

### *Why Masturbate?*

**Masturbation relieves stress, boosts immune system, stabilizes sleep, relieves stress, and releases the necessary chemicals and hormones in your body to help you feel grounded, centered, and connected to other people and the planet.**

Masturbation is the land of solo sex, self pleasuring, and self-centered loving. Anything that you do to awaken, enliven, or stimulate your erotic body is masturbation, which may or may not include genital touch.

Masturbation is the place where you learn your body and discover what turns you on, who you are as sexual creature, and how your body functions. In solo sex, you actively train your body to process a wide variety of sensations, emotions, neurobiological chemical baths, and physiological changes throughout your arc of arousal and orgasm. Over time, you can learn to access prolonged states of arousal and excitation, enabling you to have more capacity for pleasure, joy, connection, confidence, and freedom in your day to day life, feeding your creative, leadership, or career endeavors.

In solo sex, you are encouraged to be totally and completely self-centered, focusing exclusively on your own desires, needs, and inspirations. You don't have to reciprocate anything for anyone, so you don't have to worry about what someone else wants or needs in any moment. How liberating!

I believe **all of our relationships are influenced by the core connection we have with ourselves.** If you want to have incredible sex with other people, then it can benefit you to have sex with yourself to know what you want, what you like, and what works for you so you can easily show or describe it to a partner.

The Mindful Masturbation Recipe here, which I recommend to all my clients, is designed to help you get to know yourself without judgment or pressure, so you can feel present and confident in your sexual curiosity and desire.

The things that distracts us, causing shut-down or shame in our sex, often occurs so fast that we have a hard time deciphering what happened. This is an exercise of tracking the raw data of your erotic process in order to understand the component parts of your sexual desire, arousal, and climax, as well as your distractions. Knowing these parts can help you eliminate the noise and chatter in your mind, trust your body and intuition, so you can create a sexually satisfied life.

The RECIPE:

1. **Put it on your calendar!** YES! Put your solo sex on the calendar. Make the time for yourself. Prioritize Your Pleasure!
2. **Set your space and gather your materials.** Get your lube, towel, and toys. Make sure your vibrator is plugged in or charged up. Make sure your pet is out of your way or in the other room. Turn on your favorite sexy music. Lock your door. Create a good environment for you to feel safe and comfortable to explore.
3. **Articulate a Clear Intention.** Remember that an intention is about the quality of your presence for your practice, not a goal of orgasm. Your intention could be something like: staying present to the sensations the whole time, following my impulse to change and experiment, being gentle with myself as I challenge myself.
4. **SET a TIMER** and give yourself that whole amount of time. Choose an amount of time that is realistic to you, between 15 minutes and 1 hour. Use the WHOLE time allotted. If you orgasm or get bored before the end of the time you have allotted, then lay still and quiet for the remainder
5. **Breathe and Center.** Take a few breaths to get centered. You may want to set an intention for your time. For example: To get sweaty, to go slow, to have fun, to touch myself in new ways, to stay present, or to remind myself I am beautiful.
6. **PLAY!** You could dance, stretch, look at sexual images, read erotica, build erotic energy, rub oil all over your body, consciously explore fantasy, watch your body in the mirror, make noise. The important thing is that you keep returning to what feels good, what pushes your edges, or try something new.
7. **REST.** Similar to savasana in yoga, for at least 5 minutes, let yourself be in quiet and stillness while fully awake and relaxed.
8. **Collect the raw data** of your experience using the guidance on the next page.

You might want to print this page out to keep with your Self Pleasure Journal.

**PRACTICE: What did you do?** Track your specific activities: body position, motion, movement, touch, laid on the bed, put the vibrator on clit, stroking cock with non-dominant hand, doing a “kegel”, standing in front of mirror to see whole body, etc. Want to make a big change your experience of solo pleasure through masturbation? —> Try standing.)

**STATES: What did you feel in your body?** Report texture, flavor, smells, temperature, sensations, emotions. (Some of the states might correlate directly with the practice: I felt hot and sweaty after during the dancing. I could smell the musk of my crotch when I spread my legs and touched my vulva. I felt angry when I stood in the mirror looking at my whole body.)

**DISTRACTIONS: What took you out of your present moment of feeling?** Name environmental distractions and your self talk. (The phone rang, the dogs were barking in the next room, or I thought about my mother and her talking down to me about my body.)

**NEXT TIME: What do you want to do differently or experiment with next time?**  
(Anal play with clitoral stimulation, stroking cock with non-dominant hand, turning off the porn after 5 minutes, getting on hands and knees, standing, looking in a mirror)

**REFLECTION:** Spend just a few minutes reflecting on your whole experience and anything that stands out to you about what you’ve written above. Notice the distinction between the space above for the RAW DATA of your experience and this space for any thoughts or considerations that arise as a result of acknowledging the different pieces of your experience.