

Warrior Goddess Resources – Sexuality

BOOKS

Sex for One by Betty Dodson

Yes! A fun-loving, well-written guide to self-pleasuring from the Mother of Masturbation!

Dear Lover by David Deida Sure to trigger and inspire you in equal measure. This was the book that compelled me to completely shift my sexuality and relationships.

The Art of Sexual Ecstasy by Margo Anand A classic book on Tantric sexuality

The Multi-Orgasmic Woman By Mantak Chia (also the Multi-Orgasmic Couple) Very detailed, kinda dry at times, good info.

Passionate Marriage by David Schnarch I love this book. Works for all couples, not just married ones. Talks about how to self-sooth, creating a crucible in your relationship, how to push each other's edges, and why sex just keeps getting hotter as you get older.

Better than I Expected: Straight Talk about Sex after Sixty by Joan Price

Looks good!

The Courage to Heal by Laura Davis A thorough and supportive handbook for sexual healing.

WEB RESOURCES

<http://www.goodvibes.com> All sorts of toys, lube, videos, and articles

<http://www.sfsi.org> San Francisco Sex Information For any and all sex-related questions

<http://www.bluetruth.org> David Deida's website; lots of articles and audio.

<http://www.hai.org> The Human Awareness Institute offers powerful workshops on intimacy and sexuality at Harbin Hot Springs in Northern California.

<http://www.adultfriendfinder.com>

<http://www.craigslist.org> Two good places to find sex partners. Be ready to pick and choose, and to see lots of penises if you are looking for men! Not sure why they think that showing their penises will turn the girls on, but there are lots of very candid shots in adult friend finder, and candid talk in craigslist. Still, both are very good places to find a sex partner to play with. Be clear in what you want, and always meet in a public spot for the first time, and let someone know where you are. Before you have sex with anyone new, make sure you have a safe sex talk first. And always use condoms, sisters, when you are with a new male partner. No, it is not tacky to bring your own, it is simply being prepared! See extra article below for guidance on safe sex talks.

ELEMENTS OF A GOOD SAFE SEX TALK

A good safe sex talk includes all of the following:

- Sexual history/current situation. Each partner shares what their sexual life is currently like and what has been happening the last couple of years. How many partners, types of safer sex practiced, how many unprotected partners, did other partners have HIV tests and/or STD tests.
- Current HIV and other STD status. Each partners shares when (or whether) their last HIV and/or STD test was. (I recommend getting both tests done annually if you are sexually active with more than one partner)
- Based on the above and each person's preferences each partner shares what boundaries they have around particular types of sexual activities. Examples:
 - If I give you oral sex I will want you to be wearing a condom.
 - I'm fine with your fingers in me, but if you give me oral sex I'd like you to use a dental dam.
 - I'd like to not kiss and use a condom for intercourse.
 - My nipples are sensitive, please touch them gently.
 - I'm not interested in any anal play.
 - I'd love to try anal play, please use a latex glove or condom if you enter me there.

Safe sex talks are a great place to start practicing honesty and boundary setting. Be honest with yourself, and expect no less from your partner! Ask for what you need, and ask for what you want. The clearer you are the less regrets you will have later. This allows for more fun and less process as you continue on the path of exploring your sexuality.