



“Your SexCraft Toolkit” From
Succulent SexCraft: *Your Hands-On Guide to Erotic Play & Practice*
by Sheri Winston (2014, Mango Garden Press)

Basic Toolkit

Level One: Using Your Toolkit with Your Self to Play Your Own Instrument.

Level Two: Using Your Toolkit with Your Partners to Play Duets.

Advanced Toolkit

Level Three: Using Additional Advanced Partner Skills to Play Really Nicely with Others.

Your SexCraft Tools

The Four Domains

★ *The Body Tools*

- * **Breath:** Most basic foundational body tool. Connects conscious & unconscious. Bridge to altering state. Can lead or follow.
- * **Sound:** Amplifies sensation. Focuses awareness. Powerful feedback tool.
- * **Movement:** Moves, pumps energy. Increases blood flow, oxygenation, nerve stimulation. Influences biochemical milieu
- * **Vision:** Primary perceptual mode. Inner & Outer.
- * **Touch:** First sense. Skin: largest organ. Multiple languages. Transmits energy & intention.
- * **Smell & Taste:** Primitive sense system, goes straight to old brain. Ancient sexual mating signal pathway.

○ *The Mind Tools*

- ⦿ **Awareness:** Foundational tool. Being Conscious, Mindful of existence, sensations, thoughts, feelings, surroundings.
- ⦿ **Intention:** Conscious or unconscious. Creates focus. Provides goals. Touchstone.
- ⦿ **Attention:** The silver screen in your mind. Narrow or broad focus. Shallow or deep.
- ⦿ **Presence:** Being here now.
- ⦿ **Authenticity:** In alignment with your true nature. Being self-centered & true to yourself.
- ⦿ **Trance:** Altered state of non-mundane reality. Turn off of chattering, thinking, worrying neocortical brain and entering a state of deep absorption. Enchantment.
- ⦿ **Imagination:** Multi-purpose mind tool – Your mental Swiss Army Knife.

♥ *The Heart Tools*

- ♥ **Loving Intention:** The practice to intend to be loving, respectful and honoring.
- ♥ **Loving Action:** Behavior in service of love. Acting with love & respect, honoring.
- ♥ **Courage:** A practice of choosing love over fear. Doing what needs to be done despite fear.
- ♥ **Forgiveness:** The choice to release blame and anger.
- ♥ **Giving & Receiving:** The capacity to be in both yin & yang aspects. Open-heartedness. Generosity. Opening and taking in as well as giving and serving.
- ♥ **Witnessing:** Observing. Suspending judgment.

∞ *The Spiritual Tools*

- ∞ Sacred Intention: Foundational tool to create sacred or spiritual ground.
 - ∞ Sacred Sound: Prayer, Chant, Toning. Sound in the service of spirit.
 - ∞ Meditation: Practice used to create altered state of non-mundane reality.
 - ∞ Manifestation: Making magic manifest. Concrete representation of sacred intention, e.g. creating an altar.
 - ∞ Ritual: Process of a practice or pattern of behavior and action with a sacred purpose.
 - ∞ Ceremony: a formal or traditional rite, an established or customary religious or spiritual observance. A form of worship, reverence or propitiation.
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Energy is the surrounding matrix and the connecting pathways between the four domains.

⚡ *The Energy Skills*

- ⚡ Internal Energy Awareness: Conscious of your own energy. Self.
 - ⚡ External Energy Awareness: Conscious of energy of others (and all life).
 - ⚡ Access: Connecting to inner or outer energy. Accessing Creation power.
 - ⚡ Amplification: Magnify and increase energy
 - ⚡ Moving & Channeling: Directing the flow with intention and skill.
 - ⚡ Ecstatic Energy (Sex): Solo
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Level Three: Advanced Partner Skills

🌀 *Relationships: Partner Connection Tools & Skills*

- 🌀 Awareness Balance Between:
 - Self-awareness (“I”)
 - Partner-awareness (“You”)
 - Partnership awareness (“Us”)
 - 🌀 Communication Skills: Techniques of compassionate, non-violent, conscious communication
 - 🌀 Boundary Skills:
 - Awareness
 - Communication
 - Respect
 - Responsibility
 - Protection
 - 🌀 Partner Pleasure Skills: Techniques of pleasuring others
 - 🌀 Partnered or Group Energy: Includes Energy Sex
 - 🌀 Sexual Telepathy: A magical trance state of ultimate connection
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