

Exploring Your Sex Abilities

Note: Please respect/honour the needs of your body. If you experience unusual, sudden or increased pain stop the physical movement.* Seek medical attention if warranted. If you have a medical condition with restrictions on physical activity it is vital you take these into consideration. "Further Considerations for Exploring Your Sex Abilities" is designed to help you make choices on how to take your specific needs into consideration. If you are unsure about how to do this please consult your healthcare team before starting this exercise.

Intention:

What do you want in your sexual experience that you feel limited from doing? Something you desire to do? How can this be brought into your sexual experiences? By working with yourself first it can remove some of the challenges you may experience when/if you want to introduce this into sexual engagements with others

Duration/Commitment:

My recommendation is to do this for a minimum of 5 sessions close together (over 5 days or multiple times/day). Each time try one new approach to enjoy more pleasure* while supporting the body. This exercise can be very gentle and/or subtle, there is no requirement for anything intense or even physical movement. Choose the time frame that works for you.

What do I adapt for?

Tune into your body and work with where you are at - ie sore back, broken arm, left arm tremor, pervasive fatigue etc. And/or see if any part of the body needs support, different type of movement, feels sluggish etc. If there is only something minor focus there. If possible, adapt for the same thing during each session . Depending on your specific situation this might not be possible.**

What activity to do?

Choose one solo erotic activity that you enjoy very much: self pleasuring activity, a favourite Oy!, favourite sex toy(s). I suggest keeping it very simple to start, something you have/do in your self-erotic practice. Now adapt one thing each time, start with the basics

A few areas to consider:

Body Position: stand, sit, lie down, hands and knees, on the side, legs against a wall etc.

Location: bed, chair, bath, shower

Supporting the body: cushions, towels, exercise ball, blocks, etc.

Is there an object than can assist: sex toy, vibrator, dildo, pervertables, assistive devices (reachers, back supports, casts)

Movement: how much movement (reduce, increase), adjust speed , size of movement, which body parts move – stillness can be movement when it is done with intention

Physical comfort: attire, temperature control (room temp, blankets etc.), lighting

Music/sound: quiet, relaxation , stimulation, music offers many benefits e.g. aids movement for people

with Parkinson's Disease

Breath and energy orgasms: big draw, fire breath, visualization of energy movement, visualization of touching your body

Length of time: things to try vary it in for different sessions, vary it for different activities in the session, take breaks as part of your session (ie does resting/savouring for 5-10min multiple times mean you can go longer)

**For those of us who deal with chronic health consideration, illness, disability etc. You may feel you have to adapt for the whole condition at once. Try to break it down into smaller parts – see list below or possible adaptations. If possible, choose one aspect to adapt for that you deal with regularly. The exercise is easier if we choose something currently present and specific when possible

**If you have nothing to adapt for, or you want to adapt for things you don't experience, play with adapting your activity as if you are dealing with something specific. Make sure it is something you can simulate for a prolonged duration a broken arm (ie put it in a sling) or a swollen knee which requires the leg be elevated at all times.