



Excerpted from Succulent SexCraft, by Sheri Winston with Carl Frankel

Play & Practice: Solo & Partner Arousal Awareness

Solo:

As you take yourself through your next sexual trance journey, pause occasionally and tune into your arousal level. Ask yourself, “What level am I at?”

The first time you do it, you may choose to simply use low, medium or high. The next couple of times, try to get more precise: Use the ‘stair’ numbers. Start to distinguish what it feels like to be at a four compared to a five. Notice what’s happening with your sensations when you’re at a two or a six. What’s your breathing like at different steps? Do some internal research and notice the differences in how you feel, what you're aware of, your pleasure level, bodily sensations, postures and movements.

Run some experiments and play with bringing your attention to your arousal level during different erotic activities. What brings it up a step? What drops it back down? Can you hang out on the same step for a while? Can you stay on step five more easily than nine?

Next, notice how deeply you’re in trance at each level. Are your stairs wide, medium or narrow? What's the difference between a shallow five and a deep five? How is nine different when you're in a more superficial trance compared to being deeply in?

Partnered:

At various points in your erotic interaction, share with each other the level of arousal you’re at. See if you can guess where your partner is. Notice if it helps refine your partner play when you say things like, “I need to be at an eight or nine for penetration to feel fabulous to me” or “I’m at a nine—let’s see how long I can stay there.” It can also be useful to share how shallow, moderate or deep your trance state is. Later you can talk about the difference between being on a step in a shallow or deep way.