

Sheri Winston's CENTER FOR THE INTIMATE ARTS

Your Wholistic Sexuality Toolkit

Basic Toolkit

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

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

Advanced Toolkit

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

Your Tools (AKA Your Instruments)

* *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.

O *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 true nature.
- 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 = Foundational tool of attitude, the practice to intend to be loving. Respect. Honoring.
- Loving Action = Behavior in service of love.
- Courage = A practice of choosing love over fear.
- Compassion & Forgiveness = The ability to remember that imperfection is human. The choice to release blame and anger. Acceptance.
- 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.
- Courage = Doing what needs to be done despite fear. Choosing love over fear.

∞ 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.

Energy: The Surrounding Matrix and the Connecting Pathways

↗ 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.
- Solo Energy Sex

Level Three: Advanced Partner Skills

⌚ Relationskills: 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:

<ul style="list-style-type: none"> ▪ Awareness ▪ Communication ▪ Respect 	<ul style="list-style-type: none"> ▪ Responsibility ▪ Protection
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- Partner Pleasure Skills: Techniques of pleasuring others
- Partnered or Group Energy – Includes Energy Sex
- Sexual Telepathy: A magical trance state of ultimate connection