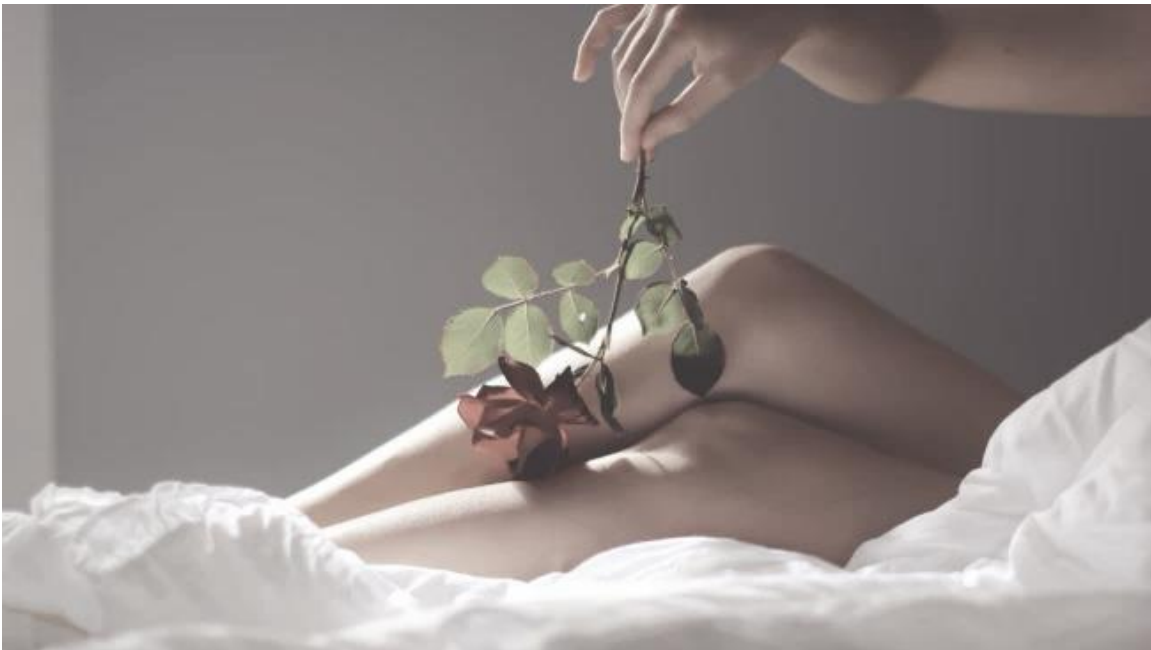


get intimacy

# EROTIC BASICS

## Mindful Masturbation



By



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# **D**ISCOVER NEW WAYS TO PLEASURE YOURSELF AND TO ALLOW EXCITEMENT TO BUILD AND FLOW THROUGHOUT YOUR BODY

Most people have some tried and tested methods of masturbating and bringing them to orgasm. For many others, the word masturbation is intimidating and either they don't indulge in it or they do it with great amount of guilt and fear. I tell you, I will be a millionaire if I get a coin for everytime I am asked by a man "I masturbate daily, is it okay?"



**This is an incorrect version of masturbation, that we got in a sex negative society**

I would like to introduce you to a concept "**mindful masturbation.**"

*Mindful masturbation is loving your body. It is an intimate and goal-free experience with an intention of experiencing pleasure and eroticism in your own body.*

## LETTING GO OF PAST BELIEFS AROUND MASTURBATION

During this journey with mindful masturbation, you do not have to reach an orgasm, in fact, you don't even need to feel the intense excitement in the ways you have been before, at all. Especially if your masturbation practices at this point have been quick stroking rubbing lead to a climax and release. It might feel clunky or difficult at first, and you might be full of distraction, but we do this practice so that over time progressively we become more orgasmic, more aware of sensation, and just have greater ease and flow of pleasure and satisfaction within our body. To enter this journey, I encourage you to completely let go of the preconceived idea that masturbation is all about horniness, and focus on awareness, feeling sensations in your body.

## MINDFUL MASTURBATION IS A GOAL-FREE EXPERIENCE

In the beginning, it might be difficult to let go of the goal of orgasm or a hard penis but mindful masturbation does not always end with orgasm. In fact, I really encourage you to let go of that goal completely and enjoy your masturbation without the typical happy ending. You will have to be willing to be curious about what an orgasmic sensation feels like, maybe it is different than what you are used to, and you have to be curious about what masturbation is, maybe it's more about the journey and not just the end.



*During your daily practice, you do not have to be erect, hard, wet, aroused, or horny, all of those things are really welcome but none of them are required.*

You might find that you are distracted by a whole host of things, busy thoughts, boredom, and trying to do it right to name just a few, but mindful masturbation

is essentially an erotic meditation so the practice is to notice the distraction and then return your attention to the present moment and the sensations in your body. It is also a practice in cultivating your ability to feel and regulate emotions.

## HOW TO PRACTICE MINDFUL MASTURBATION

These exercises are meant to offer an opportunity to do things a little differently and try something new. For that reason, none of the exercises given in this handout start with the use of vibrators or sexually explicit videos or photos. It's not that I am against them. I am just encouraging you to try something different so you can add to your self-pleasure repertoire.

### *Containment*

The idea is to build excitement while becoming more relaxed in your body. Most of us when we self-pleasure, we build tension in our bodies by strong and repeated stimulation and bring our bodies to a point where we no longer hold that tension to release it in the form of orgasm. This technique is limiting and also short-lasting in pleasure. Limiting because this is just one way to experience pleasure; and short-lasting because pleasure built through the route of sympathetic nervous system (fight or flight) is a stress response and the body is bound to switch to a relaxed state. Thus, hold off of pleasure is not enough. That is why so many of us do not have long lasting orgasms.

*Containment is an erotic asset that can be practiced at every stage of sexual arousal. The basic principle of containment is to feel the sexual energy and breathe into it and relax. Rather than tense, suppress or discharge the excitement as we usually do or believe that this is how it's done.*



Breathing and Relaxing allows the sexual energy to build and become a reservoir you can dip into whenever you want to sexually engage with someone or enjoy self-release. Orgasm that follows containment is more intensely pleasurable than an orgasm that pops out. Relaxed containment also offers you more flexibility and choice in how to explore your body and pleasure your body.

## ***Intention and Instillation***

Mindful masturbation is an intimate and goal-free experience with the intention of pleasure and eroticism.



I am going to ask you to begin each practice with a statement of intention so just one or two sentences of what you are consciously choosing to practice. For example, my intention during my masturbation practice is to play with different breath patterns or my intention during today's masturbation is to explore touch and sensation through the XYZ area of my body, or just my intention today is to be fully and totally embracing of my own pleasure.

I will ask you to end every mindful masturbation session with a quiet period of instillation (pause), so just experiencing your body in the present moment and reflect on how you engaged your intention. Do not be tempted to just simply rush off and get on with the rest of your day. Instillation (pause) is a vital tool in shifting away from the habitual and unconscious pattern, and relationship with masturbation. This pause at the end of the sensory, sensual exploratory practice gives space for new neural pathways to fire and wire and to maximize

the positive changes that each experience can create in your habits and behavior both in your relationships, both with yourself and others.

## **EXERCISES**

*Exercises, focusing on **breath**, **movement**, and full body **touch**.*

These steps together will cover the foundation of intimacy that's breath, sound, and movement as well as an approach to full body touch that will help you to start exploring and enjoying more than just your genitals during masturbation and solo sex.

### **1. BREATH AND SOUND**

So we begin with breath because it's a unique aspect of our physiology. So it's involuntary, that is it happens whether we consciously do it or not. Breathing is something that comes very naturally to us, as our sustainability depends on it and it's also voluntary meaning you can change the rhythm, the tempo, and the volume of your breath. You can on purpose breathe faster, slower, shallower, deeper etc. Because of its natural occurrence, we don't pay a lot of attention to it. It's also the most common restriction that I see in basically every person I work with that's preventing them from accessing more relaxation, more pleasure, and more choice around things like ejaculation, orgasm, and erections. Most people don't breathe deeply enough and they don't stay consciously connected to their breath and therefore their physical body sensations just during their daily life, let alone masturbation and sex. Just consider it right now, are you breathing deeply?

### ***When you masturbate, what happens to your breathing?***

When your arousal levels are rising, we habitually tend to clench and hold our breath.

- ✿ Do you allow your breath to be full deep and expansive in your body.
- ✿ If you experience pain during penetration, do you take a little sighs of breath to relax?
- ✿ During masturbation and sex do you intentionally use your breath to help your body relax and feel more?
- ✿ Can you breathe and do simple movements while you are touching your body in a synchronized way? For ex: inhale and arch your back, exhale and round your back.
- ✿ Do you make any sound when you masturbate? Not just little occasional grunts and moans but relaxed, sighing, sustained sound and vocalization that vibrates and relaxes your throat, your diaphragm and chest.

If not, you are missing a simple trick that will take your solo sex experience from functional and boring to expanded and deeply satisfying.

So our first practice is this:

We are going to practice inhaling through the nose and then exhaling through the mouth in an Ah shape. So not through pursed lips as if you are blowing out candles but a relaxed jaw and a nice, open, soft mouth. So just take 3-5 breaths like this now and gradually allow the exhale to become a little bit longer than the inhale. If you are used to breathing very shallower or kind of unknowingly restricting your breath, then this might feel little difficult at first. So sometimes its easier if you are lying down rather than sitting up. So just make any adjustments here if you need to. So we will take 3-5 breaths here, inhaling through the nose and exhaling through the mouth. So try adding a gentle sigh, a hum, or a moan to the exhale. We will do it 3 more just to play with a little bit of sound.



Inhale - ahha

Inhale - ahahahhhhaaa

Inhale - one more ah ahhhh haaa

### **guided breath meditation for masturbation**

So take 15 mins now to follow my guided breath meditation, arrange yourself either sitting up or lying down, with your head phones or speaker. You don't need to be naked and you don't need to touch yourself. This practice focuses on the skill of breath and how your breath can make you more aware of your body sensations. It's an invitation to spend 15 mins with yourself, your body, and your sensations. There is nothing to achieve, nothing to do or get right. Do make some mental notes as a reflection of the experience after you do this practice.

If you masturbate today, feel free to do what you do BUT bring more awareness to your breath and practice this way of breathing while you are touching yourself etc.

Through this, I will guide you to focus more on your breathing and notice your patterns of breathing. One of the important parts of mindful masturbation is asking yourself questions to understand yourself better. So ask yourself:

- do you allow your breath to truly expand in your body?
- do you breathe deeply enough during masturbation, or
- do you hold your breath when you are trying to get an turn on yourself?
- do you breathe freely when you are masturbating?
- do your breaths become shallow when you are touching yourself?

Though involuntary, you can choose to change the rhythm, volume, and tempo of your breath, and we are going to do this exactly so that you can feel the relaxation in your body. Most people do not breathe deeply enough and are not consciously connected with their breath.

Being consciously connected to your breath means to truly feel the air enter your body, as you inhale strongly. You should feel the air travel through your nose and into your core, and as you exhale you should feel the air traveling its way through your mouth. If you are not using your breath as a tool to enhance your experience, then you should. The question is how? Well here is a little exercise for you:

## **Practice: breath and sound**

- Lie down and close your eyes, and make a rhythm for yourself as you start to concentrate on your breathing.
- Take a deep breath through your nose, hold it in for a flash, and then exhale, do not exhale as if you are blowing out candles, but slowly and in a relaxed fit.
- Something that can help you here, is if you make a slow "Aah" sound or hum while you release the breath, this ensures that you have a relaxed jaw.
- Continue to do so, till you stumble into a pattern, and then try making the exhale longer than the inhale.
- Once you concentrate on your breathing and get comfortable with it, try adding a gentle sigh or a moan with every exhale.

## **2. MOVEMENT**



This practice is about allowing your body to move gently, interrupting habitual tension, perhaps connecting to held emotion, and starting to pay more attention to the full-body, not just the genitals.

I've worked with thousands of clients: most people are pretty rigid and stuck in one position during masturbation. Typically, their bodies are completely passive, often tightly contracted and braced with tension, and the only movement that is happening is a bit of fiddling from the hand.

The invitation with this practice is to be really mindful with your movement. Explore the movements intentionally, pay attention to how and where you are moving. Many of us are painfully uninvolved in our daily lives. Sometimes we are only superficially present. Reflect on how involved you usually are in physical activities like yoga, running, or taking a shower. Many people watch Netflix, read or listen to music/podcasts while they exercise.

Lots of people are thinking about work/dinner/conversations/anxious thoughts whilst touching their naked bodies in the shower. This usually means deeper involvement in the distraction than in how your body is actually feeling and moving. I will ask you to try this practice without external distraction: no music, no TV, and at least an attempt to let go of distracting thoughts (though this is easier said than done!) In doing this you might meet resistance: 'I don't feel anything', 'this is silly', 'I can't concentrate on this AND my arousal', 'blah blah blah'. Be patient, this is a new skill, it may not 'click' straight away.

Bringing these simple, gentle movements to your masturbation or self pleasure practice will:

- allow for the greater circulation of awareness and arousal throughout your body, which in turn will lead to more intense 'full body' orgasmic sensations.
- interrupt unconscious patterns of tension and passivity (lying there like a dead fish, staring at the porn on the screen).
- help you to regulate your arousal levels and overcome premature ejaculation.
- gently increase blood flow and heart rate which leads to more engorgement and eradicates erectile dysfunction.

- increase fluidity and mobility in the hips, pelvis and spine, which in turn helps the muscles of your pelvic floor relax and reduces the symptoms of vaginismus and anorgasmia: relaxation = pleasure.
- keep you present in your body and not 'checked out' in your head with fantasies or distractions.

This focuses on your mindfulness, you do not need to be naked or to be touching yourself while you are doing it, all you need to do is focus on the inhale and exhale, and your moans.

## 2.1 JIGGLING THE HIPS

The second way of moving the body that we are going to explore is focused in the hips and we are just gonna let the hips jiggle a bit side to side.

So you can start this movement very slowly, kind of feels like pulling the hip bone up towards the arm, hit on each side (gentle exhalation sigh aah) and then you gradually start to let it go a little faster (gentle exhalation sigh aah) and just sort of give the hips a little jiggle and shake (gentle exhalation sigh aah).



What you will notice is if your legs are tense or if your shoulders are tense, then the movement won't expand outwards from your hips. So if you can try to let the thighs and the legs be nice and relaxed. Let the torso and the belly relaxed and just have a nice little jiggle around (inhale exhalation aahhh)

How you touch yourself says a lot about how liberating your masturbation experience can be. What I recommend is, even before you start to caress yourself, take a moment to appreciate your body, look at yourself as your lover, appreciate how deliciously the curves fold, how your hair falls down on your shoulders, how your hips curve to your thighs.

Take some time, stand in front of the mirror, undress, and look at yourself, observe your moles, starting from your hairline to your toes, and make a mental note of everything that you appreciate about yourself.

Once you are at par with it, add some movements to the process, and see how beautifully your hips sway, or your arms twirl around, and your waist grooves. I recommend playing some music at this point, you can check our playlist of sensual music or you can explore on your own.

Ghazals or jazz or even rock can be your turn-on.

Our goal here is to focus on gentle intentional movements. Pay attention to your movements and come out of your routine, and embrace yourself.

### 3. TOUCH

Naturally you can enjoy solo sex "Touch" anytime the mood strikes, as long as you have privacy. The following suggestions are meant as opportunities to enjoy more extended periods of exploration.

1. To fully enjoy your sensual and erotic play, go to a private space where you won't be disturbed. Turn off the phone. Spread a thick towel on the bed, a yoga mat or a carpeted floor – wherever you intend to experiment. Put out whatever lotions, toys, or other sensuous items you might like to include. Be sure to at least have one or two pillows around to use under or between your legs. You may also want a light blanket to use part of the time.
2. Dim the lights. Light a candle, and put on some soft music. Sit on the towel and take some deep breaths and a few sighs, and check-in with yourself. You may want to do a few stretches to relax your body and blow out any tension. You can begin this exploration with or without your clothes on.
3. Lie on the towel with a pillow under your knees and take deep inhalations that begin in your belly, widen the rib cage, and lift your chest. Blow out slowly and steadily on exhalation, and keep blowing until you run out of air. You'll feel your abdominal muscles will pull in as you push out the last bit of air from your lungs.
4. Begin your sensuous self-massage with your head, face, back of neck, and throat. Just feel your own skin muscles, and bones with care and consciousness. You may want to use lotion. Move your hands slowly and smoothly along the muscles of arm, chest, and rib cage. Use your fingertips to massage tense intercostals (the space and muscles between the ribs)
5. Most women don't get their breasts touched and massaged enough so if you're a woman, take this opportunity to massage and squeeze your

breasts. Both women and men may enjoy lightly touching and stimulating the nipples. Breathe slowly and deeply sighing and relaxing.

6. Now is a good time to remove clothing if you haven't done so already. But instead of touching yourself with the goal of bringing an orgasm, massage yourself slowly and sensuously. Stroke your belly with both hands and breathe so that belly grows round and full with each inhalation. Massage your thighs and work your way to your genitals.
7. If you are a woman, tug and squeeze the outside of your vulva and see how much of the inside can you stimulate just by squeezing and massaging yourself on the outside. Press down on the pelvic bone and feel how that can stimulate your clitoris without actually touching it on the inside. Take some deep sighs and relax. If you have never seen the inside of your vulva, place a mirror between your thighs and take a look.
8. If you are a man, put lotion on your scrotum and lightly massage your testes, drawing them up towards your belly. Then move your hands towards your penis as you gently slide on the shaft and tug on the head. Massage your penis slowly and deliberately. See if you can discover some new strokes.
9. Feel yourself becoming more excited. Make some deep sighs and relax into this excitement.

#### **4. SEXUAL IMAGERY**



Sexual fantasy keeps your mind focused on the erotic and helps to fan your passion. Most of us have our favorite fantasies: mental pictures and scenes that can come from early childhood or teenage associations or from hot real life experiences.

1. Play out a favorite scenario in your mind's eye but this time, embellish it by using all 5 ordinary senses in your imagination. For example, if you are imagining yourself with a partner who is nude, add some visual details to the image of your partner's nude body. Imagine the sound of your partner's heavy breaths in your "mind's ear."
2. Imagine yourself stroking your partner. Imagine the sensation of gliding your hand along his or her smooth skin. See if you can conjure up the pleasing smell of his or her body and the taste of his or her kisses.

## **5. CHANGE THE ROUTINE**

Since the purpose of these exercises is to slow down and experiment with pleasuring yourself differently, change your position at least once or twice. If you usually lie on your back, try bending your knees or lying on your side with a pillow between your thighs. You could also sit, get up on your knees, or stand up and see how it feels to stimulate yourself that way. Some men and women may enjoy putting a firm pillow between their thighs to squeeze against.

You might also enjoy pulsing your pelvic floor muscles as you stroke your genitals, tightening and releasing, tightening and releasing as you breathe and relax.