



Excerpted from *Succulent SexCraft*, by Sheri Winston with Carl Frankel

Play & Practice: Solo Play: Breath Awareness on the Stairs

Learn your natural erotic breath patterns. The next time you're being sexual, alone or with a partner, bring your attention and awareness to your breath at different phases of your erotic journey. Note how you breathe on each arousal step. What's the speed, the depth, the pattern? Do you ever hold your breath? What happens with your breathing as you move through your climax(es) and afterward?

You may want to try this more than once, in different erotic contexts.

Make written or mental notes.

Play & Practice: Solo & Partner Play: Inspiring Eros

Now that you're aware of your natural sexual breath patterns, you can play with enhancing your trance. During your next solo sexual exploration, use conscious breathing as the engine that pulls your erotic energy up. Don't fake anything or wildly exaggerate, just explore ways to enhance your natural patterns.

Play with yourself in your favorite fashion. As you journey through arousal, notice what step you're on, then shift your breathing one step further along. Don't try to send your breath many steps ahead of your actual state.

If you're on the ground floor, breathe as if you're on the first step. In early arousal that often means slowing down to tune into your body and sensations and relax. If you're at a five, breathe like you're at a six. When you're at mid or high-level arousal, going up a step will often involve ramping up the speed a bit.

Also notice how wide your step is—how deeply you're in your trance at any level. Then breathe to widen and deepen it. Usually, this will involve slowing your rate. You might be breathing pretty fast at a shallow eight and find that slowing your breath will allow you to drop deeper into your trance without becoming less aroused.

As you approach your orgasmic precipice, notice if you're holding your breath. If that's what you've been doing, experiment with keeping your breath moving. Run some experiments where you try slowing or speeding your breathing rate as you crest into your climax. During your orgasm, keep breathing and notice the effects.

When something gives you more pleasure, attunement and arousal, it's a winner, so practice doing it more!