

Guided Masturbation

Narrator: Welcome! Today I'll be guiding you in a masturbation.

A few quick bits of info before we get started: There will be no genitalia specific language in this masturbation, so as you can imagine the instructions for where to put what and how to touch which parts of yourself are intentionally vague.

Also, I want to be clear that in this space you have permission. You have permission to feel the desire that you feel exactly the way you feel it. You have permission to imagine being seen and desired in the ways you want to feel seen and desired.

Okay, let's begin.

Today, I want you to focus on two things: first, I want you to center your focus on how your body feels. Let your mind drift out of your head and into other areas of your body. Note where you feel desire and lust, where you feel pleasure, and even where you feel pain or discomfort. Though our main purpose here is pleasure, it's also to learn your body and what works--or doesn't—for you.

Second, I want you to focus on your breathing. Let's take a breath together.

Breathe in

[Inhale]

Breathe out

[Exhale]

[breath keeps going behind narration]

I want to remind you, before we get all hot and heavy, that you are safe and that you can and should center your own bodily pleasure. So make sure you feel safe and good throughout. If you need to stop or take a break at any point, feel free to do so.

Part One: flirtation

[breath stutters]

We're going to warm up slowly, so try keeping your underwear on or resting a sheet lightly over yourself. Let your fingers travel slowly along the surface of your skin. Remember to note the places where your skin tingles, where your body yearns for contact, the most sensitive places.

You can devote your whole focus to teasing yourself, or you can let your mind wander.

[rain sounds and scratchy record / stereo sounds]

Is it a rainy Sunday morning, are you groggy eyed and in love, already tangled in the sheets? Or are you thinking about getting stuck in an elevator with that coworker you've been pining for?

[elevator noises, hushed awkward speech]

[ocean waves layer over]

Or are you lying alone on the beach, feeling the way the sun hits every inch of your body, the way your body strains against your clothing?

Or how about a brush with a stranger on the dance floor?

[distant sultry club music blares]

Their body so close to yours you can feel the air between you compressing.

Let your mind stick to something and settle there. Let it come into focus slowly. What do you feel touching your skin? How does it look when they shift their weight and smile at you? What are they wearing? What do you wish you weren't wearing? Don't let yourself get too far yet—this is only the beginning.

Part two: the turning point

[sharp inhale]

This is the moment when it all happens. Maybe you notice that their eyes dilate when they look at you and lean towards them all at once. Maybe you start to undo clothing. Maybe they grab your waist or your chin and your bodies are pulled into orbit. This is the moment when lips or hands intertwine. This is the moment when you feel how fucking sexy you are. This is the moment when everyone in the room admits that they want to devour each other.

[exhale long and strained]

You can slip your hand below the sheet or your underwear now.

[whispered, almost overlapping] Are you wet? Are you hard? Are you turned on?

[breathing grows ragged]

As limbs and bodies start folding into and onto each other you can tell, you can *feel* how badly you want this. Where in your body is straining for touch? Graze over those spots, touch next to them. Let your breathing reflect how you feel. Whimper a little if you want to. You're in charge here, but you're also entirely at your own mercy.

Try long stroking motions. Feel the rhythm your body wants to settle into and ease into it.

Part three: Fuck

Feel yourself up with wild abandon.

Now is the time to shamelessly imagine moments that send a thrill up your spine and surround yourself with every detail. Maybe a partner says something sexy and extremely flattering and then giggles into your chest.

[tape of someone saying "fuck you are so hot and god damn do you make me feel good," sort of out of breath and sultry, but laughs a little at the end, the sound muffling]

Speed things up.

Maybe it's a sound you make.

[really sexy sound]

Twist a little bit. When you get tired of experimenting, return to the thing that made you feel the best so far.

Maybe it's total, unflinching submission.

[tape of someone saying "fuck me, I want you to fuck me"]

Try moving your hips a bit more.

Maybe it's just the feeling of your own desire, pounding inside you. Maybe it's seeing that insatiable need mirrored—feeling that need mirrored, in the body next to yours. Or simply feeling it radiate into the parts of yourself you didn't even know could feel desire.

[sexy sound design]

Feel it now, feel the way it courses through you, the dance of clenching and of loosening muscles it follows through your body. Let its pounding guide you and your hands.

[whisper: where is your desire?]

[overlapping in different voices of varying genders: "are you close?" / "don't stop" / "tell me what feels good to you" / "oh, that feels good" / "what do you want me to do to you?" / "what turns you on?" / "don't hold back"]

Remember to focus your mind on your desire and on your pleasure.

[sexy sound design]

I'm going to stop talking now. I'll be back in a few moments to cool you down a bit. If you're not ready to slow down, you might want to pause this soon and hit play again when you are.

... [some sound design-y almost music + breathing + ? sex noises]

[inhale]

Part 4: After

Hello again. It's time to return to your breathing. Breathe in. Breathe out. With each breath, slow your movements a little more, let your body come to a rest. Allow yourself the inner monologue of lovers who just finished the fuck of a lifetime. You deserve it. Make a note of movements and places your body that felt the most alive. Of the rhythms you wanted to exist in most. Of when you wanted to be in control and when you wanted to fully submit. Of when you needed to pull back, let yourself want things a little more before you were given them.

Take another deep breath in.

[inhale]

Let it out.

[exhale]

It's been a *pleasure* to guide you today. I hope that as you go out into the world, as the sexual being that you are, that you remember the pleasure you found in your body. And that you give yourself time and space and freedom to feel desire and pleasure in the shapes and forms you do. There's nothing wrong with that. I'm rooting for you to get off and to feel good.

End credits