



## Overview of Your Homeplay Assignment (Guided Tour)

I highly recommend doing your homework (er, I mean homeplay!) in three stages.

### *Stage One: Non-Arousal*

- Begin in a state of non-arousal
- Go on a tour and thoroughly check out all the parts described in the guided tour.

### *Stage Two: Medium Arousal*

- Play with yourself until you get to a medium level of arousal.
- Stop pleasuring yourself and take time to look at and feel the various parts again.
- Notice all the changes—size, shape, color, sensitivity, energy, heat.

### *Stage Three: High Arousal*

- Play with yourself some more and get to high-level, “Oh, oh, oh, I’m almost coming” arousal (or as high as you can).
- Stop again (yes, I know it’s hard to stop, but it’s worth it).
- Now, with the whole system fully turned on, check it all out again. You should be able to feel almost everything at this stage. Once again, notice all the changes—size, shape, color, sensitivity, energy and heat.
- Appreciate your transformed genitalia.

Trust me—you’ll find that your body has done amazing things!

### **Setting the Stage: What You’ll Need**

Before you get started, here’s a list of goodies you’ll need to make your sex exploration the wonderfully positive experience it can be:

- Time, space and privacy
- Comfort and warmth
- Light (preferably free-standing, bendable neck lamp)
- Mirror (preferably magnifying)
- Your favorite sex toys and lubricant
- Courage (the antidote to fear)
- Curiosity (it won’t kill your pussycat—it will awaken her!)
- Permission (you have to give it to yourself)



- Optional:
  - Plastic speculum
  - Drawing material
  - Notebook and journal
  - Camera

### **Preparing for Your Journey**

I strongly encourage you to make the time and create the space to really devote yourself to this journey of discovery. You can make this a special and even sacred exploration. Make sure you have the privacy you need. Do whatever is required to be uninterrupted. You'll also need to be comfortable and warm.

You can learn a lot just by feeling, but you'll get more out of your tour if you also look at the parts. For that, you'll need a light and a mirror. A large magnifying mirror will allow you to see all the delightful details. An adjustable goose-neck lamp is good to illuminate the vistas. In the ideal set-up, you'll place the mirror between your opened legs and shine the light on the mirror.

If you want to take the extra credit side trip to see the beautiful inner caverns, you'll need a speculum and some nice lubricant. your own, the next time you're getting a gynecological exam, ask your care provider for a mirror and light and have them show you what they get to see. (Any good practitioner will be happy to help you learn about your body this way.)

This is your own personal sex tour (not the icky kind!) and includes the changes that happen when you get all turned on and juicy, so have your favorite sex toys (vibrator, erotica, lube, feathers, boy toys) close at hand. Many of the most wonderful parts of your genital system will only become evident when they're aroused, producing the delightful swelling called engorgement.

What this means is that you'll have to play with yourself to discover everything you've got. Once you find and feel all of the parts you really have, no one will ever be able to tell you differently. You'll have become your own anatomy expert and personal pussy authority.