

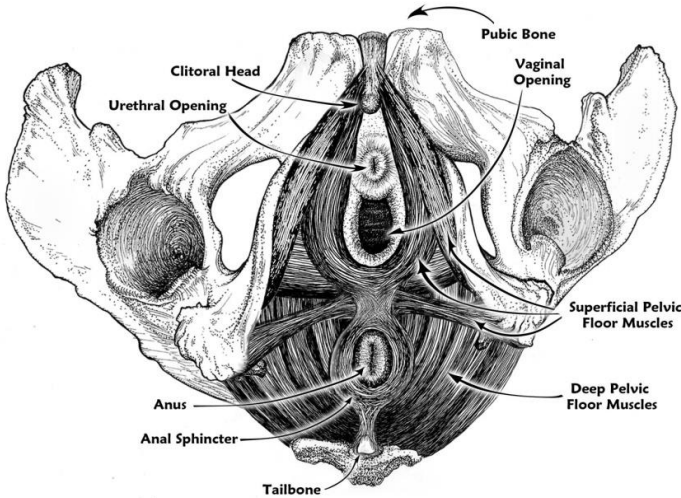
## SexCraft Skills & Sexual Energy Exercises

### PELVIC FLOOR PLAY - AWAKENING YOUR PELVIC POWER

#### The Magic of Movement

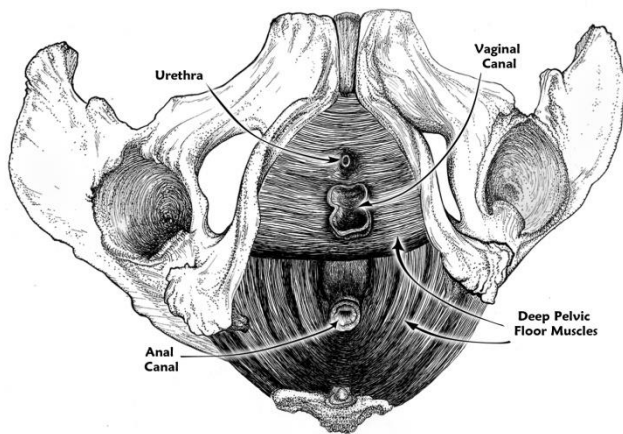
Movement moves and circulates sexual energy, intensifying and raising it. There are some foundational pelvic sexual movements. We'll focus on two types of movement, first of the inner pelvic floor muscles, then of the outer pelvic

muscles, the external lower body muscles that move your hips.



**Superficial Pelvic Floor Muscles**

First, we'll focus on the internal pelvic muscles also known as the **pelvic floor muscles (PFM)**. They are commonly and incorrectly known as the PC (pubococcygeal) muscles (that's the name of just one of the many layered and varied muscles). The pelvic floor muscles are a multilayered sling of many muscles that encompass everything in the pelvic bowl, including the genitals. They hold up your pelvic and abdominal organs. These muscles are an essential key to enhanced sexual experiences, as they directly stimulate the erotic equipment and also act as a sexual energy intensifier. They propel the arousal energy like a pump and bounce it like a trampoline.



**Deep Pelvic Floor Muscles**

#### Pelvic Floor Play

**Basic Pelvic Floor Pump:** Tighten all of the PF muscles by pulling them together and up, then release. Use every part, from front to back and every layer. Start by squeezing and releasing in a steady rhythm for a minute or two, then work your way up to being able to keep going for longer.

**Holding the PF Pump:** Tighten with inhale. Hold for 5 seconds. Release with exhale. Try holding longer as you get stronger.

**PF Breathing:** After you have the basic moves down, start to coordinate your PF with your breath. Tighten with inhale. Release with exhale. Try the reverse pattern to see which is more natural for you. Remember, there is no one right way!

**Sexual Breathing:** Imagine breathing through your bottom (genitals or perineum) as you pump your PFs.

**Pulsing (Fluttering):** Tighten and release as fast as possible. This is the natural movement that occurs with orgasm. Try doing the Flutter the next time you climax and see what happens!

**Elevator:** Imagine that your pelvic floor is an elevator. The first floor is neutral and relaxed. Partially draw the floor muscles up and together, as if you were taking the elevator to the second floor. Hold for a moment. Then draw the muscles completely tight, as far up and gathered together as possible, that's the 3<sup>rd</sup> floor. Hold for a moment. Now let the elevator back down to the partially contracted state, which you imagine as the

second floor. Let the muscles go down further to the relaxed neutral state of the first floor, then push down and out with your muscles as if the elevator was descending to the basement level. Repeat the pattern.



### **Pelvic Rocking Exercises**

This most basic of the sexual movement of mammals is an ‘essential motion’ for arousal. Hip rocking pumps cerebral-spinal fluid, and stimulates multiple nerves centers. The release of orgasmic energy is related to rhythmic rocking movements of the pelvis, which can be enhanced by certain breathing patterns. Now you can add the Pelvic Rock to your other tools.

#### ***Pelvic Warm-up***

*Dance to percussive upbeat music for 5-10 minutes, with lots of hip action. Shake your booty.*

#### ***Pelvic Rock***

*Practice a basic Pelvic Rock. If you’re standing, have your knees be loose and unlocked. If lying on your back, have your knees bent and feet flat on the floor. Do a gentle pelvic tilt with a small relaxed motion. The key here is to just pivot at the hip joint and to avoid a big thrust. Get a rhythmic easy, loose pelvic swing going.*

#### ***Recumbent Pelvic Rock***

*Lay down with your knees up and your feet flat on the floor. Tilt your pelvis up, letting your back flatten down to the floor and then gently arch away while letting your pelvis rock back down. Keep it relaxed and gentle. You can let your knees gently open and close. Now coordinate with your sound and breath. Lastly, add your PF muscles to the game.*

#### **Playing Games**

Play with your skills by practicing specific patterns and forms, but don’t get stuck in thinking that there’s any one right way to do any of this. Along with your more structured practices, I suggest that you also have plenty of pelvic floor play time.

***Play & Dance With Your New Skills!***

***Practice, Practice, Practice!!!!***

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