

A Guided Practice for Conscious Masturbation

Sit or lie down in a quiet place. Naked. Alone. Unhurried.

This is not an entertainment. This is a sacred act.

You are here to purify your body of false sexual energy and to learn to be present in your own love.

Step 1: Total Honesty

First, become completely honest with yourself.

Are you here to chase excitement?

Are you here to imagine men or women, past lovers, or fantasies?

If so, stop now.

Fantasy only deepens your unconsciousness and makes you a slave to imagined pleasure.

You are not here for fantasy.

You are here for truth.

Bring yourself fully back to the moment.

You are here with your body. That is all.

Feel your body breathing.

Feel your genitals being soft, natural, innocent — not needing to be hard, not needing to perform.

Step 2: Deepening Presence

Place your hand gently on your genitals — not to stimulate, not to excite — but to *feel*.

To be present.

Do not move your hand at first.

Just hold yourself — lightly, lovingly.

Sense the aliveness in your genitals without trying to make anything happen.

Breathe naturally.

Keep your awareness steady, wide, and calm.

The mind may want to escape into fantasy.

You must refuse it.

Stay with the living sensation — not the idea of it.

Step 3: Conscious Touch

If your body naturally begins to awaken, allow it.

But remain utterly still inside.

Begin the slightest movement, only if it arises without urgency — a slow, conscious stroking, no faster than a breath.

No excitement.
No building tension.
No fantasy.

You are not "masturbating" in the way the world taught you.
You are practicing love.

Every movement is an act of loving attention.
Every breath reminds you to stay in the body.

Step 4: The Moment of Energy

As sexual energy begins to rise, you will feel the old habit:
the pull toward excitement, speed, ejaculation.

Here is where you must be most awake.
This is the moment of choice.

Instead of rushing toward orgasm — **stop**.
Pause your movement.
Breathe deeply.
Relax your whole body, especially around your genitals.

Feel the energy spread through your chest, your belly, your whole body.
Let it rise up, instead of out.

If arousal subsides, that is good.
You are learning to be free from needing orgasm.

If orgasm still comes, let it come — but stay conscious throughout.
Do not contract your body in spasms.
Do not close your eyes and fly into sensation.

Stay open.
Stay present.
Stay loving.

Let the orgasm pass like a wave — soft, full, and natural — without grasping it.

If the arousal subsided, continue to 'Step 5: After the act'. If you have to keep masturbating, keep reading

You're touching yourself.
The body is awake. The energy is rising.
You're breathing a little heavier now.
You're moving harder.
The urge to open a tab — to see something, to escape into the picture — is strong.

Stop. Just for a moment.

Don't stop your hand.
Stop your mind.
Bring your awareness back — now — into the body.

Breathe.

"What are you doing this for, my friend?"

"Is it for love?
Or for excitement?"

"Are you making love to yourself?
Or are you chasing an image in your head?"

You notice now that you're tensing.
Your jaw is a little tight.
The eyes are reaching forward — into the screen, into the imagined man or woman.
You're no longer here, in the body. You're *there* — in the fantasy.

That's the moment of choice.

Come back.

Not because fantasy is "wrong."
But because fantasy **isn't love**.
Fantasy is escape.
It takes you *out of the body*.
Out of truth.
Out of love.

Let your hand keep moving — but slower now.
No rush.
No goal.

Feel.

Feel the sensation, not the story.
Feel the aliveness, not the image.

"If you need to fantasise — do. But see it."

"See it clearly. Know what it is."

"And one day, when you've had enough of fantasy, you'll drop it — not with struggle, but with truth."

"Until then, be honest."

Now breathe deeper.
Drop the shoulders.

Feel the body as a whole — not just the genitals.
Let your awareness spread.

Is the chest open?
Is the belly soft?
Is your breath flowing, or are you holding?

Let your body be love now — not excitement, not intensity — just love.

You are not trying to reach orgasm.

You are listening to the body.

Staying with it.

Loving it.

And when the urge comes again — to go harder, to open porn, to climax quickly —

Pause.

Feel the whole truth.

Ask yourself:

“What am I serving right now — love or excitement?”

You don't need to answer perfectly.

You just need to be honest.

And even if you fall into fantasy again —
fall *consciously*.

See it.

Love yourself anyway.

Return.

That's the practice.

That's what makes even masturbation a path to truth.

Not abstinence.

Not control.

Just honesty, presence, and love.

Step 5: After the Act

After ejaculation (or after the session if there is none), remain lying or sitting quietly.

Do not rush away.

Do not cover yourself in shame.

Feel the peace in your body.

Feel the gratitude for having met yourself without lies.

This is the beginning of true mastery.

The end of fantasy.

The birth of love in your own body.

Final Words

You do not need masturbation.

You do not need orgasm.

You only need to be true.

Practice this consciously, and the compulsion to fantasise will gradually die.

The obsession with orgasm will fade.

You will discover a deep joy — not excitement — that flows from simply being.

Then, when you are with your partner,

you will love them truly —

with no need, no taking,

only giving.

And your love-making will become a blessing to your partner, to you, and to the whole world.