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00:00:00:00 - 00:00:04:15

00:00:04:15 - 00:00:14:05

Speaker 2

-[Caitlin] Well, welcome to our breast massage demo. Thank you so much for being here

-[Molly] Thank you for having me.

-[C] Just to

00:00:14:05 - 00:00:22:15

Speaker 2

set the scene. You and I have already had a conversation about our massage today. We're going to be working kind of the whole

00:00:22:15 - 00:00:27:21

Speaker 2

chest and the muscles, and then we'll move towards the actual breast tissue.

00:00:27:21 - 00:00:35:05

Speaker 2

We'll do, like, a little drainage, a little lymphatic drainage. Anything that I should know about your body before we begin?

00:00:35:15 - 00:00:45:08

Speaker 3

-[M] I do have very sensitive breasts in general, sometimes around that time of the month. But also just all the time, my nipples are very sensitive,

00:00:45:08 - 00:01:03:11

Speaker 2

just so you know.

-[C] All right. Perfect. So at the end of the massage, we'll see if some, like, gentle nipple touch feels okay. And absolutely optional for this massage. It's really more about the actual tissue of the breasts and really like moving fluids around, getting the muscles a chance to relax.

00:01:03:11 - 00:01:08:10

Speaker 2

This is a part of our body that doesn't really get a lot of slow, sensual, healing

00:01:08:10 - 00:01:09:01

Speaker 3

touch.

00:01:09:01 - 00:01:10:05

Speaker 3

-[M] So true. Thank you.

00:01:10:07 - 00:01:16:20

Speaker 2

-[C] Yeah, absolutely. We checked in and oil's okay for your skin?

-[M] Yes.

-[C] Okay, great. We're gonna be using coconut oil today.

00:01:16:20 - 00:01:19:15

Speaker 2

So let's just take a second for you and me. I'm just going to breathe with

00:01:19:15 - 00:01:26:10

Speaker 2

you. Is it alright if I put my hand on your belly here?

-[M] Yes.

-[C] Okay, great.

00:02:04:21 - 00:02:09:13

Speaker 2

Before I even add oil, I'm just going to begin by doing just some

00:02:09:13 - 00:03:13:03

Speaker 2

gentle exploration.

00:03:13:14 - 00:03:16:14

Speaker 2

Grab our oil.

00:03:21:17 - 00:03:25:09

Speaker 2

I'm going to apply the oil to my hands to give it a chance to

00:03:25:09 - 00:03:29:11

Speaker 2

warm up before I bring it to your body.

00:03:34:20 - 00:03:50:03

Speaker 2

Is that pressure okay?

-[M] Yeah.

-[C] Perfect.

[Molly's stomach gurgles]

00:03:52:00 - 00:03:59:02

Speaker 2

Great. Love little stomach gurgles. That means your body is relaxing.

-[M] Right?

00:03:59:21 - 00:04:15:19

Speaker 2

-[C] I'm taking extra care, actually, just not to come into contact with the center of her nipples. It's okay [to massage] the areola (which is this space). So is it okay if I come into contact with that?

-[M] Mm-hmm.

-[C] Okay, great. I'm just going to try to avoid your actual nipple.

00:04:19:11 - 00:04:27:00

Speaker 2

I found that for the breast massage, it really helps to think about the water of the body. Like

00:04:27:00 - 00:04:58:19

Speaker 2

thinking about the way that water sort of moves around and being really slow, as if we're just sort of like. just gently rocking the water is in the body.

00:04:58:19 - 00:05:07:02

Speaker 2

Then I'm going to use a little firmer pressure on the chest, the area around the breast, and

00:05:07:04 - 00:05:18:18

Speaker 2

That's really where the focus on the side is. More on the muscles, the area around the breast.

00:05:18:20 - 00:05:28:06

Speaker 2

I'm still using really broad full handed strokes. Yes. Perfect.

00:05:28:08 - 00:05:35:10

Speaker 2

[Molly moans in pleasure]

00:05:35:12 - 00:05:41:23

Speaker 2

I'm also always thinking about sort of taking the weight of the breast into my hands

00:05:41:23 - 00:05:48:05

Speaker 2

and off of your body. Our bodies are holding these up all the time. It

00:05:48:05 - 00:05:56:02

Speaker 2

can feel really good just to sort of have the weight lifted off for a second.

00:06:42:06 - 00:06:44:02

Speaker 2

This pressure okay?

-[M] It's perfect. [stomach gurgles]

00:06:46:07 - 00:06:51:07

Speaker 3

My body is like, "Yeah!"

00:06:51:09 - 00:07:06:02

Speaker 2

-Stomach gurgles actually mean our bodies moving out of our more fight or flight nervous system and into our rest and digest nervous system. So we love a gurgle.

00:07:06:05 - 00:07:18:17

Speaker 2

That's why sometimes food is really nice for aftercare.

00:07:18:17 - 00:07:32:10

Speaker 2

One thing I'm also doing is I am thinking about how I'm moving my hands. I can go in all directions because that's what's going to feel best for the very, like,

00:07:32:10 - 00:07:53:20

Speaker 2

360 degree nature of the breasts and the ducts and the tissue inside of them. But I'm also consciously moving the fluids towards the underarms, and that is because the breasts hold lymphatic tissue or lymphatic fluid, and the major lymph ducts for this area of the body are in the underarms.

00:07:53:22 - 00:07:54:04

Speaker 2

So

00:07:54:04 - 00:08:02:06

Speaker 2

as we're releasing lymphatic fluid, we want to move it towards those ducts that can be processed and moved throughout the rest of the body. Is

00:08:02:06 - 00:08:04:06

Speaker 2

this pressure okay on your chest?

-[M] Mm-hmm.

00:08:04:08 - 00:08:05:23

Speaker 3

It's perfect.

00:08:06:01 - 00:08:13:21

Speaker 2

-[C] There's also all these muscles and ligaments that hold the breast up. And

00:08:13:21 - 00:08:29:19

Speaker 2

so I'm using a little more pressure. So you're getting up to the collarbone here.

00:08:29:23 - 00:08:38:17

Speaker 2

And if at any time you want more or less pressure, just let me know, okay.

00:09:10:05 - 00:09:23:00

Speaker 2

And now I'm going to, starting with one breast, I'm going to give a little more circular pressure. Is this okay?

-[M] Mm-hmm.

-[C] Okay.

00:09:23:00 - 00:09:52:06

Speaker 2

I'm going to think about a swirl. So we're going to start from the outside. Going in a circle.

00:09:52:08 - 00:09:52:12

Speaker 2

Is this

00:09:52:12 - 00:09:58:12

Speaker 2

pressure still okay?

-[M] Mm-hmm.

-[C] Okay, great. Thank you.

00:09:58:12 - 00:10:10:00

Speaker 2

And I'm swirling in so I'm getting closer and closer to the center with each pass.

00:10:12:11 - 00:10:13:06

Speaker 3

[Molly giggles ticklishly]

00:10:13:06 - 00:10:16:17

Speaker 2

-[M] It's like a little woooooo

-[C] A little ticklish? Does going a little slower

00:10:16:17 - 00:10:24:02

Speaker 2

feel better?

-[M] Yeah.

-[C] Okay. Great. Thank you. Good adjustment.

00:10:28:22 - 00:10:34:10

Speaker 2

We're going to move to the other side here. And we can

00:10:34:10 - 00:10:54:21

Speaker 2

bring a little more pressure on this time because we did these really light sort of gentle strokes to warm up the body.

00:11:22:18 - 00:11:33:16

Speaker 2

Good. So now we've done both sides, both breasts with that light little firmer circular touch. Now I'm going to experiment with doing a little bit of

00:11:33:16 - 00:11:44:17

Speaker 2

compression. And you told me already that you're sensitive. So you let me know if this is too much. How's that?

-[M] That's good.

-[C] That's good?

00:11:44:17 - 00:11:46:06

Speaker 2

So I'm just giving, like, a little

00:11:46:06 - 00:11:50:11

Speaker 2

lift and squeeze.

00:11:50:11 - 00:11:57:11

Speaker 2

I'm doing this on the whole breast, instead of, like, smaller areas. Different women, different breasts, different times of the month,

00:11:57:11 - 00:12:09:04

Speaker 2

you might actually prefer to do this with, like, just a finger and a thumb and a smaller area. But for sensitive breasts—wider strokes, full palms.

00:12:16:06 - 00:12:22:16

Speaker 2

This is probably my personal favorite. When I'm receiving.

-[M] Yeah.

-[C] Good. Thank

00:12:22:16 - 00:12:41:06

Speaker 2

you.

00:13:29:07 - 00:13:36:04

Speaker 2

Then I'm going to come through and roll a little. As long as this continues to feel okay

00:13:36:04 - 00:13:47:22

Speaker 2

with my thumb. Does this hurt? Not so good?

-[M] Yeah, it lfeels fine.

-[C] That is good. Yeah. That's nice.

00:13:48:00 - 00:13:54:14

Speaker 2

Again. I'm moving up. [Molly moans in pleasure] Now I will move back down.

00:14:07:21 - 00:14:13:21

Speaker 2

I moved down, again, moving this fluid.

00:14:21:02 - 00:14:31:07

Speaker 2

Always moving this fluid towards the underarms.

00:14:31:07 - 00:14:37:06

Speaker 2

And then when it comes into that other side.

00:14:37:08 - 00:14:48:13

Speaker 2

Up. Towards the center.

00:14:48:15 - 00:14:59:11

Speaker 2

I don't slow because I know that's sensitive there.

00:15:08:19 - 00:15:23:22

Speaker 2

Then moving back down.

00:15:45:02 - 00:15:56:05

Speaker 2

You can-- I'm just going to come back, continuing to move that fluid, giving your chest muscles a little extra.

00:16:03:08 - 00:16:07:15

Speaker 2

You know, the breasts are energetically really connected to the heart,

00:16:07:15 - 00:16:16:18

Speaker 2

and so any TLC that we give towards them in the chest

00:16:16:21 - 00:16:23:07

Speaker 2

would also be thought of as like a heart-opening exercise.

00:16:49:17 - 00:16:57:08

Speaker 2

If we were going to continue now, we would continue with stimulating the nipples, if that felt good.

00:16:57:08 - 00:17:09:14

Speaker 2

We're not going to do it today. But that could look like massaging one breast and one hand and gently stroking, touching the nipple of the other. If

00:17:09:14 - 00:17:19:17

Speaker 2

you know what your partner likes in terms of nipple stimulation, starting slowly, building up.

00:17:19:19 - 00:17:21:04

Speaker 2

And then

00:17:21:04 - 00:17:40:16

Speaker 2

for me, having my nipples stimulated, sometimes can be really intense too. And so like having the other hand doing something, so my body's not just focused on that can feel good. And then there are times where just having focused nipple stimulation feels really good too. And of course, if it's part of your practice in your agreement, you could use your mouth.

00:17:40:16 - 00:17:45:04

Speaker 2

You could use your tongue.

00:17:45:10 - 00:18:01:13

Speaker 2

And if this is the breast massage that you're doing primarily for healing and relaxation, nipples are pretty arousing. They're pretty stimulating. I don't find it very relaxing to have my nipples touched, so breast massage for relaxation, health and healing is

00:18:01:13 - 00:18:12:07

Speaker 2

so complete without them. Okay. And as we begin to wrap up, are there any other touches,

00:18:12:07 - 00:18:19:20

Speaker 2

strokes? I'm kind of coming back and just doing really light, broad strokes kind of how we started.

00:18:19:23 - 00:18:20:13

Speaker 2

-[M] I really like when you

00:18:20:13 - 00:18:21:17

Speaker 3

do that chest [touch]

00:18:21:19 - 00:18:22:10

Speaker 2

-[C] The chest?

00:18:22:10 - 00:18:24:09

Speaker 3

-[M] ...With your thumbs?

-[C] Uh-huh.

-[M] Oh my gosh.

00:18:24:09 - 00:18:28:10

Speaker 2

That is just [trails off contentedly]

00:18:33:11 - 00:18:43:12

Speaker 3

So good.

00:18:43:14 - 00:18:49:18

Speaker 3

So.

00:18:49:20 - 00:18:50:15

Speaker 3

Okay.

00:18:50:15 - 00:18:52:15

Speaker 3

Yeah. There's been some release in there.

-[C] Uh-huh.

00:18:52:17 - 00:18:53:02

Speaker 2

-[M] Whatever

00:18:53:03 - 00:18:57:15

Speaker 3

was in there. Yeah.

00:18:57:17 - 00:18:59:12

Speaker 2

-[C] Great.

00:18:59:12 - 00:19:03:05

Speaker 2

So anything else that you need or desire?

00:19:03:08 - 00:19:05:12

Speaker 3

-[M] That's perfect. Thank you.

00:19:05:12 - 00:19:06:18

Speaker 2

-[C] Great. Thank you.

00:19:06:18 - 00:19:12:09

Speaker 2

So let's just take a second. We'll bring my hands to stillness. Let's just take a couple deep breaths together.

00:19:38:17 - 00:19:43:17

Speaker 2

Beautiful. Thank you.

00:19:43:19 - 00:19:44:11

Speaker 3

-[M] Thank you.

00:19:44:14 - 00:19:46:19

Speaker 2

-[C] Yeah.

00:19:46:19 - 00:19:55:16

Speaker 2

Okay. Before we complete it, is there anything you want to share about the experience? Anything that surprised you?

00:19:55:18 - 00:20:07:19

Speaker 3

-[M] I've always had a very sensitive, just, breasts in general—especially my nipples. So I'm kind of glad we didn't do too much nipple. I couldn't even breastfeed because they're so sensitive.

00:20:07:19 - 00:20:15:10

Speaker 3

That was the most I've been able to have my breast touch without totally, just like, like

00:20:15:10 - 00:20:18:06

Speaker 3

without it, without it being too, ticklish.

00:20:18:06 - 00:20:21:05

Speaker 3

So that was that was great.

00:20:23:13 - 00:20:26:18

Speaker 2

Thank you.

-[C] Thank you, thank you.

Need Help or Have Questions?

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