

Want More Sex Labs?

When Ian and I began our 40/40 Experiment, I had no idea we would end up doing 80 scenes together. Some were incredibly hot! Some...well...were not. However, we did learn a lot along the way.

One big mistake that Ian and I made was trying to learn while in the midst of a scene. This created some distrust between us. (Like when Ian first started as a Dominant and he forgot the "no-go zones" for flogging and hit my spine. It was hard for my body to trust after that.) Don't do what we did. Instead, make sure that you set up clear learning times (I refer to them as a Sex Lab) versus scene times. Here is a chart to help you recognize the differences:

Sex Lab	Scene
Specific time for learning techniques	While you may learn about your sub, it is not a time for practicing techniques
No pressure for sex or orgasm	Kink may not always include sex, but during a scene there is usually high arousal and more focus on sexual pleasure
Time for testing out hypotheses	Not a time to test out new things or experiment
Freedom for sub to provide feedback, desires and complaints	Sub may not be permitted to speak or comment (unless given permission to do so) within the context of a scene
May be done with or without a partner	If you are playing with power scenes, they usually require a partner
May switch power dynamics. You both try the techniques	Power dynamics are clear and set for the duration of the scene

And now, your Sex Labs....

Learning The Ropes Lab

Hypothesis: If I spend 30-minutes or more learning new rope ties and playing with different types of rope, by the end of that time I will have enough feedback and skill to successfully perform particular ties during a session.

Duration: 30 minutes - 1 hour

Exploration Check List:

- What type of rope did your lover prefer? Hemp? Nylon? Silks?
- Which tie had them squirming in pleasure?
- Which tie brought you the most pleasure?
- Was there anything that turned your lover off?
- What tie do you feel most confident about delivering with passion?
- Which tie looks the sexiest?
- Which tie do you think would be best for sex? For sensation play?
For impact play?

Experiment:

Step One: Choose two to three rope ties from chapter seven. Use various types of rope. Set up an hour with your lover for practicing.

Step Two: Gather all the materials that you need. Determine the best position to successfully restrain your partner (standing, on your bed, on floor or a massage table). Now practice. Tie them up, un-tie them, use a different type of rope, and tie them up again.

Step Three: Keep practicing until you feel that you have the ties down without having to refer back to the instructions. Ask your lover if there is anything that can make this tie better for them.

Step Four: Untie your lover for the last time, put away the ropes and move on to follow-up.

Follow-Up: Take a moment to communicate with your lover about what you both learned. Go over the exploration checklist questions. Share the highlights of the lab. Doms, spice it up by eluding to how you might use this in a future scene.

Kinky Toy Lab

Hypothesis: Taking the time to learn how to use a few toys will give me more confidence and ideas for using them within scene work. This will also give me an idea as to which toys will turn my partner on the most.

Duration: 1-2 hours

Exploration Check List:

- What parts of your lover's body starts writhing in pleasure when you use a vibrator, massage wand, or fur mitt on it?
- What toys/techniques are the biggest teases?
- What types of sensation or impact provide blissful rewards?
- Do you prefer symbolic products that look like the real thing?
- What type of vibration does your lover enjoy - deep pulsing or quick buzzes?
- Is a G-spot wand, clitoral stimulator, Kegel balls or anal toy, the thing that makes your lover weak in the knees?
- What results ensue when you mix those furry handcuffs with some light flogging and a vibrator?
- What is the most pleasing toy for you as the giver?
- What happens if you use a blindfold in combination with a pleasure-enhancing toy?

Experiment:

Step One: Gather together 5-10 different toys you would like to play with during this session. This might be sensory items such as a flogger or furry paddle; or a new restraint, vibrator or other accoutrement.

Step Two: Read the instructions and guidelines for using any of these kinky toys. If they need batteries, make sure that you put the batteries in them ahead of time. (Unlike Miss Jaiya who once spent 45 minutes looking for batteries for her oral sex toy.)

Step Three: Proceed to play with your toys, asking in the moment for feedback from your partner. Try toys all over their body, not just on genitals. I suggest using a simple script saying, "Here's Option A, and here's Option B," and have them choose which one is most pleasurable. You can also do this with toys, "Here's Toy A, and here's Toy B. Which one do you prefer most?" "Here's speed A, here's speed B. A or B?" Play with each toy for at least 5-10 minutes.

Step Four: Continue playing and learning to your liking, and then move to follow-up.

Follow-Up: During the lab, make a note of what was most gratifying for your partner. You may use this as a pleasurable reward later. If you discover something that teases them or that they dislike, remember this, as it could be used as a devilish punishment during a scene. Check in to see if there is anything else you would like to explore or learn and make a note of these things for your next Kinky Toy Lab. When the lab is complete, tease your partner with something like, “Now that I know how much you love this vibrator, I’m going to lock it up until I decide you’ve been good enough for the pleasure it provides!”

As with any of these labs, be sure to discuss your edges, consent, and safety before setting something of this sort up in your sexual repertoire. What makes a great lover is the same thing that makes a great scene - awareness!

Go BLUE! Go RED!

Hypothesis: During this Lab we will allow, and play with, the Blue and Red Energy from the Sexy Spiral.

Duration: 30 minutes -1 hour (Or, you can start this on an outing and continue through the evening)

Exploration Check List:

- Allow Red Energy a playground to take control and break the rule, but at the same time give a sense of safety and safewords that are effective.
- What happens when the dark sex energy of Red and Blue are allowed pure expression, along with the ability to take what they desire?
- How do your EEPs respond to Red or Blue? Can she/he surrender fully? Can she trust? Does she/he want to go Red or Blue right back?
- What are the rules (Blue) that really work?
- What Red activities really turn both of you on?

Experiment:

Step One: Create your safewords for the session. Discuss a list of Want-Tos/Willing-Tos that you would both like to explore in the safety of Blue and Red. Here are a few from our session (Nipple Play, Nibbles, Scratching, Erotic Wrestling, Demand of Public Affection, Vibrator in Panties, Spanking, Hard Kissing, Energy Anal Play, Restraints, Handcuffs, Pinning Her Down, etc). Receivers, you may want to prep your arousal, just in case he wants you hot and ready. Givers, you could make that a rule for her to follow. Her arousal level becomes her responsibility, not yours, taking performance off the table.

Step Two: When you begin, you begin. Make sure that you have a clear beginning to the session. Maybe even mark it with a ritual or by calling each other by your EEP names. Giver, make sure she/he is clear on the rules of the game. Maybe give her/him one or two right from the start. Ask her/him if she/he is clear after each rule you give her/him.

Step Three: Play with letting the Blue and Red energy play fully. Take her. Devour him. Play within your container and let it fly. Receivers, use the safe word if you need to; and if the safe word is used, stop immediately. There is no shame if the word is called or if you need to use it.

Step Four: Wrap the Sex Lab up by thanking each other. Appreciation at the end of a learning lab is a wonderful way to feel connected and to create fond memories associated with the impact play. Givers, make sure that you reinforce how much you love and respect your lover after this session and that you mark a clear ending.

Follow Up: Go over your Exploration Check List. Take time to discuss what worked, what didn't work, and why. What would you like more of (both giver and receiver)? Share your favorite learning moments with one another.

Soft Cock Lab

Hypothesis: During this Lab, we will discover the joys and pleasures of a soft penis and work with letting go of performance.

Duration: 30 minutes

Exploration Check List:

- Determine what happens when he is not supposed to get hard
- Explore how fun it can be to play with a soft penis
- Communicate about what it feels like when a soft penis is touched, massaged, kissed or sucked
- What do you love about a soft penis?
- Was it hard not to get erect when being stimulated?
- What thoughts went through both the givers and the receiver's head during the session?
- What was it like to hear each other on auto speaker?

Experiment:

Step One: He will lie down naked on the bed with the instruction that for 30 minutes he will be stimulated and his only goal is to NOT get an erection. Both of you will take turns speaking what is present for you as the session goes on. Whenever a performance anxiety type thought comes up, instead of holding it in, speak it out loud. Whenever your penis feels really good, speak it out loud. Giver, when you are enjoying his penis, speak it out loud. When you feel sexy and wanted, speak it out loud.

Step Two: Start by gazing at his penis and then describing what you see. Do not use words that have judgment, simply describe. "I see your shaft and it looks slightly pink." After you gaze, lightly touch his penis. Then put his soft penis in your mouth. Make sure you are lying comfortably, as you will be holding it there for 5 or more minutes, just holding his soft cock in your mouth. Notice what happens and what is spoken. The giver, of course, will not speak during this time.

Step Three: After holding him in your mouth, move into giving him a soft penis massage. Use coconut oil or another favorite massage oil to stroke and glide. You can challenge him with some Explicit Talk, or even playing some erotica that he likes to watch. Make it a fun challenge and remind him playfully that he isn't allowed to get hard. Keep bringing him back to letting out those performance anxiety thoughts and speaking them so that they are no longer stuck inside of him.

Step Four: Wrap up the Sex Lab. Make sure that you thank each other for honesty and radical, sexual self-expression.

Follow Up: Go over your Exploration Check List. Take time to discuss what worked, what didn't, and why. What would you like more of (both giver and receiver)? Share your favorite learning moments with one another.

Genital Massage Lab

Duration: 30-45 Minutes (W/O E-Zones Massage)

90-120 Minutes (W/ E-Zones Massage)

Hypothesis: Practicing genital massage on him without the need for an erection will be a powerful learning experience and may help with performance anxiety.

Things To Explore:

- How does just receiving touch and attention to his genitals feel?
- What types of techniques/touch does he enjoy the most?
- What happens when you take the need for erection off the table?
- Can a soft penis feel pleasure?
- Were there moments when being soft felt really good?
- How do things change as the level of erection changes?
- How enjoyable is it to just be in learning new skills and connecting through touch?
- What were your favorite moments during the massage?
- Come up with your own exploration questions.

Experiment:

What you need:

- Coconut Oil (or other favorite oil)
- Massage Surface: bed or massage mat/table
- Computer or TV that plays DVDs
- Red Hot Touch: Genital Massage for Men DVD
- Optional - Red Hot Touch: Erogenous Zones and Orgasmic Massage

Practice:

Set up: First thing is to realize that for this massage it is actually really good not to be hard for the majority of the techniques. Approximately 2/3rds erect is okay, but allow the arousal to ebb and flow as the massage is given. You will need to be able to watch the DVD and follow along with it. If you would like to explore the whole body, start with the Red Hot Touch:

E-Zones Massage. If you feel comfortable going straight to the genitals, you can go right to the RHT: Male Genital Massage video. Watch and follow along with the instruction. If you like making love, be sure that you are clear that the lab has ended and lovemaking is beginning.

Check In:

Share what really worked for you about this massage lab. What did you enjoy? What were some moments that you remember? What would you like to try more of in the future? What other possibilities would you like to explore?

Genital Massage 2: Do the same experiment using RHT: Genital Massage for Women

Other Ideas for Labs

It would be great if you could each write out a lab that you would like to try. Here are some ideas:

- Kissing Lab
- Receiving Lab
- Oral Sex Lab
- Blow Job Lab
- Cunnilingus Lab
- Self-Pleasure Witnessing Lab
- Sex Transmutation Lab
- Sex Without Cock Penetration Lab
- Sensual Feasting Lab
- Explicit Talk Lab
- Erotica Lab
- G-Spot Lab
- Prostate Massage Lab
- External Anal Massage Lab
- Taboo Sex Lab
- The Possibilities are Endless!