

# DATE #6

---

## THE SENSATION MATRIX

The next few dates are going to focus on unlocking the power of sensation play.

Sensation play is all about focusing on all of the different physical experiences you can create during kinky sex. Most sensation comes from the sense of touch, but all of the other senses can be deliberately teased, enticed and manipulated for arousal.

Many people think kinky sex has to be about pain and power. We'll explore power games later on in the course. But for now we are going to explore sensation games. You'll discover how to create extraordinary erotic experiences that explore the wide range of pleasurable sensations available to you.

Kinky games can play with sensation in many ways.

You can Intensify Sensation, going bigger and bolder than you would in your regular sex life. This can include edging up to the exquisite boundary between pleasure and pain, testing your limits and transcending every day states of awareness.

You can create more intense sensations with your hands alone, or use an endless variety of toys and tools to help you create sensations. You can also play with sensory deprivation, cutting off one or more of the senses to intensify the others. We'll explore all of this and more in the next few dates.

Most great sex includes lots of physical sensation. Your lover's touch, the scent of their skin, the visual feast of seeing one another's naked flesh, the auditory delights of hearing one another moan in pleasure. Sensations come from all of your senses, and are then interpreted in your brain. The experience of "pleasure" is subjective and highly dependent on the context. If your lover slaps your face during an argument, it is abusive. If you are highly aroused and are begging for it, being slapped can feel electrifying.

It is also important to know that arousal changes your pain threshold. We will explore this more in one of the upcoming dates when we explore the thin line between erotic pain and pleasure. For now, just remember that every sensation you deliver will be experienced through the lens of that particular moment. Arousal level, emotional mood, temperature of the room and personal history all changes how each sensation is felt.

Precisely because pleasure is such a subjective and fluid experience, the act of creating maximum pleasurable sensations is an art. You must learn how to pay attention to your lover's verbal and non-verbal communication to be able to determine how your sensations are being received in that moment. You've already begun developing this skill in previous dates. In the coming dates, you'll master the skills of both delivering and receiving intense sensations.

Now, we are going to explore sensation play in order to amp up the kink factor and get familiar with the wide range of sensations that are possible.

}

## Welcome To The Sensation Matrix

The human body is exquisitely designed to experience a wide range of sensations. From smooth to scratchy, hot to cold, sharp to thuddy - the body can register different kinds of sensation delivered to the skin. Then, there is the whole range of pressure and speed to play with - each sensation can be delivered in so many ways!

To embrace the whole wide world of sensations, we've come up with what we call The Sensation Matrix. It is a tool to help you understand that there is a whole range of sensation to explore, and to invite you beyond the binary "I like it" or "No way!" What if you can get really specific and articulate exactly what kind of sensation is turning you on in each moment? With this skill, pleasure becomes limitless!

First let's explore the kinds of sensation you already enjoy. Setting aside the sensual pleasures of sight, sound and scents, we will focus on tactile sensations.

Think broadly about what kind of sensations you enjoy. For example, you might enjoy "hot temperatures" in the form of hot baths, sunny days, warm hands on your skin, the sensation of your lover's warm breath. Do you enjoy heat more than cold? Cold temperature lovers might enjoy diving into cold lakes, gulping ice water, chilly fingers running down your neck or a well placed ice cube.

We are going to go through a list of mostly non-kinky sensations so you can get a sense of what you and your partner already enjoy. For each sensation we are going to ask three questions. Where, How and When. Where on your body do you like each sensation? How do you like this sensation delivered - hard or soft, rough or tender? When do you like this sensation - at the beginning of foreplay or after you are already aroused? Anytime or under specific circumstances, like after a shower? Use these questions as a launching point to think about the specific qualities that make each sensation the most arousing to you.

Let your gut feeling guide you as you think about which sensations you most enjoy. This

WILL be shared with your partner and will become a tool for future play, so be honest!

{6:00}

EROTIC ACTIVITY

WHERE? HOW? WHEN?

Full Body Kissing

Full Body Licking

Full Body Nibbling

Kissing On The Lips

Featherlight touch

Gliding Massage

Deep Pressure Touch

Vibration

EROTIC ACTIVITY

WHERE? HOW? WHEN?

Skin To Skin Contact

Hot Temperature

Cold Temperature

Scratching

Tickling

Pinching

Slapping

Spanking

Do any other favorite sensations come to mind? Write them down!

}

We're now going to watch a video that features short clips of different kinds of sensation play.

As you watch, fill in the worksheet provided with this date night. Make note of how interested you are in trying each sensation. Be uninhibited. We'll ask you to share your findings with your partner, but don't worry. You are not agreeing to do anything right away, you are simply noticing how enticing each sensation seems to you at the moment.

You probably already have some of the toys and tools we demonstrate with here. Others you can gather from local stores, and a few can be found at specialty sex and BDSM stores. For easy links to all the toys seen here, refer to the shopping guide provided with this course.

As you watch, remember that sensations often feel very different than how they look. Take flogging for example. Flogging can look brutal and painful, but the actual sensation of heavy leather tails raining down on your skin can be very relaxing and not at all painful. It can even sometimes feel like a deep tissue massage! So notice how you respond to each group of sensations, but try to keep an open mind and be willing to try things before eliminating them from your erotic repertoire.

Go to your course library and find the Sensations Video now.

Turn the page to find worksheets that you'll fill out as you go.

## 50 New Sensations To Try

For each sensation you see, make a mark indicating your initial interest in receiving that sensation.

#	Sensation	No Thanks -----Maybe--- Yes Please
1	Feathers	
2	Fur	
3	Ice	
4	Tassels	
5	Satin Ribbon	
6	Comb Scratching	
7	Comb Poking	
8	Corn Holders	
9	Clothespins	
10	Metal Banjo Picks	
11	Knitting Needles	
12	Wartenberg Wheel	
13	Rose Dragging	
14	Skewers Scratching	
15	Nails Scratching	
16	Aloe	
17	Skewers Poking	
18	Forks	

19	Tassels Flogging	
20	Rosemary	
21	Dry Brushes	
22	Wet Brushes	
23	Floggers	
24	Body Weight	
25	Biting	
26	Hot and Cold Knives	
27	Loofah	
28	Hot Stones	
29	Spanking	
30	Wooden Spoons	
31	Hairbrush Spanking	
32	Hairbrush Scratching	
33	Spatula	
34	Drumsticks	
35	Medical Wrap Compression	
36	Saran Wrap Compression	
37	Sandpaper	
38	Balls	
39	Vibrators	
40	Warm Candle Wax	

41	Hot Candle Wax	
42	Suction Cups	
43	Vibrating Hands	
44	Ping Pong Paddle	
45	Leather Paddles	
46	Leather Slapper	
47	Open Fist Pummeling	
48	Face Slapping	
49	Canes	
50	Rose Flogging	

Now look back at your sensation worksheets. Swap with your lover so you can read over what the other reported about their likes, dislikes and cravings.

If anything sparks a question, talk about it. Are there any surprises?

Anything you didn't know your lover was really into? Does anything jump out as something you are eager to try?

Hold on to this worksheet, as you will be referring to it for future date night explorations. You may also want to update it or complete a new version once you explore more sensation games together. You never know what you might enjoy!

For the next date, pick three kinds of sensation you want to explore and intensify, then consult the shopping guide for the course if you need tools and toys to explore with!