**Homeplay 2: Body Meditation/Genital Gazing**

(ten minutes, set your timer when you begin your meditation after the preparations.)

You need to prepare:

a “nest” of privacy, pillows, handiiwipes or towel, lubricant (organic coconut butter or oil works well)

items that you consider prescious,

and a timer, music, candles, a mirror large enough , ideally that can stand on its own.

writing tools or voice recording tools

Find a body position that allows you to see your genitals and anus in the mirror. Notice what effort it takes to see yourself from that angle. Notice your thoughts/opinions/judgement/feelings/sensations.

Sit and breathe for a minute settling your body, cupping your genitals with one hand, your heart with the other. Slowly open your thighs and remain alert to your sensations, feelings and thoughts. Gaze at your genitals and continue breathing.

Write down what arises in your mind, keep tracking

Gently touch your genitals , exploring slowly and savouring each sensation, breathe

Let your gaze and touch be soft

When the timer rings, place one your palms over your genitals, close your eyes and breathe.

Stand up and stretch! Put away your “nest”.

Erotic arousal is possible during this meditation - experiment with breathing this arousal toward every cell of your body, radiating from your genitals like a star….

At a later date, with the same loving attention proceed to selfpleasuring/ masturbation/orgasm.

Take Walk in Nature and let your gaze be drawn by shapes that resemble your genitals. See the world with the eyes of your genitals. Breathe with nature when you encounter yourself.

If possible meditate at least three times a week at different times of day. Add your discoveries to your Altar .

Let your imagination unfold and enjoy!