

END ANXIETY FOREVER  
WITH 15 DAYS OF PLEASURE

A hand holding a brown and black patterned snake against a dark blue background. The snake is coiled around the hand, with its head pointing upwards. The background is a solid, dark blue color.

SENSUAL  
MAN

2025 EDITION  
BY CAFFYN JESSE

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# SENSUAL MAN

*End Anxiety Forever with 15 Days of Pleasure*

by Caffyn Jesse

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All drawings are by Caffyn Jesse with Murali Shanmugam, Onika Henry and Taariq Cornwall

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## INTRODUCTION

**W**e can end sexual anxieties forever, and learn to make love for hours. We can become intensely passionate and desirable, by learning to feel more pleasure. We can support sexual health by spending more time in sexual joy.

In my work as a sacred intimate, I share erotic touch with people of all genders. Through this work, I've enjoyed all the ways that men are sexually: soft and hard; penetrable and penetrating; gay, straight, and bi; cisgender, genderqueer and trans; able-bodied and disabled, and every size and shape you can imagine. I joke that I probably see more penises in a week than many other people see in a whole lifetime. And for every man I've worked with, the exercises and approaches I share here have felt joyfully transformative.

Working with men has been so healing for me. As a child and young woman, I was traumatized by people with penises. I experienced sexual violence, harassment and very bad sex. Men used their genitals as weapons, and they wounded me. When men connect sensuously with their own erotic energy, I see them become careful and nuanced with their genitals. They can enjoy and offer soulful, authentic pleasures. I feel personal healing here. There is also cultural transformation. We resist harmful gender stereotypes, and all the ways they limit love, as we learn to enjoy more pleasures.

The enormous pressure on men to “get it up, get it in and get off” makes sex ridiculously brief, rough, and unsatisfying! Men suffer shame and humiliation when they ejaculate unintentionally. They feel embarrassment and confusion when they don’t get hard. There is deep frustration when they experience inhibited ejaculation. If surgery (or the absence of surgery, or a thousand other reasons) makes erection inaccessible, men stop being sexual! Partners also feel ashamed, disappointed, frustrated and confused. The exercises and understandings in this program create an alternative erotic environment, where erection and ejaculation can come and go without limiting a sexual experience. Many alternatives to penetrative sex are joyfully explored. Once we learn this approach, we will never return to old punishing and limiting paradigms! Relationships can blossom, and joys keep multiplying throughout our lives.

The DSM<sup>1</sup> describes so many sexual disorders. I have not met a single person who didn’t suffer from one or more of them! Almost all cisgender men experience “premature ejaculation” at some point in their lives. Traditional treatments include desensitizing creams, distracting thoughts,

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<sup>1</sup> The *Diagnostic and Statistical Manual of Mental Disorders* (DSM)

pills that muffle sexual feeling, and physical techniques that block ejaculation. These methods are not only ineffective – they cause great harm. After using such techniques for years, men feel numb inside, and turned off sex. They suffer from erectile dysfunction. Traditional treatments for erectile dysfunction involve medicines that can be dangerous, and have harmful or painful side effects. The exercises in this program work in opposite ways. Instead of numbing, we build sensitivity. Instead of erection-enhancing drugs, we choose erection-enhancing pleasures – while simultaneously exploring creative alternatives.

Transgender men suffering from gender dysphoria reach for medical interventions (hormonal and/or surgical) that help them look and feel like cisgender men. But most get no education or experience connecting sensuously with their genitals. Many are left wondering if they are “man enough” to be a passionate and desirable lover. The exercises in this program address this issue – without guiding anyone how to better conform to gender stereotypes. Instead, I invite us all to explore and invent creative ways we can joyfully deconstruct those stereotypes, with loving touch and expanded ecstasies.

Men’s sexual health is suffering. Many men experience numbness or pain in scars from circumcision.<sup>2</sup> One in nine men get diagnosed with prostate cancer in their lifetimes, while benign prostatic hyperplasia affects up to 90 percent of men with prostates. Many men struggle with anxiety and suicidality. The pleasurable practices in this program are life-affirming. They enhance genital pleasures, pelvic floor health, prostate health and overall sexual health. They help address genital numbness and genital pain. They help us better belong to our sexuality, in all its wonderful diversity,

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<sup>2</sup> I offer a free online program on Healing Circumcision at <https://intimacy-institute.teachable.com/>

and belong to many ways of exploring and expressing erotic joy.

There is so much suffering and heartache among men and their sexual partners. But there is a simple solution – let’s learn to enjoy more pleasure! By training our bodies to enjoy more pleasure, we learn to amplify, contain and savour sexual energy. For men with biological penises, this means that erection often becomes more accessible. Ejaculation can be more intentional. Integrating anal pleasures, we address prostate health. With soft-penis pleasures, we can stop genital numbness and pain. Learning different ways to pleasure a partner, we expand erotic possibilities. We can feel relaxed and sensual in any erotic encounter – whether or not erection is available, and whether or not we have a biological penis. Learning takes only a few days of conscious commitment to pleasurable practices. Once these basic principles are understood, this new knowledge can be confidently embodied. We can continue to learn and grow throughout our lives, in the joyful exploration of ever-expanding erotic possibilities.

There are 15 exercises described here. You can do the exercises sequentially or randomly. You can do a different one each day, or find an exercise you especially enjoy, and do it every day. I encourage you to have a look at the whole program, and approach it in any way that can be pleasurable integrated into your life. Each exercise should be fun. 15 days with these practices are guaranteed to be transformative. And I know you won’t want to stop using these techniques just because a “problem” is fixed. Your pleasure capacity will grow and grow with ongoing, joyful practice.



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## LEARN TO SAVOUR PROLONGED AROUSAL

**U**se these five innovative, exciting, self-pleasuring practices to master the art of savoring prolonged arousal. Welcome higher levels of erotic energy into your body and your life. You can learn to feel your body from the inside, enjoy each stage of arousal, and even orgasm without ejaculating!

We get used to masturbating in habitual, efficient ways. By employing more creative touch techniques, and giving mindful attention to body sensation, we can learn to enjoy each stage of arousal. You can even learn to orgasm without ejaculating! I believe that without training, *all* of men's ejaculations will be premature, in that they limit access to more profound pleasure.

Many people feel discomfort with sexual energy. This discomfort is both cultural and physical. Sexual energy is experienced as tension that we need to either discharge or repress. These exercises guide you how to welcome the intensity and allow it to build, so that you can experience more and more pleasure.

Key to ending both unintentional ejaculation and inhibited erection is learning to build up sexual energy in our bodies when we are in a relaxed state. This enables much more energy and ecstatic pleasure to flow all through our whole bodies. Erection becomes more accessible, and ejaculation more controllable. Orgasmic states can arise effortlessly.

## A w a k e n i n g   t h e   T i g e r

Every time you use the washroom, spend a few moments clearing your mind. One useful approach to mind-clearing is the “aquarium technique.” Imagine the mind as an aquarium, with each of our cares and commitments assigned to a specific fish. Encourage each fish to move out of the frame, until the mind becomes clear water.

When your mind feels clear, breathe deeply into your pelvic floor, and use your hands to stimulate your genitals. Take a few seconds or a few minutes, but stop short of orgasm or ejaculation. Just enjoy your arousal and notice that you can enjoy without needing to “climax.”

If you do this several times a day, every day, you may begin to notice your erotic energy building. Sexual energy may begin to inform your everyday lifeworld, in joyful and surprising ways.

## Feel Your Body from the Inside

You can learn to recognize various levels of arousal, and explore them in your self-pleasuring practice, whether your penis is hard or soft. Numbers are assigned to different arousal levels to help you describe your sexual response, not to rate it. If you only ever get to 2-3, that is fine, if you go immediately to 11, that is fine too. It is perfectly ordinary to feel high arousal levels without any erection, and low arousal levels with erection. Just feel what is true for you.

*Table describing arousal levels:*

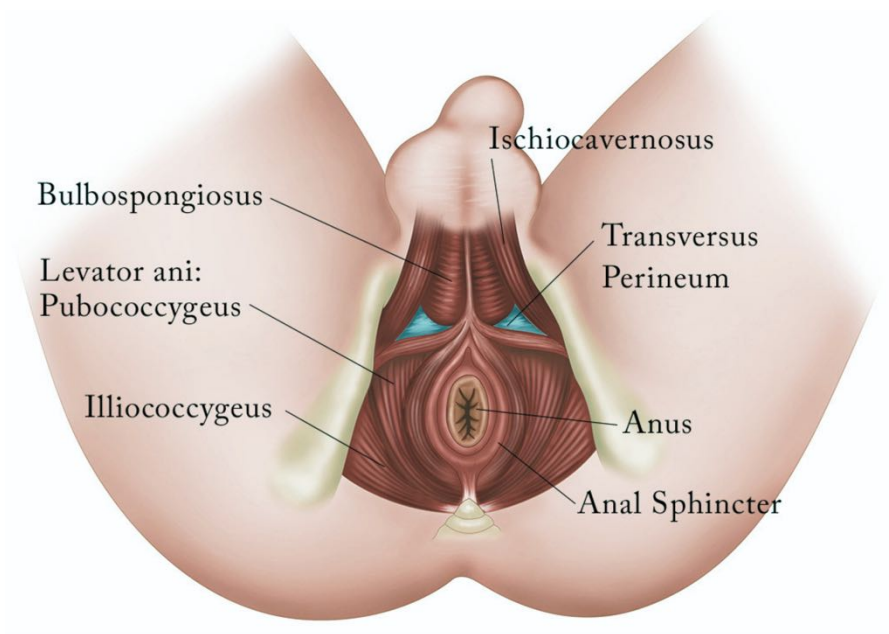
1	No arousal
2-3	Mild twinges of arousal, not constant
4-5	Constant, low level of arousal
6-7	Steady moderate arousal
8	High arousal
9	Edge of orgasm
10	Orgasm
11	Point of No Return and Ejaculation

Once you are used to tracking your arousal level, try peaking. Caress yourself until you come to a level 3, then stop caressing and feel your arousal drops back down. Caress yourself again until you feel you are at a level 4,

stop the caress and allow your arousal to drop back down. Continue through all the levels if you can.

Squeeze your pelvic floor muscles to pump erotic energy through your body and to stop ejaculation. Savor the pleasure of orgasmic feelings without ejaculation.

Your pelvic floor muscles are the ones you use to stop yourself from poohing and peeing. Don't tense your bum muscles when you squeeze - try to isolate the muscles of the pelvic floor while keeping your bum muscles soft.



## Touch Yourself Differently

We get used to self-pleasuring in habitual, “efficient” ways that make us come quickly. Try touching yourself differently. In the video you can access at the link below, I use a toy to demonstrate various ways you can touch your penis. Savor the pleasures of different tissues and various levels of arousal. Many of these strokes feel better when the penis is soft.

The non-biological penis I use in the video is always deliciously soft! I suggest that all men buy themselves a non-bio cock, or several. With harnesses and dildos, you can have an erection any time you want. Your cock can be any size a partner will most enjoy. (Going cock shopping together is so fun!) You can get a soft-penis “packer” that creates a sexy bulge in your underwear, no matter what size your penis is. You can buy a stand-to-pee packer. You can build wonderful sensations in nonbiological genitals, with regular self-pleasuring practices and imagination. Our neuroendocrine system “lights up” our brain when we imagine doing an activity, just like it does when we actually do an activity. We engage in biophysical neural rewiring when imaginative self-pleasure practices integrate non-bio cock(s).

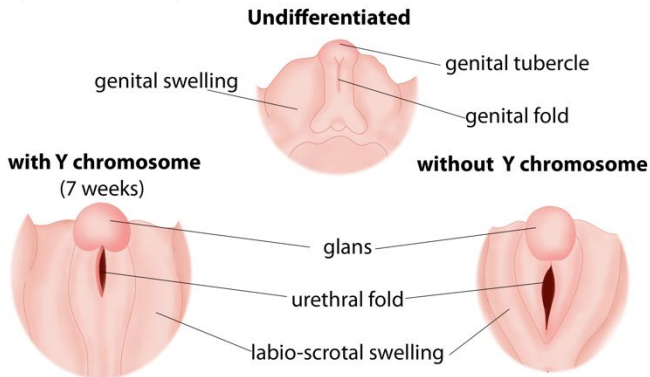
Use the video as inspiration. These strokes are offered to give you ideas. You can masturbate along with me a few times, then make up new strokes. Dare yourself to feel more and more pleasure.

Link to video:

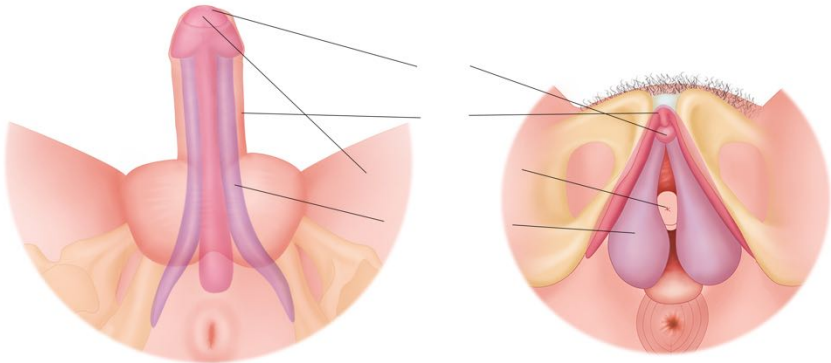
<https://caffyn.vids.io/videos/4d91d7b51913edc7c4/touching-yourself-differently>

Understanding homologous genital structures can help us claim our own names for our genital anatomy. We can touch and be touched in ways that affirm our gender identities.

### Embryonic development



### Adult genitals: What do you call this?



## Explore Anal Pleasures

Men can get focused on the penis, but testicles, prostate, perineum and anal sphincter have important roles in sexual response. Exploring anal pleasures can be a very effective way to access alternate forms of arousal, and support sexual health. Bodies often feel more open and alive as we become comfortable with anal eroticism. The nerves that control the sexual organs, including those controlling erection, orgasm, and ejaculation, all converge at the prostate and the perineum. Prostate and perineum massage have been effective for healthier and enhanced sexual function since ancient times.

By bringing more awareness to the anus, we can learn to relax into the pleasures of the whole neural network involved in sexual response. Rather than a blunt instrument for penetration, a penis becomes rooted deeply in the body. A deeply-rooted cock – whether hard or soft, bio or non-bio – becomes capable of feeling more, and exchanging subtler energies with a receptive partner.

You can begin to explore every time you are in the shower – play with your asshole, and become aware of the delicious sensations that are possible. Use soapy hands or plenty of good-quality slippery oil or lube. Massage with fingers, vibrate, and caress with your whole hand. Spend lots of time outside before entering.



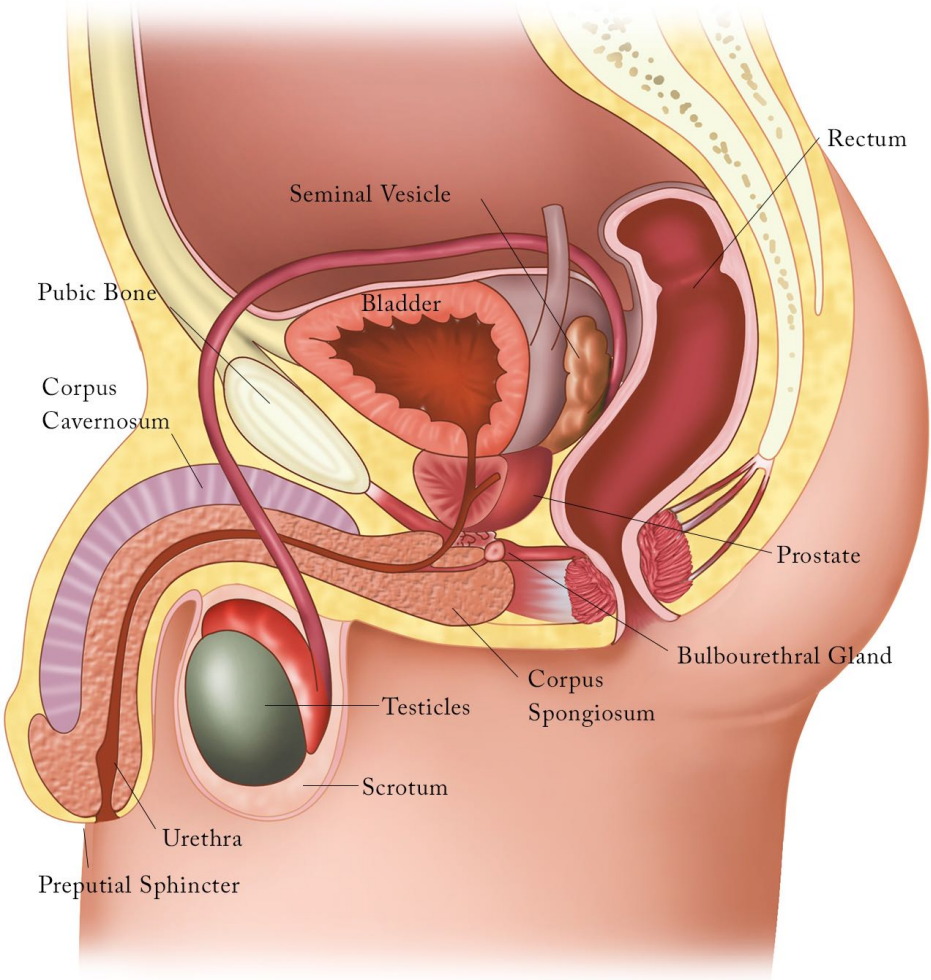
To explore the inner world, when you are ready, let the tip of your finger rest at the anal sphincter. Don't push in – let your body relax and open. Breathe your finger in. Just hang out for awhile, being aware of sensation. Stretch the muscles from side to side, up and down. Feel for the second (inner) sphincter. Continue to massage on the outside – with pressure, vibrating, kneading, and gliding around the anus and perineum.

You might be able to massage your own prostate gland, which can be felt through the anterior wall of the rectum. (For trans men, the “Urethral Sponge” or G-Spot has corresponding anatomical features, and can be pleased through front or back hole.) Some people can achieve orgasm solely through stimulation of the prostate gland. You might want to work with a prostate-massaging toy. They are available in different sizes (start with the smallest!).

There are a few safety matters concerning prostate stimulation and anal penetration.

- ***Whatever toy you use, be sure it is designed for anal play, in that a wide base will keep the toy outside the body!*** The digestive tract will vacuum up other toys, and they have to be removed surgically. Emergency department surgeons have many stories to tell of household objects getting sucked in to an anus. If this has already happened to you, please understand that it's a common problem and nothing to be ashamed of. We need more pleasure-based sex education!
- Use plenty of lubricant, and go slowly to prevent rectal lining damage. If it hurts, you are going too fast and pushing too hard.

- Even when massaging yourself, you may want to use gloved hands. Gloves minimize any discomfort or risk of tearing sensitive anal tissues from fingernails. Be sure your hands/gloves and toys are very clean before and after anal penetration. Bacteria found in the rectum can be transmitted to other orifices or to a partner.
- Anal stimulation may cause feelings of having to go to the bathroom. More often than not, this is just a “feeling” that the stimulation causes, and may take some getting used to.



## P e n e t r a t i v e P l a y

Many toys for penetrative play are available – you can experiment and find one that works for you. In general, cheaper versions are less satisfactory.

Using one of these toys allows you to explore penis sensation through movement, as you do when interacting with a partner. Many men feel overwhelmed by the enveloping intensity they experience during partner penetration. You can explore this on your own with the help of a flesh-like sleeve.

Try exploring your toy with a hands-free, hip-thrusting, heart-opening meditation. Set up for your session by securing the toy at penis level – on a table, using duct tape – so you can thrust into it with your hands free. Use a water-based lubricant. (Oil or silicone-based lubes can sometimes damage these toys.)

Play with different thrusting speeds. How much attention can you place on the nerve endings in your penis? Changing the speed of your thrusts into the toy helps focus your attention. This exercise can last ten or twenty minutes. Remember to keep bringing your attention back to your penis when your mind wanders. If you like having porn to help you access erection and arousal, you can practice pendulating your attention between the porn and the sensation in your genitals.

Make your penetrative play a dance that involves your whole body. Express your pleasure with sound. Massage your whole body while you are thrusting. Add scrotal and anal touch to root penis sensation in the pelvis.

After a period of thrusting, bring yourself to stillness within the toy. Play with the blood pressure in your penis by pumping your pelvic floor muscles.

“Fleshlight” sex toys with Stealth, Mouth, Lady, and Butt sleeves



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## TRAIN YOUR BODY TO HOLD A HIGH EROTIC CHARGE

**I**n this section of the program, you will learn to gradually expand your pleasure-capacity, until your body can hold a high erotic charge. Using breath and visualization, we can shift the focus from the genitals and circulate arousal through the whole body. You will soon be enjoying an erection in every cell!

With these practices, you will learn to access, cultivate and circulate erotic energy through breath and visualization. You can use these exercises to become more comfortable with sustaining intense erotic pleasure without ejaculating. You can become more confident in your capacity to get and

maintain an erection, and also, to experience arousal and orgasm in the absence of erection. Here are some basic guidelines for these practices.

*Think of the whole body as an erogenous zone.*

Instead of feeling arousal only in the genitals, allow pleasure to stream throughout your body. Breathe deeply, relax your muscles, pump energy up and invite it to fill the whole body – feeling the full-body erection, the tingling aliveness. Often the erection itself goes down, and that can invite a myriad of other feelings, pleasures.

*Use Your Imagination and Pay Attention to Subtle Sensations*

The feeling of full-body arousal may be very subtle at first – you can simply imagine that you feel full-body arousal, and that will grow your neurobiology, so you can eventually feel it.

*Offer Acceptance and Approval to Everything that Arises*

Shame, guilt, fear and inattention arise in doing these practices. There is no need to have such emotions block our erotic responses. Keep an open heart and an attitude of complete acceptance. Sometimes “negative” emotions can even be eroticized! Our erotic imaginations thrive on obstacles. You can change your level of pleasure dramatically by simply noticing and approving of every emotion, fantasy, sensation and lack of sensation.

## R e l a x i n g   a n d   N o t i c i n g

In the middle of a busy day, let your mind become clear of thoughts, judgments and urgencies, and bring your attention to the inner world of your body. Scan your body from head to toe, and back again, releasing unnecessary tensions. Consciously let go of the clench in your jaw, the hunch in your shoulders, the sucked-in quality of the belly, the stasis in your spine, the clamp in your pelvic floor. Are your legs crossed? Are your eyes squinting? Drop all the extra tensions. Notice how you are a continuous web of flexible parts, a resilient integrity. Notice erotic energy running through the web. Feel your genitals from the inside, without touch. Let each deep breath open your pelvis and massage your genital nerves, like an inner lover.

Use awareness to “sweep” through the body, while making dinner or lying in bed. With practice, we can become increasingly sensitive to warm, glowing, tingling sensations, that are always dancing within us. We can sometimes experience the presence of life force energy within our cells.

Concentrate on varieties of aroused pleasure you may feel in your genitals and your whole body. These sensations can be very small and subtle: tingling, goosebumps. Responding to them may get you squirming, making spontaneous sounds, trembling, shaking your arms or legs.

Focus on *any* pleasurable sensations. Express your pleasure as sound. Listen for echoes of the sound in your body sensation.



Envision and allow these pleasurable sensations to become bigger. Experience waves of pleasure expanding from loins through limbs. Let the body surf these waves of pleasure, magnifying the feelings as much as you can.

At some point, when you are feeling highly aroused, you may feel considerable inner prompting to find “relief” of the accumulating arousal through a genital orgasm. Instead, you can choose to surrender to the experience. Relax into the arousal and spread it through your body with your imagination and your breath.

By relaxing mindfully into the erotic energy within us, we awaken our auto-ecstatic potential.

## Breath and Erotic Energy

Breathing fully, we engage the muscles of the pelvic floor and stimulate the genital nerves. Breath is erotic and joyful. If we understand sexual energy as something we need to get rid of, to either repress with self-discipline or to discharge through orgasm, we will want to restrain the continual arousal that is generated by deep breath. But we can learn instead to amplify and savor erotic energy as a creative force. It can generate delight in all our living.

I often encourage people I am working with to imagine their breath moving erotic energy in an unbroken circle, as they breathe through the perineum and up the back, then let the breath fall back down the front of their body into their genitals. This visualization follows the Microcosmic Orbit for the circulation of *chi* in Chinese medicine. I might also employ visualizations based on the system of energy-centers in the human body known as “Chakras” – also known as neural plexes, and endocrine glands. Another effective visualization is that of breathing a genital erection into the whole body, so that every cell becomes erect.

With visualizations to stimulate our imaginations, breath that stimulates the genital nerves of the pelvic floor, and an attitude that celebrates the erotic, we can learn to build high levels of sexual energy with little or no genital touch. When we learn to combine these techniques with sexual stimulation, greatly expanded sexual pleasure becomes possible. Furthermore, this expanded pleasure can fill our whole bodies, not just the genitals, and bring

joy to work, friendships, and everyday life, not just conventionally sexual interactions.

As we learn to dwell with sexual energy and to circulate it through our bodies and our lives, we can experience breath as a guide and companion. Breath can be ecstatic, and ecstasy can be a path we savor with each breath.

## E r o t i c   E n e r g y   C u l t i v a t i o n

Erotic energy cultivation is transforming for people who feel deadened desire, and also for those who feel overwhelmed with unwanted desire. It is great for erectile dysfunction, premature ejaculation problems, anorgasmia, and many other sexual problems.

Breathe in a circular pattern, with a nice easy long breath-in, and letting your breath fall out. Feel the inflow connected to the outflow, and exhale with a sigh.

Place one hand on heart one on the root. Feel your breath flowing into your hands, warming them. Feel the warmth from your hands flowing back into the body. Feel a channel opening between your genitals and your heart. Breathe in through your genitals. Sip the energy from the earth with this channel, and draw up energy into your heart. Let your muscles become engaged in this sipping of energy, if you want to. Sometimes it feels good to arch the back as you breathe in. Sometimes it feels good to squeeze the muscles around the genitals. Sometimes your butt just has to wiggle and dance. Let the sound change if it wants to. Ooohhh. Ooohhh. Oooohh.....

## C i r c u l a t e E r o t i c E n e r g y

I invite you to breathe with me. Breathe deeply into your belly; fill your lungs up completely. Place your hands on your belly, and feel it rise and fall with each breath. Breathe into your pelvis. Place your hands on your pubic mound and feel the pelvic floor expand with each inbreath and spring back with each outbreath. Kiss the earth with your pelvic floor, on every inbreath. Let your pelvic floor contract again with each outbreath, pumping energy through your body.

Let the breath move you. Become aware of the thousand tiny shifts and openings that are happening throughout your body with each breath. Become willing to be moved, to be breathed.

Now I invite you to tune into your genitals. Notice they are there. They are part of you. Pay attention. Send your loving acceptance and approval to every aspect of your genitals – how they smell, how they look, especially how they feel. Notice every sensation in this core part of your being. Imagine that you are sending your breath to your genitals with every exhale. Feel them filling with warm breath.

Visualize light shining down on your genitals – light from the sun, moon, stars. Feel them bathed in light. Feel them glow. Feel how this part of you is suffused with fire. Feel the heat, the power. Hold your hand near your genitals and feel the pulse of energy. Now touch, and feel the power surge

through you. Breathe deeply, and give the sensation your complete mental attention.

When you feel the erotic energy built up in your genitals, breathe that energy up your spine to the top of your head. When the energy reaches the top of your head, exhale, and let it fall back down into your genitals. Again, inhale, bringing the energy up to the top of your head. Exhale, letting the energy fall down the front of your body. Keep the erotic energy going, up your back, down your front, up your back, down your front.

Breathing faster, feel the pelvic muscles pump your breath. Feel yourself wrapped in ever-denser layers of your own erotic energy. Feel a force-field building around you. Be held in this energy. Feel it vibrate you. Know that sex is joyful. Sex is power. Sex heals.

When you are ready, let your breath slow down. Relax into the magnificence that is streaming through you. Love yourself.... Love your sexuality.

Link to video:

<https://caffyn.vids.io/videos/d391d7b51818e8ce5a/circulate-erotic-energy-with-caffyn-jesse>

## B r e a t h   a n d   E n e r g y O r g a s m s

You can feel ecstatic and orgasmic without being touched. Breathe with me to explore and experience Breath and Energy Orgasms. Lay on your back on a firm but comfortable surface, with your knees up for this practice of breath with guided visualization that moves fiery energy up through the body. As you feel the fire building in your core, move your body, as it wants to move, and sound, as you want to sound. With practice you can learn to tune into aroused sensation, ride the waves, feel the ecstasy, and keep the energy orgasms coming!

Many people have told me they have enjoyed their first energy orgasm while listening to the audio provided at the link below, or just by following this practice. You are building energy through your neuroendocrine system, and then, letting it all go. It won't feel exactly like a regular genital orgasm. Just enjoy *any* sensation of climax and release.

Begin with relaxing breath, letting go.

Begin to take deeper breaths. Inhale through the nose and exhale through the mouth. Make it completely “circular” with no pauses between inhales and exhales.

Rock your pelvis. Squeeze your pelvic floor muscles.

Breath into the perineum. Imagine a warm fire glowing in your genitals. Feed the fire with your breath. Imagine it reaching up into your sacrum, your womb. Circulate the energy between your perineum and your womb, your sacrum. Build the fire with your breath.

Shift your attention up and start imagining the fire reaching your belly. Circulate the energy between genitals and belly, until the fire is burning stronger.

Shift your attention up to the heart. Imagine the fire growing and glowing there. Circulate the energy from belly to heart, belly to heart.

Keep your pelvis rocking, and your pelvic floor muscles contracting from time to time. Let all the movement and breath feed the fire.

Now imagine the warmth reaching up into the throat. Circulate the fire from heart to throat, heart to throat. Make some sounds.

Imagine the fire reaching up now to the third eye, between your eyebrows. Ignite your wisdom and intuition! Circulate the energy from throat to Third Eye, throat to Third Eye, using your breath, your movement, your internal squeezes, your sounds.

Feel the fire building. It reaches up to the top of your head. Circulate the warm flames between the third eye and the top of your head.

Feel the energy building so much, it shoots out the top of your head.



Whatever you feel or don't feel is perfect, just go with it! Give your loving attention to every sensation, express the sensation in sound, breathe, and keep the energy flowing.

Link to Audio File that is 15.32 minutes:

<https://ecstaticbelonging.com/wp-content/uploads/2023/07/Breath-and-Energy-Orgasm-Caffyn-Jesse.mp3>

The foreskin covering the penis is specialized tissue, composed of skin, mucosa, nerves, blood vessels, and muscle fibers. The tissue of the foreskin has great elasticity. It is extensively innervated and built for pleasure. Because it is not attached to the shaft of the penis, the foreskin is free to slide back and forth, rolling inside out as it goes. In adult men it can stretch and roll out when the penis is erect, and afterwards return to its forward, protective position. In the forward position the foreskin functions to protect the mucosal surface of the glans. The fibers of the peripenic muscle sheath form a whorl at the tip of the foreskin, which acts as a sphincter (the preputial sphincter).

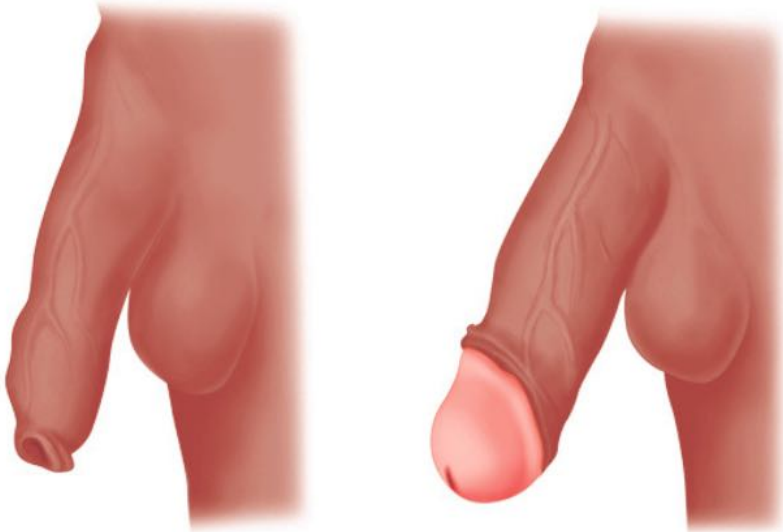
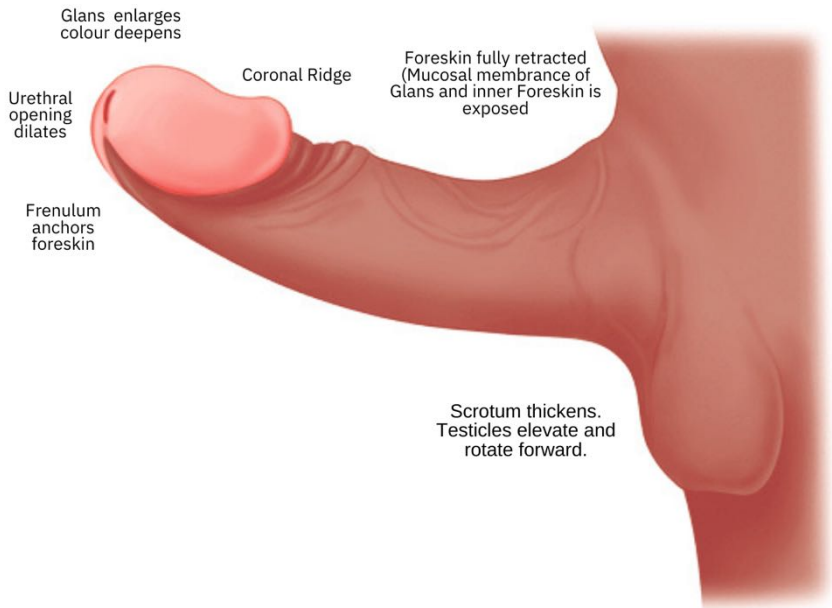


Diagram showing changes to the penis during erection



Circumcision impacts each person differently. There is unique scar tissue on every circumcised penis. There are different circumcision styles.



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LEARN TO SAVOR  
AROUSAL WITH A  
PARTNER

**T**he next challenge is taking your expanded sexual wellbeing into **partner play**. Partner sex is exciting and unpredictable. Bringing your enlarged capacity for pleasure into the uncontrollable environment of partner play comes with a whole new set of challenges. Be prepared to experiment. These five exercises will give you a basis.

Practicing “safe sex” with condoms is likely to exacerbate worries about getting and staying hard, and having penetrative sex end before erection fades. Internal or “female” condoms – worn by any receptive partner – can solve these worries, while make sex with both hard and soft penises accessible, and deeply pleasurable.

Teaching your body to generate and circulate elevated levels of erotic energy makes it easier to get and maintain a reliable erection. And we also need to learn techniques for erotic engagement that take the pressure off erection and ejaculation. You will learn to savor the pleasures of a soft cock, and to explore post-ejaculatory possibilities. There are literally thousands of ways to be sexual, and only one of them depends on having a hard penis. Learning many ways to please a partner while you enjoy your own body, you can learn to savor and share a much wider range of erotic response.

If partner play remains frustratingly less joyful than self-pleasuring, it can be helpful to intentionally welcome any habitual ways you access arousal and orgasm, then take a long time exploring the world of post-ejaculatory pleasures together. When you can honor the full range of your sexual capacities, pre and post ejaculation, you will become comfortable with the natural ebb and flow of erection and arousal in prolonged sexual experiences. Each time you take time to mindfully explore a wide range of erotic sensation with a partner, you are expanding your capacity for pleasure. You are supporting sexual wellness and relationship wellness by sharing joy.

## Exploring Inner Aliveness Together

(30 minute practice)

Lie naked on your back side by side with your partner. Don't touch. Breathe deeply and turn your attention inside. Take time to scan your body. Allow your body to relax, bit by bit. Keep scanning for areas of unnecessary tension and holding, and let them go.

Slowly turn and face each other, lying now on your sides. Meet your partner's eyes with a soft gaze. Share your magnificence through your eyes. (Eye contact can be hard for some, including me! I like to welcome a playful practice of saying "hello" and "goodbye" play when I'm eye-gazing with someone by inviting us to close and open our eyes whenever we want to.) After a few minutes of eyegazing in any way that works for you both, mindfully place your hands on each other's genitals. Feel how when you touch someone, you touch their whole history, their deepest wounds, and their most profound capacity for joy. Bring this honouring into your holding.

Have your partner hold your penis softly, then squeeze and release. Invite them to explore your balls and inner cock. Feel into mindful awareness of your genitals. Feel your partner's genitals with equally exquisite attention. Explore with a relaxed curiosity. If a certain touch creates a sense of urgency, just modify it so that you can both sink back into a relaxed state of genital awareness. Take your time. With this exercise you are both exploring an extended period of genital aliveness and excitement without moving into any sense of urgency.

## Sensual Man

After about 15 minutes of quiet holding and exploratory genital touch, finish with a minute or two of holding your own genitals, while gazing softly at one another. Close your eyes and be with yourself for a minute. End with a hug.



## C r e a t e   a n   E r o t i c   R i t u a l

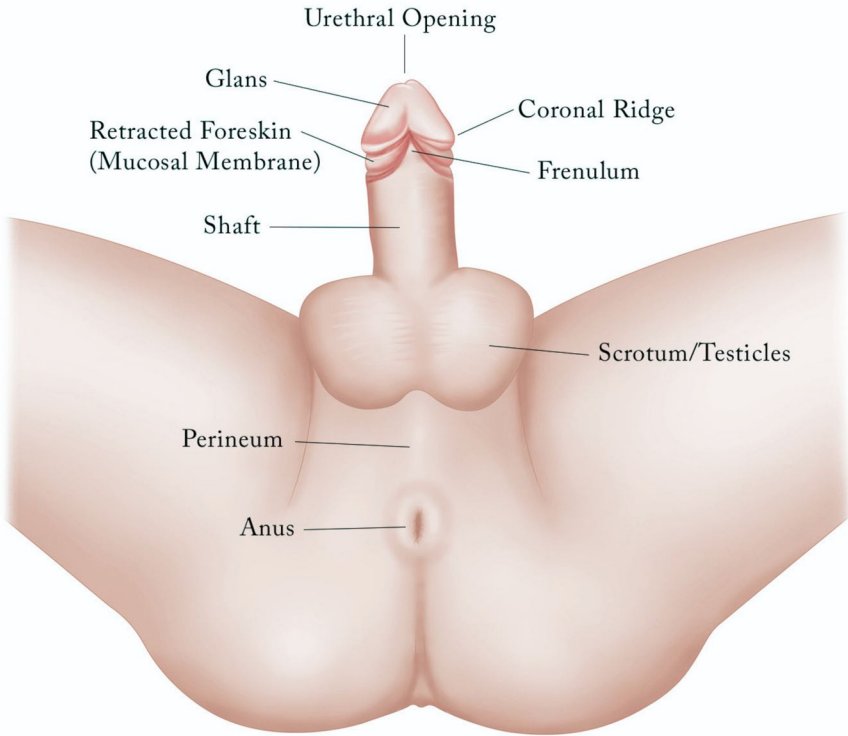
(15 minute practice)

Create a ritual you can repeat regularly. Dedicate 15 minutes to sharing erotic energy. A great ritual is watching each other self-pleasure, in any way you choose. Or you can choose to do a ritual where you touch each other. Here are some guidelines:

One person takes the role of touch-giver and one person takes the role of touch-receiver. Take different roles on different days. It's good to have time and encouragement to fully sink into each role, sequentially.

Don't use these rituals as foreplay for partner sex – even though you are likely to want to do that! Try parting from each other having only given or received touch. You are learning new ways to be with arousal and sexual pleasure, and with one another.

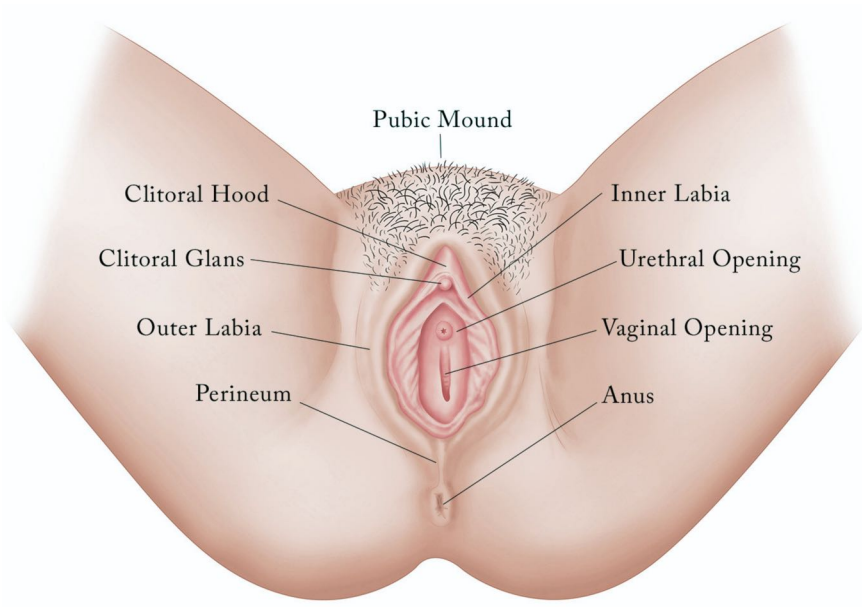
One idea for a ritual is that the giver of touch stays clothed. The receiver of touch removes their clothes, and lies down on a bed, a massage table, or the floor. When the receiver is ready, the giver rests a hand mindfully for some moments in their partner's genital area. They then apply lube, and stroke the receiver's genitals for fifteen minutes, using a timer. When giving, go very slowly, and welcome ongoing guidance from the person receiving.



Try these strokes, or make up your own.

*For people with penises:*

1. Hold the penis at the base with one hand, and then massage the frenulum and the glans with your flat palm, gliding over the head of the penis and the belly.
2. Glide your fist very lightly over the top of the penis in a spiraling motion.
3. Massage the frenulum and the base of the glans with two thumbs.



*For people with vulvas:*

1. Pet downwards, using three fingers. The middle finger glides along the clitoris and the outside of the vaginal opening, the other two fingers run along the place where the thigh meets the labia.
2. Make a Y with forefinger and index finger and stimulate the clitoris and the labia with a scissoring motion.
3. Pull back the hood of the clitoris, or massage through the hood, as your partner prefers. Make slow circles.

Repeating the same stroke over and over helps change this into a ritual rather than a regular erotic experience. Mindful awareness can build in both of you. There is no worry about what to do or what will happen next. There is simply an opportunity for the receiver to sink into awareness of genital sensation. The giver of touch should remain completely focused on what they are doing.

Always welcome guidance! Be willing to stop gladly, and change your touch – any time the person being touched makes a request.

End by holding your partner's genitals firmly, with complete attention. You can each share a few words about what you noticed. Sometimes you may notice grief or sadness, sometimes arousal, pleasure or joy. There is room for all the feelings.

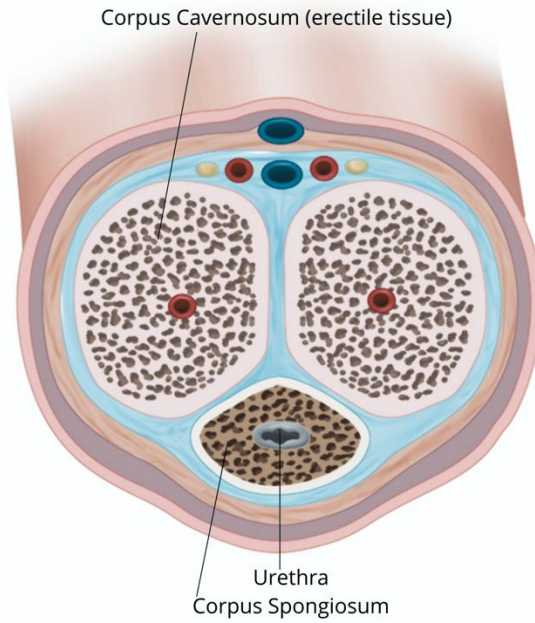
Keep this ritual small enough so that it fits regularly into your schedule. Enjoy how different this is from other erotic interactions.

Keep the giving and receiving separate, so you can fully enjoy the benefits of each role. Receiving is usually more challenging. It is hard to let go and sink into our own feelings. It is unusual to stop worrying about a partner, and make time to go completely into our own experience.

With an erotic ritual, both you and your partner practice simply “showing up” ready to give or receive erotic touch. Too often, couples wait and engage in sexual activity only when they are simultaneously “in the mood.” This is a set-up for having very few and very disappointing sexual experiences. You change that paradigm by scheduling an erotic ritual that happens whether you feel horny or you don't, whether you get aroused or not, and whether or not you are feeling “attracted” to someone. You show up for yourself, each other, and erotic possibilities in a whole new way.

If you ejaculate early in the ritual, just enjoy it, and carry on enjoying the touch for the remainder of the scheduled time.

Penis cross-section



R e l i s h Y o u r E j a c u l a t i o n  
a n d K n o w – E j a c u l a t i o n  
D o e s N o t M e a n t h e E n d o f  
L o v e m a k i n g

Through these practices you learn to carry a high erotic charge in your body and expand your pleasure. With practice over time through breathing and visualization, self-pleasuring and expanded partner play, you will learn to make love for hours. Along the way, even after many years of practice, there may still be times when you reach the “point of no return” and ejaculate before you or your partner is ready to finish lovemaking.

Always RELISH your ejaculation. Experience the joy of it. Massage the ejaculate into your own skin and your lover’s skin. Try eating your ejaculate. Semen is delicious and nutritious - plus it contains hormones that can make us feel more joyful and satisfied. Savour!

Whether it happens in a few seconds, or after several hours or weeks – ejaculation need never represent an end to lovemaking. With these tools, attitudes and approaches, an ejaculation can always be savoured and celebrated in the context of a richly-textured, ongoing orgasmic journey.

Yes, you may feel tired and spent after an ejaculation. But I encourage you to explore post-ejaculatory pleasure – both during self-pleasuring practice and during partner play. Keep on touching and playing. Keep bringing inner

awareness to all sensations of pleasure. Find ways to hold and be held that keep bringing more bliss to body and spirit. If you need a rest from genital touch, try watching your partner self-pleasure. Explore storytelling, fingers, vibrators, oral sex and surprises. Use your words to communicate your pleasure in the ejaculation, the sexiness of your partner, and how you want to go on making love with them.

## Practice Soft-Cock Penetration

Explore the delicious practice of soft-penis penetration. Use lots of lube. Silicone is slippery and delightfully effective. Grasp the penis (or have your partner grasp the penis) by the base and make a “cock ring” with the thumb and forefinger of one hand, gently pushing blood into the shaft and head. With the other hand, grasp the penis just below the head and slip it in a little bit at a time into the vagina or anus. (Remember to use internal condoms if you do not want to be fluid-bonded.) Once inside, assume a position that allows you to keep your genitals connected and to be still, while both you and your partner tune into the sensations that are flowing between you. Both of you are educating your bodies to relish the subtle joys of soft-penis penetration. Learning this skill completely eliminates the pressure of having to have an erection in order to enjoy genital penetration.

If you are using non-bio cocks, don’t forget to explore the delicious pleasures of penetration with soft-cock “packers.”



## L e a r n t o U s e Y o u r H a n d s

Learning to exchange erotic massage is a wonderful way to practice savouring arousal with a partner.

Through practicing erotic massage with each other, you can learn to relax together into varied levels of arousal, while you communicate your desires, sustain high arousal levels without ejaculating, and enjoy soft-cock pleasures. You can learn to offer immense, extended pleasure to a sexual partner, using your hands.

Key lessons about “How to Touch” are included in this sample video from my Erotic Massage Class.

Link to Video: <https://caffyn.vids.io/videos/4d91d7b51819e1c0c4/how-to-touch>

The full online program is available at this link:

<https://intimacy-institute.teachable.com/p/learn-erotic-massage>

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## A F T E R W O R D

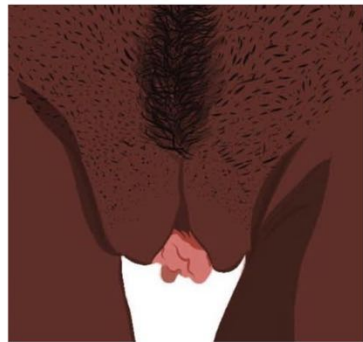
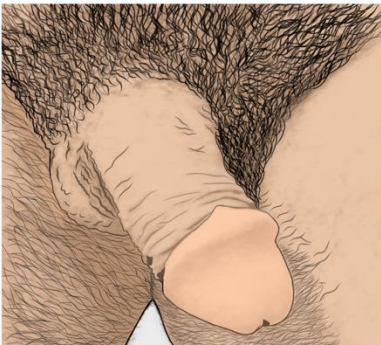
Let's play with walking through the world in totally turned-on bodies! We can welcome erotic energy into every cell, in every moment – becoming fully alive to the beauty and sensuality around and within us. We can stop thinking of sexual energy as something we need to get rid of, to either repress with self-discipline or to discharge through orgasm. When we begin, instead, to amplify and savor erotic energy, we become lovers with all life. Sexual energy is an integral part of us. We can welcome it by listening to our bodies, and following the “yes” within.

So much of the world militates against erotic aliveness. We become numb, frozen, fearful, shamed. We get stuck in habitual patterns of erotic expression that leave us yearning for something more. We feel angry with partners who seem to act as gatekeepers to our erotic fulfillment. All this can end. As we explore and cultivate our erotic capacities, we can come home to joy, sacred connection and ecstatic life.

With knowledge, self-acceptance, and the ongoing practice of pleasure, we can live into the bliss that is our birthright. We can build relational wellness, and move beyond gender stereotypes, so we can love each other long and well.

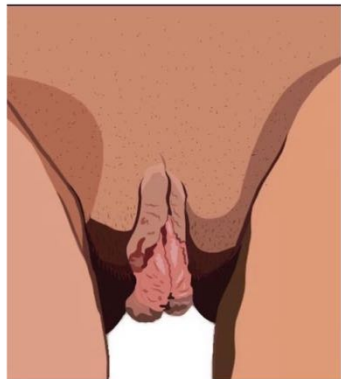
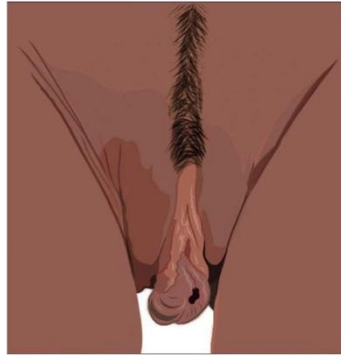
## Caffyn Jesse

Genitals are remarkable for their diversity. They are as unique as our faces. Genitals are ever-changing in size and shape, over an hour, and through our lives, as hormones and arousal levels change. We can savour and celebrate all the many ways we have genitals.

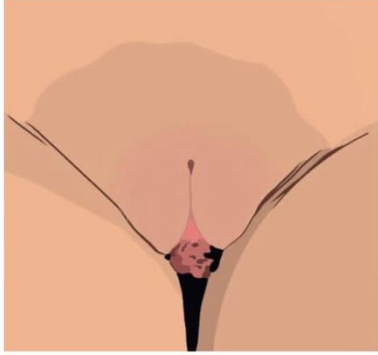


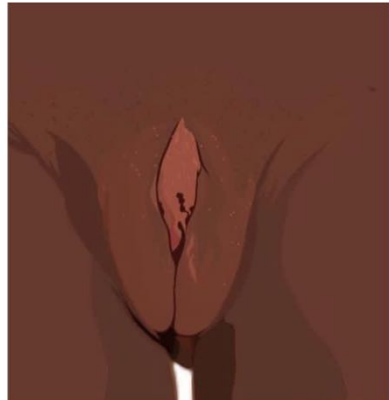
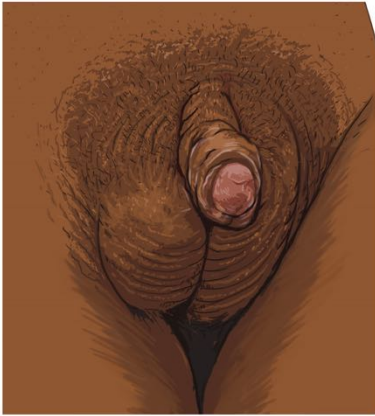
# Sensual Man





Sensual Man







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## A p p e n d i x : P e n i s M a s s a g e

Here is a list of strokes that can be pleasurable, during masturbation or erotic massage. This is just a compendium of possibilities that might or might not be pleasurable – not a chore list to get through. Every person with a penis is different in what they enjoy. Stay in communication. Be sensitive to non-verbal cues. Go very slowly. A self-pleasuring ritual or erotic ritual can go on for hours! Or – you can bring sacred loving and exploratory energy into a quickie!

Erection is not required for any of these strokes to feel good; some strokes actually feel BETTER when the penis is soft. To generate the most pleasure and energy, you can slow down, stop, or change what you are doing before ejaculation becomes inevitable.

The intact penis and the circumcised penis need to be treated quite differently, as the foreskin contains many thousands of additional nerve endings, and the glans of the penis in intact men is mucosal membrane. In general, intact men prefer a more delicate touch. Special instructions for foreskin stimulation are below.

This list was developed from Joseph Kramer's teachings, and his videos *Fire on the Mountain* and *The Best of Penis Massage*. It is included here with his encouragement.



### **Waking up the Neighbourhood**

- A. *The Love Line*. Rub your palms together to generate heat. Lay warm palms over the inguinal crease. This really generates sexual energy.
- B. *Warming the Belly*. Spiral palms over lower belly, honouring it as the seat of life, the centre of intrinsic energy.
- C. *The Heart/Cock Palm Rest*. Rest one hand over the heart, the other over the Penis. Massage the channel in between.
- D. *Vibrate*. Place whole hand over genital area and vibrate. Vibrate the heart center with the other hand.

### **The Foreskin**

- A. *Gentle Stretch and Tickle* The foreskin on intact men can be stimulated through gentle stretching, both forward and backward (specifically stimulating the ridged band near the preputial sphincter). Gentle tapping and tickling of the foreskin feel good too.
- B. *Through the Hood*. Keep the foreskin over the glans and gently massage the corona through the double-layer of foreskin.
- C. *Peek a Boo*. Work the foreskin back and forth over the head.
- D. *Under the Hood*. Slide a finger under the foreskin and make a circle over the glans, stimulating the foreskin from the inside.
- E. *Scar Tissue Honouring* Men who have been circumcised are scarred to varying degrees. It is healing to honour this scar tissue by witnessing it, holding it, and massaging it with oil. (For my free program on touch to heal circumcision scars, see <https://intimacy-institute.teachable.com/p/circumcision> )

### **IV. The Shaft and Glans**

## Sensual Man

A. *Cock Shiatsu*. Grasp the shaft of the penis between the thumb and the forefinger and press deeply up and down the shaft to awaken the deeper tissues of the penis.

B. *Rock around the Cock Clock*. Anoint the genitals with oil, lay the penis on the belly at a 12 o'clock position, stroke the cock from base to glans, and then move up the body with an integrative stroke. Do this for each of the 12 hours. Linger at 6 o'clock. You can hold the balls with the other hand.

C. *Frenulum Focus*. Pull the skin taut and massage the frenulum. Use thumb circles (one thumb and then two thumbs).

D. *Glans Massage*. Hold the penis in one hand with the head sticking up. Using the well-oiled palm of your other hand, slowly and sensitively massage the glans head. Reverse directions every once in a while.

E. *Shuttle Penis*. Take the penis in both hands, fingers lightly touching the sides of the shaft. Now flick the penis back and forth between your two hands by holding onto the loose skin of the shaft. Do this stroke for a while to allow tension to build.

F. *Cock Cradling*. Place one hand under the cock, holding it up, and the other hand over the cock, holding it down. Move hands back and forth.

G. *Birdcage*. Make a birdcage out of one hand, with spread fingers, and grasp the glans. Rotate and vibrate the cage.

H. *North and South*. Stroke the shaft in one direction, balls in the other.

### **Heart Genital Connection**

A. *Healing Stroke*. With the penis resting on the stomach, take one hand and cup the testicles. Then glide the palm of the other hand up the underside of the penis to the heart.

D. *Belly Bliss*. Pull the skin of the cock taut and hold it at the base. Use the other hand on the frenulum, finger tips on the belly

### **High Friction Strokes**

*Use Lots of Lube!!*

A. *Twist And Shout*. Pull the skin of the penis toward the base with one hand. With the other hand corkscrew the well-oiled penis. This can be done with the thumb and first finger or with the whole palm.

B. *Perpetual Penetration*. Let his penis “penetrate” into your fist on each stroke. Before the head of his penis pops out of your hand, bring the other hand up for the next penetration. Try faster or slower to taste.

C. *Fire*. Take the shaft in your hands and rub your hands together as if you are making a fire. Vary speed and pressure.

D. *Milking*. Start with one hand lightly grasping the bottom of the penis. Then stroke the penis from the bottom all the way to the top. When you hit the top, release the penis. Meanwhile, bring your other hand to the bottom of the penis and repeat.

E. *Hand Jive*. Interlock fingers and rub up and down.

Alternate the high friction stokes with holding strokes. Invite the receiver to use long deep breaths to relax in a state of high arousal.

### **The Balls and Perineum**

A. *Touch the root*. Up to half the cock is inside the body. Massage the inner cock through the perineum.

B. *Core vibrations*. Vibrate the perineum with a vibrator, or a fist. Take deep breaths, make loud sound.

C. *Scrotal Massage*. Scratch, rub, stretch and tickle the scrotum.

### **Anal Massage**

Be aware that some people with penises do not want to be penetrated at all. Some people with penises like to be penetrated with one finger only, some like a whole fist. Some people with penises like lots of movement and activity. Others like very quiet, meditative touch. Use lube, lube and more lube. (See many separate resources on anal massage at [www.erospirit.ca](http://www.erospirit.ca) )

A. *Temple Gate Tease*. Massage the anal opening gently, for a long period.

B. *Invitation to the Temple.* Never poke or push into the ass. Wait until the external sphincter opens and you are drawn in.

C. *Entering the Temple to Pray.* Insert a finger ever so slowly. Hold still. Just be there.

D. *The Four Directions.* With one or two fingers press firmly up/side/down/side, several times each side.

E. *The Prostate.* Find the prostate gland – a bulbous walnut-sized shape (size varies in every man and through a lifetime) you can feel through the anterior wall of the rectum. Gently massage the prostate – with one or two fingers. Circle both directions. Stimulate the penis and the prostate simultaneously.

F. *Leaving the Temple.* Withdraw fingers ever so slowly.

### **Spreading the Energy**

Throughout the massage, take the energy from his genitals and spread it across the whole body.

### **The Big Draw**

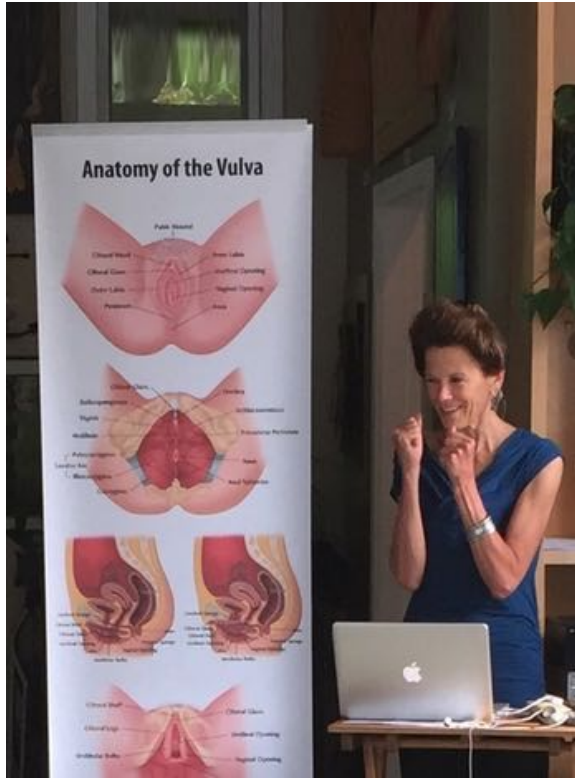
Amplify the energy in your body by taking 20 (or so) staccato breaths, using the breathing pattern sniff-sniff-blow. Then switch to a breathing pattern that keeps us surfing the crest of the wave: Breathe a long breath in, and breathe it out with a hiss. Breathe a long breath in, and breathe it out with a sigh. Now tense the entire body, beginning with the cock, anus, ass, abdominal muscles, chest, and down through the arms, legs, hands and feet. Squinch up the face. Hold the clench, and hold the breath, until you are ready to just let go. Then let everything go, and just be with whatever sensations you are feeling in your body. Notice the quality of light in your mind. Savour awhile without talking.

The “Big Draw” is a great way to climax and conclude a time of self-pleasuring or partner sex. It is a form of orgasm. Once you learn the practice, you might want to play with it more often. I like to do a Big Draw several

## Caffyn Jesse

times during an extended period of erotic massage or self-pleasuring. The practice creates mini-climaxes of focused sexual energy and blissful orgasmic release.

CAFFYN JESSE,  
INTIMACY EDUCATOR



Caffyn Jesse is a genderqueer human who loves women, men and those who are both and neither. She is a world-renowned teacher of sacred intimacy, somatic sex education and sexological bodywork. See her website at [www.EcstaticBelonging.com](http://www.EcstaticBelonging.com)