

THE INSTITUTE OF

# NEW PARADIGM

## Intimacy



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### WHAT IS THE SELF PLEASURE MODALITY™?

The Self Pleasure Modality™ is the practice of descending awareness down into the body and relating with the sensations being experienced, without attaching stories or meaning. Through using the 4 tantric tools of sound, breath, movement and touch, the sensations are given space to be expressed without judgment or censoring.

We have been taught to label and identify everything we feel in the body - anger, rage, jealousy, sadness, happiness, pleasure, arousal etc. and express ourselves relevant to how and what we perceive (consciously or unconsciously) as acceptable. The intention of the Self Pleasure modality™ is to relate to everything being felt in the body as sensations only - without the labels - and allow them to be expressed free of judgement. Through building relationship with the sensations of the body this way, deep internal safety and nervous system regulation can be achieved.

Over the course of one's life expression of emotions, feelings, desires and sexuality are all stifled, suppressed or censored for different reasons - trauma, conditioning, beliefs, dogma - which can cause energy to remain held in the body, resulting in numbness, tension, sexual dysfunction, disconnection and many other physical and emotional ailments. This affects the way we are able to experience pleasure in all areas of our life.

The Self Pleasure modality™ embodies listening to the sensations being felt and allowing the expression to come from the language of the body, instead of the mind trying to force or create an outcome which is influenced by ideas of right or wrong. There is no goal other than to listen and allow.

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### WHAT HAPPENS IN A SELF PLEASURE SESSION?

A typical Self Pleasure session will begin with discussion between a Self Pleasure Practitioner™ and the client surrounding what the client is currently experiencing in their reality, what they may want to focus on for the session, or what may have occurred for them since the previous session.

The client will then be given a set time to drop into a Self Pleasure practice. The Self Pleasure Practitioner™ will guide the practice depending on the clients unique needs, experience and intentions. The client will be safely held and supported by the practitioner for the entire practice and guided or offered direction as needed. There is no physical contact between the client and practitioner, at all times the client is in complete control and can end the practice at any time.

When the practice is complete, the session will end with discussion and reflection on the experience, goal setting, intentions or practices tailored to the client to focus on outside of the session and anything else that needs to be shared.

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### HOW CAN THIS PRACTICE BENEFIT YOUR LIFE?

The intention of this practice is to bring you into connection with the innocence and purity of your life force energy and expression. By allowing all sensations in the body to be felt and expressed - even the ones that may be quite uncomfortable - more aliveness opens in the body and more pleasure is able to be accessed in all areas of life.

Benefits of this gentle, safe, yet profoundly effective practice can include tension and stress release, clearing emotional and physical ailments, awakening numbness and creating a deeper connection to the body resulting in more aliveness, clarity and pleasure within a person's life. The Self Pleasure Modality™ cultivates deep safety in the body, so a person is able to live and create their life intentionally rather than from fear or survival.