

Self-Pleasure Practice

The practice laid out below is simply a framework, and the most basic outline of a self-pleasure practice session. Keep in mind, these are all suggestions. You can't do this wrong! It's all an experiment, a practice, a place to explore and have fun.

1. Choose the length of time that you want to “practice.” I generally recommend 30 minutes.
2. Set an intention. (I.e., *I'm going to follow my pleasure. I'm going to explore my anatomy. I'm going to alternate between fantasy and sensation. I'm going to stay connected to and aware of my breath. I'm going to play with relaxing the tension in my body. I'm going to alternate between using my left hand and my right.*) Those are examples, and when we're starting out with this kind of practice, or any practice really, it's best to keep things simple so we don't get overwhelmed.
3. If you want music for your session, get that queued up.
4. Set your timer.
5. Start by taking a few deep breaths, trying to fill your entire body with your breath and your intention. See if you can expand your core up, down, forward and backward, and to the sides all on the inhale, and relax on the exhale.
6. Next, do a few kegels, and a few genital breaths.
7. Take a few moments to greet your body. It can be so integrative to touch our entire bodies, just saying hello, and offering gratitude to our physical parts that do and are capable of so much.
8. Play, explore, have fun, dance, move, breathe, pleasure, touch yourself... this is the meat of the practice. Return to your intention in moments, and follow the energy that's happening in your body.
9. Once your timer goes off, spend a few minutes savoring (it's good to set a timer here too). Lie in a comfortable position, resting your body, allowing the experience of the last however many minutes sink into your bones, tissues, and energetic body. Taking this time allows your brain to file it away as a memory, and it's an opportunity to offer gratitude for whatever occurred.
10. Move slowly into the rest of your day. This can be a great moment to journal, writing any experiences or questions that you noticed in your practice session.