the scar tissue. Be prepared for tears.

Case Studies

A woman arrived at my studio with a twenty-year old scar from an appendectomy. The scar tissue formed a firm ridge along her belly and all through the abdomen, causing her difficulty in stretching and exercises, a hunching of the shoulders, and pain during any sexual activity that put pressure on the belly or involved penetration. In an initial session, I explored both externally and internally, and we realized that the scar tissue reached deeply from the front to the back wall of the abdominal cavity and up around the trachea. I found a rigid scar line on one side of the vagina and a shorter one across the top. I used a combination of external and internal massage, heat, focused energy and intention to loosen and lengthen the scar tissue fibers. Working on one area at a time with varying degrees of pressure, I asked her to focus on visualizing the tissue softening and to observe the changes occurring in her body—which she described as “nothing short of miraculous!”

After the second session, she could bear pressure on the abdomen with no pain. During the fourth session she suddenly realized there was almost no pain on penetration. She reported the next week that she had for so long ‘made the pain part of the pleasure’ when being sexual, she had to teach her body to interpret and accept pleasure without pain.

After the sessions were complete, the client wrote a testimonial: “The absence of any rigidity in my abdominal tissues and the lack of the discomfort that I had been enduring for years were proof that the methods that Caffyn is using to relieve... the adhesions of scar tissue are effective physically. In my experience and process, they were also emotionally freeing and deeply healing to my soul.”

Another client was a survivor of rape. In the decades following the trauma, she had been unable to connect sexually with another person or with herself. Scar tissue from the rape was compounded by chronic tension, neglect, and the naturally increased fragility of post-menopausal tissues. The pelvic fascia was brittle and dehydrated, and she could barely feel genital sensation. In our sessions over a period of months we incorporated many exercises to empower her choice and voice. In sessions including genital massage, she progressed from no sensation to painful sensation. She welcomed the “good pain” as she felt herself unwinding the physical and emotional experiences bound up in the frozen tissues. Castor oil packs used externally helped to release adhesions in the clitoral hood. Slow, mindful mapping of the vulva, with constant communication, helped her to begin to distinguish a range of sensations and emotions held in genital tissues that had previously been numb. With painstaking work and joyful play, she began to feel into her capacity for pleasure, with a new sense of personal empowerment.

Circumcision Scars

Another important area of practice is massage for circumcision scars from genital surgery performed in infancy. Not every person with a circumcised penis feels circumcision as a wound, and care must be

taken not to pathologize a condition inappropriately. But for clients who do see circumcision as an unjust injury, massage that acknowledges and treats the genital scar tissue can represent an important healing.

In a typical infant boy, the foreskin is a double-sided sleeve of skin and soft mucosal tissue that completely encloses the glans and is actually physically bonded to the infant's glans. During circumcision the surgeon forces a clamp inside the foreskin, and tears the skin away from the highly innervated glans. The surgeon then slices the foreskin down past the glans and cuts the foreskin off. Infant circumcision is often performed with minimal anesthesia, since anesthetizing such a young infant can be very dangerous.

Aspects of scarring from circumcision include a visible ring scar on the shaft of the penis. There may be specific injuries as well as foreskin remnants along the shaft, the coronal ridge, or the glans. At the frenulum, where the foreskin has been torn from its anchor, scar tissue may preclude sensation. The foreskin is meant to protect the glans of the penis, just as eyelids protect the eyes. It keeps the glans soft and moist so that it maintains sensitivity. Without the foreskin, the glans is forced to develop a surface of tough protective tissue, giving it a wrinkled and dry appearance that varies on each penis. Sometimes there are actual holes in the glans where the knife has slipped. With circumcision scar treatment, as with other scars, we feel and follow the scar, noting texture, appearance, dimpling, tugging, and how superficial or deep the fascial injury. With loving hearts and knowing hands we can acknowledge the wound, while inviting the client to feel and process emotions that arise. I have found that clients can gain enhanced genital sensation through this work, along with an enhanced capacity to honor and unwind the early trauma.

Peyronie's Disease

"Peyronie's disease" is not a disease but an injury that results in scar tissue in the penis. This condition affects 5% of men. Trauma sustained during vigorous sex or other activities creates scars in the sheath of

tissue surrounding the corpus cavernosa. The scar tissue often causes pain, abnormal curvature of the penis, and erectile dysfunction. These symptoms can often be reduced with genital massage.

Conclusion

Homework for clients engaged in healing painful sex can include self-administered external and internal pelvic massage. People who are slender and flexible can easily feel into the pelvic outlet and massage areas that feel stiff and sore. Castor oil packs can be helpful. Improvisational stretching for fascial unwinding, as described above, can be a fundamental component of healing.

Untangling fascia, addressing scar tissue, and healing painful sex become aspects of working with many people who come to my practice, even when they come initially for completely different reasons. A lifetime of tension, trauma and accumulating injury gets embedded in fascial architecture and becomes part of what we encounter in an erotic massage. Working in the genital matrix of body, mind, spirit and emotions, we have unique tools to help our clients heal these issues and welcome radiant erotic well-being.

Resources

Workshops

John F. Barnes Myofascial Release Approach™. myofascialrelease.com. Fascial-Pelvis, Women's Health Seminar.

Ellen Heed. www.ellenheed.com Ellen Heed works hands-on with scars and trains professionals in Scar Tissue Remediation Techniques for the pelvic floor, specializing in birth-related injuries and C-sections.

Books

Jean-Pierre Barral. *Manual Therapy for the Prostate*. North Atlantic Books, 2010

_____. *Urogenital Manipulation*. Eastland Press, 1995.

Deborah Coady, Nancy Fish. *Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain*. Seal Press, 2011.

David Wise, Rodney Anderson. *A Headache in the Pelvis: A New Understanding and Treatment for Chronic Pelvic Pain Syndromes*. National Center For Pelvic Pain; 6th Revised edition edition, 2012

Videos

Foreskin and Circumcision Explained with Animation, YouTube 2013

Leslie Howard is a yoga teacher who specializes in the pelvic floor. She shares techniques for assessing your muscles for being too tight or too loose.

Heather Wibbels, *Massage Away a Scar*, massage techniques to use on scars—especially surgical scars that are causing issues with range of motion and flexibility. YouTube 2014.

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Harvey Grady, Immunomodulation through castor oil packs. *Journal of Naturopathic Medicine*. Unknown; 7(1):84-89.

_____, “Castor Oil Packs: Scientific Tests Verify Therapeutic Value, Venture Inward.

SOFT RESTRAINT AND BOLD SENSATION

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DELIA WRITHED, PULLING AGAINST the cords that bound her hands and feet to the four corners of the massage table. I grabbed her long, dark hair, close to the roots, and firmly pushed her head back down onto the table. As I held her head with my left hand, I scratched her torso and slapped her thighs with my right hand, before I found her vulva and began to gently vibrate her pubic mound with my palm. She pulled away from me, but I followed relentlessly, climbing onto the table to kneel between her bound, spread-eagled legs. Despite her protests, I massaged and pleased her vulva until it was swollen and soaking wet. The plus-sized woman pushed her magnificent cunt onto my hand, so my right arm was enveloped by her flesh. With my right hand I pleased her G-Spot with two fingers, and her clitoris with my thumb, while my left finger pulsed against her anal opening.

“I feel completely desirable,” she gasped.

“You are gorgeous,” I replied.

“I am completely helpless,” she moaned.

“You are helpless,” I affirmed.

“No!” she exclaimed, squirming in the restraints until her “No!” became a “Now!” Her anus opened and she pushed her ass onto my finger. Her pelvic floor contracted around my hands as I massaged her clitoral complex from three directions. With her orgasm, she burst into tears.

This woman, in her early forties, had been raped at age eighteen.

She had endured a series of difficult relationships. An abdominal surgery had triggered painful periods. She lived with the cultural stigma of being a plus-sized woman. She had spent many long years feeling turned off sex. In our sessions she wanted to explore reconnecting to her capacity for pleasure in a safe environment. Part of her exploration involved the use of soft restraints and bold sensation in this negotiated interaction. She wanted a chance to experience roles and feelings she didn't want to play out, anymore, in her "real world" relationships. Roles of victim and sex object were interwoven with her erotic identity. Her easiest access to her turn-on came with fantasies and feelings of objectification, humiliation and helplessness. Exploring this "shadow" in an embodied way allowed her to own and integrate it as a welcome aspect of her wholeness. With integration, we no longer have to live the shadow in unchosen roles and relationships. We can explore these parts of the Self, consciously and mindfully, in pleasurable and empowering ways.

There are many reasons why people want to explore restraint and bold sensation. Using these tools and approaches during an erotic massage will create a biochemical journey as well as a journey of the psyche. Oxytocin production is stimulated by the massage. Adrenaline is the "fight or flight" hormone that the body produces in response to stress and fear. Adrenaline acts on all the body's functions and tissues. It makes us breathe quickly and shallowly, and causes the pelvic diaphragm and fascia to tighten. It creates more alertness and body focus, while at the same time inhibiting sexual response. Endorphins are hormonelike chemicals that suppress pain and build a feeling of bliss. Endorphin levels are amplified by pain and sexual stimulation. Through practice, we can learn to let go of fear, so that endorphins flood the system with natural pain relief. We can learn to thrill to sensations that might seem intolerable without practice.

As we practice exploring and regulating our biochemical responses, we also explore our emotional responses to pain and fear. Approaching intense sensation safely, in a place and relationship where we do actually have complete control, we gain a unique perspective. We can come

completely into the present moment, where we meet the body's instinctive recoil in the face of pain. We meet the heart's cowering in the face of fear. And in these encounters we can recognize attitudes that shape our lives. We might find that fear of pain has become a habit that keeps us from living, loving, and expressing all of who we are, and what we're capable of becoming. We might find that in seeking an illusion of safety, we have taken up too little space, stayed too quiet or played too small. In the embodied experience of intense sensation, we can learn to trust that we have the inner resources to meet whatever comes up. We can choose to feel pain and fear, and keep on opening, or we can choose to boldly change the scene, and create new circumstances.

Soft restraints and bold sensation are tools I use as a natural extension of my erotic massage practice. I have simple velcro restraints that I attach to the four legs of my massage table, and a small variety of toys for sensation play. (I happily refer people to other providers when they want to explore more intense forms of BDSM.)

Here are a few ingredients for explorers.

Negotiation

Sessions involving role play, restraint and intense sensation need to be negotiated explicitly and in detail beforehand. Find out what your client yearns to feel, whether they have explored these feelings before, and whether that exploration was in a consensual or nonconsensual context. When playing with power, we need to emphasize empowering clients, so that they learn how to know and ask for what they want, and gain practice with clearly articulating desire and consciously negotiating consent. A recent study found that BDSM practitioners were less neurotic, more extroverted, more open to new experiences, more conscientious, less rejection-sensitive, had higher subjective well-being, yet were less agreeable than a control group. Female BDSM participants had more confidence in their relationships, had a lower need for approval, and were less anxiously attached compared with non-BDSM participants. Practice with the process of becoming

aware of and communicative about desires may explain these results, according to Andreas Wismeijer, lead author.

Safe Words and Check-ins

Clients need to be empowered with “safe words” that can stop the play, or guide your touch. I like to use a traffic signal metaphor: “Green” means “Yes! More!” “Yellow” means “Caution, slow down.” “Red” means “Stop! You have approached or crossed a physical, emotional, mental or spiritual boundary.” If you get a “Red,” you must stop the scene instantly and go into aftercare.

You can negotiate a nonverbal way to “check in” with your client without breaking your roles during a session. A single hand squeeze might mean “Let me know if you are okay.” A single hand squeeze in reply might mean “Yes, let’s continue” while a double hand squeeze means “Let’s back off.”

But don’t rely only on your client to use hand signals or safe words to guide you when they are in the altered state induced by role play and bold sensation. Practice exquisite attention.

Precautions

For safety, bold sensation should be administered only on areas well protected by fat or muscle. You can safely hit the buttocks and the outer thighs. People with additional training in administering bold sensation can learn how to safely hit shoulders and upper arms, inner thighs, parts of the genitals, and the back of the calves. Other areas should never, ever receive direct blows or sustain any direct or prolonged pressure. When spanking the buttocks and outer thighs, be completely sure to avoid the tailbone, hipbones, and inguinal crease. Be careful never to hit the kidneys, neck, head, all joints, throat, belly, bones and breasts.

Always be able to immediately and safely release someone from any restraint if they ask to end the scene, or external circumstances

demand it. Bandage scissors have an angled tip with a blunt bottom blade. They can be kept handy for cutting restraints without gouging the skin.

Restraint

I use a simple system with Velcro cuffs for hands and feet. Other practitioners enjoy creating elaborate and beautiful bondage scenes with different varieties of rope. This requires specialized training and safety precautions.

Restraint is an exploration of trust and vulnerability. Some people feel a sense of freedom during periods of “enforced” passivity. A restrained person can “let go” of needing to do something or be something, and focus attention on their inner journey. Others want to experience helplessness, struggle against their bonds, or feel themselves exposed and used for erotic simulation. Exploring the archetypal energy of surrender can be an important part of nurturing erotic well-being.

Rough Handling

Spanking. The usual targets for spanking are buttocks and thighs. Find the right balance between being the hypnotic pleasures of rhythmic spanking and the astonishing pleasures of unpredictable touch. You can alternate spanking with a cupped hand and spanking with a flat hand, creating very different sensations. Start slowly and build intensity, alternating spanking with tender touch.

Hair pulling. Put your hand very close to the scalp and grab a large handful of hair. With this grip, you can firmly and authoritatively “control” the receiver without actually pulling out their hair.

Hitting. The buttocks and outer thighs can also be punched with a closed fist.

Choking. The soft tissues of the throat should never, ever be touched or compressed. People can be grabbed right under the chin, at the very top of the neck.

Sensation Toys

Paddles, straps, rulers, and wooden spoons are fun and inexpensive toys that can create a variety of sensations and trigger different emotional responses.

Wooden clothespins are cheap, affordable, disposable, low-impact toys for providing a pinching sensation to labia, scrotum and nipples.

Hairbrush and toothbrush create zingy, scratchy sensations.

You can administer challenging sensations alternating with delicate touch. Use a soft brush, a feather, or a piece of fur to really awaken all the nerve endings.

Aftercare

“Aftercare” means taking good care of your client after their journey through the intense experience of a session. Your client is likely to need emotional support, comfort, reassurance, and physical tenderness. Ask them to share their experience with you. Help them feel comfortable in telling you what worked and didn’t work for them. Helpful aftercare practices include hugging, holding, hair-stroking, eye-gazing, and words of praise or gratitude.

Resources

Workshop

Body Electric, Power and Surrender.

Books

Jaeleen Bennis and Eve Minax, *Bondassage: Kinky Erotic Massage Tips for Lovers*.

Dossie Easton and Janet Hardy, *The New Bottoming Book* and *The New Topping Book*, Greenery Press.

Videos

Pleasure Mechanics, spanking videos

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COMMUNAL EROTIC EXPERIENCE

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FOR TWO-AND-A-HALF DAYS IN the women's temple we had shared our stories, danced, prayed, and shown each other our vulvas. The experience had been life-changing for all of us, and perhaps especially for Patricia. She felt herself shedding old identities and being reborn. She came to the Erotic Massage ritual as a culmination of this process.

Two of us were assigned to massage Patricia, while around the room on eight massage tables twenty-four women worked in groups of three. Patricia told us that she had been terribly and violently sexually abused over a period of several years. Her intention was to shed the identity of the victim through this ritual, and step into a new self—one that would be powerful and empowered by this circle of women. I suggested she focus on movement and breathing— as she moved, she could stay in touch with her capacity and agency. I also felt it important that she direct every step of the massage.

Throughout the whole body massage Patricia directed us to very specific movements, such as peeling the skin off her body with our fingernails and blowing away the old skin with our breath. She kept moving and breathing deeply, with our support. She had us stop and hold our hands on her crown, throat, heart and vulva. We stayed still for quite awhile in each location. Then she instructed us to do some very specific work on her genitals, peeling the labia outwards, peeling

her open. She asked to have the hood of her clitoris peeled back, and for her clitoral glans to be stimulated. She invited us to continue the massage with some of the specific strokes that had been demonstrated.

Having our touch extend into her vagina was a vital piece of the ritual Patricia wanted. She asked if we would be willing. I said “I will put my finger at the gate, and when you are ready, you can move onto my finger.” She did so, and I continued the massage internally while the other woman massaged Patricia’s neck and shoulders. As the roomful of twenty-four women breathed together, we guided Patricia into the Big Draw. At the end of the ritual she sobbed and laughed, and spent a long time in a deep trance.

In her reflections afterwards, Patricia noted that she had really felt empowered to create her own ritual, stay fully present, and direct every touch. She encouraged me, “Never doubt yourself. Never doubt the importance of this work you do.” She told all the participants in the women’s temple that she had buried her old self and been reborn through the ceremony.

Erotic energy can be explored alone. It can be amplified in connection with a teacher or partner. But erotic energy explored in a group is a rich and multifaceted experience that feels to me like a crucial part of the sexual healing we need as individuals and as a society. It is sacred, empowering and transformative. We learn from our own and each other’s unfolding. We feel reverence and awe as we witness each other. We find support for our own unique journeys, while we resonate with shared commonalities. We experience erotic energy outside of one-on-one connections, hookups and romantic relationships, and find it is a powerful aspect of community.

Starhawk writes: “We are all longing to go home to some place we have never been—a place, half-remembered, and half-envisioned, we can only catch glimpses of from time to time. Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community

means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free.” I have experienced this dreamed-of community in communal erotic practice, and I dream we can create a sustainable and lasting place in our culture and society for this “circle of friends.”

Communal erotic experience has been part of human culture since its earliest beginnings, as cave paintings and ancient artifacts show. In Central and Northern Europe communal erotic experience was an aspect of pagan ritual worship of the great goddesses of death and fecundity. In this practice, sex is not an act we do; it is an energy we share through an experience of body, mind, spirit and emotions.

Resources

Body Electric workshops.

Elfi Dillon Shaw. heartcoretouch.com

Caffyn Jesse, Women’s Temple and Intimacy Education training. erospirit.ca

Video

Caffyn Jesse, *Images of Sex and Spirit*.

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Starhawk. *Dreaming the Dark: Magic, Sex, and Politics*. Beacon Press, 1997.

ECSTATIC EMBODIMENT

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What is Sexual Energy?

MOST PEOPLE IN THIS culture experience sexual energy through the paradigm of romance and relationship. When we fall in love, for a little while, the whole world vibrates. We have a heightened awareness of our desire and capacity for sexual pleasure. We are filled with joy. So long as the romance goes well, everything seems beautiful. We are on fire with life-force energy. But the best romances fade, and romantic partners may be unavailable. Our awareness of sexual energy retreats, or we feel frustrated, as if we have no context for its expression.

The advertising industry shows us that sexual energy transcends genital feeling. It can accrue to cars, beer, televisions. We can experience sexual energy through the paradigm of appetite. And I believe that owning our appetite—exploring lust, pleasure and sensuality—is vital to our well-being. We have grown up in a culture that mostly shames our sexualities even as it exploits our repressed appetite. Market culture works by telling us we are not enough—we need to buy more, do more, and be more because we are too fat, old, young, queer, poor, unskilled, brown, smelly or disabled to be desirable. Exploring pleasure is a path of resistance, empowering us to find gratitude for our diverse bodies, sexualities, and differences. But sexual energy associated *only* with appetite can feel empty and exploitative.

There is another way of viewing and experiencing sexual energy

that may be uncommon in this culture, but it was widely known and practiced in indigenous cultures around the world. Sexual energy can be experienced as transformative spirit, an aspect of the sacred, a way to dance in union with all that is. Sexual energy can be experienced in all that we do, and the world around us. It can be used for celebration and healing, planting and hunting. Desire is a doorway to ecstatic experience—where the ecstatic means not only deeper pleasure, but also mystical experience, communion with the divine. Sex can be a form of prayer or ceremony. It is really an anomaly in human history that we do not honor and practice the intersection of sex and spirit.

Erotic massage is a way to discover, honor and practice sexual energy in all its life-affirming dimensions.

Coming Home to the Body

With hearts wide open, ecstasy is our natural state. And there are so many ways we block it. We block it by closing our minds with negative judgments and self-judgments, and mental chatter about what we want or fear. Our spirits get caught in clinging to ideas of what is good and right, and worries that we cannot have it or cannot measure up to it. Fear, shame, confusion and lethargy occupy our emotions. Our bodies block the ecstatic with tension that resists injury and scars that hold it. As erotic massage practitioners we have the opportunity and the responsibility to meet each person where they are in this matrix of body, mind, spirit and emotions. If we can earn their trust, through ethical practice with clear and consistent boundaries, we can guide them to the healing and heart-opening practices of ecstatic embodiment.

The deep relaxation of erotic massage allows us to experience, if only for an hour, the bliss our bodies can teach us. Relaxing through the resistances, the soul can experience a letting go. Disturbing energies can pass through us, and we can choose to keep our hearts open. We can step into focused awareness of the cascade of sensation within. The mental processes of judging, protecting and differentiating can

simply stop. We feel an expanding spaciousness. We feel ourselves part of a life force that is everywhere and always. This force and this feeling cannot be grasped with the mind. Through our bodies, we can have a direct experience of the Divine.

In this culture we breathe shallowly and find little time for play. We live in our busy minds and forget that our bodies are marvelous, intricate, and far more complicated than a mind can imagine. Our bodies encode billions of years of evolutionary wisdom. The human mind is a recent evolutionary experiment.

We can create zones of safety in which we can learn our body wisdom, bringing our awareness to tissues, blood and breath. We can learn to consciously dialogue with Autonomic Nervous System responses. We can learn to appreciate and enjoy how erotic energy flows through us. We can notice how we block its flow when we close our hearts. We block its flow when we cling.

Many of us live out of touch with the sexual energy within and around us. Thinking that we live in a world of scarcity, where sexual expression needs be confined to the dissatisfying realms of romance or appetite, we shut ourselves down. I invite my clients to imagine and play with walking through the world in a totally turned-on body, alive to the beauty and sensuality around and within. We can stop thinking of sexual energy as something we need to get rid of, to either repress with self-discipline or to discharge through orgasm. When we begin, instead, to savor and amplify our erotic energy, we become lovers with all life. We can practice accessing this energy in any moment simply by paying attention to the genital sensation we experience with each deep breath.

Of course there are many very good reasons we don't live ecstatically.

Addressing Shame and Fear

We are raised in a culture shaped by centuries of sexual repression. Women have been oppressed and objectified. Violence and hatred is directed at sexual minorities. This is a culture that shames the body

and its desires, and fiercely punishes every transgression of all but the most restrictive paradigms for sexual expression and gender identity. For people who don't have sex by the rules, the punishments are real and they are terrible. They include jail, rape, poverty, loneliness, and monstrous, deadly violence. The psychic and social damage is incalculable. Individually we experience our desires through screens of shame, grief, fear, dissociation, hypervigilance, neurological numbing, emotional scars, isolation, and attachment to dysfunctional relationships. Sex is severed from spirit and from emotions, from mind's understanding, and even from physical sensation.

Receiving an erotic massage, we have a chance to witness the layers of shame and fear attached to our sexual feelings. We can practice relaxing our inner vigilance. By shifting awareness to become a "compassionate witness" to all the toxicity, we can learn to become more fully present. We can learn to choose the joy of looking through eyes that are filled with love and compassion for others and ourselves.

Empowering Choices and Boundaries

In staggering numbers, we are sexually, physically and emotionally abused, as children and as adults. Our psychic boundaries are transgressed and eroded by inattention and bullying, neglect and unwanted touch. We often address these painful woundings by armoring ourselves against all feeling, or by dissociating and "going along with" sexual scenarios we don't author and don't want. Finding our way back to our erotic connection with all life paradoxically requires us to relearn and reinforce our boundaries, to empower ourselves and each other with a range of choices in erotic situations, to explore the vast and uncharted territories between yes and no.

As ethical erotic practitioners we create an environment of trust. We work to empower clients' choices, and to watch for patterns of enduring unwanted touch. We lovingly express our boundaries without shaming the other person or apologizing for ourselves. In an environment where boundaries are celebrated and choices empowered, our

clients can learn to relax their inner vigilance.

Transforming Gender

The way our society constructs gender is an awful wounding. Learning the requirements of adult sexual identity is equivalent to the paring away of capacities. Boys forgo sensitivity, receptivity and inwardness to assume the perks of manhood. Girls must denigrate and fear their power and independence to become acceptable women. These psychic excisions are violent and painful mutilations. Often the wounds refuse to heal. Finding the courage to grieve what is wounded and lost, and choose a path of erotic aliveness, we learn to access male and female energies within ourselves, and create numinous space in which different aspects of what we call male and female can play, blend, and transcend gender duality.

As practitioners of erotic massage we can interact with our clients in ways that invite them to play with gender. Gender can be a prism rather than a prison in an erotic relationship that employs creative, conscious touch.

Tantric Practices

Tantric traditions are vast, complex and ancient, and I am not an adept. Still I regard some of the teachings of Tantra as foundational to my erotic massage practice.

Tantra embraces sexuality as a vital part of our spiritual nature—sexual pleasure is viewed as a taste of the divine. By extending and expanding the body's capacity for pleasure, we celebrate the sacred in others and ourselves. Erotic feeling is a vehicle for exploring ecstatic states and deepening intimacy. Tantra invites us to transform sexual experience by seeing ourselves and our partners differently—releasing cynicism and judgment, and honoring the spirit within.

In Tantric practice, ritual is used to create a zone of safety and separateness for erotic experience. The ritual element of an erotic massage

offering can be reinforced with simple practices, like lighting candles, playing special music, saying prayers to begin and end, and honing in on a sacred intention for your time together. Simple acts and attitudes can bring attention to the power of an erotic massage to create space for transformation, healing and personal growth. Erotic massage rituals can support people in opening to the extraordinary.

In contrast to the fast-paced, goal-oriented approach to erotic experience that dominates in North American culture, Tantra guides us to give time to pleasure, to savor the process, and to aim for moment-to-moment awareness in a dance that has no beginning and no end. When we linger and build sexual energy, so that the whole body becomes alive and orgasmic, the cells of the body celebrate as sensation replaces thought. Tantrikas study the art of staying relaxed in high states of arousal—experiencing the pleasure and energy of sexual excitement and relaxing into it, allowing more and more sexual energy to fill the body.

Tantric practitioners explain life-force energy as Kundalini spiraling up the chakras. Chakras are spinning spirals of energy located in specific parts of the body, and associated with different principles, expressions, sounds, colors and emotions. The Kundalini that resides in the lower chakras is awakened and coaxed through the whole body, bringing power and radiance to the belly, heart, throat, brow and finally the crown chakra, the thousand-petalled lotus. Kundalini also needs to be coaxed down, through the chakras, to become more rooted and real.

Table 3. The Chakras and Sexual Energy

	COLOR	LOCATION	VERBS	QUALITY	EMPOWERS	EROTIC AFFIRMATION
7	Violet	Crown (top of head)	I know.	Joy	Live ecstatically.	As I feel joy, the universe feels joy through me.
6	Indigo	Third Eye (centre of forehead)	I see.	Intuition/ Discernment	Make wise choices.	My sexual choices bring power and healing to myself and others.
5	Turquoise	Throat	I speak.	Integrity/ Openness	Speak your truth.	I communicate my desires clearly and effectively.
4	Green	Heart (centre of chest)	I love.	Love	Practice loving kindness.	I dwell in my heart.
3	Yellow	Solar Plexus (above navel, below ribcage)	I can.	Singularity	Shine forth.	I unconditionally accept and celebrate my unique erotic identity.
2	Orange	Sacral (Womb – in all genders, between navel and genitals)	I feel.	Passion	Create and transform; Celebrate aliveness.	My passion pulses through body, mind and spirit.
1	Red	Root (Perineum, between genitals and anus)	I have.	Unity	Stay grounded.	I am safe and secure in the embrace of life, and in myself.

Tantric exercises free up the body—they involve letting your pelvis move, and using your breath to bring sexual energy to all parts of your body. One of the most important exercises is the practice of mindfulness. Tantric practitioners are guided to focus, and really be present when receiving sexual stimulation—whether from themselves or oth-

ers. As erotic massage practitioners we can coach our clients to let go of distracting thoughts as they arise, and return to the sensations. We can ourselves practice focusing on a moment-to-moment awareness of our hands touching another person, while we draw energy into our hands with every breath.

Taoist Practices

Mantak Chia, who popularized Taoist traditions of sacred sexuality in the West, describes the Taoist tradition:

“The universe is filled with different kinds of dynamic energy, or ‘chi.’ The Tao, or ‘way,’ for each [hu]man is to creatively transform his [or her] energy over the course of a lifetime back to its original state of harmonious balance. Sexual essence, or ‘ching,’ is a powerful, vital energy that is generated continuously within the human body.... Refining one’s awareness of sexual energy—with or without a partner—is one of the simplest ways [for] humans to return to pure consciousness and experience the deepest rhythms of life.” Taoists believe in the cultivation and conservation of sexual energy. Various methods are used to amplify, conserve and circulate *ching chi*, so it flows through the vital organs and harmonizes the body. Balancing assertive and receptive energies is another principle of Taoist sexual cultivation. A single person can balance the yin and yang poles within themselves, experiencing an inner marriage of these energies. A couple can share and circulate the subtle energies between them.

Breathing practices are essential to Tantric and Taoist traditions of sacred sexuality. Breath has great influence on sexual energy and how it moves. Mastery of the breath transforms the felt need for discharging sexual energy in a conventional orgasm, and so allows practitioners to prolong and deepen pleasure.

In both Tantric and Taoist traditions it is focus, conscious breath, and devoting time to sexual energy that take us beyond the ordinary.

What is Sacred Intimacy?

Sacred intimates are professionals who help others access the joy and power of erotic energy. It is a career and a calling. We teach technologies of ecstasy. We are guides and we are whores. It is our job and our vocation to cherish our clients' souls as we guide them to expand their capacity for intimacy and bliss.

The exchange of money for erotic touch is widely denigrated, and even (in some forms and places) prohibited and criminalized in this culture. Sex work can be a desperate choice by marginalized people who are injured and endangered by the thousand ways sex work is despised. But why is prostitution subject to this scorn? The historic enclosure of sex in married monogamy coincides with the enclosure of the commons, the consolidation of patriarchal power, and the violent suppression of erotic alternatives. When sex escapes the prison of prescribed lifeways, it admits the dream of freedom. This dream can be defused in soul-free hookups or one-sided exchanges with disempowered sex workers. Or the dream of freedom can be fostered through the mindful cultivation of sexual energy. Sacred intimates offer a path for the conscious practice of erotic freedom. We are creators and innovators who see a universe of possibility in the fact that getting paid gives value to our time, our learning and our love. Money allows for an exchange of erotic energy that owes no fealty to compulsory forms of social organization based on family, faith, gender identity or sexual orientation. With loving relationships based on joyous and equitable exchange, we can practice a possible future through the medium of money.

Sacred intimacy means that we consciously craft a container for ongoing learning through expanding erotic capacity. It means that we regard sexual energy as potentially offering a way to open the heart and become joyful, to heal personal and cultural wounds, to experience wholeness, and to know the divine in others and ourselves. It means a pledge to treasure the unfolding of our clients' deepest vulnerabilities and to meet their monsters with equanimity. It means we love

each person who comes into our practice, though not as a partner or a friend. We love them with a detachment that can foster their courage, exploration, and growth.

As sacred intimates, our job is to keep the heart open when it's trying to close and open when it wants to cling. We want to be fully present with all that is actually unfolding, in ourselves and our clients, in our bodies and our souls.

As I experience the joy of working and playing with erotic energy, I channel grace and love through me. I am filled with gratitude and compassion. Waves of energy awaken within me, and they are waves of bliss.

Sexual energy is life-force energy. When we are open and alive to its gifts, we feel waves of joy passing through us. We experience clarity and awareness. We feel tremendous love for all the beings and beauties of nature; we become like an ocean of love. We are light as air, fluid as water. And erotic energy guides us to integrate aspects of the self that may be dark, mysterious, frightening and violent. These faces of sexual energy can be welcomed and explored, consciously and joyfully, on a journey to sexual wholeness.

Resources

Books

Margot Anand, *The Art of Sexual Ecstasy*. Jeremy P. Tarcher, 1990

Suzanne Blackburn and Margaret Wade. *Reclaiming Eros: Sacred Whores and Healers*. Portland, ME: Suade Publishing

Barnaby Baratt, *The Way of the Body Prayer Path*, Xlibris Corporation, 2004

Barbara Carellas, *Ecstasy is Necessary*. Hay House, 2012

Christa Schulte, *Tantric Sex for Women: A Guide for Lesbian, Bi, Hetero and Solo Lovers*. Alameda, CA, Hunter House, 2005

Videos

Caffyn Jesse, What is Tantric Sex? YouTube

Ina Laughingwinds, No Tyrant Can Rule People Who Are Sexually Free,
New School of Erotic Touch

References

Chia, Mantak. And Manteewan Chia. (1984). *Taoist Secrets of Love: Cultivating Male Sexual Energy*. Santa Fe: Aurora Press.

PROFESSIONAL ETHICS AND BOUNDARIES

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EROTIC MESSAGE OFFERS UNIQUE pleasures that can enhance any romantic relationship. But practitioners of erotic massage who study the methods in this book will become much more than pleasure providers for many of the clients who come to work with us. As practitioners of the arts of Sacred Intimacy, we act as professional educators and health care providers whose clients are uniquely vulnerable. It is essential that we care for these vulnerabilities with compassion, understanding, and deeply ethical relationships.

Create a safe container

For erotic massage to be beneficial in the complex ways that are possible, it needs to be done in a safe container. A safe container is a relationship with clear boundaries and roles.

Maintaining appropriate boundaries with clients means that we must refrain from initiating, or accepting client initiation, of any sexual exchange, sexual activities or sexual behavior other than those activities that occur within the specific framework of our practice.

Entering into a client-practitioner relationship should involve an intake process in which the limits and boundaries of the relationship and potential relationship are agreed to. It is vital to the client's healing and growth that these limits and boundaries are respected for the

duration of the relationship, despite any pressure to change them.

This is obviously true during the course of a single massage. If genital touch is not included in the negotiated offering, and then it is introduced during a massage, boundaries have been violated and the touch recipient is traumatized. If one-way touch is agreed to, and the agreement is changed after an hour of touch, you have violated a sacred commitment with someone who is in an altered state. This is violence. If hands-only genital touch is offered at intake, and the offering switches during the massage to include oral or penetrative sex, again boundaries have been violated and the touch recipient is traumatized. This will be true no matter what the touch recipient says or requests at the time! Massage, with its profound effects, is akin to taking a powerful drug. The person receiving is not capable of informed consent during a massage, so make agreements prior to the session, and stick to them.

I believe that the limits and boundaries established during an intake process also need to be maintained over the course of a long-term relationship with a client. Some practitioners offer only clothes-on, one-way touch. Other practitioners offer gradations of intimacy. Possibilities for reciprocal touch can be built through a series of sessions. Whatever the practice, its scope should be clear from the outset. Clients should not be able to seduce the practitioner into deviation from established boundaries. Nor should the practitioner offer a practice or relationship that exceeds the agreed-upon boundaries, even when it seems that both client and practitioner want to do this.

Understand the potential for harm

When clients and therapists become involved in relationships that exceed established boundaries, there is a great potential for harm.

The relationship between erotic massage practitioner and vulnerable client is characterized by a power dynamic. The client is the student and the practitioner is the teacher. Clients present erotic wounds, and the practitioner applies a balm. Clients share secrets about sex-

ual desires, practices, and injuries, and the practitioner guides them on their journey to sexual wholeness. Clients look to the practitioner for learning, healing, guidance, understanding and acknowledgement. Within this unequal power dynamic, there is an exceptional degree of vulnerability and trust.

The potential for harm is clear in research investigating sexual relationships within other therapeutic modalities. “Therapist-patient sex syndrome” is one name for a host of issues that arise in people who become involved in sexual relationships with treating therapists. Symptoms include feelings of guilt, ambivalence, isolation and emptiness, difficulty trusting, cognitive dysfunction, suppressed rage, sexual confusion, increased suicidal risk and emotional lability. Pope and Vetter found that 90% of patients in their study were harmed by sex with a therapist; and that of those harmed, only 17% ever recovered fully.

Masters and Johnson, early researchers of sexual relationships between therapists and their clients, found the harmful consequences so striking they advocated that the therapist involved should face criminal charges of rape, “regardless of whether the seduction was initiated by the patient or the therapist.”

Harm to the client usually unfolds in secret, unshared with the therapist, who often imagines that the sexual intimacy is “helping” their client.

Clients of erotic massage practitioners are in danger of projecting their erotic well-being onto the practitioner, and depleting their sense of self-worth and personal agency in this process. The process of projection and transference can be a powerful aspect of healing and growth as the client works, with practitioner support, on “taking back” their projections. When this process is interrupted by a sexual relationship, no matter how much mutual enjoyment each person seems to be having at the time, there is a grave potential for harm.

Refrain from Exploitation

Practitioners must refrain from exploiting clients for personal ad-

vantage, whether physical, sexual, emotional, financial, or for any other reason. Practitioners are likely exploiting client vulnerabilities if they find themselves spending session time telling their own stories, taking loans or financial gifts from clients, considering clients as equivalent to “friends,” or developing romantic or sexual relationships with clients. Maintaining personal autonomy and professional distance are the best ways to support your client in integrating the healing and growth they can achieve through your sessions.

Understand the paradigm of romance and relationship

The paradigm of romance and relationship is the only paradigm in which sexual expression is welcomed and celebrated in the world around us. As we meet our clients in the genital matrix of body, mind, spirit and emotion, we may touch them more deeply than they have ever been touched before. It is quite likely that some of our clients will “fall in love.” The sharing of deep emotion can be honored and celebrated, but only within the clear and safe container of the therapeutic and educational relationship you have established.

Avoid shaming a client’s desires

We can create a welcoming environment for the expression of desires and boundaries. When a client asks for more than you offer, you can celebrate their desire while affirming your personal boundaries. Often this is a “teachable moment” in which clients can learn to differentiate between what they want, and what they want you to want. They can learn to feel gratitude for a “no” that gives them clear direction.

Practitioners can also model healthy boundary-setting by refusing to work with clients who are disrespectful, who repeatedly challenge boundaries, or who physically violate their space.

Avoid dual relationships

The concept of “dual relationships” refers to the blending of a professional relationship with another potentially incompatible role. Professional erotic massage practitioners should avoid any diagnosis and treatment of romantic partners, family members and close friends.

Erotic massage practitioners may have other professional roles in which they offer different forms of sexual interaction between themselves and a client. Transitions between seeing the client in one role and then another should be carefully managed with discrete intakes and full awareness of the potential for harm discussed above. In many cases it is best to refer the client to another practitioner.

Represent honestly the benefits and limitations of treatment

It is important that erotic massage practitioners only provide treatment within the scope of their competencies. Recommend a client see an appropriately qualified practitioner when you recognize a condition that is beyond the scope of your practice and ability.

Right to Privacy

Clients may share secrets about their sexual history, practices and desires that make them very vulnerable. We need to maintain complete confidentiality at all times. Never discuss a client or a session in a way that makes the client identifiable, even during peer or mentor supervision.

Keep your records secure and private. I suggest that clients may want to use only first names or pseudonyms when completing an intake form. Practice within relevant laws governing privacy and confidentiality of personal health information in your area.

Maintain Continuing Competency

Peer and mentor supervision and ongoing education are important elements of maintaining continuing competency, as we manage the challenges and opportunities of professional practice.

Don't Mix Bodily Fluids!

I would like to think this could “go without saying,” but I have just spoken with a Tantra teacher who regularly mixes bodily fluids with clients. He claims to believe people are impervious to STIs when they are not operating with fear, guilt or shame. I have met several women who were subjected to STIs from such “sexual healers.”

Always be careful to wash hands and lube bottles scrupulously between clients. Herpes and HPV can be transmitted from hands or dirty bottles to the genitals of a new client.

Resources

Betty Martin, “Like a Pro” workshops for erotic professionals

References

- Pope, K. “Sex Between Therapists and Clients,” *Encyclopedia of Women and Gender: Sex Similarities and Differences and the Impact of Society on Gender* (pages 955-962; vol. 2) edited by Judith Worell and published by Academic Press, October, 2001. Retrieved online May, 22, 2014.
- Pope, K. and Vasquez, M. *Ethics in Psychotherapy and Counseling: A Practical Guide* (4th edition), 2011, John Wiley & Sons
- Pope, K. and Vetter, V. “Prior Therapist-Patient Sexual Involvement Among Patients Seen by Psychologists” *Psychotherapy*, vol. 28, #3, pages 429-438.

APPENDIX: EROTIC MASSAGE STROKES

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MY STUDENTS CONSISTENTLY REQUEST and appreciate lists of different massage strokes that can be used when pleasuring breasts, vulvas, penises and anuses. I offer these lists on the following pages, with this caution: we are touching human souls, not body parts. Yes, it is important to have a good toolbox and to build proficiency with a range of options. But no quantity of techniques will ever replace communication and observation, every time, with each person that we touch.

Breast Massage Strokes

Waking up the Neighborhood

- Massage shoulders, arms, pectoral muscles
- Feathering, breastbone across chest
- Brushing sides, hand over hand

Approaching the Breasts

- Cupping, holding
- Vibrate the breasts
- Heart circles, reverse direction

Spirals, circles, brushing

Palm stroking

Around the clock stroking, outside to center (fingers then palms)

Nipple Play

Brushing

Circling

Rolling

Plucking

Featherlight Plucking

Pinching

Clothespins, tit clamps

How they like it

Grounding and Ending

Cupping and holding

Sharing and integrating

Vulva Massage Strokes



Figure 22. Drawing by S. Murali Shanmugam with Caffyn Jesse.

Waking up the Neighborhood

- Spiral palms over belly
- Inner thighs and Inguinal Crease
- Over Ovaries
- Womb Warmer

The Vulva

- Heart/Vulva Palm Rest
- Vibrate the Vulva
- Whole hand circles and pulses
- Vulva Petting (up and down)
- Tug on Pubic Hair
- Open her Blossom and Blow
- Tapping: vulva, glans, U-spot

Outer Labia Massage
Inner Labia Massage
Drumming
Triple Digit Vulva Pet
Clitoral Legs Shiatsu
Vestibular bulbs press and circle
Perineum press

The Clitoral Shaft and Glans

Gentle touch and tickle
Pinch, pull and roll the shaft.
Pulse and glide along shaft, engage the glans
Featherlight glans massage
Around the clit clock
Scissors
Tour de France
Three-finger circles
Simultaneous clitoral, vaginal and anal stimulation
As she likes it

Internal Massage (*ONLY with an enthusiastic invitation!*
Keep pleasuring her externally as you explore.)

Waiting at the Gate
Entering the Temple to Pray
Four Directions
Pelvic Opening Massage (Slow, Clock Face)
Perineal Sponge
G-Spot / Urethral Sponge
Pulses
A-Spot, P-Spot, Cervix
Thrusting, screwing
More fingers? A whole hand?
Stillness

The Vibrator

Vibrate the Chakras

Vibrate Clitoral Glans

Pulses

Vibrate Vaginal opening

Spreading The Energy

Down her legs, and up her torso, encourage her breath

Grounding and Ending

Cupping and holding

Sharing and integrating

Penis Massage Strokes

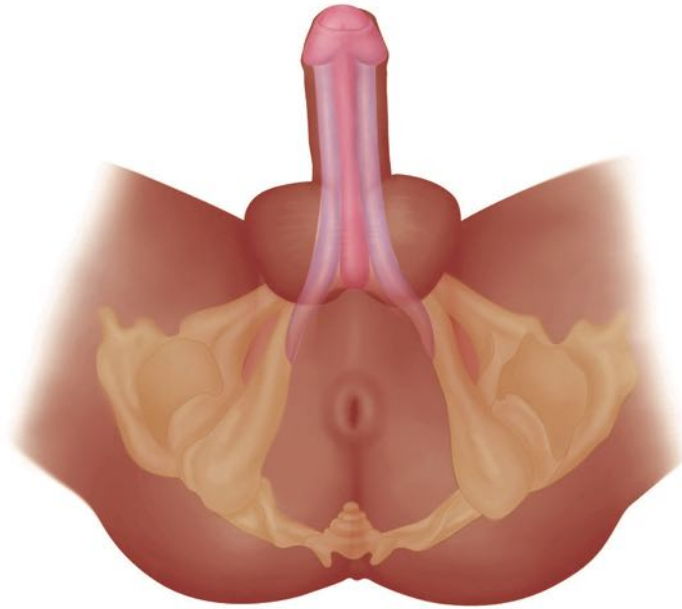


Figure 23. Drawing by S. Murali Shanmugam with Caffyn Jesse.

Waking up the Neighborhood

- Spiral palms over belly
- Inner thighs and inguinal crease
- Holding, exploring aliveness
- Brushing

Balls and Perineum

- Touch the root
- Core vibrations
- 3rd eye Activation

Scrotal Massage

Raphe

Inner Cock Honoring

Foreskin

Gentle Stretch and Tickle

Through the foreskin

Peek a Boo

Under the Hood

Scar Tissue Honoring

Shaft and Glans

Awakening Pressure

Integrative Strokes – Round the Clock

Frenulum Massage – palm and thumb circles, flat palm, glide

Glans Massage

Shuttlecock – flick back and forth

Cock Cradling – one hand each side

Birdcage – with fingers around glans

North and South – stroke both directions

Heart-Genital Connection

Hold and Vibrate.

Healing Stroke. Cup testicles, stroke from genitals to heart

Belly Bliss. Heel of hand on frenulum, fingertips on the belly.

High Friction Strokes

Corkscrew

Make Fire

Milking

Cock Tease

Best if Erect

Shake the Base

Hand Jive
Perpetual Penetration

Spreading The Energy
Down his legs, and up his torso, encourage his breath

Grounding and Ending
Cupping and holding
Sharing and integrating

Butt Cheeks

Whole body stroking (thighs, lower back, butt cheeks)
Ass kneading, compression, spanking, tapping, rubbing, stroking,
squeezing together, stretching apart, rocking
Hold Sitz Bones
Hold cheeks
Hold hand in crack
Spider

Glides (Lots of lube)

Caress into crack with the side of your hand
Add vibration to the glide
Hand over hand glide
Different speeds
Forearm glide
Gliding thumb/finger/fingers across asshole

Asshole

Finger Pulses
Circle the sphincter
Paddle Thumbs
Knuckle – vibrate, use one knuckle to visit sphincter
Pulses – with no intention of entering
1, 2, 3 fingers pulsing
Add vibrations, shakes and circles to pulses
Elbow press

Entering *ONLY with an enthusiastic invitation and LOTS of lube!*

Waiting at the Gate – let them draw you in
Stretching – side to side, up and down
Pelvic Opening Massage (Clock Face)
Going in so slowly (keep vibrating and gliding at the entrance)

Deeper Pleasures

Stretching, circles

Feel into the muscles of the pelvic floor

Pulses, vibrations, circles, stretching, see where asshole takes you

Men: Prostate massage, circles, pulses, sulcus, milking

Women: Perineal sponge, P-Spot

Combine with genital massage

Grounding and Ending

Go out as slowly as you went in.

Cupping and holding.

Sharing and integrating

“This is a brilliant and clearly written book by one of the most experienced practitioners of Sexological Bodywork and Somatic Sex Education. Caffyn Jesse has produced an authoritative guide. It is a must-read for all who want to awaken the potential for joy we have in our bodies.”

PAMELA MADSEN, AUTHOR OF *SHAMELESS*, FOUNDER OF BACK TO THE BODY RETREATS FOR WOMEN

teaching through touch

It is your birthright to live a life filled with erotic joy. This book will show you how to make it so, and how to teach others, through touch.

You will learn about sexual healing, erotic energy cultivation, and sensual and erotic massage. Chapters on orgasm coaching will explain how to expand orgasmic capacities. Caffyn Jesse's toolbox includes techniques ranging from scar tissue healing to spanking. Beautiful illustrations show the specifics of pelvic, genital and anal anatomy. Powerful practices guide you in awakening the full potential of your sexuality.

Teaching through touch can provide an ideal environment for healing and learning about sex. But without appropriate safeguards and clear boundaries, practitioners can traumatize already wounded people. Caffyn Jesse offers vital guidance on the ethics of practice.



Photo: Billie Woods

Caffyn Jesse is a leading somatic sex educator who welcomes people from around the world to her studio on Salt Spring Island, where she teaches on encouraging neuroplastic change to support sexual healing and expanded pleasure, unwinding sexual trauma, exploring the intersection of sex and spirit, creating sacred intimacy and erotic community. Caffyn co-teaches the professional training for the Institute for the Study of Somatic Sex Education. She is a prolific author who has researched and written on the science of sexual happiness, neurobiology and sexual healing,

trauma, orgasm coaching and many other topics. She offers many free resources on her website at www.erospirit.ca

