

You're Sexy When You Touch Like That

By Jaiya and Jon



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"Every heart sings a song, incomplete, until another heart whispers back. Those who wish to sing always find a song. At the touch of a lover, everyone becomes a poet." - Plato

TOUCH

Most people think that the ability to give touch that is very pleasurable should just come naturally; maybe it does – but if that is the case, what happened? We have come across too many people who *were* lost. Notice the emphasis on “were.” We have seen that for most people these days, touching is a mystery. We are here to help you demystify it and bring you to the awareness of your natural talent. From there, you can take it to the level of being an artist – a pleasure artist. The ways in which you touch another human being speak volumes about who you are and the feelings you have towards that person. We think “touch” is really important; in fact, we go as far as to say, *“Touch is the most important aspect of relationships.”* Just the word “touch” has many uses and meanings, such as in phrases like *“you are out of touch with reality,” “let’s keep in touch,” “touched by an angel,”* and *“I’m so touched, thank you.”* And, of course, the old Midas touch can’t be left out. Let’s face it – the word “touch” has a lot of weight to it and, in the physical world, it carries miraculous qualities.

So, if you are interested in truly exploring pleasure and touch, you are in for endless surprises, for there are unlimited ways for you to explore touching alone and, of course, with others. It is important to learn the different qualities of touch and then practice, practice, practice. If you allow yourself to touch and be touched, it just may improve your life and the relationships with those whom you care about.

Don’t worry if you feel totally in the dark or if you are terrified about touching someone else. We have taught touch to thousands of couples and singles all over the world. It is a universal language that is easy to learn. Start with the following quiz, but realize that touch can never really be tested from a written quiz. To go deeper, ask a partner for their opinion of your touch! If you are open and willing to hear honest feedback, you just may be guided into a very wonderful experience.

A TOUCH TEST

Take the following quiz to see where you may fall on the Quality Touch Scale, although a “hands-on” sample is the sure way to tell, this quiz will give you a basic starting ground.

1) When you are touching a lover, you think of something or someone else.

Always Often Sometimes Never

2) When being touched by your partner, you think of something else.

Always Often Sometimes Never

3) You love to give full body hugs.

Always Often Sometimes Never

4) You are able to ask for the kind of touch that you most desire during lovemaking.

Always Often Sometimes Never

5) When you touch a lover, you use at least 7 different types of touch.

Always Often Sometimes Never

6) Receiving touch brings up the fear that you might feel emotional, so you would rather avoid it.

Always Often Sometimes Never

7) You feel uncomfortable participating in Public Displays of Affection.

Always Often Sometimes Never

8) When touching a lover, you touch them with parts of your body other than your hands.

Always Often Sometimes Never

9) When you touch yourself, you feel very uncomfortable.

Always Often Sometimes Never

10) You know how you prefer to be touched.

Always Often Sometimes Never

11) You are stuck in a pattern during lovemaking.

Always Often Sometimes Never

12) You like to share massage with your partners.

Always Often Sometimes Never

13) You have a daily touch ritual or self-massage that you practice.

Always Often Sometimes Never

14) You don't touch others because you are afraid of rejection.

Always Often Sometimes Never

15) You fear that you don't know how to touch someone and give them pleasure.

Always Often Sometimes Never

16) You fear that you don't know how to touch someone for your own pleasure.

Always Often Sometimes Never

17) You experience shame because of your desire to touch.

Always Often Sometimes Never

Scoring

1) 1 2 3 4

2) 1 2 3 4

- 3) 4 3 2 1
- 4) 4 3 2 1
- 5) 4 3 2 1
- 6) 1 2 3 4
- 7) 1 2 3 4
- 8) 4 3 2 1
- 9) 1 2 3 4
- 10) 4 3 2 1
- 11) 1 2 3 4
- 12) 4 3 2 1
- 13) 4 3 2 1
- 14) 1 2 3 4
- 15) 1 2 3 4
- 16) 1 2 3 4
- 17) 1 2 3 4

What does it mean?

You scored 17-28 - Reading this book is a great place for you to begin. Feel good that you have the intention to explore more about the pleasure of touch. Now, you have the opportunity to overcome your obstacles to giving and receiving quality touch. The exercises in this book will help you to move deeper into your ability to bring more touch into your life.

You scored 29-40 - You have some awareness of touch skill, but you are still holding yourself back from really giving and receiving high quality touch. Not to worry – with a little practice and self-awareness you will be soaring into uncharted places of pleasurable touch.

You scored 41-55 - Your awareness and touch skill are well on their way to being mastered, with a little more knowledge and practice you will be giving and receiving high quality touch that goes beyond what you have already experienced.

You scored 56-68 - High Quality Touch is a regular part of your life! Everyone in the world thanks you for it: those you touch, and those who you allow to touch you. Maybe you will get some additional ideas here, but you are well along the path to touching deeply.

THE POWER OF TOUCH

On an intellectual level, human beings are all familiar with the power of touch. From a tentative hand shake at a business lunch, a comforting pat on the back from a teacher or coach, or a deep hug from a friend, people get a sense of the meaning, or lack thereof, behind these simple displays of physical contact. Touch speaks to all of us at a basic level every day. On another level, touch allows you to feel that you are connected and communicating. Plus, it can greatly enhance and deepen sexual pleasure. Who doesn't want more pleasure in their lives? With our students, we teach just that; an even deeper level to what you can inspire through quality touch and presence.

From our experience, we would have to say that the human body was built for touch. As you may know, and may have experienced, we humans have found many ways to explore one another. From fumbling in the dark as a teenager to giving a great massage, touch is mysterious and magnificent; with so many ways to touch, there is actually another realm of communication that requires no words at all. It is another world unto itself, one that is infinite as well as intimate. It is free flowing and it can be outrageously wild while simultaneously remaining structured. Sound a little out there? We assure you that, in our experience, touch is something desperately needed and sought after and, when received well, has the power to heal, transform and take a person from barely living to thriving.

We have taught many types of classes. Even in those that are not themed around touch, such as a recipe class or a movement class, people sometimes will pull us aside after class and ask if we can help them with an intimate relationship. The metaphors people use to describe their situations tell the whole story. They say things like "We are drifting apart" or "We are not as close as we were." These descriptions speak volumes – we don't know how to touch each other. Too often, we see couples who are in the middle of intense intellectual entanglements. These situations rarely improve or become resolved with an intellectual approach. At this point, the mind only wants to be right; the body, on the other hand (pun intended) wants to be loved. So what do we do? We get couples touching again!

Touch is the language of emotion. Most people are afraid of feeling emotional and see it as a sign of weakness. To get couples back into exploring each other, we skip right past the trash talk of the mind and go to body language! We get them to speak from their hearts, from their deep desires, all by using their hands. The mind can get in the way in many situations. Having a desire to touch a certain someone, especially when you are close enough to touch them, can make you feel tingles all over. There is great anticipation to touch and to be touched when we are near someone we desire sexually or are deeply in love with. The mind makes up all kinds of ideas of what to do. Whether it is the energy of love at first sight or the last moments of a long love affair, touch helps to quell the anticipation and can bring sweet relief to the longing. Touching each other is paramount.

What we have seen is that people are starving to learn more about touch and to experience touch. They want to be on both sides of it; they want all that it can bring. We have met many people who have

forgotten how important touch is. We have worked with many people who grew up in an atmosphere of very little touch and really have no clue as to what they are missing; they just know that a void is there. We have met very few who have actually experienced touch that is consistently deep and profound. The power and quality of touch that carries the intent to truly connect two people can melt away any problem. We call this present touch. Many of our students express a frustration because they think that a talent for touch should just come naturally. With a little guidance, it really does, but, for most people, the gift of touch is lost; it has been shoved away by shame or put on a shelf by some prudish teaching along the line. This frustration of not knowing how to touch a partner goes both ways and gets intensified when both people feel it and don't know how to tell the other what to do. Which brings up the point: if you know how to pleasure yourself through touch, you can tell your partner just how to hit all of your favorite spots.

Touch incorporates many meanings which can be read from one simple display. For example, did you know that the handshake came about as a way to know that the person you were meeting was not carrying a weapon? Or, have you ever had someone comfort you by making small circles on your back? Touch can be a display; for example, it may be a display of affection or attraction that you have for another person. However, there are also forms of touch that can be threatening and display anger or rage. Touch may be an unconscious or conscious way to communicate with another person. Sometimes words are not needed at all, but limits have been put in place in our culture because there are deep social concerns about touch. These rules and fears about proper touch limit the natural communication of feeling. This is most often seen in public displays of affection, which are limited to short greetings. When people intimately greet each other with passion, onlookers may become uncomfortable, perhaps because they are confronted by their own sense of loneliness. Hence the statements "Get a room!" or "PDA!" came about. Remember: touch is a display and you are always displaying something. As a society, are we displaying our fear or our love? It has been our observation that people are afraid to display their true feelings of love.

Americans have created a culture of shame around touch. People whom we work with often have a lot of healing to do in this area and have many questions; we have heard them all. It is rather sad to say that we have set up our society in a way that leaves us to question whether or not it is proper to touch our friends, classmates and business acquaintances. Similarly, people question the level of affection that they should show to their family members and lovers. Shame especially arises around the topic of self-touch. Most people do not even know where to begin when they start looking for answers about basic touch skills. This brings up strong and long-lasting emotions for some people. They are shamed for wanting to touch and they are shamed for not knowing how to touch. When our students are finally in a safe place in which they are free to express touch and be touched, many emotions come to the surface. Some students are afraid to feel these emotions and so they withdraw and don't allow themselves to touch or be touched. People who are afraid that touch will bring up strong emotions for them often isolate themselves and don't allow others to get close to them. We have other students whose fear is about being rejected. They think that if they reach out to touch someone, that person will not want their touch. Or, they are afraid of the opposite – that no one will want to touch them. These students have often been rejected in the past and found the experience to be very painful, causing them to withdraw and stop all touch in their lives. Do you fear a display of true emotion towards you and what such a display may cause you to feel? When you think of displaying your affection towards another, do you fear being rejected? Do you dare show your true emotions through touch? Sometimes emotional and psychological issues must be dealt with before deep touching is a possibility.

Each of these factors may keep people isolated and unable to reach out. The fact is that in order to thrive, we each need quality touch. Human beings all request to be touched and actually require this type of

affection, so we humans need to show our affection through touch. The need for touch is a natural call for communion and the acknowledgement of the power of healing that one can bring to another. This acknowledgment is of utmost importance for the world. Hugs are one of the biggest stress relievers and touch actually boosts your immune system and can elevate your mood. Babies who receive massage daily grow up with higher IQs and better motor function. Babies who are not touched and instead neglected find themselves unable to thrive. Adults who are not touched often develop some form of depression. All of these great reasons for touch may be linked to the fact that touch from a loved one releases Oxytocin, which is a hormone that is linked to feelings of bonding and trust that reduce fear and anxiety.

It is clear that everyone needs touch in their lives; this e-book will help you in your desires to give and receive quality touch, in addition to helping you become more attractive through your ability to touch. Ask yourself now: what are some ways in which you can touch your lovers so that they will be closer to you and there will be increased pleasure for yourself and for them?

THE QUALITIES OF TOUCH

Unless they have been trained in massage, most people have not been taught how to notice the quality of the touch that they are giving. As a result, what we have seen from our students is a sense of touch without any awareness of the quality of the touch. In our workshops, we often see couples fumbling when it comes to initial touching. That is why we created simple ways to develop touch skills that will have your lovers begging for more. But first, we must explore two basic qualities of touch: Presence and Variety.

Presence

We have found that the hardest thing to teach people is presence. It seems that when you can touch another person with presence, something magical happens. It often feels so comforting that it elicits a feeling of healing. Many people say "This is how I have always wanted to be touched."

"Being present" with someone starts with intent. As a giver, just what do you intend to experience and what do you intend to give? This goes for the receiver, too. Your time together will be more pleasurable if the receiver also knows their intentions entering into the experience; even though they are receiving touch, they must, to some extent, be giving, for they give themselves to you. Things go well when your intentions line up with those of your partner. This is a big help in allowing each of you to pay attention when the mind starts to wander. When it does, simply return to your intentions and you will return to being present. Paying attention to breathing is another great way to remain present with your partner; you can breathe together and stay very connected. We will give you more on breathing together in another chapter.

Here are some things for your mind to notice while giving. These are good helpers for remaining present (you may later want to refer back to these exercises about staying present and focusing).

Allow yourself to notice the temperature of your partner's skin. How does their body feel to your hands? Allow yourself to notice any ways that your partner might be showing a response to your touch. Notice your response to giving this body touch.

The hardest part is not allowing the mind to wander. The human mind likes to go away sometimes. It will go to all sorts of thoughts, usually old patterns. These other thoughts take you out of the moment, keep you from feeling all that is present in the moment, and thus keep you from being with your partner in a unique

and larger experience. In order to bring the mind into the moment, it is helpful for you to consciously list everything that you are noticing.

Exercise One - Getting Present

This exercise will help you to remain present with a partner and increase your awareness as you touch them.

Place your hands somewhere on your partner's body and hold in stillness. Say out loud all of the things that you notice in each moment. Is their skin cool or warm? What is their breath doing? Are you looking into each other's eyes? How does your partner feel? How do they look? It is important not to judge with good or bad, just simply notice. "I feel warmth, I notice how your hair feels underneath my hand, your skin is slightly pink..." Then slowly begin to move your hands with the same awareness. Take in every possible bit of information that you can and allow your mind to be flooded with the experience of touching someone. Flooding your mind with the sensation of touch helps keep other thoughts at bay.

Variety

It is vital that you touch your lovers with great variety. If you have multiple lovers, you will quickly find that each of them may have very different preferences; not everyone likes the same amount of pressure or speed. And even if you have had the same partner for years, they may like heavy pressure on a Monday and light stroking on Tuesday. That is why it is important to explore touch in ways that contrast each other. Try going from light stroking to deep kneading and back to light stroking again.

One great exercise in exploring the variety of touch is through the use of Laban energies. Laban Technique is actually an exercise for actors to practice when working together on a script, but Jaiya discovered that this same technique can be applied to different qualities of touching someone.

Exercise Two- Touching with Laban

Use the following qualities of touch either on yourself or on a partner. Be careful with some of the faster/heavier qualities, but still allow yourself to have a lot of fun with these.

GLIDE - Light, Direct and Slow

PRESS - Heavy, Direct and Slow

THRUST - Heavy, Direct and Fast

DAB - Light, Direct and Fast

FLOAT - Light, Indirect and Slow

FLICK - Light, Indirect and Fast

SLASH - Heavy, Indirect and Fast

RING - Heavy, Indirect and Slow

Exercise Three - Face Holding

This exercise is an intimacy builder, but can also help you to develop better skill when it comes to noticing the subtleties of touch. It is also an exercise in presence. We challenge you to notice as much as you can about the face that you are touching.

Begin by noticing your breathing pattern and allow it to become full and soft and comfortable. If this takes a minute or so, that is fine; allow it to happen. Place your hands gently onto your own face or your lover's face and hold in stillness. As you continue to breathe deeply; notice what you can feel with your hands. After a minute or so, and with eyes closed, begin to slowly move your hands. Move as if you are a blind person exploring the face and taking in all the information that is available to you simply through your sense of touch. Then, if you are working with a partner, switch so that your face is being explored through touch. Notice how different it feels to receive.

Exercise Four - Bliss Blessing

This exercise shows how the power of thought can change the quality of touch. If your thoughts are wandering, your touch just might be something other than desirable; maybe you've been thinking about who is winning the baseball game, or that two-for-one sale on toilet paper at the grocery store. If so, then that may just be what is being expressed through your touch.

Decide which of you will go first. The receiver will lie down on his or her back and close their eyes. Have the receiver take nice deep breaths and relax into the floor or bed beneath them. Take a deep breath together and, as you exhale, slowly allow your hands to rest somewhere on your partner's body. As you inhale, think of some way that you would like to "bless" your partner. This could be your sexiest thought, a wish of wellbeing, a happy thought or simply your love. When you exhale, send this thought through your hands and into your partner. You might be amazed by how this simple exercise can really connect the two of you through your touch and thoughts. This also helps you to be present and in the moment with each other. On the second inhale, intensify the same thought and send it out your hands. Repeat a third time, again intensifying the thought. You should breathe together each time. Repeat with a new thought, if you wish, and then switch partners so the receiver becomes the giver.

Exercise Five - Exploring Touch Qualities through Abstract Words

Being creative with a partner is not only a fun way to explore touch, but also builds arousal and sexual energy. This exercise not only allows for creativity, but will also help you to uncover new ways to touch each other.

Decide who will go first. The receiver lays down on the floor, mat or bed. The receiver then tells the giver a word. This word can be anything; we have heard everything from rainbows to hamburgers. The more abstract the word is the more fun this exercise can get. The giver's job is to then touch the receiver with a quality that reflects the word that has been spoken. After a few moments, the receiver says a new word. As the exercise continues and energy builds, the words may come out through laughter or as a shout. The giver must create touch to reflect each new word. Take about 5 minutes to do this and then switch partners.

THE ART OF GIVING AND RECEIVING TOUCH

In order to be an excellent giver of touch, you must learn how to really receive touch. This may sound strange, but we have found that receiving can be much more difficult than giving. This is always great fun for us to teach because most couples don't realize that when you allow yourself to fully receive from your partner, you are also giving to your partner. An important question that is fun to explore is: who is really receiving? Sometimes, when a student touches someone else, they are doing it to please just him or herself. There is nothing wrong with that; they are receiving pleasure from touching their partner as opposed to touching in a way that pleases their partner. There is a big difference between the two, and there is a vast amount of room to play in this area.

Exercise Six - Palpation Skills

This exercise helps you to develop your awareness of many different layers to touching someone. It can also help to build intimacy between you and your partner.

You can do this on your own arm or on your lover's arm. Hold one hand above the arm and slowly move closer to it until you can feel heat or "energy" coming from it. Stay in stillness and just notice what you can sense with your hand. Now slowly move so that you are touching the hairs of the arm, but not the skin yet. Just notice what you feel as you touch the hairs. Move to touching the skin. What do you notice about the skin? Is there a difference between the skin and the hairs? Move a bit deeper into the layer between the skin and muscle. This is called fascia. Slowly slide back and forth to feel this slippery layer of tissue. Go even deeper and sink into feeling the muscle of the arm. Hold here and notice what you can feel. Finally, move into the bone. You may need to press pretty hard or maybe move your hand, but allow yourself to sink all the way into the arm. After holding there for a few moments slowly move back out; first the muscle, then the fascia, then the skin, hairs and energy.

Exercise Seven - Hand Honoring

This is a sensate focus exercise used by sexual surrogates. This is one of the first techniques that is used with a new client. It is a great exercise to use with a new partner and you don't even have to tell them what you are doing. You also get the benefit of giving and receiving. Make sure you take the time to notice the difference between the two.

Begin by holding your partner's hand in yours. Take in the way that their hand looks, how it feels in your hand, how it smells, and how it tastes. With your other hand, begin to lightly stroke their hand. Ask them to close their eyes and just feel the sensations. The hand has a number of erogenous zones, including the palm, wrist and pinky finger. Take time to explore these areas and to give present touch to your partner. Invite them to really receive your touch, to take deep breaths and to simply feel the honoring that you are giving to their hands. Make sure you touch both hands before switching roles. Make sure that you really allow yourself to receive after you change roles. How much sensation can you feel now that you are being touched?

Exercise Eight - Pleasure for WHOM?

This exercise is an adaptation from Dr. Betty Martin, who calls it the Three Minute Game. Here, we explore the art of giving and receiving touch and for whom you are doing it. This is an exercise that is a revelation for most couples. It is also a way to experience a new form of foreplay.

With a partner you will need to set aside a 10-15 minutes of uninterrupted time in order to really explore. One partner will be touching first while the other receives.

There are 3 minutes for this portion: The giving partner will touch in a way that they prefer to touch. Before touching, however, it is important that the partner giving touch tells the other just how they intend to touch, this way the receiver can agree to that kind of touch. During this 3 minute portion, the giver can change the way they are touching, but it always must be spoken so the receiver can approve or disapprove.

There are then 3 minutes for this portion: The person receiving now tells the giver exactly how they want to be touched. If the giver is comfortable with the request, they will then provide the quality of touch that the receiver has asked for. Again the request can change during the 3 minutes.

Allow yourself to notice the difference in each style of touch that is requested. The way you like to touch your partner may differ greatly from the way they request to be touched. After a few minutes, switch partners and repeat the entire exercise. Most likely, you will both be pleasantly surprised.

Exercise Nine - Partnered Exercises to Warm Up for Touch and Sensual Play

Exercise #1: Push Pull

This is a fun way to connect with your partner and bring in a little laughter and play. Stand facing each other, with palms touching. Make sure to have a strong stance or your partner just may push you over. Start by pushing both of your hands against each other, then allow your partner to push one hand, then the other, as you push the opposite hand and then the other. So, in a sense, one of you is pushing while the other is giving up resistance. It is nice to make eye contact here and remember that you are having fun.

Exercise #2: Tug o' Love

This is another fun way to strengthen not only the hands but also the upper body. Make sure that you don't get too carried away with competition here; make it a give and take. With a strong towel, twist so that it is like a rope. Each of you gets an end. Then Pull! Just be careful not to pull too hard; we once ripped a towel to shreds, but we laughed like crazy.

TOUCH SECRETS BOUND TO PLEASE

You're at a great party and you've managed to begin talking to this great woman who is sexy, smart and easygoing. You want to touch her, but suddenly feel uneasy. Will it be okay? How should you touch her? Will she be offended? Or, perhaps you've been dating this guy for a while but he hasn't quite gotten the hint that you are ready to move into sexual intimacy. Do you make the first move? If you do, will he think you are way too forward and it might push him away? It is in these cases that knowing some touch secrets can come to the rescue.

Touch Secret #1 - The Kidney Rub

This technique is great for dinner parties and nights out at the club. We have a joke in our Tantra workshops that if you do this she'll/he'll follow you home every time. Why it works: well, it stimulates the Kidney Meridian, which, in Chinese Medicine, is related to our sexuality. It is also an erogenous zone which stirs arousal and warms the blood.

During conversation or dancing lightly place your hand on the small of the back just above the tailbone. If you feel that the touch was received well (the person you are touching may press into you, moan, make eye contact or express that the touch feels good), begin to very lightly make circles with the whole of your hand on that area.

Make a point of knowing the erogenous zones. These are very important areas of the body and will help you in countless ways as you pursue becoming a pleasure artist. We recommend some of the resources at the end of this chapter as good guides for learning these secret hot spots.

Here's a touch secret you most likely have not thought about: Masturbation. Touching yourself can be an incredibly powerful way to make you more attractive and charismatic. We know it doesn't always sound fun; someone somewhere probably told you that you might get hairy palms or go blind, but trust us – self-

touch increases your sexual health, stamina and attractive qualities. It also allows you to also map areas that might be erogenous zones on your own body that you never knew existed. Then, you will be able to show a lover exactly how and where you like to be touched.

Touch Secret #2 - Mapping Your Own Erogenous Zones

"Don't knock masturbation — it's sex with someone I love." ~ Woody Allen

This exercise is a great way to discover your own secret turn on spots, which you can later share with a partner or use at any time to turn yourself on, which creates an air of attraction around you.

Spend time lightly stroking your own body. Start at the top of your head and work your way down to your toes. Be sure to touch both your back side and front side. Instead of long strokes during this exercise, you will want to spend time on very specific spots. For example, lightly touch your eyelids, crease of your elbows or in between your fingers. Find the spots that feel especially good and spend a little extra time there exploring different qualities of touch. What you find may be a big surprise to you. Make a special note of the areas that are sensually pleasing. Repeat this on different days, because you may get different results each day. If you have a partner, it is beneficial to share your erogenous spots so that you can be touched exactly how you wish to be touched.

Touch Secret #3 - Breast Health and Nipple Erections

We learned this Taoist Technique from a secret group of women called the White Tigresses, who have been practicing longevity and sexual health through various sexual practices. This exercise is a combination of some of our favorites.

Start by making circles on your breasts with your fingertips and spiral in towards the nipples. Then use the palm of your hand to lightly massage the nipples in circles. Gently pinch the nipples between the thumbs and forefingers. Take a deep breath and stretch the nipple away from the body. Exhale while you hold the stretch. Inhale and release the nipple. Repeat at least ten times.

Touch Secret #4 - Genital Yoga

Yes, it sounds funny, but did you know that stretching your genitals can bring increased blood flow, which brings increased pleasure, and may also increase the size of your penis? We encourage you to stretch your genitals just as if they were any other muscle of the body. If you already stretch daily, don't forget the genitals in your daily practice.

For Men - Stretch the penis in four directions: up, down, left and right. As you stretch, add your breath. Inhale as you stretch, exhale and hold the stretch, inhale again, exhale and release the stretch. Repeat. Next stretch the skin of the scrotum. You can use the same four directions and breathing.

For Women - Begin by stretching the outer labia. Try six different directions, up, down, right, left, apart and together. Take a deep breath as you stretch, exhale

and hold the stretch, inhale, exhale and release the stretch. Repeat the same stretching on the inner labia.

TOUCHING END

We believe that there would be so many happy and fulfilled people in the world if conscious, deep touch were part of our daily routine. We invite you to begin practicing today with a very simple exercise that everyone can do: hug someone or hug yourself. If you feel frozen, if you feel awkward, if you feel that you are unable to connect, know that you are not alone. Take a deep breath and start today by simply touching yourself, even if it is just your own hand or face. Then, if you really want to change the world, touch someone today who you know has not been touched in a long time. One of our partners was giving hugs on the beach one Sunday afternoon. A homeless woman approached; she was curious about how to get a hug, but felt she had nothing to offer in return. Our partner didn't hesitate to gently embrace her in a full body hug. The embrace was so much for her that she burst into tears. He held her until her tears subsided. She shared with him her story. She had been sleeping on the streets of LA, unable to find a shelter, she had been raped and beaten, and she was desperately trying to get on her feet again. She reiterated how much his loving embrace had meant to her, and, as they parted ways, tears still brimming in her eyes, she thanked him with all her heart.

We leave you, thanking you with our hearts and a virtual embrace.

RESOURCES

Books

Red Hot Touch – A Head-To-Toe Handbook for Mind-Blowing Orgasms By Jaiya and Jon Hanauer with Julie Jeffries

The Sexual Teachings of the White Tigress By Hsi Lai

The Sexual Teachings of the Jade Dragon By Hsi Lai

Jewel in the Lotus by Bodhi Avinasha

Video

Red HOT Touch DVD Series (Jaiya and Jon)

Erotic Massage (Kenneth Ray Stubbs)

Femme-A-Femme Erotic Massage (Kenneth Ray Stubbs)