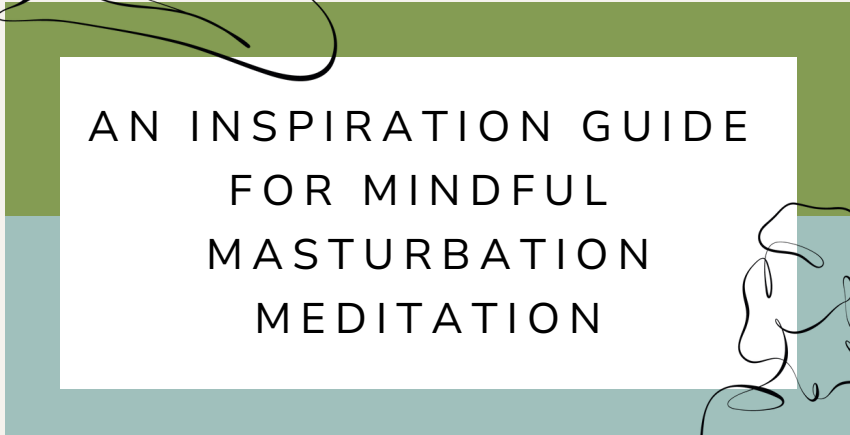


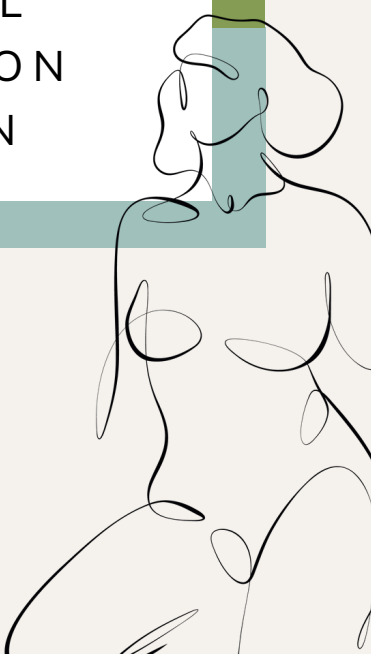
Darshana
— Avila



TOUCH *Yourself*



AN INSPIRATION GUIDE
FOR MINDFUL
MASTURBATION
MEDITATION



Hello Dear One!

First, my genuine gratitude for your courage and curiosity. Without those, I know you wouldn't be reading these words, and that already says so much about who you are.

Second, welcome! Welcome to a space where you are invited to come home to yourself, perhaps as never before, and explore and experiment with what it means to YOU to be Erotic By Nature, Whole By Choice.

This guide is here to introduce you to the practice of Mindful Masturbation Meditation as a means of deepening intimacy with yourself and coming more alive in all aspects of your life. So yes, I mean your sex life, but also so much more!

I invite you to settle into your body and your surroundings, taking in as much or as little of what follows as feels good to you in any given sitting. This is meant to inspire you to create a sustainable practice that will grow with you over a lifetime, so enjoy!

Yours in Erotic Wholeness,
Varshana



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Quick note:

There is SO MUCH that I want to share with you and of course this ebook can't contain it all.

I invite you to read everything if you're inclined, or skim for the highlights and return often as you like.

And when you're ready for more, [reach my way](http://www.DarshanaAvila.com) for to take a deeper dive.



Claim Your Erotic Wholeness

AND LIBERATE YOUR LIFE

Here's what I strongly, fervently believe: none of us is broken and in need of fixing. Our work is to reconnect with, reclaim and re-member our Erotic Wholeness in service to our individual and collective liberation.

I believe WE ARE EROTIC BY NATURE and not only deserve but have a responsibility to return to that way of being. In a word, WE ARE WHOLE BY CHOICE.

Choosing our wholeness means nurturing a healthy, holistic, intimate relationship with our whole selves, including our sexuality, sensuality, creativity and purpose, which is what I include in my use of the word "erotic". And when we make that choice, our lives transform.

They look different. We feel different. We show up differently and our relationships with others and with the wider world are different. Our connection to passion, purpose and place too.

Claim Your Erotic Wholeness

AND LIBERATE YOUR LIFE

So before you begin a **Mindful Masturbation Meditation** practice of your own, I invite you to consider why you want to claim YOUR erotic Wholeness. Really. What is this about for you?

Sure, it's a path to more ecstasy and orgasms and enhanced partnered sex (if/when that's in your mix). But really, it's about so much more than that.

- It's about connecting to your body, heart and soul with a depth of presence and care that is in itself radical.
- It's about paying attention to your yes and your no, your pleasure and your pain.
- It's about feeling what your inner child needs as much as what your inner muse or seductress wants.
- It's about healing and it's about wholeness.

It's about **YOU!**

Mindful Masturbation Meditation

**THERE'S A VERY DELIBERATE CHOICE
BEHIND ALL OF THESE WORDS.**

Let's start with MASTURBATION. It's the kind of word that predictive text on our phones won't readily populate, one laden with shame and stigma and many other associations that aren't authentically ours. As part of our Erotic Wholeness, we need to reclaim the power of the word masturbation, and that begins by using it and doing it!

Masturbation is, simply put, the stimulation or manipulation of one's own genitals. The word can also be used to describe manually stimulating another's genitals, but we're here to focus on ourselves right now. And we're expanding the scope!

Why not say "self pleasure" you might wonder? I've used this term very often along my journey AND I've made a decision to steer away from it as a default phrase because I want to honor the full spectrum of our experiences and acknowledge that masturbation may not always feel pleasurable.

Mindful Masturbation Meditation

**THERE'S A VERY DELIBERATE CHOICE
BEHIND ALL OF THESE WORDS.**

You are likely to contact boredom, grief, pain, resistance and more from time to time when masturbating. Please know all of these experiences are as valuable as our pleasure.

They are essential to our **Erotic Wholeness** and learning to be with them is an important part of the journey.

Now onto the **MINDFUL MEDITATION** aspect. You are invited to explore the possibility of masturbation as a practice in cultivating true presence, being open to the insight and impact that can arise from there.

Focusing our concentration and bringing our exquisite attention to our whole selves while masturbating can radically change our experience, not just in the moments of our practice but our whole sex lives, and beyond.

Mindful Masturbation Meditation

**THERE'S A VERY DELIBERATE CHOICE
BEHIND ALL OF THESE WORDS.**

So how to go about this? For starters, ground and center yourself at the start of an MMM session. Don't just rush in. It's time to let go of any goal-orientation or expectations about what's going to happen, set a clear intention for why you're practicing and what you hope to call in, let go of, feel, etc. This is how you begin.

Naturally, your mind is going to wonder. Distractions will arise. That's OK! Just like other forms of meditation, this practice is about returning to a state of presence over and over again, and being gentle and compassionate with yourself as you do. **Check the harsh, judgmental inner voice at the door!**

This is a chance for cultivating skills, habits and resilience that have the potential to enhance every aspect of your life and relationships.



**It's about connecting to
your body, heart and
soul with a depth of
presence and care that
is in itself radical.**

Creating Ritual Space

What sets a Mindful Masturbation Meditation sesh apart from your garden variety get-off is the quality of intention and devotion you bring to it. It's a ritual, one that can be as simple or elaborate as you wish.



A ritual simply means creating a sacred space with a clear purpose as well as a clear beginning, middle and end of the experience.

Creating Ritual Space

The **BEGINNING** is a chance to reflect on your intention and perhaps make a ceremonial gesture(s) such as lighting a candle, turning on music used especially for this time, laying out a special blanket or tapestry, etc. It can also be simply taking a few grounding breaths as you focus your mind and body, heart and soul, bringing them into alignment with your purpose.

The **MIDDLE** is where much of the practice takes place. This is the space for creative expression and curious exploration. There's no externally imposed time you must spend here, though I find giving yourself at least a 30-45min to be a spacious and satisfying span. Some days it might be much less, some days much more. Quality over quantity, all the way!

The **END** is a symbolic closing of the container, which again can be as simple as a few intentional breaths. You might speak some words of appreciation or affirmation for yourself and the experience you had. Follow with journaling, art or some other way of integrative reflection.

Soulful & Practical Suggestions

PREPAREDNESS SUPPORTS PASSION

Set your space in advance for more ease and relaxation as you deepen into your experience. Consider all you might want and need, like toys, lube, music, costuming and include a towel or two for absorbing fluids and wiping hands, water to hydrate yourself and a journal or art supplies for integration.

HYGIENE IS HELPFUL

There's absolutely nothing dirty about our genitals or the phenomenal fluids they produce. There is, however, bacteria and cross contamination to consider. So make sure your hands and any toys, lube bottles, etc you might be using are well cleaned before AND after. Washing everything with warm water and unscented, natural soap is perfect. You could also use condoms or some other protective barrier over your goodies to make for easy clean up.

And remember, if you have a vulva, anything that you use anally should NOT touch your vulva or vagina without being cleaned first.

Soulful & Practical Suggestions

FIND YOUR PACE

Whether you spend ten minutes with yourself or two hours, it's essential to tune in and sense the speed and rhythm your body and heart want to move at rather than defaulting to what your mind dictates. I encourage you to slow down and see what you discover when you find your authentic pace, no matter how fast or slow it may be in any given moment.

INCLUDE YOUR WHOLE SELF

Most bodies respond well to being touched along their periphery first (arms, legs, shoulders – areas with more bony structures) and having the contact and touch move gradually more toward the center (think belly, breasts, genitals – areas with softer, more sensitive tissue). This is a great way to be with your whole self, not just your genitals. And by whole self I also mean welcoming the full range of your emotions, engaging as many of your senses as possible, making movements, sounds and noises, and being fully and freely you!

Soulful & Practical Suggestions

**HERE'S A GLIMPSE OF HOW THIS COULD GO,
THOUGH THE POSSIBILITIES ARE ENDLESS...**

Grounding breath and intention to begin, you start caressing your entire body softly before massaging your chest and belly with care. Continuing on, you rub your groin and thighs to relax you and bring more blood flow to your pelvic bowl. You savor the flicker of candlelight or the way the sun filters through the window. The texture of your skin against fabric or the slick of oil on your hands entices you. Opening your ears, nose and heart wide, you sense all that's unfolding as you connect with your root and begin to stroke and explore. When you notice your mind wanders off, you pause, being with the trickle of tears that fall as you return to presence and realize how many times you've touched yourself, or been touched, without that degree of attention. Thrilling at the unexpected pleasure when you explore yourself in a way that is surprisingly delightful, you ride the waves of your experience until they naturally arrive at the shore of completion.

A note about trauma:

It's real. It lives in our bodies. It may get stirred through MMM practice. If you need support regulating yourself and navigating your trauma, please reach for it, whether from me or another trusted resource in your life. This is how healing and wholing happens.



Ready, Set, MMM!

It's showtime! But let's be crystal clear:

This is not a performance. You're not here to emulate a scene from a movie or a porn video. You're not trying to prove yourself in anyway to anyone. There's no right or wrong way to practice and everything that I offer is simply a suggestion or invitation, not a command you must follow rigidly.

*Your MMM is sacred space for
you to cultivate intimacy with
yourself and embody your Erotic
Wholeness in a deeper way.
So, what will you create for
yourself?*



Ready, Set, MMM!

Yes, you are so very welcome to touch yourself in every and any way that you already know feels good to you. Yet I strongly encourage you to experiment.

Try:

- different speeds, pressures and qualities of touch (ie feather light caresses, grazing your fingers through your pubic hair, firmly cupping your genitals, softly stroking and on and on)
- different kinds of lube (coconut oil and organic, water-based lubes are my recommendations) to enhance your experience. Lube REALLY is your friend!
- any and all toys and tools that strike your fancy, or none at all. This is YOUR sacred practice after all.

Side note: If you're curious about personalized masturbation coaching and other practices such as dearmouring and holistic genital massage, I would love to share with you about those.

Reach out and let's explore more together!



**When we have a healthy,
holistic, intimate
relationships with our
WHOLE selves, including
our sexuality, sensuality,
creativity and purpose,
which is what I
include in my use of the
word 'erotic', life is
different.**

MMM Practices

HEART AND ROOT CONNECTION

A foundation of any and every session, this is where I always like to begin and end, and where you might choose to spend the entirety of your time some days: one hand resting on your heart center and the other cupped gently over your genitals.

As you come into contact with your body, direct your breath as if you were breathing into the palm of your hands. Allow your mind's eye to focus on one or both of these energetic centers – one first then the other, then shift between the two and both at once.

Stay open to the energies, emotions, images, thoughts and sensations that arise, allowing them to pass through, knowing they will keep shifting.

I especially love doing a few minutes of Heart and Root Connection before bed and upon waking.

MMM Practices

SOULFUL STRIPTEASE

First dress to your delight, layering yourself in under and outer garments that suit your mood. Then slowly, sensuously, piece by piece, remove your clothing, moving freely, feeling the fabric against your skin, noticing what emotions and energies stare as you reveal and encounter more of yourself.

This is a great one to do in front of a mirror and you might choose to enhance the mood with music or lighting that helps bring you into the vibe you desire.

While everything shared so far is fantastic, sometimes you might not want to focus on your genitals. And that's perfectly OK. You can still honor them and all they encompass while engaging in an erotic exploration that doesn't center them.
That's MMM.

MMM Practices

SACRED WITNESS

To begin, stand unclothed in front of a mirror (full length if possible) and gaze at yourself with loving eyes. There's a good chance a critical voice and gaze will rise up. Meet that one with firm love. This is a time to really see and honor the beauty of you, which is there without regard for the shape, size, color, texture, etc of your body.

Starting at the crown of your head and working downward, using your hands to connect to yourself as well as your soft steady gaze, touch each part of you with care and presence. Weave in an affirmation to support you, such as "this is my beautiful [body part]" or "this is the [body part] of the divine/spirit" or whatever words feel right.

You might repeat these inwardly and I encourage you to eventually speak them aloud, looking yourself in the eyes as you do.

Go slow, move from your feet back up to your head once you've completed a round, repeat as often as you wish.

MMM Practices

WHAT MOVES YOU

This is a chance to inhabit your sensuous, sensual nature through movement in any way that feels good to your body. The key is letting go of preconceived notions or expectations that you need to perform at all or make things look a certain way.

You might shake, slither or crawl. You might get on all fours, stand or recline. You might dance with graceful, curving motions or with sharp, erratic ones. The only thing that matters is you get yourself in motion in some way, whether it's tapping your fingers or gyrating your entire body.

Music can be a huge support or it might actually pull you out of connection with your inner experience, so choose accordingly.

Wishing you Wholeness, Wildness and Wonder

With this inspiration guide, you're well on your way to experimenting and exploring with your own creative, erotic energy as you weave Mindful Masturbation Meditation into the rhythm of your life.

Remember this is a form of self care in service to YOU, to your individual liberation, to your Erotic Wholeness. And the world needs you, yes, YOU, to devote yourself in this way because it in turn supports the collective liberation of all of us.

This is why I practice and I hope this will be part of what you hold in your awareness as you practice. And this is also why I teach and guide, because we all deserve support along our paths.

The more of us who awaken to the power and pleasure that exists naturally and abundantly within our own bodies, the more of us who are tapping into and channeling the potent life force that is our erotic energy, the more positive change we will see, in ourselves, in our relationships and in the wondrous world we are part of.

Ready to Take Your Next Step?

If you're inspired to journey even deeper, I invite you to step across the next threshold and schedule your exploration call for 1:1 or small group experiences.

- Are you ready to harness the power of your Erotic Wholeness?
- Are you ready to claim all the parts of yourself that make you uniquely you?
- Are you ready to live a life of purpose, passion and pleasure?

LET'S EXPLORE WORKING TOGETHER!
[CLICK HERE.](#)

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