


Intimacy Educator Training

A close-up photograph of a hand with red-painted nails hovering just above a body of water. The hand is positioned as if about to drop something, with several small droplets visible on the fingers. The water surface is calm, reflecting the hand and the warm, golden light of a sunset or sunrise. Concentric ripples are visible on the water's surface, suggesting a recent drop. The background is a soft, hazy sky with warm tones.

Course Outline

A blue-tinted photograph featuring a large, detailed flower on the left side. On the right side, a hand is visible holding a camera, with the lens pointed towards the viewer. The overall image has a soft, artistic feel 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 - from the inside – I know about 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. It is my experience that there are simple practices and understandings that help us create an "erotic temple" – a space and time where the sacred 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 is one I've taught for the last ten years, both to individuals and in small groups. I am now retiring from teaching, and will only be offering my work through this online program. It contains all the knowledge and understanding I wish I'd had, when I began practicing as a Sacred Intimate, and all the resources I have created for my teaching. It 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 through a 5-day, 15-hour "Intimacy Educator" program (or 5-day, 20-hour program if creating interactive touch sessions with a practitioner or a friend). In-person time is meant to be supplemented by reading, video viewing and reflections. You will learn about the processes, science and philosophy of Intimacy Education, and have video 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 Somatic Sex Educator. Doing the program in this way can be used as a pre-approved elective, for credit with the Institute for the Study of Somatic Sex Education.
3. You can do this program with a friend.
4. You can do this program as a professional Intimacy Educator. If you are already working in the realm of Intimacy Education, or as an erotic service provider, you will find a wealth of resources here 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 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.

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



Self Study - Self-Guided: You can go through this program alone, gradually becoming familiar with the ideas, and getting connected with the community of practice. You will learn about a new paradigm for understanding intimacy and experiencing erotic touch with others, outside of norms, expectations, entitlements and appeasements. 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. There are also many learning activities that can be done alone.



Client Working with a Practitioner: If you want to work with a Sexological Bodywork practitioner or a Somatic Sex Educator, you can use the materials to understand more about the Intimacy Education journey, and begin it. You will gain a vocabulary and an understanding of practices that can be offered. You can be empowered to guide a practitioner to offer an “Intimacy Education” program that is right for you.



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 a professional practice as an Intimacy Educator. Sophia Faria and I both offer reflections and learnings from our practices. A treasure trove of printable, downloadable posters, anatomy drawings, forms, diagrams, and other resources are included.

Course Outline

Module 1: Introduction and Intake

In this section you will find an introduction to the course and some of the key concept 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 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 lifelong relational wounding. We come to better know ourselves, and 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. The “Relational Matrix” for erotic healing and well-being is introduced, with rituals that support us in co-creating it.

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. 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 feel, name 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, with downloadable posters, and videos about genitals I have created over the past ten years. Suggested “best practices” for

introducing genitals and integrating genital touch into professional bodywork practices are offered.

Module Five: Deep Eros

Ecosexuality is a paradigm for experiencing erotic connection with all life, and weaving human and more-than-human worlds. The relational matrix is our key to accessing expanded healing and well-being, shifting habitual attachment patterns, and accessing a lifeworld of passionate and compassionate love. With “deep eros” as our temple, we tune into the fascial layers of the body, and learn about scar tissue work and genital dearmouring. This module also includes information on ritual technology, and guidance for amplifying a sense of sacred ritual through our sessions.

Module Six: Science, Sex and Spirit

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 more love and intimacy. We can also sometimes share expanded, ecstatic states in the safe-enough, brave-enough rituals we co-create in the erotic temenos. Guidance, videos and downloadable posters on genital massage strokes for prolonged and creative genital stimulation are offered here. Practices to access transpersonal states and energy orgasms are included in

this module.

Module Seven: Harvest and Reflections

In this section you will find post-program considerations and resources for harvesting, celebrating and savouring what you have experienced and learned. You will be guided on how to handle the inevitable contractions that come after big expansions, and feel resourced with many options for your journey of expanded intimacy.



Caffyn Jesse

Caffyn developed the online version of *Intimacy Educator: Teaching with Touch* with the help of Sophia Faria, and support from colleagues and students at the Institute for the Study of Somatic Sex Education.

Caffyn's early-life inspiration was drawn from Audre Lorde and James Baldwin, whose writings guided 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 ritual is based on teachings from Joseph Kramer, Barbara Carellas, Annie Sprinkle and Betty Martin. Corinne Diachuk and Dr. Liam captain Snowdon are beloved colleagues at the Institute, who have contributed in many important ways to evolving this program. Mehdi Darvish Yaha was an early student of Intimacy Education who returned to assist and co-create. Katie Spataro, Christiane Pelmas, Kai Cheng Thom and Tada Hozumi have contributed mightily to Caffyn's understandings. 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.

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