



## Partner Play: Feast of the Senses Ritual

*A Feast of the Senses* is a partnered ritual that provides an opportunity to learn to enhance your yang (or giving) skills and your yin (or receiving) skills while having a luscious time with a friend or beloved. This is a sexy, fun and beautiful practice to do as a ritual in your pleasure temple.

First gather a collection of items that make sounds, smell great, taste delicious (in small bite-size pieces), feel luscious and look beautiful. You'll need a blindfold, a comfortable warm space and nice chunk of undisturbed time. A hand mirror will add a lovely touch at the end.

Do the practice in two parts. In the first part, one partner is the Giver and the other the Receiver. Then you'll switch roles for the second half so each of you has the opportunity to explore both aspects of yourselves. The Receiver is practicing their yin skills of taking in, absorbing, allowing, and surrendering control. The Receiver's job is to open completely and utterly soak up every bit of all the deliciousness. As the Receiver, you enhance your sensations by breathing deeply, staying present and making sounds of pleasure. The Yin person's job includes giving fabulous non-verbal feedback to their Yang partner, demonstrating with sound and body language how much they like (or ideally love!) it and just how much pleasure they're having. As the Receiver, you also get to give back to your Giver by being overt with your obvious and abundant non-verbal feedback and appreciation.

The person giving is in the Yang role. As the Giver, your job is to delight each of your partner's senses. The Giver's job is to be completely attentive to your partner, to give to them in the ways that will most delight, stimulate and heighten their senses.

To enhance your connection, attune your breathing and sounds to that of your receiver. Do your best to tease and tantalize, increasing your partner's desire by any means possible. Part of the art of giving pleasure is the skill of inciting appetite and increasing desire. The yang person is driving their Yin partner to the finest heights of pleasure possible.

To begin, the Receiver gets completely comfortable and puts on the blindfold (or allows the Giver to blindfold you).

The Giver start with sound, then proceeds to use smell, taste, touch and sight.

Take your time and play with sound. (Don't forget that you can include your whispers, moans and sweet somethings along with bells or chimes). Waft delicious scents under their nose, eventually allowing them a lick or nibble. Tease your partner with delicacies, delivered in creative and enticing fashion. Explore the wide menu of touch sensations with feathers and fur, skin and silk. Lastly, remove the blindfold, restoring your partner's sense of vision, showing objects of beauty (including your shining face). Use a mirror to allow your Receiver to see their own beauty (we're never more luscious than when in the throes of pleasure.)

After the first round, partners switch roles and the Giver becomes the Receiver and vice versa. Thus each person has the opportunity to experience complete surrender to pleasure and the joy of lovingly giving delight.

Most importantly, be loving, open and generous and have lots of fun! Be creative and play with pleasure!