



Cam Fraser: Removing the Stigma of Male Sex Toys



Cam is a certified professional Sex Coach, Sexologist, registered counsellor, and Tantric Yoga Teacher. Learn how to expand your orgasm from just a linear peak experience, to a range of pleasure and arousal within that orgasmic state by incorporating different types of male sex toys.

TOP EMBODIMENT TIP: Slow down, breathe, engage your whole body and touch, particularly when it comes to sexuality.

Goal: Dispel Old ideas and Myths

- Dispel the idea that male sexuality and, specifically, male body pleasure is simple and merely consists of getting an erection, masturbating a little bit, and then ejaculating.
- Eliminate the 'should- ing' and prescriptive language around our sexual expressions, masturbation and what sexual pleasure should look like. This trains you to experience sex and pleasure in a very limited way.
- Dispel deprecating humor around male self masturbation.
- Dispel myths that a man who self-pleasures is a loser who can't get a real partner. Get all the jokes and shame out of the way.

Why Have More Curiosity? It Makes You a Better Lover

- Curiosity makes you more confident and able to invite your partner into a variety of experiences and explore different kinds of pleasure.
- Masturbation is a practice for interaction with another person sexually.
- If sex is tense, stationary, and stagnant, there is no room to explore. The partner feels pressure, because pleasure is outsourced to them.
- We are one big dick. We can experience pleasure from head to toe. We should think about the whole body as being receptive to pleasure, not just focusing on our genitals.
- The more we understand our sexual selves, the better we interact with people in the world. There is less hidden in the shadows, suppressed, and kept in the dark.

Male Sex Toys: Options

- A synthetic vagina or fleshlight helps you to learn what is overstimulating for you and helps you prolong the sexual experience with another person.
- A wand device allows you to apply various vibrations to the frenulum and the perineum. This releases tension from the pelvic floor, which slows down the build up of bubbling erotic charge that could pop (ejaculation).
- The prostate massager is good for your reproductive health because it releases stagnant prostatic fluid. It helps with regularity and minimizes your chances of getting prostate cancer. It can also give multiple prostate orgasms.

Resources

- ◆ **Website:** cam-fraser.com



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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