

Feeling

Pleasure

Practice

Before

Pleasure is a conditioned response to an image or mental idea, sometimes with porn or fantasizing, and often with a “goal” of orgasm or ejaculation.

After

Pleasure and arousal arises naturally in the body in response to actual body sensations, for the sole purpose of feeling good unrelated to outcome or orgasm.

Why?

Self-Awareness

You gain deeper understanding of your own arousal system, and the ability to create a sexy context that works for you.

Intense/Longer Arousal

With practice, you gain access to higher states of arousal and pleasure for longer periods of time.

Easily Accessible Pleasure

Without the need for porn, fantasizing, or another person, you can access pleasure any time, any where!

Heightened Sensations

When you do choose the above, sensations are heightened.

Mind-Blowing Orgasms

Paradoxically, letting go of the “goal” of orgasm actually helps make orgasms stronger and more easily accessible.

Stamina & Control

Understanding and working with your natural arousal system allows you to have more control of when and how you experience differing levels of arousal, pleasure, and orgasm.

Pleasure Sensitivity

Over time, your brain develops "pleasure pathways" with seemingly mundane stimulus, making your entire life more pleasurable!

Methodology

Complete Steps 1-5 on the following pages, with the following in mind:

- Each step is complete when you are: Feeling sensation in your fingers/body that is deeply/highly pleasurable or captivating and have maintained this for a few minutes without distraction.
- If you aren't feeling anything, slow down and stay curious so you can listen more deeply.
- Allow your fingers to move naturally and intuitively in a way that feels good to you, rather than thinking about doing it "right."

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Level 1: *Pillow*

Set a soft pillow on your lap and lean slightly away:

Leaning away rather than towards forces to you "receive" sensation rather than "give sensation."

Slowly touch and caress the pillow, staying curious:

Notice the feeling of the textures and lines. Take in its shape. Notice the changes in pressure, temperature and your speed of movement.

Allow your body to be impacted:

Allow your body to "take in" the sensations and notice their impact on the feeling in your fingertips, your emotional state, etc.

At first, you may not notice much. Go slower.

Bonus Explorations:

Close your eyes or keep them open. Imagine yourself zooming in like a microscope, or savoring the sensations like a delicious meal.

Eventually, you will notice "Pleasure:"

Your physical sensations will get stronger and you will find your body relaxing, quieting, and feeling good.

If you feel yourself getting distracted, return to sensation:

Send yourself some love and acceptance.

Continue until you can stay in your pleasure for 2-3 minutes without distraction.

Side Note

- For people experienced in this, this practice can take 3 minutes. For others, this practice can take 15-45 minutes to get the hang of.
- If you don't have that kind of time, don't fret. Do this practice when you have any amount of spare time and get as far as you get. You will get better over time, guaranteed.

Be patient. The more practice you do, the more quickly and easily your brain moves into pleasure.

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Level 1 *Pillow*

Follow the directions on the previous page until complete.

Level 2 *Random Object*

Repeat with a less enticing object such as something sharp or random, like a plant or wall.

Level 3 *Body*

Repeat with your own arms and expand to other parts of the body (no genitals yet).

Level 4 *Genitals*

Repeat with your genitals, without the intention to arouse yourself. See what happens (usually your body will become aroused naturally without trying).

Level 5 *Genitals + Orgasm*

Repeat with your genitals, while you are moving towards orgasm. See what happens (usually orgasms are more intense and you are able to last longer at higher states of arousal).



Congratulations

Pleasure is the absolute basis of feeling good in our bodies, mind-blowing sex, orgasms and everyday joy and bliss. ***Enjoy.*** It will only get better over time!