

# **The Abundant Pleasure of Breasts**

**An Orgasmic Yoga Meditation by Susan Stark, CSB.  
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***Regardless of gender and the size or shape of your breasts and nipples, they are an erotic gateway to sensation and deep loving pleasure.***

Many people discount the wonder and beauty of their breasts and have lost deep connection not only with their magical life giving capacity but also as a source of wonderful pleasure and arousal.

Breasts are an erotic gateway that change continually with our cycles and seasons of life. With love, we can reclaimed our breasts as sources of much sexual and sensual pleasure. Breasts are an unlimited source of sensation and have awesome energy meridians running through them that can increase our eroticism and the quality of the life force within us. So let's wake up, connect and enjoy the wonderful magical world of breasts!

## ***Breast Pleasure:***

Begin adding your breasts into your Orgasmic Yoga practice by spending time with them everyday, caressing or massaging them. Notice the sensations and what arises for you as you touch or look at your breasts. Send love and gratitude to this precious part of your body.

*As part of your Orgasmic Yoga practice you might like to explore some or all of the following techniques:*

***Warm up the area*** – begin by caressing your chest area before actually touching your breasts. Glide your hands over your body and set your intention. Circle your hands over your sternum and pec muscles. Connect with your heart and genitals.

***Circles*** – placing two or three fingers flat on your nipples, gently circle your touch in one direction and then the other. You can massage one breast or nipple at a time or both. Play with what feels pleasurable for you. Remember to maintain your awareness and presence. Deepen the sensations with your breath, sound or movement. Start in the centre of your nipples and move out. And then back in again.

A variation on this stroke is to start at the outside of your breasts and with the flat tips of your fingers make small spirals and you gradually spiral to the centre of your breast.

***Four Directions*** – using the palm of your hands stroke across your breast in each of the four directions. North, South, East and West. Notice which direction feels the most pleasurable.

***Kneading*** – With the base of your palms, knead your breasts like you would bread dough. Explore pressure – what sort of pressure and pace do your breasts feel they need today. Notice if there are places within your breast that feel more sensitive than others.

***Flatten and stroke*** – Using both hands place one flattened hand on the top of your breast and other flattened hand on the underside. Gently stroke both hands together towards the

nipple. You might like to try this stroke on the sides of your breast also. Swap to the other breast.

**Cupping** – Cup your breasts in your hands and move the whole breast in a circle. Then try the other direction. Notice what sensations arise in your body as you move your way through the strokes. How are other parts of your body responding to this touch?

**Under stroke** – With one hand cup one breast and gently lift it so that you have access to the skin underneath your breast. Using your other hand stroke under the breast. Explore with different directions. Add some gentle scratching with nails and notice what sensations arise for you. Play with breath, pressure and moving the sensations through your body.

**Meridians** – you can explore and massage the kidney meridian that runs through your breasts by moving your hands from the top of your throat, down between your breasts and then underneath your breasts. Explore moving energy through this meridian with intention and awareness.

**Shaking** – cup each breast with your full hand and shake. Awaken your breasts with this movement. Maybe add sound and see where the rest of your body might like to move also.

**Inside out** – Move your hands, palms, nails, whatever feels good for you from the space in between your breasts outwards. Include your breast in this stroke and notice how the rest of your body responds. As you open your chest, feel your shoulders move back and down and feel the resonance of your beautiful heart opening to the world. Feel the deep

connection with your heart radiating your magnificence and vitality to the world around you.

***Squeezing the nipple*** – Nipples are the epicenter of the breast and stimulating them activates not only our endocrine system but also aids in lubrication of our genitals. Roll your nipples between your fingertips and notice where you feel this in your body. Slowly increase the pressure and begin to squeeze the nipple pulling it slightly forward. Span your fingers outward from the centre of the nipple massaging each of the directions. Notice where you feel the most sensation in your nipple and what is most stimulating for you.

Breathe the energy and sensation of your breasts and nipples through your body. Feed yourself deeply with the love and honouring you have generated. Enjoy the oxytocin you have produced and give thanks for the journey of your breasts. Trust them as the wonderful gateways of nurturance and pleasure that they are.

You might like to add some other textures to your breast exploration practice. Explore different fabrics or objects of warmth and coolness. Play with intensity of sensation paying attention to what feels connecting and pleasurable to you. You might like to explore things like nipple clamps, rope, or other items that intensify sensation. There are many possibilities. Give yourself permission to explore and enjoy.

### ***Nipple-gasms:***

Stimulation of our nipples registers in the brain as a similar sensation to the clitoris and genitals! When we wake up our

nipples and breasts we stimulate oxytocin and increase our blood flow to our genitals. Our breasts and nipples might be a starting place for arousal or can be used to further increase existing arousal.

The key to nipple-gasms is taking our time and maintaining focus. Just like working with our wonderful genitals, it is important to begin and pay attention from the outside in. Resist going straight for the nipple and allow yourself time to slowly and patiently work your way toward the nipple. Stimulate the periphery of your breasts moving very slowly. Maybe begin with very light touch, warming up the areas, teasing, opening to the possibilities to come.

Notice the sensations in other parts of your body as you spend time stimulating your breasts. How do your genitals feel? Your clitoris? Vagina? Penis? What is stirring within you; are you staying present, breathing in the pleasurable sensations of your breasts? You might like to deliberately play with anticipation...hold back until your nipples are begging for attention. How do your genitals feel when you wait? Notice... are your juices flowing and are you feeling wet and longing. Wait for as long as you feel able.....and then enjoy the abundant pleasure of your nipples. Don't make any major changes to your technique as your orgasm rises.

Like all wonderful erotic practices, relaxing and taking your time is fundamental to generating more depth of sensation and therefore more pleasure.

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