


# Intimacy Educator Training

A close-up photograph of a hand reaching down towards a body of water. The hand is positioned in the upper right quadrant, with fingers slightly curled. A single drop of water is falling from the index finger, creating a series of concentric ripples on the water's surface. The background is a soft, hazy sunset or sunrise, with warm orange and yellow light blending into a pale blue sky. The water's surface is calm, reflecting the light from the sky.

## Course Outline

A blue-tinted photograph featuring a large, multi-petaled flower on the left side. On the right side, a hand is visible, holding a small object, possibly a camera or a small plant. The overall image has a soft, ethereal quality with a monochromatic blue color scheme.

Caffyn Jesse

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# Erotic Massage for Healing and Pleasure

*by Caffyn Jesse*

I am interested in touching souls, and being touched in ways that welcome other souls. I know that souls can be lost, and also loved into what is deeply true. I celebrate the erotic, and I know – from the inside – about the trauma, shame, violences and silences we are trained to endure in the erotic realm. When we touch someone, we touch their whole history, their deepest wounds, their secret identity, their healing powers, and their most profound capacities for joy. I want to touch and be touched in ways that honour this.

Erotic labour is not always intimate, but I identify my job and vocation as Sacred Intimacy. This is a name Joseph Kramer came up with in the 1980's, at the height of the AIDS pandemic, as he began guiding gay men to welcome the erotic in sacred, life-affirming, grief-honouring ways that included erotic massage rituals. Joseph's teachings are foundational to my own. My job and vocation involves connecting with the sacred in the world around me and inside me. I want to meet, know and love the sacred in other humans, and the more-than-human world. There are simple practices and understandings that help us create an "erotic temple" – a space and time where sacred eros can unfurl its magic. Souls feel safe enough to show up in bodies, to touch and be touched. We can co-create a journey of retrieving lost parts of our souls from their hiddenness and brokenness, in safe-enough relationships so we have capacity for bravely touching souls, and letting our soul be touched in return.

These are simple practices, simple sequences that can generate so much magic. Sacred Intimacy is not rocket science, though it is neuroscience. We need to understand the neural learning zone, address the traumatic shaping we experience around the erotic, and create space and welcome for empowered choice and voice. We need to understand about attachment wounds, navigate power dynamics, and eschew relationship paradigms that inhibit loving connection. The lens of neurobiology helps us do this work in ways that are trauma-aware, ethical and deeply grounded. There is also a domain-specific knowledge we need, of sensual massage, genital anatomy, genital massage strokes, genital dearmouring, and the integration of science, sex and spirit.

I have translated the Intimacy Educator training I developed and have taught for many years into this online program – so anyone who wants to try erotic massage for healing and pleasure will feel resourced to experiment, and integrate my medicine into their practice. As I stumbled into this work twenty years ago, following my calling, I made many mistakes. I didn't have these foundational knowledges to guide me. The Intimacy Educator program contains all the knowledge and understanding I wish I'd had, when I began practicing as a Sacred Intimate, and the resources I created during my years of teaching. This is the ever-evolving sum of what I've learned – through my joyous erotic friendships and personal intimacies, and in my lucky life as a practitioner and teacher of this work.

## Four Different Ways to Engage

This online course is designed to guide and resource you in a journey through an “Intimacy Educator” program. You will learn about the processes, science and philosophy of sacred intimacy, and have many resources to guide your embodied practice. You can engage with these materials in four different ways.

1. You can go through these materials in a self-directed solo practice.
2. You can do this program as client working with a professional Intimacy Educator.
3. You can do this program with a friend.
4. You can do this program working as a professional Intimacy Educator, working with clients. If you are already working as an erotic service provider, sex educator, coach or therapist, you’ll find a wealth of resources to support your professional development.

*You may wish to go through the program several times, taking different roles, first as solo study, then working with a practitioner, then exploring with a friend, and finally, integrating these concepts into a professional practice as a sacred intimate. As you read through the materials, watch the videos, and do body-based exercises alone and with others, you will gain an embodied understanding the concepts, practices and sequences. I hope this program offers many access points to the magic that unfolds when we are touching souls.*

The four different ways to engage with these learning materials are indicated by four different icons throughout the learning materials.

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**Self Study - Self-Guided:** You can go through this program alone, with my support. You will gradually become familiar with these ideas and body-based practices. You will learn about a new paradigm for understanding intimacy, and experiencing sexual arousal alone and with others, outside of norms, expectations, entitlements and appeasements. You can learn to offer yourself sensual massage and soulful erotic touch. Just by imagining what it would be like to share the embodied exercises with others, you will forge new neural pathways and create new possibilities for your life.



**Client Working with a Practitioner:** If you want to work with an Intimacy Educator, Sexological Bodywork practitioner or a Somatic Sex Educator you can use these materials to understand more about the Intimacy Education journey, and begin it. You will have a vocabulary to communicate with your practitioner, and better understand what practices can be offered, and what you would like to experience. You will feel empowered to guide your practitioner to offer an “Intimacy Education” program that is right for you. (You are welcome to share these resources with your practitioner.)



***With a Friend/Practice Partner:*** You can co-create a container for deep intimacy, and support each other at the soul level, without needing to navigate all of the necessary, selective judgments about who is right and wrong for us that usually limit what we call love. Special considerations for work with friends will guide you in creating a container with clear understandings and goals.



***Working as a Practitioner:*** These resources will support you in professional practice as an Intimacy Educator. Sophia Faria and I both offer reflections and learnings from our professional practices. A treasure trove of printable posters, anatomy drawings, forms, diagrams, and other resources are included. You will be able to access mentoring for your practice.

## Course Outline

This program can become a way of life we share. There are materials and practices to support us in co-creating lives of ongoing learning and loving.

You can go at your own pace through the materials, and connect one-one with me by email after you explore each Module.

You have the option of connecting for peer support with another student of the program (I will match people who request peer support, as available).

I hold “Office Hours” on zoom. Come by for a few minutes an hour – this is time to say hello, ask questions, share experiences, or listen while others share.

Your access to the program will not expire. You can stay, and help to co-create a community engaged in ongoing learning.

### ***Module 1: Introduction and Intake***

In this section you will find an introduction to the course, and some of the key concepts for living a new paradigm of eros and intimacy. We discuss the intake process, and supply an intake form you can adapt. I offer teachings on the *Outlaw Journey* of Intimacy Education, and on developing *Enriched Intentions* for the process. Navigating power dynamics is an important part of creating an erotic temenos (temple

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space).

## ***Module 2: Empowering Choice and Voice***

We all get way too much experience enduring unwanted touch. We need practice and support to really tune into our desires and voice them. A series of somatic exercises builds embodied experiences of empowerment and attunement. We learn to go way beyond “consent”. We co-create a relational matrix to heal relational wounding. We come to know ourselves, and understand how we can offer focused loving presence to another. There are discussion and demonstration videos of the body-based exercises, plus an e-book with downloadable posters on the *Neural Learning Zone* and Vagal Fitness. Betty Martin’s *Wheel of Consent* is introduced, with videos of practices.

## ***Module 3: Sensual Massage***

Do we want to proceed in creating a sensual massage ritual, either as a one-way offering, or an exchange? This module’s lessons are focused on the things we need to know, practice and discover, to feel resourced for this inquiry. It can be very overwhelming to integrate sensual touch too quickly. Neuroscience supports us in understanding when to slow down and change course. We also learn why it’s hard to choose pleasure, and what can shift and change as we begin to choose more and more physical and relational pleasures, while staying in our neural learning zone. Massage can be offered in ways that please our souls and coax them home into our bodies. We heal and resource our nervous systems with pleasurable, wanted touch. Exercises for building a vocabulary of touch are offered, along with a basic sensual massage routine. There are additional exercises for cultivating sensual and erotic energy with breath.

## ***Module Four: Genitals...!?***

Do we want to integrate genitals into what we share, and what we touch? This module's lessons are all about genitals. We discuss social and relational complexities that emerge when genitals are integrated into a massage exchange and professional offering. Little-known truths of sexual anatomy help us better understand our own genitals, and better integrate genital pleasures into soulful touch.

Genitals are as different as faces. They host complex networks of erectile tissue, and neural plexes where separate branches of the nervous system converge. In this module, you will learn about these anatomical complexities, so you can better understand and communicate about genital structures and arousal responses. You will be guided to explore and welcome all the ways that genitals exist (including gender-nonconforming and non-biological genitals). You can enjoy and own a treasure-trove of anatomy drawings, and downloadable posters of genital and anal massage strokes. Suggested “best practices” for introducing genitals and integrating genital touch into professional bodywork practices are offered. Discussion and demonstration videos are included.

## ***Module Five: Erotic Ritual***

In my work and play as a sacred intimate, I have witnessed and participated in many thousands of erotic rituals. Each one is unique. We can co-create sacred space and time, where our souls are invited back into our bodies. These rituals feel like watershed experiences that help us reclaim lost parts of ourselves, and become more whole. What parts of our souls feel lost and fragmented? How might these lost parts of us want to

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be welcomed home?

This module includes information on ritual technology, and guidance for amplifying a sense of sacred ritual through our sessions. Science and sacred traditions turn out to be very compatible. Ecstatic, transcendent erotic experience – the visceral experience of the divine in our blood and bones and skin – emerges through aspects of the nervous system I describe as the “Inner Pharmacy.” Neurotransmitters, neuromodulators, and hormones act as chemical messengers that convey information between and among brain cells and body tissues, organs and functions. These chemical messengers are cultivated through the practices we learn and teach here. In small steps, in a careful, trauma-informed practice, we can learn to use the technologies of our own bodies to access spirit, love, intimacy and ecstasy. We can make love with Earth, and feel ourselves cherished by the biosphere. We can tune into the fascial layers of the body, touch into scar tissue, and offer genital de-armouring.

### ***Module Six: Harvest and Reflections***

In this section you will find resources for harvesting, celebrating and savouring what you have experienced and learned. You’ll earn a certificate for completing the program. There are many options for continuing your journey on the path of sacred intimacy.



## Caffyn Jesse

Caffyn is a leading teacher in the field of sacred intimacy and somatic sexual wellness. They have authored many books on the subject, including *Intimacy Educator: Teaching with Touch* and *Science for Sexual Happiness*. Caffyn's early-life inspiration was drawn from Audre Lorde and James Baldwin, whose writings modelled and encouraged trust in the power of the erotic, the magic of queerness, and the longing to touch and be touched at the soul level. The structure and content of the Sacred Intimacy work and erotic massage rituals are based on teachings from Joseph Kramer, Barbara Carellas, Annie Sprinkle and Betty Martin. For many years Caffyn taught and evolved curriculum with Corinne Diachuk and Dr. Liam captain Snowdon; together they founded the Institute for the Study of Somatic Sex Education. Mehdi Darvish Yaha was an early student of Intimacy Education who returned to assist and co-create. Katie Spataro, Christiane Pelmas, and Kai Cheng Thom have contributed mightily to Caffyn's understandings of sacred intimacy. Many other colleagues and students have been important influences. Teaching Intimacy Education with Dee Larsen in Ireland has been especially joyful. Caffyn is still learning and evolving this program.