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00:00:05:21 - 00:00:23:13

Speaker 1

All right. So let's start with the anatomy. So first we have the scrotum, which is the skin on the outside (the ball sac) inside of it are testicles. This is the shaft of the penis. It's actually made up of two different bodies, sort of muscular bodies that fill with blood.

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Speaker 1

They're always filled with blood, and they fill with blood and hold that blood during an erection. This is the head of the penis, also known as the Corona, which is the Latin word for crown. This is the frenulum. This is the part that has sort of the most sensitivity for most men and the sort of part where the underside of the shaft and underside of the head come together.

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Speaker 1

The slit at the top is the urethral opening. The area around the penis is called the pubis. The top part of that is the mons pubis. And that's really everything that we need to know for this massage itself.

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Speaker 1

Right, now let's talk about the different dimensions of touch. So these are all of the different things that you can adjust and change using that "A/B" test that we talked about earlier and all the sort of different factors that go into each of the individual strokes and touches that we're going to be using.

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Speaker 1

So these are the things that you can adjust. First of all, speed. So you can adjust by moving at one pace or moving at a slower pace.

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Speaker 1

Second, the direction of movement. So you can move towards the body, doing strokes that move towards the body or towards the head, you're going to want to play with each of those with each of the different strokes.

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Speaker 1

They'll feel different and sometimes in different directions. Now let's talk about directions. We're going to talk about the direction of the penis, the angle of the penis at different angles during this massage. So pointing up towards his bellybutton, towards his heart is 12:00. Like the hands on a clock. Pointing to the right here is 3:00. Pointing over here is 9:00 and down here is 6:00.

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Speaker 1

Each one of these are going to elicit different sensations, different experiences. Most men don't really play with the direction of their penis when they're touching themselves. Most handjobs don't really take into account the different areas of the clock, the different directions that the penis can be moved in. So, all things to consider and play with. Make sure that as you're doing this massage, that you're playing with all four of those directions.

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Speaker 1

And if it feels good, you can try 1:00 or this would be like 7:00, 8:00 as well.

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Speaker 1

Next dimension of touch is pressure. So this is the amount of pressure that we're giving to the lingam itself. So this could be a squeeze, like a firm amount of pressure, a really light amount of pressure for men, especially who deal with delayed ejaculation.

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Speaker 1

They may actually prefer a lot of pressure, but one of the biggest gifts that you can give inside of this massage is playing with lighter amounts of pressure, which gives the body an opportunity to sort of reach out and experience more over time. When we give lighter touches, we're actually inviting the nerve endings to recover from having too much, if you're familiar with the, like, death grip that some men masturbate with-

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Speaker 1

a really, really, really tight squeeze. It can be really healing for the body and for the nerve endings to actually give less pressure and let the body adjust to that over time.

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Speaker 1

Now, different dimensions that the giver of the massage can use, you can use every single part of your hands in creative in different ways from your fingers and your fingertips to the palm of your hand, because with a flat hand, a wrapped hand, so cupping, moving the whole hand, creating full hand contact around the shaft itself, around the head, you can also use a thumb and a finger in a circle so that you can see the distinction between a stroke like this with the

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Speaker 1

thumb and finger or with the full hand itself. They create two different sensations and you're going to want to play with both of them. Now, whether you're giving this massage to yourself or to a partner, you have two hands likely that you can utilize. So both hands can be doing the same thing. So you can be stroking with both hands, both with a finger and thumb.

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Speaker 1

You can be stroking with both hands with the full palm, for example, going in both directions, down and up, playing with both of those. You can also use one hand at the base of the penis, especially when it's erect to anchor the penis. And this gives you all kinds of different strokes that you can utilize while you're anchoring.

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Speaker 1

There's multiple different ways to anchor with one hand. You can anchor while pulling the skin tight. A lot of men find that to be very pleasurable, especially when they're erect. You can anchor from the bottom of the penis, kind of anchoring into or in between the testicles that might feel good depending on his individual preferences, it might not.

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Speaker 1

So just be sure to be in communication about how you are anchoring and you don't have to pull the skin taut, but especially when he is very erect, very aroused, that can actually sort of create even more sensation and more pleasure.

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Speaker 1

Now, something else that you can do is use one hand to stroke the entire body to sort of be bringing that energy up throughout his body, as we discussed earlier.

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Speaker 1

And you can be stroking with your other hand or holding it at the base and stroking while you're holding stillness. You can also be holding stillness anchoring like this and again touching him all over his body, the places that he's giving you consent to touch. And this is really helpful for sort of moving that energy

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Speaker 1

without losing contact with the cock.

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