



**“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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