

TTC Video 1: Connecting Back To You

Suggested Exercises and Recommended Resources

SELF PLEASURE EXERCISES

#1 Gently Resting Genitals

See this as a mindfulness practice. This means we place part of our attention on our practice, and part on our intention to practice. In this meditation, you can assess your genital sensations/numbness, as well as your ability to be focused/distracted.

The Gently Resting Genital Meditation is practiced without activating sexual arousal. We place our attention on our genitals first through imagination, then through breath, and finally through touch.

Choose to sit or stand. Set your intention. What is it you are curious about discovering? Notice how you value and/or resist this specific meditation.

Without touching yourself, bring your conscious awareness to your genital area. On a scale of one to ten, what is your genital awareness score? As you go through this meditation, you may wish to compare changes on the awareness scale.

Part I: Spend a few minutes paying attention to your genital geography. Try turning on an internal sense: gaze, hearing or feeling. You may wish to use a mirror here. When you become distracted, gently bring your awareness back to your genitals.

Part II: Now spend a few minutes breathing to awaken genital sensation. Inhale and exhale imagining that you are breathing through your genitals. Relax any tension or constriction you may feel in this area with each breath.

Part III: Let your attention be guided by your hand cupping your genitals. Then, for a few minutes, experiment with various pressures, touches and vibrations. Explore the different parts of your genitals, and tune in to what you notice, or don't notice in different areas, and with different touch. You can also expand your touch into a genital massage.

Notice sparks in the genitals that might evolve into arousal. Do you feel any pull from familiar arousal patterns? If you choose to become aroused or arousal happens beyond your choice, you can continue the meditation or you may wish to come back to this meditation another time.

In the final minutes of your meditation, reflect on your experience. Consider what distractions and difficulties inhibited your focus of attention. On a scale of one to ten, what is your level of genital awareness? What did you notice, discover or learn about your genitals through the practise?

#2 Sensory Solo Self Date

I wonder how it would feel to have a solo sex date with yourself. And by sex I guess I mean, intimacy. Giving yourself some time, some love, some attention. Carving out time for your self and your pleasure, and the invitation here is to think about ways you can incorporate all five senses into your experience.

Some examples could be:

Smell- Shower gel/ bubble bath/ body lotion/ candle

Taste- chocolate / food/ wine

Touch- massage, genital touch. Body lotion. Slowing down.

Sight- porn/ tidy bedroom

Hearing- audio erotica/ soundtrack

Also- consider TIME. Actively, consciously slow down and allow yourself this time to connect, nourish, and love yourself.

#3 Old favourite - with breath/sound/movement

First, establish what your old favourite is- this is your 'go to' form of self-pleasure. Are you lying down or standing up? Which part of your genitals do you stimulate the most? Is your body tense, or relaxed? Are you quiet, or loud? Do you hold your breath, or are you breathing deeply?

Then, I invite you to explore one or all of the 3 foundations of expansive self-pleasure- Breath, Sound and Movement.

Breath: Breath can be a massively supportive tool for feeling more relaxed, and feeling more pleasure. Experiment with long, slow belly breathing before, during and after your self-pleasure. What impact does this have on your experience? How does deep breathing impact your levels of arousal, particularly when close to orgasm?

Equally, how does quickening your breath support you if you feel your arousal levels dropping? A 2 step quick tempo breath can help here- two short quick breaths in, followed by one slow breath out.

www.louisamaccines.com
louisa@louisamaccines.com

NB: Please take care with this, practise first for 10 seconds or so to make sure you feel comfortable.

Movement: It's very common for us to tense during self-pleasure. I'm going to invite you to experiment with some simple movements.

Gently rocking your hips back and forth

Shifting your body from lying face up to face down, or standing up

Circling your ankles and wrists

Sound: Play around with actively using your vocal chords during self-pleasure. Hum, moan, sigh, sing- whatever comes to you, remembering that in doing so you are stimulating the vagus nerve, spreading the potential for pleasure and sensation, 'awakening' all around your body (including your genitals).

Learning to use our voices can also really help to tap into and indeed release emotions, and that is all a-ok.

Recommended Resources:

- 'Sex for One' by Betty Dodson
- Dipsea app for audio erotica
- Erika Lust for ethical porn
- Love Honey for sex toys (and Coco de Mer if you're feeling fancy).

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louisa@louisamaccines.com*