

☒ **MERRY JANE • THE CBD SOLUTION**



**How Cannabis, CBD, and Other Plant Allies
Can Change Your Everyday Life**

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sex

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Can Change Your Everyday Life**

WITH **ASHLEY MANTA, CANNASEXUAL**



CHRONICLE BOOKS
SAN FRANCISCO

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PREFACE

You deserve to be having amazing, empowered sex that makes you say “Hell yes!” Many people are having kind of boring, mediocre sex. They feel trapped by unrealistic expectations of perfection, and they don’t realize how common it is to feel that way. There is a lot of shame and fear around sex, which is why it feels complicated and fraught for so many of us. CBD (cannabidiol) and other components of cannabis can help relax those fears and preconceived notions so you can find the bliss that’s just waiting to shine through.

I am thirty-three years old and having the most satisfying and empowered sex of my life. That’s a statement I never thought I would be able to make. I mean it without a hint of sarcasm or snark and with absolutely no caveats. It’s revolutionary that I am able to enjoy sex in all the ways I do. The reason I’m writing this book is because CBD and cannabis helped make that statement possible.

All the things I experienced from childhood through early adulthood led me to have an extremely complicated and fraught relationship with my body and my pleasure. I believed that my value and worthiness as a human were tied to my ability to be sexually pleasing to my partner. I had pain with penetration for years and years, gritting my teeth for the first few minutes of every sexual encounter. I was disconnected from my body and often dissociated during partnered sex, typically as a response to the painful penetration. Doctors didn’t know what to tell me. The most helpful ones suggested extensive warm-ups and lots of lube; the least helpful ones suggested numbing sprays. None of the suggestions made an appreciable amount of difference.

I grew up in the ‘90s, a child of D.A.R.E. culture. I was taught that all drugs are bad and so are the people who use them. All I knew about cannabis (or marijuana, as it was referred to in school) was that it was as dangerous as heroin. CBD was never even on my radar until I moved to California. I was raised in a rural, conservative town in Pennsylvania, and there was quite a bit of racism mixed in with the antidrug messaging. I didn’t

learn until much later that the “war on drugs” was and is largely a war on black and brown people. My beliefs around cannabis were further warped by the fact that the person who assaulted me in my early teens was using cannabis at the time, so I associated cannabis with sexual violence for many years. Thankfully, in graduate school, while studying philosophy, I connected with an incredible group of peers and professors who were extremely cannabis friendly. Meeting people with PhDs who regularly consumed cannabis flew in the face of everything I thought to be true about this “illicit drug.”

I was taught that all drugs are bad and so are the people who use them. All I knew about cannabis (or marijuana, as it was referred to in school) was that it was as dangerous as heroin.



Simultaneously, as I was unlearning my cannabis biases, I was discovering the academic world of trauma. After sharing my survivor story at a Take Back the Night rally in 2005, I was blown away by the power that comes from reclaiming your narrative by telling your story. I became a sexual violence prevention educator, a rape crisis counselor, and later a victim advocate. Trauma became the lens through which I viewed the world. I was making progress along my emotional healing journey, but still struggling with the physical effects of my trauma, namely disconnection from my body and pain with penetration.

I experienced two more sexual traumas in my twenties, and my healing progress slowed to a halt, despite weekly talk therapy. I was formally diagnosed with post-traumatic stress disorder (PTSD), and I began researching alternative ways of healing—art therapy, music therapy, Eye Movement Desensitization and Reprocessing (EMDR), yoga, and body movement therapy. I was amazed to discover that in New Mexico, PTSD was a qualifying condition for a medical cannabis card. Still living in Pennsylvania at that point, I was breaking the law every time I bought or consumed cannabis, so I was enthralled with the idea of moving to a state where I could consume legally and hopefully find some kind of standardized protocol for

consumption. Around that same time, I also decided to shift my focus from trauma to the more pleasurable aspects of sexuality: toys, lube, dirty talk, orgasms. Even though I still wasn't having great sex, I knew I wanted to be, and focusing on my trauma didn't seem to be getting me any closer to that goal.

Southern California specifically seemed to be the epicenter of everything I wanted: progressive values, sexual freedom, and open-mindedness about cannabis. Once I arrived in LA, I obtained my medical card, and I was able to enter and purchase products through dispensaries. Even then, I had no idea what I was doing, and although some products did help with my anxiety and panic attacks, others made them significantly worse. Smoking didn't do much to help my painful penetration. CBD wasn't a big trend yet, so there weren't as many CBD-rich products on the market. In 2014, I found a company called Foria, whose claim to fame was making an infused sex oil especially for people with vulvas. I can still remember being shocked and delighted that a cannabis company made a product specifically to enhance pleasure and decrease discomfort. When I tried it, I was able to have penetrative sex without pain for the first time in more than a decade. I cried. Wait, sex can feel this good? That was a watershed moment for me and completely altered the trajectory of my life and my career.

By that point, I'd been a sexuality educator for 7 years. Although I had access to a large network of sexuality educators, therapists, and coaches, I didn't know anyone who was talking about cannabis for enhancing pleasure and intimacy, and I definitely didn't know anyone who was talking about cannabis as a healing tool for sexual trauma survivors. I decided to focus my sex education work on combining sex and cannabis from a body-positive, queer-inclusive, consent-focused perspective. Since the scientific study around cannabis at the time was—and still remains—quite limited, I had to do a lot of self-study and experimentation. I would try different cannabis strains or products, masturbate, and notice how my body felt. Some were fantastic: heightened sensory perception, stronger and more powerful orgasms, just wow! Some turned me into a Netflix-

bingeing automaton. I learned so much about the different ways that different methods of consumption impacted my pleasure. Edibles were different than smoking, which was different from vaping, which was different from topicals. I began to acquire a body of useful insight, ways of being thoughtful about choosing the right strain or product for the situation and my needs. I found an amazing partner to experiment with, and he was eager to assist me in my quest to have the best sex of my life. That inspired me to start writing about my experiences, and through that writing, I became known as one of the leading experts on sex and cannabis. I'm deeply grateful for what that relationship taught me about myself and what's possible in partnered pleasure.

Now here I am, writing a book that features the insights and research of some of the most knowledgeable experts in sexuality and in the cannabis industry.

A few assumptions that I'm making and a few that I'm not making:

- **I'm assuming you are not super well versed in CBD or cannabis.** That's why in [chapter 1](#), I'll introduce your endocannabinoid system, CBD, and some of the other notable components of the cannabis plant, as well as various methods of consumption and their correlated best practices. I'll also debunk some of the more irksome myths that can negatively impact your expectations and, by extension, your experience.
- **I'm assuming you received mostly abstinence- only and/or reproductive-focused sex education, or none at all.** Knowledge is power, so it's helpful to gain awareness of your genitals from a pleasure-focused perspective. In [chapter 2](#), we'll cover pleasure-based anatomy of the pelvic floor, vulva, penis, and anus, plus arousal and orgasm, and I'll do a brief intro to toys and lube.
- **I'm not assuming your sex, gender, or sexual orientation.** You'll notice that throughout the book I say things like "vulva owner" and "people with penises" and "partner"—that's intentional. As my dear friend (and porn legend) Nina Hartley likes to say, "Not all women have vulvas and not all vulva owners are women."
- **I'm not assuming you have a partner right now.** [Chapter 3](#) is all about masturbation. Cultivating a regular self-love practice is good for everyone, regardless of relationship status. Masturbation is also the best way to field-test new CBD and cannabis products. If you do have a partner, [chapter 4](#) is where you'll find lots of ideas for fanning the flames in your connection.

I encourage you to read this book with an open mind. Not everything contained within these pages will resonate with you, and that's OK. We're all unique sexual beings. We also react to

cannabinoids differently. For some folks, trying a few drops of tincture one time could make a world of difference, while for others, consistent daily use of CBD (such as a vitamin supplement) is better for overall sexual health and wellness. You get to be the one who decides how cannabis is best integrated into your life. Some will want to pursue an active THC (tetrahydrocannabinol) high, and for experienced users, there's nothing wrong with that approach. For folks who are only just beginning their journey into the sexy uses of cannabinoids, I encourage a more conservative approach. Try a little bit of cannabis and wait. See how you feel. Notice how your body reacts. Remember that at any particular time when you're consuming a cannabis-based product, you can always add more, but you can't really subtract. CBD is a great entry point because many CBD products will not cause you to get high. When combined with THC, CBD is noticeably more effective, but that heightened effectiveness can be accompanied by a hazy feeling in the head and body.

No matter your desired outcome—a clear mind, a feeling of having your head gently cradled in a cloud of relaxation, or a deep euphoria that allows you to access new planes of consciousness—this book is here to help you have the best sex of your life.

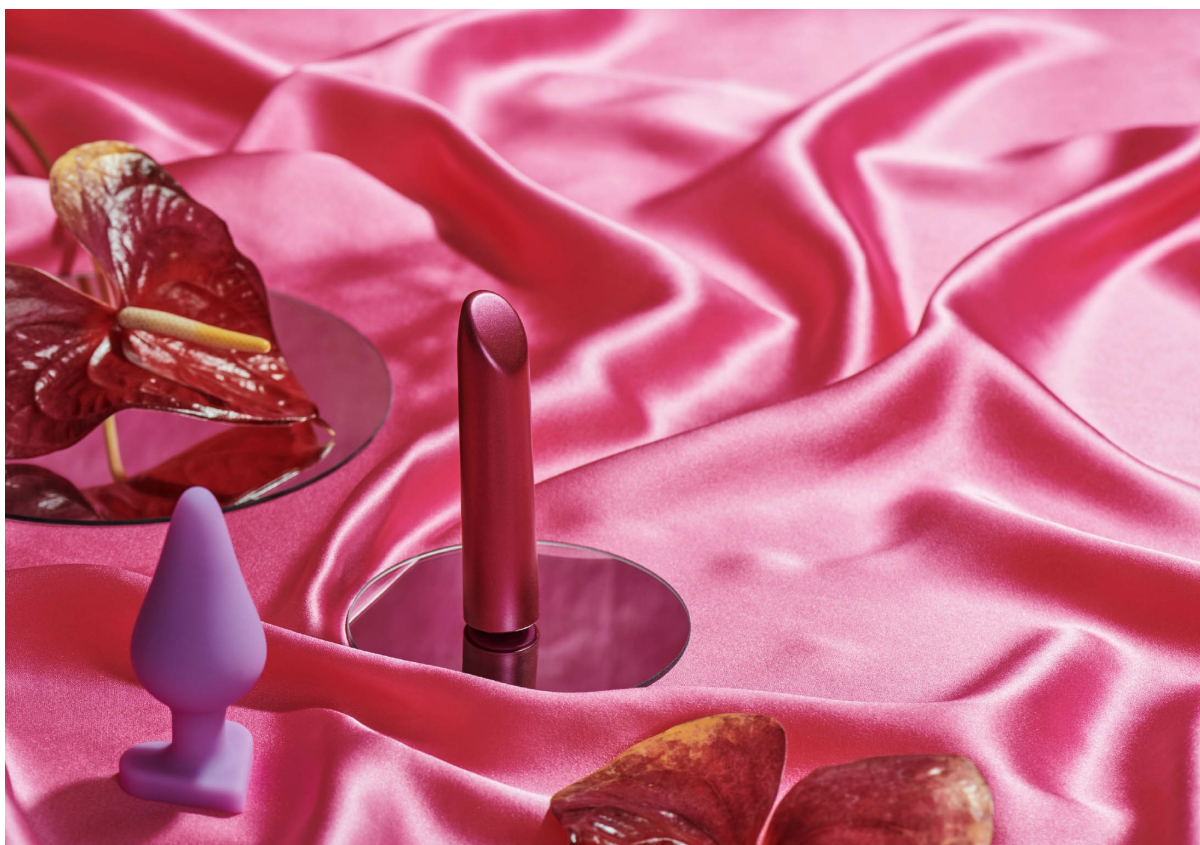
—ASHLEY MANTA



I encourage you to read this book with an open mind. Not everything contained within these pages will resonate with you, and that's OK.



1. **ASSEMBLING YOUR SEX & CBD TOOL KIT**



Before we get down to the bump and bump, or bump and grind, or grind and grind, it's important to understand exactly how cannabis affects our bodies at the most basic level.

A lot of people are totally unaware that of our many regulatory systems, we have one that specifically interacts with compounds in cannabis. It's called the *endocannabinoid system*, and it plays an important role in our mental health, immunology, digestion, reproduction, and several other key cellular-level functions. When you smoke, eat, otherwise ingest, or apply cannabis, you're activating an entire "entourage" of effects in your body because your body is already set up to interact with the plant in very complex ways.

The endocannabinoid system (ECS) is made up of four primary elements: **AEA, or anandamide, and 2-AG, or 2-arachidonoylglycerol:** These two endogenous chemicals hook up and get busy with the other half of the endocannabinoid system, the two receptors tagged CB_1 and CB_2 .

CB₁ receptors: These are mainly found in our brains. CB₁ most closely interacts with AEA, which, get this, is very, very similar chemically to the compound in cannabis we call delta-9-THC. CB₁ meets delta-9-THC, and there you have it, you're high. And CB₁ doesn't work the same way with any other compound in cannabis. The magic of chemistry is why CBD and other phytocannabinoids don't make you "high." Our bodies simply aren't wired that way.

CB₂ receptors: These are present throughout the body in the systems that most directly affect our immune, digestive, inflammatory, and reproductive functions. They're not exclusive like that, but CB₂ receptors most often and closely interact with 2-AG, which is very similar to the compound in cannabis we're familiar with as CBD.

How Does It Work?

The AEA and 2-AG chemicals bind with and activate the CB₁ and CB₂ receptors, which then produce a whole host of effects that you need to function every single day. These components are made to connect, and when they do, the sparks fly. Introducing the compounds in cannabis like THC and CBD to your internal endocannabinoid system mimics, enhances, balances, and activates these reactions in awesome ways.

Just like any other system in the body, the endocannabinoid system can be thrown off-balance, and that can cause negative effects. Overuse or understimulation can both be problems. That's why understanding how you can directly change that balance by introducing phytocannabinoids like CBD and THC is important. Each cannabinoid interacts with the body in a slightly different way, and responsible self-experimentation is the best way for you to discover which of these phytocannabinoids are best suited for your needs, sexual and otherwise.

CBD, THC, and Other Phytocannabinoids

While only a handful make the headlines, there are dozens of phytocannabinoids in cannabis that are naturally occurring and even more that can be created through chemical reactions. Each has unique medical properties.



Your overall health has a massive impact on your sexual health. So get your Google on and check out the wide world of cannabinoids. To keep it safe and sane for now, we're going to

focus on the celebrities of the phytocannabinoid world, THC and CBD.

THC

THC is the most abundant and psychotropic compound in cannabis. Some folks mistakenly assume THC is good only for “recreational” effects because of the associated high. In reality, THC relieves pain, nausea, and muscle spasms and promotes appetite, feelings of euphoria, and vasodilation (widening of the blood vessels). One thing to be aware of with THC is that it also comes with some downsides, particularly when you go overboard with it: It can increase anxiety, negatively impact memory, and lead to atrophy in the brain’s hippocampus. And that’s where CBD comes into the picture.

CBD

The new hot trend! You’ve probably read about and seen CBD advertised as a magical cure for anything and every ailment ever. Spoiler alert: It’s not. But it is a pretty miraculous compound and it can do a lot.

One of its primary jobs and benefits is the way it regulates how your body processes THC. When scientists use whole-plant extracts or study people who regularly smoke or consume cannabis products with higher CBD content, the positive effects are stronger and the negative side effects decrease or even reverse. For instance, botanical extracts are more effective at fighting breast cancer cells than THC alone, and the anxiety induced by THC is reduced by CBD—and probably other cannabinoids as well.

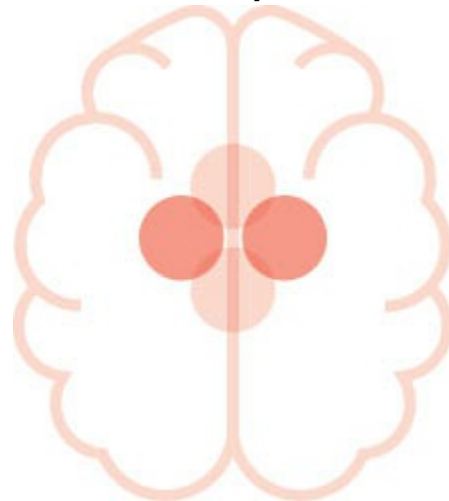
CBD is the great regulator in the endocannabinoid system, although it doesn’t interact with the cannabinoid receptors directly. It acts like a time-release capsule for THC, cushioning its effects and doling them out over time instead of all at once. Without some CBD, your mellow high could become a car-crash roller coaster of intensity. That’s why having CBD tinctures or vapes on hand are important for regulating a THC high that’s become too much for you. But like everything else in life, balance is key—and CBD’s other beneficial effects are actually sometimes diminished without some THC present.

So what else can CBD do? Plenty. CBD helps boost your natural levels of endocannabinoids by regulating their amount and flow, which produces a multi-systemic balancing effect for many people. Because CBD and the CB₂ receptors have such a compatible relationship, the effects of CBD are produced throughout the body as a natural pain reliever, anti-inflammatory, immune booster, and antianxiety and anti-nausea agent.

MEDICAL MOMENT

WITH NURSE HEATHER MANUS, RN

Where are endocannabinoid receptors (locks) located in the body?



THE BRAIN

CB₁ receptors are primarily located in the brain and spinal cord but are also found in nerves, organs, and tissues. CB₁ receptors are densely located in areas of the brain associated with the limbic system, including the hypothalamus, amygdala, and hippocampus. It's been said that the purpose of the endocannabinoid system is to help us be *happy, horny, and hungry*.

HYPOTHALAMUS FUNCTIONS include releasing hormones, regulating body temperature, maintaining daily physiological cycles, controlling appetite, managing sexual behavior, and regulating emotional responses.

AMYGDALA FUNCTIONS play a key role in processing emotions and are linked to both fear and pleasure.

HIPPOCAMPUS FUNCTIONS include processing long-term memory and emotional responses.

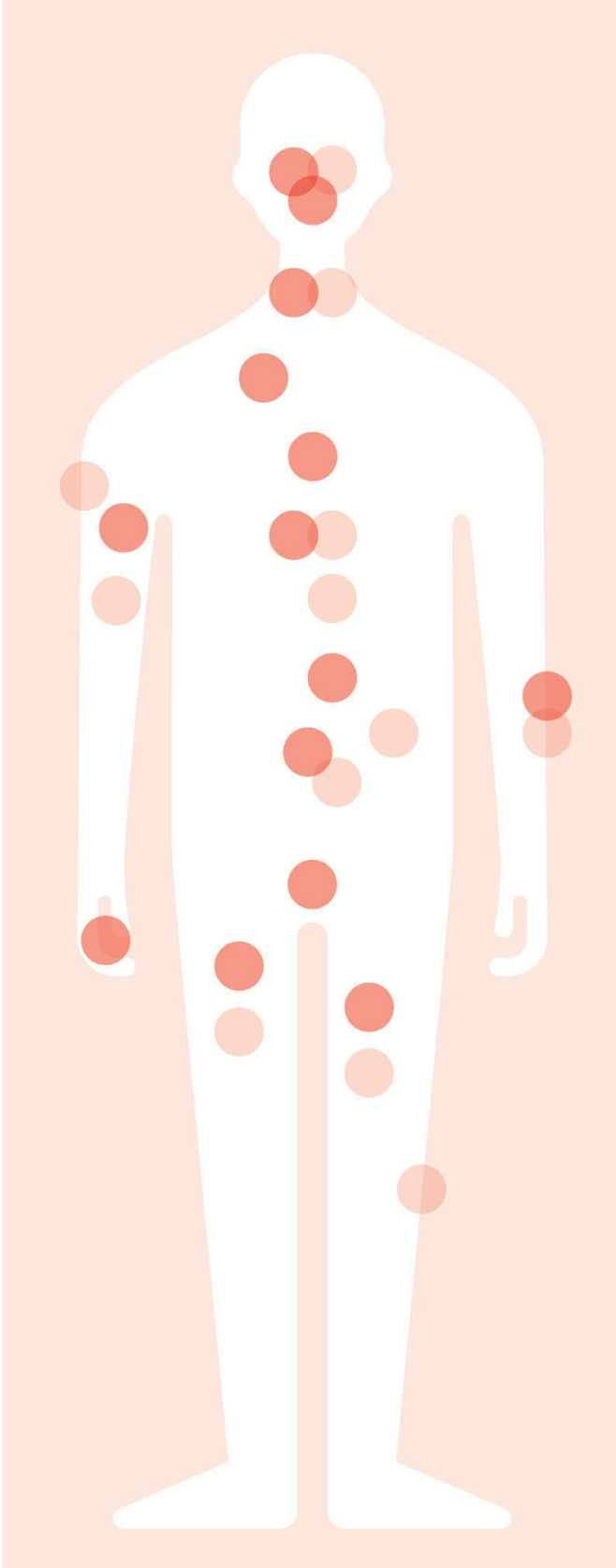
Using cannabinoids like THC and CBD for intimacy and sexual health can help regulate the brain in a blissful manner, allowing pleasure sensations and desired emotional responses.

THE BODY

CB₂ receptors are primarily located in organs and peripheral tissues, including skin and cells related to the immune system.

YOUR SKIN is the largest organ of your body and the first defense of the immune system. Its purpose is to protect the body by keeping good things in and bad things out. CB₂ receptors located under the surface of the skin help your nerves regulate pain signals being sent to your brain.

Using cannabinoids topically on skin, like CBD massage oil, lotion, or lube, can help relieve localized pain associated with sexual activity, including sore muscles, tension headaches, or pain with penetration. Massaging yourself or your partner(s) with cannabis is not only healthy, but also sexy.





Other Phytocannabinoids

While THC and CBD may be two of the most widely recognized cannabinoids, they are not the only ones in the plant! CBG, or cannabigerol, is actually the parent of THC, CBD, and CBC (cannabichromene). Without bogging you down with too many acronyms or botanical processes, the general idea is that in its raw/unheated form, CBG acid (CBGA) exists in the plant. When CBGA is exposed to heat or UV light during the growing process, it produces other cannabinoids, also in their acid form: THCA, CBDA, and CBCA. From there, once the bud is removed from the plant and dried and cured, the cannabinoids remain in their acid form until more heat is applied (smoking, vaping, baking, etc.), and a process called decarboxylation (or decarbing) takes place. This transforms THCA into delta-9-THC, which is its psychotropic form.

Why is this bit of science particularly important? Because even if you don't want to get high, you can still use THC for the benefits as long as you use it in the un-reheated form of THCA (typically you'd ingest it via tincture).

The Entourage Effect

The "entourage effect" is a fancy way of saying that the chemicals in cannabis seem to work together to create a symphony of synergistic effects that may not be achieved when the individual components are isolated. Each component of the cannabis plant, from cannabinoids to terpenes to flavonoids, impacts the overall effects. Foria, one of the pioneers of infused intimacy products, consulted an MD to write about this very phenomenon for their blog, who explained, "As you may be able to imagine, removing one single molecule from the full spectrum of a plant's bioactive molecules can significantly limit the effects. When choosing CBD products, if you want the combined powers of all the cannabinoids [and] terpenes . . . make sure to choose a full-spectrum or broad-spectrum CBD."

As mentioned above, CBD and THC are not the only compounds that impact the effects of cannabis. In case you read that quote and thought, "WTF are terpenes?" don't worry, we've got you covered.

Terpenes

Terpenes are the compounds responsible for a plant's fragrance and are the same building blocks of scent found in essential oils. Terpenes likely make up the single largest family of chemical compounds available, and herbalists, apothecaries, chefs, and scientists have been manipulating and using them for ages.

Humans have been infatuated with terpenes for thousands of years, enjoying the aromas and flavors they produce in beer, candy, perfumes, fruits, incense, and much more. In addition to the smells and tastes, we have continuously benefited from the diverse array of the medicinal and nutritional aspects of terpenoids.

**“IT IS MY BELIEF THAT
TERPENES**

are largely responsible for
what we experience as strain-specific effects.

➡ GENETICS ◀

influence terpene content, which explains
some of the generational consistency,

—— *but* ——

GROWER INFLUENCE IS HUGE AS WELL.

If you want to know whether your high will feel
energizing, sleepy, creative, etc., the terpene profile
will tell you more than the genetics.

—— *And* ——

**PERSONAL
VARIATION**

(in ECS, hormones, and context cues)

WILL LAYER ON TOP OF THAT.”

— Chelsea Cebara,
subject matter expert, cannabis sciences, SōRSE Technology

ADVANCED INTERPENING EXPERT

ANDREW MIEURE'S

**QUICK
GUIDE**



**TERP
ENES**



MYRCENE

SMELLS:
musk, citrus, clove

EFFECTS:
sedation,
anti-inflammation,
appetite stimulation

ALSO FOUND IN:
hops, basil, lemongrass



PINENE

SMELLS:
turpentine, pine tree,
light citrus

EFFECTS:
bronchodilation,
memory protection,
antiviral

ALSO FOUND IN:
pine trees,
rosemary, basil



BETA-CARYOPHYLLENE

SMELLS:
spice, pepper

EFFECTS:
anti-inflammation,
antispasmodic,
antianxiety

ALSO FOUND IN:
black peppercorn,
clove, oregano



LIMONENE

SMELLS:
citrus, sour

EFFECTS:
mental stimulation,
antidepression,
antioxidant

ALSO FOUND IN:
citrus fruit, citrus peel,
peppermint, rosemary



LINALOOL

SMELLS:
floral, sweet, citrus

EFFECTS:
sedation, antidepression

ALSO FOUND IN:
lavender, bergamot,
patchouli



TERPINOLENE

SMELLS:
floral, herbs, pine

EFFECTS:
energy, euphoria, buzz

ALSO FOUND IN:
apples, lilac, cumin,
allspice, conifer

“Of those who incorporate cannabis or cannabis-derived products in their sex lives (39 percent), the vast majority say they experience better sex when they do so (92 percent).”—2019 IPSOS POLL

In cannabis, terpenes are found within the resin glands (or trichomes). They interact with cannabinoids, which helps define a given strain's unique qualities. You may be familiar with strains like Girl Scout Cookies, Pineapple Express, or Sour Diesel. The names of these strains and many others are actually derived from the unique sensory experiences produced by the terpenoids they contain.

Introducing CBD into Your Sex Life

The ultimate aim of cannabinoid use during sex is to address what's getting in the way of pleasure, connection, and intimacy. There are two major ways to introduce CBD to the human body: systemically and topically.

SYSTEMIC

If you are using cannabinoids systemically, you are either inhaling or ingesting the CBD, so it is affecting the entire body at once. Use this method if you are trying to relax and relieve anxiety or stress before sex. When using CBD for mental relief or stimulation, it has to cross the blood-brain barrier. So while rubbing it topically on the temples may relieve a headache, it won't rid you of anxiety for sexy time unless you eat or inhale it.

TOPICAL

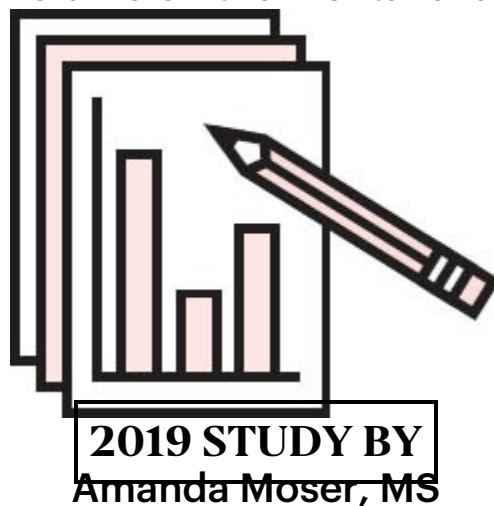
CBD applied topically to genitals or erogenous zones can assist sex in a lot of ways. If you apply CBD to a specific body part with a cream, lotion, lube, or oil, you are taking advantage of using a topical effect that will help the specific area of application. It can increase blood flow to the genitals, reduce pain, relieve inflammation, and halt seizures. People can also use CBD lube for a topical treat to increase pleasure and create stronger orgasms. This works by either overcoming mental and physical blocks or giving a physical assist in having a more satisfying orgasm. For penis owners, CBD lube or lotion can potentially help with erectile dysfunction.

Consumption Methods

Does the way you consume CBD impact pleasure? Like most things, it depends. There's no one-size-fits-all bit of advice that will guarantee pleasurable results.

CBD in isolation is nonintoxicating, and hemp plants legally must have less than 0.3 percent THC. Therefore, hemp-derived CBD products will always be free from psychotropic effects. However, if you live in a state where you have access to CBD derived from cannabis, you may find yourself in the presence of high-inducing cannabinoids like THC. This is not a bad thing, especially given the results of the Moser study (see [page 36](#)), but it's something you want to be aware of so that you don't find yourself unexpectedly high.

Your reaction to various combinations of cannabinoids will vary according to your body chemistry, mindset, environment, and tolerance. The THC-heavy product that makes you feel energetic and giddy might make your friend feel panicky or even dizzy and nauseated. It can be helpful to keep track of which products you're consuming, especially their test result data (how many milligrams of CBD and other cannabinoids and terpenes) if available. Consider what you want the product to do for you—are you looking to crank out the next great American novel or go to a concert with friends? Are you trying to intensify your fantasy experiences, deepen your connection with your body, or lower the volume on the mental chatter in your brain?



MEET AMANDA MOSER. She has a master of science degree and specializes in human sexuality. In 2019, she conducted a nationwide study on how cannabis influences sexual functioning and satisfaction. The participants were all eighteen or older and had used cannabis in the past. The results?

OVER HALF OF PARTICIPANTS

reported intentionally using cannabis before engaging in sex.

CANNABIS WAS FOUND

to have significant positive effects on individuals despite gender or age (all genders and all ages found that cannabis helped or enhanced their sexual functioning and satisfaction).

THE MAJORITY OF PARTICIPANTS

reported cannabis increased their sense of touch and taste, two senses used a lot during sexual engagements.

THE MAJORITY OF PARTICIPANTS

reported cannabis increased their pleasure while masturbating.

THE MAJORITY OF MALES AND FEMALES

reported increased sexual desire when using cannabis (significantly higher for females).

MALES DID NOT REPORT

a decreased ability to achieve and maintain an erection when using cannabis. This contrasts with the previous literature, as many studies have shown that cannabis negatively influences a male's ability to achieve and maintain an erection.

THE MAJORITY OF MALES AND FEMALES

reported cannabis increased their orgasm intensity.

THE MAJORITY OF MALES AND FEMALES

reported cannabis increased their overall sexual satisfaction.

Although this study asked broadly about cannabis (likely referring to THC-dominant products) rather than specifically about CBD, it's useful to see that cannabinoids have been shown to correlate with positive sexual outcomes in research. Almost no research has been done around CBD and sex specifically, but several studies have been conducted that demonstrate CBD's antianxiety effects. One working hypothesis is that by reducing anxiety around sex, CBD can improve sexual experiences.



“Cannabis medicine is so much more than just smoking weed. There are multiple ways to utilize cannabis and cannabinoid therapeutics.” —HEATHER MANUS, RN

If you are completely new to cannabis, we recommend starting with low-THC, high-CBD cannabis flower or tincture. The former can be vaped or smoked. The latter comes in both dropper and spray forms. Both offer great dose titration (the ability to add to the effects little by little) and fast onset time, which helps you avoid ingesting too much. Many people also find vaporizer cartridges effective and user friendly, but you need to be vigilant about the ingredients in them, such as solvents or additives. In general, we recommend vaping flower instead of oil or distillate in cartridge form.

Cannabis science expert Chelsea Cebara notes that gummies and chocolates are very appealing to new users, especially for sex, but cautions strongly against beginning with edibles. The delayed onset time, upwards of 2 hours in some cases, makes it easy to take too much. In a CBD-only product, this might not be a big deal, but if you have even a little THC in there, it quickly becomes a concern. She points out that consent violations can occur when a partner finds themselves too high and has difficulty communicating. At the very least, being too stoned ruins the mood.

No matter which products you start with, begin by finding your minimum effective dose and increasing as necessary. If you want to be extra mindful of your experiences, keep a physical or digital notebook and jot down any relevant information whenever you try a new product or consumption method. Relevant information might include the strain, brand, and harvest date, as well as your method of consumption, mood, hunger level, stress level, hormonal landscape—you get the idea. Eventually, commonalities will emerge that will help you identify your values and choose the best products going forward.

At some point in your life, you may decide to venture outside the world of hemp-CBD and into the realm of CBD-rich cannabis products, or even high-inducing THC cannabis products. Maybe you're in a state with adult-use cannabis programs, or maybe you've obtained a medical card in your state.

FYI, hemp-CBD products can be sold anywhere, but anything with more than 0.3 percent THC in it must be purchased through a licensed retailer. These laws are frustrating for business owners but designed to protect consumers. You can shop with confidence knowing that the products in licensed retail establishments have been lab tested and tracked from seed to sale. This ensures high quality and significantly less risk of consuming products contaminated with pesticides or residual solvents.



INHALATION

Smoked or Vaporized Flowers, Concentrates

When inhaled, cannabis mainly activates the CB₁ receptors in the brain that produce feelings of euphoria or being “high.” Effects of inhaled cannabinoids can be experienced within minutes and may last 2 to 4 hours.



INGESTION

Edibles, Drinks, Oils, Capsules

When THC cannabis products are eaten, cannabis stimulates both CB₁ and CB₂ receptors. Cannabinoids are then processed through the digestive system and metabolized in the liver. The liver then produces 11-Hydroxy-THC, which can be highly intoxicating! Too big a dose, and you may become heavily sedated and possibly experience extreme anxiety, nausea, vertigo, or other unpleasant effects.

In contrast to cannabis edibles, the isolated cannabinoid CBD taken orally does not typically produce euphoria or dysphoria because your body interacts with it differently. Effects of edible CBD cannabinoid products are typically experienced within 30 minutes to 2-plus hours after consumption and can last up to 6 to 12 hours. Your metabolism and digestion times will definitely vary! When self-dosing with edibles, start low and go slow! If you are consuming a product that contains THC in addition to CBD, 2 to 5 mg of THC is a safe oral starting dose. Wait at least 2 hours after the first dose to measure effects before consuming more.



SUBLINGUAL

Tinctures, Lozenges, Oral Spray, Gum, Oral Strips

Sublingual products are formulated to be absorbed in the mouth and enter the bloodstream through the oral mucosa and digestive system, stimulating both CB₁ and CB₂ receptors. Effects may be felt within 5 to 30 minutes and can last 2 to 6 hours.



TRANSDERMAL

Patches, Transdermal Gel, Suppositories

Transdermal patches, gels, and suppositories stimulate both CB₁ and CB₂ receptors. The cannabinoids penetrate through the skin, enter the bloodstream, and from there circulate throughout the body. Euphoric effects may be minimal; therapeutic effects may be felt 15 to 30 minutes after application and can last 12 to 24 hours, depending on the product being used.



TOPICAL

Lotion, Balm, Massage Oil, Lube, Bath Bombs/Soaks

Topical ointments, lotions, lubes, and oils activate mainly the CB₂ receptors in the skin, which can help control localized pain, spasms, and various skin conditions without an intoxicating experience. Effects may be experienced within 1 to 2 minutes and can last up to 2 hours.

Topical applications are some of the more sensual methods of CBD administration. Take your time massaging, caressing, and preparing yourself or your partner(s) while nourishing skin, relaxing muscles, and stimulating nerves with affectionate attention and cannabinoids. Topicals do not produce a “high” but feel like a warm hug wherever they have been applied.

C



B

MYTHS

MYTHS

MYTHS

D

MYTHS

MYTHS

MYTH

CBD is always nonpsychoactive.

So here's the thing. CBD in isolation does not get you high. As mentioned earlier, there are multiple "tiers" of CBD, including CBD isolate, hemp-derived broad-spectrum CBD, and cannabis-derived CBD. However, CBD itself—regardless of its source—will not cause the psychotropic effects you've learned to expect from THC. That said, CBD products that contain other phytocannabinoids, including delta-9-THC, have the potential to give you that high feeling, so make sure you read the ingredients and try everything in small amounts first.

Nonintoxicating and nonpsychoactive are not synonymous. Nonintoxicating means exactly what it says: If you consume it, you will not feel "high," so that's a broadly accurate way of explaining CBD. Psychoactive means that something is affecting the mind—that is, altering your brain chemistry—even if you don't notice the effects. CBD interacts with your brain chemistry, but you don't feel it the same way you experience THC. To call CBD products nonpsychoactive is not strictly accurate because they do impact mental state, even if the consumer doesn't feel high (intoxicated).

Arguably, that's why CBD has become a global panacea, with products ranging from water to skin care to gummies to coffee. Most of the aforementioned products are made of CBD derived from hemp. However, according to Project CBD, a nonprofit dedicated to publicizing research into the medical uses of the cannabis plant, "Researchers have demonstrated that CBD confers antipsychotic, anxiolytic (anxiety-reducing), and antidepressant effects. If CBD can relieve anxiety or depression or psychosis, then obviously cannabidiol is a profound mood-altering substance, even if it doesn't deliver much by way of euphoria." This makes CBD in isolation a psychoactive drug even though it's nonintoxicating.

Why is this distinction important? As you'll learn throughout this book, precision matters. Part of informed consent is knowing what you're agreeing to, so being as clear with your language as possible helps get everyone on the same page.

MYTH

Weed tampons are a thing.

If you believe viral videos on the internet, you may have heard that some company created weed tampons—a tampon soaked in THC and/or CBD to be inserted into the vagina for cramps. This is one of the more vexing media misnomers in cannabis history.

Fact check: In 2016, Foria released their second product designed to meet the needs of vulva owners. This one is specifically for those dealing with menstrual cramps or pain from endometriosis. The product is small but potent: a vaginal suppository with 60 mg THC and 10 mg CBD in a cocoa butter base. To use, the suppository is first refrigerated for easier insertion, then removed from the plastic shell and inserted into the vagina, ideally getting the suppository as close to the cervix as possible. The user is then instructed to lie down with their feet elevated for 15 to 20 minutes, and then go about their day. Celebrated widely as a successful way to manage pelvic discomfort, the media quickly picked up on the story. Somehow, the company's explanation that one should insert the suppository "like a tampon" created a wave of headlines proclaiming the creation of "weed tampons." This is especially misleading because tampons by definition are designed to absorb menstrual blood, then they are removed and discarded. Vaginal cannabis suppositories are meant to absorb into the vaginal and cervical tissue to deliver relief from discomfort. This particular myth underscores the importance of not believing everything you read in headlines.



MYTH

CBD is a cure for everything, regardless of dosage.

Shannon Barnett, LVN, created a line of CBD products for microdosing. She notes, "Cannabis is not one size fits all; everyone responds differently, period. The goal is always to find your lowest effective/therapeutic dose and dose frequency while avoiding those far-too-common 'I wish I could undo that' moments experienced with cannabis. Microdosing as low as 1 mg doses is the most effective way to do that. For some, microdosing is all they need, and for others it's a tool to help determine their optimal dose. When it comes to sex and pleasure, stress can be quite the disrupter. Microdosing CBD- and/or THC-dominant formulas can help regulate the involuntary stress response, allowing you to be present in the moment ready to receive all the pleasure."

Other medical professionals are less convinced of the benefits of microdosing CBD. According to Dr. Jordan Tishler, MD: "CBD really doesn't do anything at microdoses. To the extent that many people are raving about the benefits—that's the placebo effect in action! Data from animal models and the few human studies show that 10 to 20 mg per 1 kg of body mass per day are needed for any real effect. On average, humans are around 80 kg, which means they would need to take 800 to 1600 mg per day."

As you can see, these two medical professionals have almost diametrically opposing views. Who's right? That's for you to decide! If you're someone who researches every supplement and substance you put into your body, you'll probably err on the side of putting stock in the available data. If you're someone who finds Western medicine to be too narrowly focused and limiting, the concept of microdosing may be much more appealing to you, especially if you're not turned off by the idea that the placebo effect may be at play in some of the effectiveness. All that is to say, if low doses of CBD are making a perceptible difference in your life, go with it!

Cannabinoid science is in its infancy, and every day additional information becomes available as the US government loosens restrictions on research. That said, by the time you read this,

some of this information will be outdated. There's no way around it. What's reflected here is what we know right now from the most current research being conducted.

You almost certainly didn't learn any of this sexy cannabinoid science in school. If you're like most people in the United States, you probably didn't learn most of what's in the next chapter, either. Read on for a crash course on human sexuality.

2.

SEX ED—WHAT YOU DIDN'T LEARN IN SCHOOL



What would you say if a trusted friend walked up to you and said, “Tell me about your relationship with your genitals?” Would you excitedly begin describing all of the wonders of your folds? Would you share vivid descriptions of your favorite textures? Would you recount all the ways that your body experiences pleasure? Would you proclaim your deep love and reverence for those parts of yourself?

If you’re already halfway through composing a joyful and loving description, congratulations! Your confidence is awesome!

If you read that and immediately thought, *Oh, hell no!* you’re not alone. Most people have at least some shame around their genitals. Although myths and stigmas abound, most adults have very little factual knowledge about those areas of our bodies. This is an issue that transcends geography. In many parts of the world, genitals are treated with derision and judgment because cultural norms are set up to co-opt the body as a tool for systemic control. If you feel ashamed of your body,

it's easier to sell you products, services, medications, and even surgeries to attain some arbitrary ideal of "normal." Most people are at least a little self-conscious about one or more aspects of their bodies, including shape, size, color, and (let's not forget) hair.

There are too many people who fear going to the doctor because they don't want to say something like *There's something going on with my junk* out loud. You're not alone, and unless there's something acute going on, such as pain, abnormal discharge, or skin irritation, you're also normal. (If any of those things do apply, please go see a healthcare professional!)

Given the pervasive stigmas surrounding both sex and cannabis, the notion of combining the two can seem daunting, even taboo. Reba Corrine Thomas, a sexuality educator and CEO of Sexpert Consultants LLC, notes, "Cannabis and sex are both taboos, but why? Sex is a common practice and lots of people are doing it. There's also tons of research showing that cannabis use is increasingly common and user populations are continuously growing. So if these things are so common and so many people are doing them, why are they so taboo? Taboos and stigmas exist to regulate which behaviors are deemed socially acceptable or normal. Many taboos are created out of fear, and much of the fear around sex comes from a lack of knowledge about pleasure and how our bodies work. When we label common things like sex and cannabis as taboo, it denormalizes this very normal behavior and it becomes associated with deviance and therefore shame. Shame and fear both keep us from talking about our experiences, which keeps us all in the dark when it comes to the reality of what is 'normal.' Erasing the taboo means destigmatizing these acts and normalizing conversations about them, which leads to safer practices and increased access to research and development. That means more pleasure for us all!"



All about Your Bits

One of the most important facts that's left out of school-based sex ed is that we all start out the same. All genitals are made up of the same nerves and tissue, just organized differently.

What does that mean? It means roughly that the clitoris and the glans (head) of the penis are the same. The ovaries and testes are the same. The G-spot and the prostate are the same. The labia and the scrotum are the same. Penises and clits both get erections. All genitals have a system of lubrication (yes, penis owners, that's actually what pre-cum is for—you're getting wet!). And, if you've ever been really turned on but not wet or hard, you're normal and there's nothing wrong with you—people vary, bodies vary, and context matters. But knowing a bit about how genitals work, and that they're more alike than different, is useful when you to start to unpack the cultural conditioning you've received. Plus we need to talk about how our bodies and genitals interact with CBD and other cannabinoids.

You read the science in the last chapter, but let's talk through the real-world implications.

Consent and CBD

Did you have an icky Aunt Mildred when you were a kid? That probably wasn't their name. But you know the one. That relative or friend who made you uncomfortable and always wanted a big hug from you. Do you remember the times when your parents made you hug them? "It's polite," they'd say with a warning in their voice. So you did. You hugged them. And without realizing it, your parents just imparted a belief system in you that says politeness is more important than your bodily autonomy. You just learned that even if it feels icky, sometimes you have to let someone into your space because it's expected of you. It's a lousy thing for a kid to learn, and yet we all went through it. That's why it can be so hard to speak up and state our needs.

QUICK SEX FACTS

There are some crucial things you need
to know as an adult sexual being:

THE PUSSY

does not need to smell like
roses or spring rain.

SPIT

is not lube.

THE PENIS

does not need to be
rock hard all day long.

ORGASM

doesn't have to be the benchmark
for a positive sexual experience.

EJACULATION

for any gender is neither
good nor bad.

MOST OFTEN, SEX IN REAL LIFE

is vastly different than
the sex that's portrayed
in porn.

YOU ARE NEVER OBLIGATED

to endure touch.

YOU CANNOT IDENTIFY

someone's gender or
orientation by looking
at them.

CONSENT

is mandatory all the time.

Maybe that's not you. Maybe you're someone who is a pro at setting boundaries. If so, you'll still probably learn a few things from this chapter. If that thought experiment did resonate with

you, it's OK. This is the part where you get to examine and refine your beliefs around boundaries.

Consent is mandatory. Always. When bringing any kind of mind-altering substance into shared sexual space, even nonintoxicating ones like CBD, awareness of consent is even more important.

What Is Consent?

There are lots of approaches to consent. Planned Parenthood has the FRIES model (freely given, reversible, informed, enthusiastic, and specific). Sex educator Zach Budd developed the five pillars of consent using the acronym INVEST, which stands for informed, voluntary, enthusiastic, specific, and timed. The spirit of both of these approaches is that you have to know what you're specifically agreeing to, understand that you can withdraw consent at any time, have a sense of how long the activity will take, and most important, be excited about it. "Sure, I guess" is not consent. "Ugh, fine!" is definitely not consent.

"CONSENT

— at its most fundamental level is the willingness to —

RESPECT

the boundaries of others and a general self-awareness
to be able to modify behavior if necessary for the

COMFORT & POSSIBLE SAFETY

of all parties involved in a situation,
encounter, or interaction.

It's really about making sure everyone's
comfort and safety is being considered,
so that all individuals are able to

RELAX & ENJOY

the interaction."

—Erin Tillman,

dating empowerment coach and author of The Consent Guidebook

When it comes to CBD and other cannabinoids, especially intoxicating ones like THC, consent becomes even more crucial. Informed consent means you let your partner know if you are

planning to consume cannabis in any form, even hemp-CBD, if you're going to be around them while it's in your system. Give them the chance to opt in. Maybe they're sober and being around someone on any sort of substance freaks them out. Maybe they're in law enforcement or the military and they could get in trouble for having cannabis-containing products in their home or car. Whatever the reason, it's better to be respectful and err on the side of checking in a bit too much.

Sexologist Al Vernacchio gave a TED talk where he offered a unique way of considering consent: Think of it like ordering a pizza. If you and another person are going to order a pizza, the conversation might go something like this:

Person 1: Hey, I'm hungry, do you want to order a pizza?

Person 2: Sure! How hungry are you? Should we order a medium? Large? One each?

Person 1: Let's order a large. What do you like on your pizza?

Person 2: I really like mushrooms and onions. Ooh, and pepperoni!

Person 1: OK, I don't like pepperoni. Could we do pepperoni on half? Mushrooms and onions sound great though.

Person 2: Definitely! Wait, do you like bacon? We could do all bacon instead of half pepperoni.

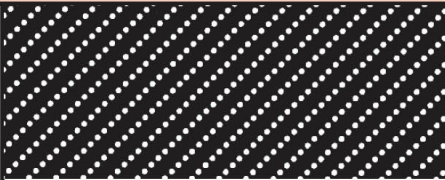

Person 1: Yes! I love that idea! So we're doing mushrooms, onions, and bacon. Yum!

You get the idea. They're negotiating, with the goal of getting to a mutual win. That's how sexual negotiation can be. It's about getting to the point where everyone feels their needs are respected and valued and that one person isn't trying to have it all their way. Partnered sex is a team sport. Check out [chapter 4](#) for all sorts of juicy ideas to uplevel your erotic skills.

Negotiate Before You Medicate!

This is the golden rule of mixing cannabis and sex. If you (or your partner) plan to consume something that might get you high, and you both plan to add sexual exploration to the mix, having a conversation beforehand is a smart thing to do. Share what you want to co-create, how you want cannabis to help,

and most important, how your partner can tell (verbally or nonverbally) if you need support. It doesn't have to be overly complicated, just something along the lines of the following.

<p>HERE'S WHAT I'D LIKE TO DO WITH YOU TONIGHT:</p> <p>A, B, C.</p>	
<p>HERE'S WHAT I DEFINITELY DON'T WANT TO DO WITH YOU TONIGHT:</p> <p>E, F.</p>	<p>I HAVE/HAVE NOT USED THIS BEFORE, AND I'M EXPECTING THAT IT WILL:</p> <p>_____</p>
<p>I'D LIKE TO PLAY USING CBD OR CANNABIS IN THE FORM OF:</p> <p>_____</p>	<p>IF I'M IN SOME KIND OF DISTRESS, I MIGHT LOOK OR SOUND LIKE:</p> <p>_____</p>
<p>WITH THE INTENTION OF:</p> <p>_____</p>	<p>IF THAT HAPPENS, I'D LIKE YOU TO SUPPORT ME BY:</p> <p>_____</p> 

Stick to your prenegotiated agreements! Even if halfway through you're like, "You know what, I really do want to do E and F!" stick to the original agreements and save E and F for next time. Once something is off the table, it stays off the table for the whole night. Better safe than sorry. You'll find the "how I'd like you to take care of me if I'm in distress" piece is surprisingly illuminating. Some people just need a drink of water or a hot shower. Others need to be rolled up in blankets like a sushi roll and snuggled, and still others need to be left the hell alone. Having needs doesn't make you needy! It's important and empowering to ask for what you want and need.

Reframing "No"

No is a gift. It's someone taking ownership of their needs and setting a boundary. The best response to someone telling you no is "Thank you for taking care of yourself." Easy, right? No guilt-tripping, no shaming, no cajoling. Just gratitude that the person is saying yes to themselves by saying no to you. It doesn't mean that you're bad, wrong, unworthy, or rejected. You have the opportunity to celebrate the nos that you receive in your life, because you're going to receive plenty! It's a compliment that someone feels safe enough with you to tell you no.

Erogenous Zones

What are erogenous zones? These are the parts of your body with high concentrations of nerve endings you may find pleasurable to stimulate. The parts could include (but are not limited to) the nipples, the nape of the neck, the lower back along the spine, the inner thighs, the ears, the underarms, the pubic mound, the butt crack, behind the knees, and the toes. The only way to know for sure which of your zones are most responsive to touch is to touch them!



Innie Bits (Vulva)

It's valuable to start with the vulva because most sexuality education in the United States is woefully inaccurate, limited, and stigmatizing. As a result, school-based sex ed focuses almost exclusively on reproductive anatomy rather than pleasure-based anatomy. Understanding the vulva is crucial because many people fail to even grasp the difference between a vulva and a vagina. You wouldn't refer to your face as your throat, right? Yet somehow the vagina (one small part of the overall genital geography) has become the go-to reference term for that entire area. In reality, vulva refers to all of the external organs, including the inner and outer lips, pubic mound, clitoris, and even the openings to the urethra and the vagina.

More importantly, vulvas are phenomenal! Each person's vulva is as distinctive as their fingerprint. The colors, textures, hair growth patterns, size and shape of the lips, and symmetry (or more commonly, lack of symmetry) are all unique facets, and no matter how they appear, they are fabulous and worthy of respect and celebration.

PUSSY PRO TIPS

Sugar and vulvas do not mix.

Forget everything you've heard about licking whipped cream or honey off the pussy. Sugar is what yeast eats, and so if you're adding sugar to the vaginal flora, unpleasant side effects will follow. Read labels! Make sure your flavored lubes or CBD oils are also free of sugar. While you're skimming the ingredients list, keep an eye out for the irritants listed on [pages 88–89](#).

Vaginal lubrication

(and other genital responses) correlates with subjective arousal (feeling turned on) only about 10 percent of the time, according to sex researcher Dr. Emily Nagoski. Sometimes, when someone is really in the mood, they're soaking wet and swollen. Other times, they can be super turned on and bone dry. The reverse is true, too: a wet pussy is not a reliable sign that someone wants to have sex. This phenomenon is called *arousal nonconcordance*, if you want to impress your friends at the next [cocktail party](#).

There is no standard for pussy flavor.

There is not a council of pussy connoisseurs who establish guidelines for how your juices should taste. Diet, hormones, and hygiene are just some of the factors that can impact flavor on any given day. Also remember, some people willingly eat durian (that stinky fruit) and there's no way you're going to out-funk that, so stop stressing!

Lube is for everyone.

Many mistakenly believe that lube is for post-menopausal humans only. In fact, lube is fantastic for all sexually mature bodies. It reduces friction, which means less chance of microtearing or next-day soreness. As mentioned, ingredients matter, so make sure to read the label. For a lube that's guaranteed to be free of irritating chemicals, check out a brand called Sliquid.

CBD and other cannabinoids absorb readily into the mucosal membranes of the vulva. That said, the process does take time. Experts recommend applying their infused oil and waiting 20 to 30 minutes for it to absorb before jumping into stimulation. Think of these topicals as a marinade rather than a lube. Here's the big vulva PSA that even most medical professionals are not learning in school: The clit has legs. Yes, you read that right. What you see on the outside is merely the glans of the clitoris. There is also an internal shaft that extends a few centimeters above the glans, and then the clit splits into two legs that stretch down to the vaginal opening. They're adjacent to the vestibular bulbs, which are made of erectile tissue and are part of the overall clitoral complex. The clit contains eight thousand nerve endings, which is twice the number of nerve endings in a circumcised penis! The clitoral complex can become erect when aroused, and you might notice that you feel swollen before, during, or immediately after stimulation.

Outie Bits (Penis and Testicles)

Penises are so great. Circumcised, uncircumcised, long, short, thick, thin, light, dark—there are so many variations! They're equally sensitive whether flaccid or erect, and their pleasure capabilities extend far beyond penetration, although that is certainly the most common way to stimulate them.

The glans of the penis is directly analogous to the glans of the clitoris. From the glans, the penis extends down into the shaft, which actually continues a few inches into the body. The most

sensitive part of the penis is called the frenulum, and on circumcised cocks it's found in that V-shaped area on the underside of the head. On uncircumcised cocks, it's where the foreskin connects to the glans.

One of the myths about penises is that they have to be erect in order to be useful. This could not be further from the truth!

Flaccid penises have the same number of nerve endings, and the lack of erection just means that all those nerves occupy a much more compact surface area. That's great! It's also great for folks who struggle with a sensitive gag reflex because you can fit the whole thing in your mouth and not choke!

Another myth about penises is that sex is over once the penis owner ejaculates. Think again! People with penises fixate on a persistent fear of cumming too quickly, as if that means all activity ceases. On the contrary, even after ejaculation, you still have hands, a mouth, toys, and plenty of other ways to bring your partner pleasure that we'll explore in the next few chapters.

Testicles are a source of anxiety for people who didn't grow up having their own pair because there's a lot of pop culture references to balls being highly sensitive to pain. They are, but they're also highly sensitive to pleasure! If you've never given ball play a try, ask your partner to show you how they like them to be touched. Considering that the skin of the scrotum is the same as the skin of the outer labia, you can mirror the kind of stimulation that the outer lips enjoy. Gentle tugging (on the skin, not the testicles themselves), massaging, light scratching, pulling away from the body (again, gently!), and stroking can feel fantastic.

Backdoor Basics

The ass is the great equalizer because everyone has one. Some asses have a prostate gland in them; others do not. Some people without prostates find that they can experience G-spot or even clitoral stimulation through anal play. An important thing to remember is that the cleft of the butt and the anal opening are absolutely covered in nerve endings. That means you don't ever have to go inside if you don't want to, and you still have plenty of yummy real estate to explore.

There are two sets of sphincter muscles: the internal and the external. You have voluntary control over only the external sphincter muscles, which are innervated by the pudendal nerve. That's the one you clench when you get nervous. The internal muscles are innervated by your body's autonomic nervous system (it's like your body's autopilot; it regulates breathing and heartbeat without your conscious awareness). This is important for a few reasons. First, tension in your pelvic floor will make anal penetration painful if not impossible, so you can address that tension by breathing and staying grounded and calm. Second, the internal sphincter muscles can actually "suck in" items that are inserted into the rectum, which is why anything inserted into the ass should have a base that's shaped like a T or be connected to a body.

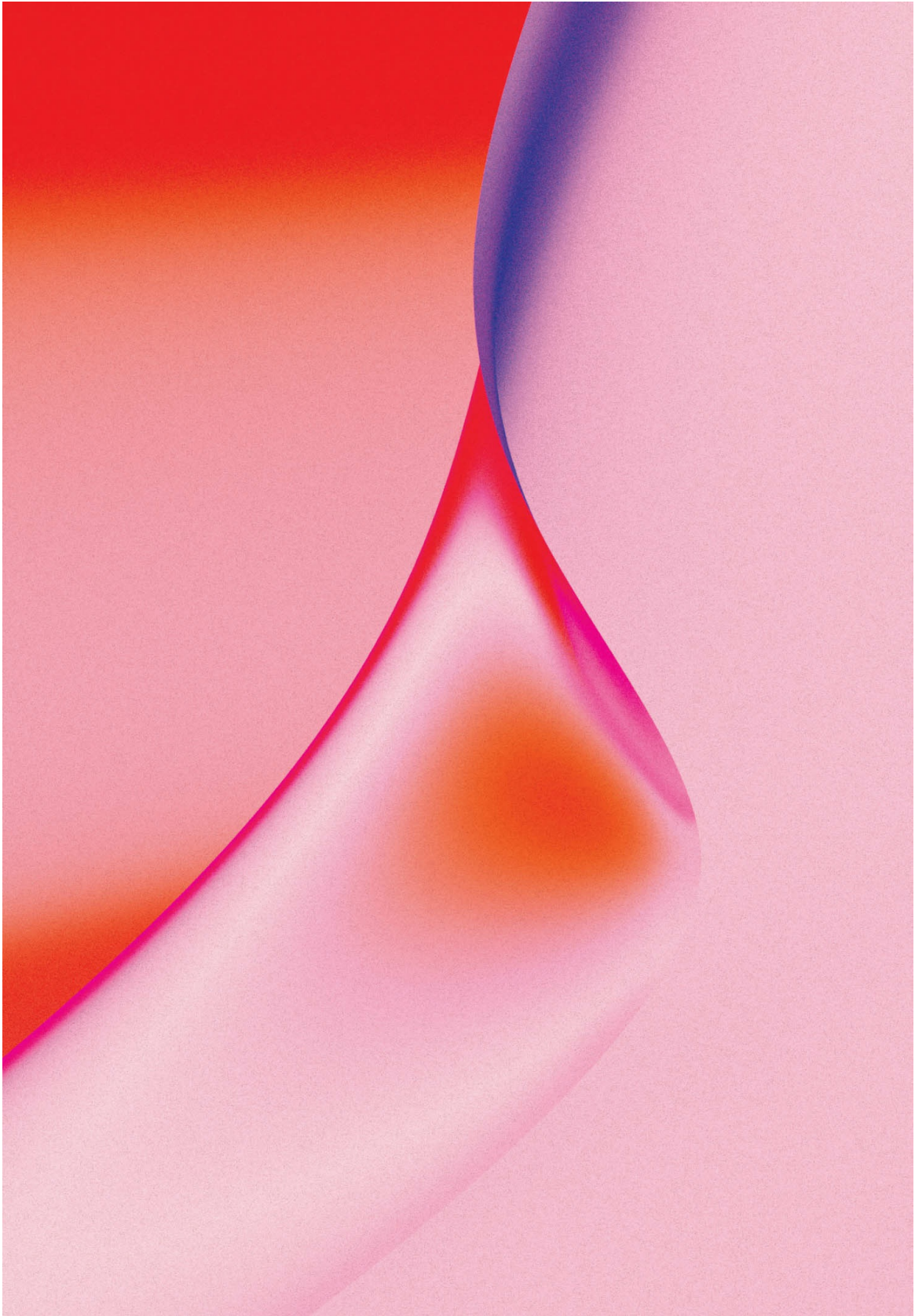
The lining of the rectum is covered in a highly absorbent mucous membrane (make sure you're practicing safer sex by using barriers). This makes it ideal for cannabinoid absorption because it goes directly into the bloodstream, which is why CBD and THC suppositories are so effective. Because the suppository doesn't get processed through your liver, you're less likely to experience a strong head high, even if the suppository contains THC.

Pelvic Floor

Ah, the pelvic floor, one of the most misunderstood parts of human anatomy. Although most people don't immediately think of the pelvic floor when they think about their genitals, it is a crucial part and impacts the way that entire region responds. Vulva owners especially are given a lot of messages around the importance of a "tight pussy" and do endless Kegels to try to increase vaginal muscle tone. What people don't realize is that too much tension in the pelvic floor is as bad or worse than too little tension.

Rather than obsessing about your daily Kegel count, experts suggest taking a more balanced approach to pelvic floor health. Courtney Avery, MPH, pelvic floor health educator and creator of Intimate Health Yoga, states, "The reason I'm so obsessed with yoga for pelvic floor health is that yoga is about finding union and balance. It's about the softening and the

strengthening. When you're squeezing and then relaxing, that's the full range of motion. When you get full range of motion by mastering your pelvic floor, you are able to control how the energy of your orgasm moves through you. Breathing is crucial to releasing pelvic floor tension. Specifically, diaphragmatic breathing rather than chest breathing. Inhale and fill your belly with air and imagine that air pulling down into the space around your genitals, contracting them. Then exhale gently and slowly, allowing the belly to come back in and the muscles to relax."





A PELVIC FLOOR YOGA POSE

COURTNEY AVERY RECOMMENDS “legs up the wall” as an accessible beginner yoga pose for folks who want to practice relaxing their pelvic floor. You can wear anything for this activity, but comfy pants are best. Find an empty wall in your living space. Sit facing the wall with your knees bent. Start scooching your hips closer to the wall and walk your feet up the wall. You want to be in a position that looks like an *L*, with your back on the floor and your legs up the wall. If you need more support, place a cushion underneath your pelvis so you’re comfortable. With your arms out to your sides, start to breathe deeply into your belly and pelvis. As you exhale, let it out like a sigh—you’re not forcing the air out of your lungs, you’re releasing it. For a CBD upgrade to this practice, use a CBD-rich topical balm on your lower back or abdomen before you begin, or perhaps take a hit of a high-quality CBD vape pen for your inhaled breaths. Breathing and balancing pelvic floor tension and relaxation are two of the biggest keys to orgasm.

“No one gives us orgasms; we get them on our own. Your partner may help facilitate your orgasm, but you are ultimately responsible for your orgasm.”—NINA HARTLEY, from a conversation with the author

Orgasm and CBD

If you search Google for “orgasm,” 476,000,000 results will almost instantaneously appear in front of you. You’ll find articles, YouTube videos, listicles, books, online courses, coaches, products, supplements, and diagrams. There seems to be extraordinary pressure around orgasm—what it looks like, feels like, how accessible or inaccessible it is, how many you can have, who “gives” them to you.

People who are pre-orgasmic or struggle to orgasm with a partner can sometimes feel broken or less than. It’s heartbreaking to see the ways in which this society conditions people to believe that there is a specific way that orgasms can or should happen and then systematically sells you ways to circumvent or upgrade those processes. You’re not broken.

You're not bad or wrong or less than if orgasms are challenging for you, or not interesting for you, or a complete mystery to you. "I think I may have had an orgasm, but I'm not sure" is totally cool! We all start somewhere.



Despite all the sensationalism around orgasms, there's no one widely accepted definition for orgasm. Folks describe things like giggle-gasms, core-gasms, energetic orgasms, tension

orgasms, relaxed orgasms, butt-gasms, clitoral orgasms . . . you get the idea. Many describe the feeling of climax like cresting the peak of a roller coaster, or a crashing wave, or an explosion. Sometimes, regardless of your genital configuration, orgasm is accompanied by ejaculation—a release of fluids—but not always, and it's no less an orgasm without ejaculation.

Sometimes ejaculation can happen without orgasm!

Have you ever tried everything you could think of to have an orgasm, but the harder you tried, the more elusive it became? You're not alone. It's super common for folks to put pressure on themselves to have orgasms as a sexual endcap. Many see orgasm as both a benchmark for sexual success and a way to determine when sex ends. Neither of those things has to be true—they can be, but they're not absolutes. Often, folks find that letting go of orgasm as the goal can help create an ecosystem where orgasm is actually more accessible. The more relaxed and present you can be in your body, the more you're able to enjoy what's happening, rather than remaining fixated on an arbitrary benchmark.

Using CBD mindfully before engaging in sexy fun times (solo or partnered) can help lessen your attachment to outcomes so you can relax and be present with what's happening instead of working toward a specific objective. What if the goal was simply satisfaction and pleasure? Orgasms can be elusive little buggers, and there are numerous valid reasons why they're not coming (pun intended). Perhaps you're tired or stressed, or you just had an argument with a friend, or your shoulder hurts, or you just had one earlier in the day so your body hasn't decided whether it's ready for more pleasure yet.

Because CBD can be consumed in so many different forms, there are almost limitless options for how to use them to enhance pleasure. You could eat an edible with either high THC or high CBD (depending on your intentions), you could smoke or vape CBD-rich flower, you could apply a CBD or CBD/THC topical to your genitals, you could suck on a CBD lozenge, or you can even take a dab of CBD-rich concentrate. You can drip

CBD oil on your body and encourage your lover to lick it off. You can take a bath with an infused bath bomb. You can even use CBD with toys and other lubes!

CBD, Toys, Lube, and Supplies

Not everyone has a budget for toys, and even if you do, you may not be comfortable traipsing into a sex shop and picking something out. If you're wanting to add additional props to your sexy tool kit but don't want to break the bank, you need to know about the phenomenon of pervertables.

According to kink experts Sunny Megatron and Ken Melvoin-Berg, from Showtime's Sex with Sunny Megatron, "Pervertables are inexpensive common objects found in the home, stores, or hotel rooms that can be used as sex or BDSM toys."

“TURN CBD INTO A

RUNOVAL.

→ TAKE TIME TO ←
ENJOY THE PROCESS.

Don't be scared; take it as an opportunity to creatively collaborate with yourself and the spirit of the plant.

**START
SLOW.**

Be gentle & compassionate. Have an intention.

USE IT FOR A REASON.

ASK FOR IT TO HELP YOU



and create a relationship with that
and open up to new possibilities of how it'll
share with you and interact with you.”



—Gabriela Herstik, *author of Inner Witch*



Here are some sex toy options for you to consider.



VIBRATORS

Anything that vibrates is a vibrator. They can be battery operated or rechargeable. There are wands, clit vibes, G-spot vibes, butt vibes, dual-stim (G-spot and clitoral)

vibes, vibrating nipple clamps, vibrating tongue rings, and even a vibrating rideable sex machine called a Sybian! (If you've ever listened to Howard Stern, you're probably familiar with the Sybian. It's iconic.) Vibrators can be an excellent companion to partnered sex as well as solo sex.



DILDOS

Insertable toys that don't vibrate, dildos can be made out of all sorts of materials, but the best ones to choose are nonporous. Glass, metal,

wood, silicone, and ABS plastic are all nonporous toy materials. Why does whether something is porous matter? It has to do with how to clean it. If a toy is made out of a porous material, like jelly rubber, TPR, elastomer, vinyl, latex, and the like, and you have an infection of some kind, the toy can harbor that bacteria.

Not ideal. Choose nonporous materials that can be sterilized with soap and water, isopropyl alcohol, or even a 10 percent bleach solution. Porous toys tend to be less expensive, but if you're sharing toys or are prone to infections, you'll want to choose a nonporous toy.



PARTNERED USE

Pay attention, technophiles! Sex toys are becoming more advanced every day. There are now toys that have Bluetooth capabilities and can

be controlled with an app on your phone. This makes them ideal for people who are separated from their partners, either due to work, travel, or circumstance. We-Vibe, one of the leaders in couple toy technology, even has an in-app photo-and-audio-sharing system so you can have phone sex at the same time if you're far away!



STROKERS

Strokers are designed for stimulating penises and can look as basic as a plain cylindrical sleeve or as inventive as a specific person's lips, pussy, or butthole. The latter is a super popular item among porn fans. Lube is crucial for enjoying play with strokers, unless you really enjoy friction.



BUTT TOYS

Butt toys might be a plug, or beads, or a uniquely shaped dildo. One thing all butt toys should have in common is the base. Remember this phrase: "Without a base, without a trace!" Because the sphincter has two sets of muscles and you directly control only one of them, anything you put in the butt can actually be *sucked in* and disappear into the anal cavity. If the toy has a base, the legs of the base will create a barrier, preventing the toy from being unexpectedly lost. This will save you an expensive, and potentially awkward, visit to the ER. If you're using a CBD suppository, make sure to insert it before inserting your butt toy!



WHAT DO STATISTICS SAY ABOUT Sex and Cannabis?

SOMETIMES SEX TOYS double as nerdy science tools. Vibrator company Lioness created a dual-stimulation (insertable and clitoral) vibrator that measures pelvic floor contractions as a way to discern when, how, and how often orgasms happen. This is especially exciting because outside of putting CBD consumers into fMRI machines and having them masturbate (while moving as little as possible), there has been no way to objectively measure physiological response to CBD products. So far, we've been largely relying on self-reported data, which can be limiting due to memory errors.

Orgasms are simply the involuntary contraction and release of muscles in response to sexual stimuli. This vibrator measures the strength and frequency of pelvic floor contractions, then allows users to sync the data to a mobile app. From there they can visualize the contraction patterns, see how long the masturbation session lasted, and observe the trajectory of pleasure in an easy-to-read format. Lioness teamed up with delivery company Eaze to conduct a nationwide insights report on the effects of cannabis on orgasms.

Data was collected through both an online survey and journaling. The survey was sent to 432 Lioness newsletter subscribers in summer 2019. The journaling portion included 19 Lioness users who voluntarily used different cannabis products and tested the effects using their Lioness vibrator. The results showed that cannabis had the following effects on sexual experience.

According to Lioness CEO Liz Klinger, "In general, CBD and THC each increased how long individuals masturbated, decreased the amount of time needed to orgasm (latency), and increased the length of an orgasm."

While the number of people who were able to directly measure their sexual experiences with the Lioness was relatively low—only 19 users—this methodology will likely be used on a wider scale in the future as companies and scientists start to see the benefits of having objectively measured data collected by the users themselves.

LONGER

Cannabis increased the longevity of pleasure sessions by 64 percent (solo) and 73 percent (with a partner).

EASIER

Cannabis shortened the time it took to achieve orgasm by 63 percent (solo) and 71 percent (with a partner).

BETTER

Respondents said they found pleasure sessions significantly more satisfying, whether solo (85 percent) or with a partner (79 percent).

MORE

Respondents said they reached more climaxes after using cannabis by 43 percent (solo) and 48 percent (with a partner).

Sunny and Ken continue, “The most common example would be using a wood hairbrush as a paddle for over-the-knee spanking. You can use objects like an ottoman as a spanking bench, a spatula as an impact toy, or clothespins or bag clips for nipple play.” To expand further on that concept, your cucumber can be a dildo, a silk tie can become a blindfold, and a bath towel can be used for leverage during doggie style.

Sex toys exist in every imaginable color, texture, material, shape, and density. There are toys specifically designed for prostate stimulation, cock stroking, clit sucking, G-spot massaging, nipple pinching . . . literally hundreds of thousands of different toys are on the market at this very moment. The nice thing about sex toys is, as my colleague Ducky DooLittle likes to say, “Once you own it, you can fuck it however you want.” Some folks have hang-ups around using sex toys, so using CBD before playtime can help diminish that resistance and get you into a headspace of receptivity.

The Magic Wand and rabbit vibrators have both become ubiquitous in pop culture. This has served to start more conversations about masturbation and sex toys, which is fantastic! You should know that sex toys are not just for vulva owners, and definitely not just for single people. Couples who use toys together often report greater sexual satisfaction, and it gives them a range of new ways to explore pleasure together to keep things interesting, especially in a long-term monogamous relationship. Guess what? There are even a plethora of toy options for people with penises, designed to enhance their bedroom experience.



Cock rings are an underutilized tool, especially considering how many penis owners grapple with performance anxiety around erectile reliability. Two things to know here: First, cock rings are

designed to be worn behind the balls and around the shaft, which compresses the blood vessels that bring blood out of the cock without impacting the ones that bring blood into the cock, leading to harder, stronger erections. Second, even if a cock is not erect, it can still benefit from receiving stimulation, and if couples are willing to use toys, dildos can offer a great option for tag teaming (still allowing you to penetrate your partner) if the penis needs a break. Another thing to keep in mind is that THC is a vasodilator, so there's a good chance that having a small amount of THC in your system will help with blood flow.

CBD and Other Infused Sex Topicals, a.k.a. "Weed Lube"

One of the most effective ways to enhance sexual pleasure is to apply infused topicals directly to your bits. These products tend to be either oil based or water based. Just like a topical you would rub on your sore shoulder, these products will not get you high, but they will allow you to enjoy the localized effects. The effects are even more noticeable when applied to highly absorbent areas like the inner lips, vaginal opening, and inside the vagina and rectum. For CBD-only products, you're likely to see more anti-inflammatory effects, while users of THC-containing formulas might notice increased blood flow, a feeling of warmth or swelling, and heightened sensation due to THC's ability to increase blood flow (vasodilation).

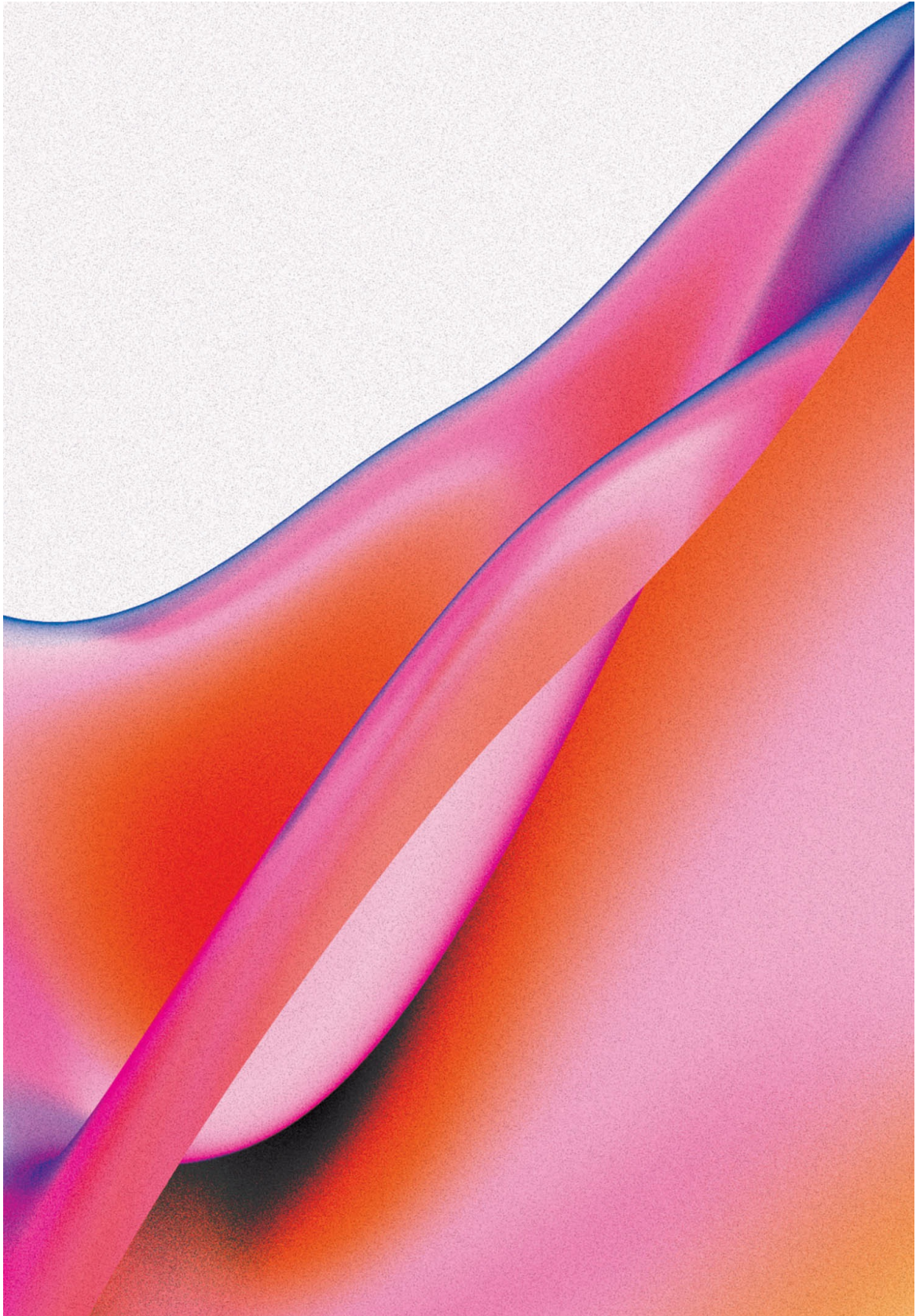
One thing to note with anything you're applying to a vulva is what other ingredients are in the formulation. Some of the most trusted names in CBD sex oils are Foria, Quim Rock, Velvet Swing, and Kush Queen.

If you're more of a DIY type, look for the recipe in the Methods, Recipes & How-Tos section ([page 114](#))!

Lube (Noninfused)

You may have heard over and over about the importance of lube. Its main purpose is to create a slippery, gliding sensation, which tends to feel better for everyone and decreases the risk of creating micro-tears in the delicate genital tissue. It also acts as an excellent supplement to your body's natural lubrication. How do you go about choosing a high-quality lube? First step, don't buy it at a grocery store or drugstore. The brands that those stores carry are cheaper but often filled with chemicals

that are not good for your body. One of the best lube brands on the market is from a company called Sliquid, which was designed with vulva owners in mind. They have dozens of formulations, including water based, aloe based, silicone based, and oil based, and they're all free of irritating chemicals.



There is a widely held misconception that lube is only for “old people.” This couldn’t be further from the truth. Lube makes it easier to touch and explore the body. Some folks with vulvas

have found that the simple act of applying lube in anticipation of sex can help jump-start their natural lubrication. Although there's no proven correlation between cannabis consumption and decreased lubrication, some vulva owners report experiencing dryness after consumption.

Believe it or not, this barely scratches the surface of knowledge that you deserve to have about sex but may have never received. There are countless books, online courses, workshops, and even sex coaches who can assist you as you continue your pleasure-based sex education. Bodies change over time, and you may find that some activities that you enjoyed years ago have become less interesting. Invest in your pleasure by becoming a lifelong learner and continue upgrading and honing your sexy skills. Knowledge is power!



SEX TOY

LUBE



CONDOM



COMPATABILITY





OIL

If you're using oils around your genitals, make sure you choose barriers made of polyurethane (Trojan Supra) or nitrile (FC2 Internal Condom). Choose plant-derived oil-based lubes like coconut oil, olive oil, grapeseed oil, almond oil, and so on. Avoid petrochemical-derived lube like mineral oil or petroleum jelly.

COMPATIBLE WITH:

polyurethane, nitrile, and lambskin condoms, and metal, glass, wood, silicone, and acrylic toys

NOT COMPATIBLE WITH:

latex, cyberskin, TPR/TPE toys, or polyisoprene condoms



WATER- AND ALOE-BASED LUBES

Read the label and avoid irritating ingredients like glycerin, parabens,



nonoxynol-9 (spermicide), propylene glycol, and sodium benzoate. Water- and aloe-based lubes absorb quickly and can be rehydrated with water as needed.

COMPATIBLE WITH:

all condom/barrier materials and toy materials



SILICONE LUBE

Typically made of dimethicone, dimethiconol, and cyclomethicone.

COMPATIBLE WITH:

latex, nitrile, polyurethane, polyisoprene, and lambskin barriers as well as metal, glass, wood, ABS plastic, and acrylic toys

NOT COMPATIBLE WITH:

silicone, cyberskin, TPR/TPE toys



HYBRID LUBE

A blend of silicone- and water-based lube, usually between 7 and 12 percent silicone. Compatibility with silicone toys varies, so err on the side of caution and use a condom on the toy.

COMPATIBLE WITH:

all condom/barrier materials, and wood, metal, glass, ABS plastic, and acrylic toys



3. **SOLO SEX & CBD**



Solo sex. Ménage à moi. Jerking off. Rubbing one out. Getting down with yourself. No matter what you call it, self-love is a crucial part of every human's life. How else do you figure out what you like? Trial and error with a partner is an option, but it's a time-consuming one, and if something isn't working, it can be tough to tell whether the issue is the partner or the technique. When adding cannabis or CBD to partnered sex, it muddies the water further. Did you do too much? Too little? Does it not work at all (bad product), or does it just not work for you? So many variables!

When you limit variables by trying new CBD or cannabis products solo, you allow yourself time and space to sink into the experience and minimize outside distractions. It's just you, the plant, and your pleasure. Let's talk a little more about why masturbation is so vital, how to use it as a barometer for the effectiveness of your CBD and cannabis products, what other life upgrades can come from a healthy masturbatory practice, and the importance of vocalizing your pleasure.

"I am the best sexual partner I've ever had."

—Dr. Betty Dodson (Ninety years old)

Masturbation and CBD

If you're like most people and you masturbated when you were younger, you likely did it silently and stealthily. Perhaps you shared a room with a sibling, or you had parents in the next room, or maybe you grew up in a communal space with little privacy. No matter how it happened, the odds are good that if you masturbated growing up, you did it with as much speed as you could muster while making no noise whatsoever. It's entirely possible that the stigma never went away and you've still never masturbated for more than 10 or 20 minutes at a time and you're still not making a lot of noise during the process. There's nothing wrong with rushing to blast off when you're pressed for time, but when is the last time you made a date with yourself and just explored your body's pleasure capabilities? Are you still operating off old erotic data from the past? As hormones change, as bodies morph over time, different erotic hot spots come online. This is exciting! That means you get a chance to get to know your body now, as the person you are today, rather than assuming it's capable of feeling only the things it felt when you started masturbating. In addition to being a fantastic stress reliever and self-care tool, masturbation is a way to discern how your body most enjoys receiving touch, which is valuable data to communicate when you're having partnered sex! Sometimes we wish that our partners were mind readers and we didn't have to give feedback or ask for what we want (that would make things easier, admittedly), so part of the skill-building process is being able to give and receive feedback and articulate your needs in real time (but that's for the next chapter).

Why might people be resistant to masturbation? Lots of reasons! There can be so much shame and stigma around masturbation. Some people are taught that masturbation is a sin that leads to eternal damnation. Others believe that masturbation is a form of adultery. There is also a pervasive myth that people masturbate only because they can't find someone who wants to have "real sex" with them, and by extension, if you have a partner, then you shouldn't need to

masturbate because ostensibly your partner is satisfying all of your sexual needs. On the contrary, masturbation is healthy and normal, regardless of your relationship status. It's actually an enhancement to your relationship!

Breaking free of these damaging thought patterns and stereotypes is a challenging process. CBD can help calm those guilty thoughts in your head and help you feel a little freer to explore. It can also help you feel more physically in the mood, and that's a good thing. Because, let's just admit it, masturbation is awesome:

When you masturbate, you know your own body better. The idea is to practice, getting into a groove so you know how to maximize your pleasure.

You expand your sensation spectrum so that you can find out where your hot spots are.



Masturbation can help you break out of your “default mode” and try new things.

You can explore your body solo in ways that you might not feel comfortable exploring with a partner.

For those who have given birth, the entire vaginal landscape changes. If you haven't updated your masturbation practices since before you gave birth, it may be time to re-explore with a beginner's mind. You could cover your hands with a CBD massage oil and, looking in a mirror, apply the oil in a hand-over-hand motion, exploring your folds and crevices.

One of the key takeaways in all this is that masturbation is a practice. It's an opportunity to spend quality time with yourself. It's a chance to treat yourself the way you've always wished a lover would treat you. Feel free to explore the naughty fantasies that you're too afraid to admit out loud to another person. Light some candles or incense. Buy yourself flowers or a cool art poster. Put on something sexy that turns you on. Experiment with playlists or other soundscapes. Look in the mirror, into your own eyes, and seduce yourself.

Masturbation is not just about getting yourself off. It's about nurturing your relationship with yourself and your body. You get to love yourself and feel empowered by knowing how to make your body feel good on every possible level. Check out the "Create Your Erotic Avatar" activity in the Methods, Recipes & How-Tos section ([page 122](#))!

Breathing

Practice deep breathing while you explore your body. Many people hold their breath, especially when getting close to orgasm. This actually makes orgasm more challenging! Your body needs oxygen, so breathing deeper and slower and learning to relax into orgasm is an important skill to acquire. Think of it like yoga. Courtney Avery, MPH, is a yoga instructor and pelvic floor health educator. She explains, "When you are approaching an orgasmic sensation, there may be a natural urge to control the pleasure by holding the breath and tensing your muscles to isolate intense sensation to the genital area. When you continue to breathe through the orgasmic sensation, you remain connected to your body and allow the pleasure to flow freely throughout your entire being, with your breath. Holding your breath creates tension and isolates the pleasure

you experience to one area. Moving with the breath creates freedom in the body and the mind for pleasure to flow through you.”

Check out our breathing exercise in the Methods, Recipes & How-Tos section ([page 124](#)).

Pleasure-Testing Products

One of the unexpected benefits of masturbation is that it’s the perfect opportunity to experiment with what feels good with no attachment to outcomes, so it’s a great way to field-test new products. If you’re wanting to see how a particular product or strain impacts your sexual response, try it solo! This is crucial because when you’re using it on your own, you isolate variables. On any given day you could be totally content and secure in your relationship or you could feel anxious and uncomfortable. Those underlying factors will impact how the cannabis products affect you. Sometimes cannabis can help bridge the gap, but other times it can exacerbate the issues (especially if it’s not the right product or dose for your body). Trying new products on your own and masturbating is a good way to create a baseline so that you can be more informed about what you’re reaching for on date night.

What happens when you’ve been waiting all week for date night, got a babysitter for the kiddos, and you take a few hits off a vape pen only to find out that this particular product makes you want to binge Netflix instead of bump and grind? That’s a bummer for everyone. Take the guesswork out of the equation and give yourself some sexy homework.

Vocalizing

Vocalizing during masturbation is an important skill to cultivate. Since you likely learned to masturbate in silence, it can be challenging to find your voice. You might feel silly or performative when you make pleasurable noises and other excited utterances. It just takes time to create new neural pathways and normalize this for yourself.

One of the best places to learn to vocalize is a hotel, because even if your neighbors hear you, you’ll never see them again anyway!



One of the best places to learn to vocalize is at a hotel, because even if your neighbors hear you, you'll never see them again anyway! Seriously though, just try. It doesn't have to be complicated or even loud. Maybe throw in an "ohhhhh" on your exhale. When you find a hot spot, use "mmmmm" to tell yourself that you felt something awesome. This is not about sounding pretty or sexy or imitating what you've heard in porn. It's just about adding more of your senses into the experience so that you cultivate a more well-rounded erotic exploration.

OK, but Seriously, How Do You Do It?






Is it possible that you're reading this and you've never masturbated before? It sure is! There's nothing wrong with that, either, by the way. You're not broken. You're not a "late bloomer." For whatever reason, this wasn't a life experience you explored before now, and honestly, it's extra cool because now you get to create exactly the type of masturbatory experience you want with no bad habits to overcome!

The first thing to know is that your body is built for pleasure. You may be tempted to rush headlong into your genitals, and there's nothing wrong with that, but sometimes the most joy can be found in the process of getting there. Give yourself time and space to do this and assemble the necessary supplies (the only truly necessary supply is lube, which could be from a reputable brand like Sliquid or just olive or coconut oil from your pantry).

The first and most important tip for masturbation is to give yourself time. You deserve to take time just for you, for your own enjoyment, and relish in your own body. Make a date with yourself and set aside at least 1 hour. Start fully clothed, wearing something that makes you feel good. You don't have to put on

sexy undies for yourself, but you could! Undress slowly, running your fingers along the seams or stroking the buttons. Listen for the zipper or the snaps coming undone. Take your time. Explore yourself as though for the first time.

Now That You're Warmed Up, What Else Can You Try?

-  **Use your nondominant hand** for a new sensation.
-  **Try solo time in the bath** or shower for easier cleanup and additional relaxation.
-  **Explore different methods of fantasizing**, including your imagination, reading erotica, viewing porn, interacting with webcam models, or having hot phone sex.
-  **Play with multiple parts of yourself** at the same time: Lick your lips and grind your hips and clench your toes and stroke your—well, that's up to you to decide!
-  **Explore edging.** That means getting really close to climax, then backing off, then getting really close again, then backing off again. It heightens the experience!



Get out of your head. Use CBD or cannabis products. Let the magic of the cannabinoids help quiet those persistent voices in your head. You can even narrate what's happening out loud to yourself as a way to stay present. "I'm caressing my arm. My skin feels soft. I like the way the hair tickles my

fingertip.”

- **Try different positions.** If you’re usually an “on your back, legs straight out” person, try lying on your side or stomach. Try standing up, or bending over a piece of furniture (if it’s comfortable). Dangle your head off the side of the bed and feel the blood rush to your face.
- **Use a hands-free toy** and explore the rest of your body with your two free hands.
- **See what happens when you relax your body** the whole time, and what happens when you clench and tighten the whole time. Then mix and match!
- **Find erotic imagery online** and see what turns you on. There’s an awesome website called Beautiful Agony that displays images and videos of people masturbating—but shows only their faces!
- **Moan.** This can totally be a “fake it ‘til you make it” thing; just get used to vocalizing your pleasure.
- **Play with yourself in front of a mirror.** Use either a hand mirror that’s close to your genitals so you can see what they do or a full-body mirror so you can witness yourself in the throes of passion. It’s pretty incredible; you won’t want to miss out on this!
- **If you have a vulva,** try Dr. Betty Dodson’s “Rock and Roll” technique: Lie on your back with your knees bent and your feet flat on the ground. Take a deep breath in and rock your pelvis up and clench your pelvic floor muscles. Exhale with sound and release your pelvis back down and relax all your muscles. Once you get into that rhythm, apply a wand vibrator just above the clit, on the shaft. The idea is not to grind the vibrator into the clit, but rather to thrust the clit into the vibrator on the inhale. This technique was actually studied in Denmark with a sample of 500 women who had been anorgasmic for an average of 12 years. After using this technique, 93 percent of them had an orgasm. Yay, science!

CBD and Self-Love

CBD tends to work better when you use it consistently. Think about the things you do every day—brush your teeth, wash your face, make yourself a meal. What if you intentionally started incorporating self-love practices into your daily routine? What if one of those practices was consuming CBD?

You’ve probably taken daily vitamins at some point in your life. Your endocannabinoid system is best able to support your body’s goal of homeostasis when it has consistent access to phytocannabinoids. Set a daily reminder on your phone. When you hear that alarm, take 5 minutes to do a self-care practice with CBD. Take a few hits off your favorite vape pen, squirt a serving of tincture under your tongue and hold it there while you think affirming thoughts about yourself. You are worthy.

You are capable. You deserve love and connection and joy and pleasure and intimacy. You have a body that is worthy of respect and kindness.



You'll be shocked by how this short practice and self-validation can cultivate a powerful relationship with yourself that will ultimately make you a better friend, lover, and parent (if applicable).

The truth is, your relationship with yourself is the most important relationship in your life. Everything else builds from that. If you look to others for validation, worthiness, pleasure, and happiness, you'll always be reaching for it and, more often than not, you'll find it's just outside your grasp. Or you will grasp it, for a moment, and you'll become so fixated on holding on to it that you'll lose sight of everything else. It's how addiction and codependency happen. Maybe you have been there at some point or another. That doesn't have to be your story. You get to decide. How do you want to source your joy?

Humans have an infinite capacity to love. Cannabis can help us tap into that infinite capacity and break out of the cycle of needing external validation. It takes time. One joint, puff, or tablet is not going to instantly give you the most empowered relationship with yourself that you could ever imagine. Check out a CBD-infused body love ritual from Luna Matatas in the Methods, Recipes & How-Tos section ([page 127](#))!

**“If you’re not
tapped into who
you are, you’re
missing a full
understanding
of your power.**

People like to say ‘my other half’;
for me, I look for my other whole.
It’s about self-love first.

When you're in a relationship, how do you really get to know something about someone? Ask them questions. Be present and listen. Spend time with them. Build a relationship. You can do the same thing with yourself. Activate your relationship with yourself.

Show the universe how you want to be loved; how you want to be touched.

Breast or chest massages are such a beautiful way to show your body love. When you show the universe how you want to be loved, you call that in.

Ask yourself,

'How can I be so intentional in these moments with myself and not just bust a nut, but really take it to the next level where I'm using this sacred energy to transcend dimensions and heal the universe with sensuality and CBD?' "

—**Lizzy Jeff**, rap priestess and medicine woman

Creating a Vibration of Self-Love

If you find yourself easily distracted by clutter and other environmental factors like noise and temperature, it's useful to spend some time figuring out how to create a self-love sanctuary. Maybe it's your bedroom, although if you share a bedroom, you'll want to honor the other person's preferences and habits as well, so be sure to consult them before making changes. Consider your erotic avatar (see "Create Your Erotic Avatar," [page 122](#)). What kind of space would be ideal for sexy times? What would it smell like? What kind of lighting would it have? What kind of sheets or fabrics would be on the furniture? What color scheme would you choose?

Lizzy Jeff is widely considered a sensuality expert as well as a professional provocateur. She suggests combining CBD with herbs like damiana, maca root, and other plant-based aphrodisiacs. Check out the Methods, Recipes & How-Tos section ([page 118](#)) for more herbal blends to explore.

As we've mentioned, masturbation is one of the best ways to field-test CBD and other cannabis products. If you wait until date night to try out a new product or strain, especially for THC-containing products, you're at the mercy of how your body responds. Now that you understand both how to touch yourself

for pleasure and why it's crucial to know how your chosen cannabis products will affect your body, let's explore how to bring this wisdom into a partnered space.



METHODS RECIPES & HOW-TOs

EASY CBD LUBE

For those who love the DIY experience, here's a recipe for home-brewed CBD oil lube. If you don't want to use a slow cooker, there are multiple oil infusion machines on the market, including the Levo Oil Infuser and the MagicalButter Machine.

YIELDS APPROXIMATELY 1 CUP [240 ML]

Ingredients

¼ oz [7 g] CBD-rich cannabis flower or hemp flower

8 oz [240 ml] fractionated (liquid) coconut oil or MCT oil

Equipment

Food scale

Hand grinder, coffee grinder, or food processor

Baking sheet

Two 4 oz mason jars

Slow cooker

Jar clamp and/or tongs

Heavy oven mitts

Large funnel

Unbleached cheesecloth

Large glass measuring cup with pour spout

Smaller funnel

Tincture bottle with a 1 ml calibrated pipette

Preheat the oven to 240°F [115°C].

Using your food scale, weigh out ¼ oz [7 g] of the flower.

Grind your cannabis flower using a food processor on the “pulse” setting or a hand grinder. Grind until medium-coarse—you don't want to reduce your flower to powder.

Activate the cannabinoids with this standard decarboxylation method: Spread the ground cannabis evenly on a baking sheet and bake in the oven for 1 hour on the middle rack. Stir halfway through the cooking time.

After an hour, divide the ground cannabis evenly into each mason jar. Fill each jar with equal amounts of oil. Screw the lids on the jars as tightly as possible.

Place the mason jars in the slow cooker and cover with boiling water so the jars are fully submerged. Set the slow cooker to the “warm” setting for 4 to 5 hours.

Every hour, using a jar clamp or tongs, pull out the jars and give them a good shake, making sure your hands are protected by the heavy oven mitts. Be careful not to burn yourself, as the glass and metal will both be hot!

After 4 to 5 hours, remove the jars and place them on a cloth until cool (don't put them on a cold/hard surface, as the glass could crack).

Line a large funnel with four layers of cheesecloth and place it over a glass measuring cup. Slowly pour the cooled liquid through the cheesecloth. Use the cheesecloth to squeeze out the plant matter that remains. Your strained oil will be slightly green.

Using a smaller funnel, pour the oil into a tincture bottle with a pipette.

DIY CBD SUPPOSITORIES

Suppositories are cylindrical capsules made of oil that are designed to absorb into the mucous membranes of the body. These can be used vaginally or anally to reduce discomfort and increase pleasure. You can find suppository molds on Amazon, which are the easiest to use. Each mold holds ½ tsp oil, and they come in packs of 100.

YIELDS 40 SUPPOSITORIES

Ingredients

½ cup [120 ml] Easy CBD Lube ([page 114](#))

Equipment

Pipette

Suppository molds

Using a pipette, add the oil to the mold and freeze for at least 1 hour prior to insertion.

Pro tip: Freezing makes them easier to use, and they should feel cold for only a few seconds after they're inserted.

LIKE

A

PRO

DOSING GUIDELINES

1 ml oil = 1 serving

For practical purposes, this infused oil is better thought of as a marinade, not a lube, so apply 1 ml to the vulva and allow to absorb for 15 to 25 minutes. Apply more as needed, remembering to allow for absorption time with each additional application.

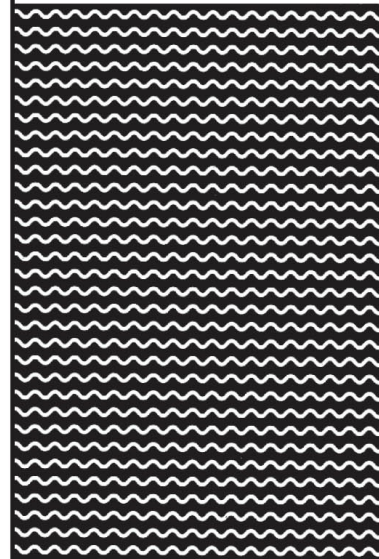
Pro Tips to Making CBD Lube

MULTITASK

While the mason jar method is great for containing the smell, the decarboxylation is highly fragrant. If you have nosy neighbors, try frying bacon or cooking something comparably fragrant at the same time to mask the scent.

WEED

If you see bits of weed floating in your oil, strain it again. You don't want bits of weed on your bits!

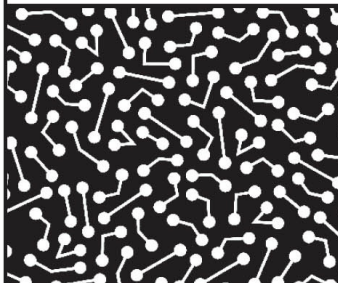


MESS IS COOL

Straining can be messy, but remember, this therapeutic oil can be used anywhere. Got excess dripping down your arm? Just rub it in!

KEEP IT SIMPLE

Don't add essential oils or other additives to your oil. With only two ingredients, it's endlessly versatile. Check out the DIY suppositories recipe (facing page) for an upgrade idea!



CBD HERBAL SMOKING BLENDS

Hemp flower is becoming increasingly popular. For any cannabis plant or product to qualify as hemp, it must contain less than 0.3 percent THC. This means it will be nonintoxicating, which makes it a great choice for daytime or sexy time! Adding other herbs to your hemp flower can create a more enhanced sensual experience for solo or partnered time. The ideal smoking blend has three parts—base herbs, supportive herbs, and flavoring herbs. These blends can be rolled into a joint, but the best choice would be to smoke them out of a glass water pipe or hookah, which reduces the harshness of the smoke.

Base Herbs

Hemp flower: Contains 10 to 20 percent CBD

Damiana: Relaxing, may stimulate libido

Red raspberry leaf: Relaxing, reduces discomfort and inflammation

Mullein: Promotes respiratory health, provides a great base for any smoking blend

Supporting Herbs

Lavender: Reduces worry and discomfort, promotes calmness

Rose petals: Enhance the sensual experience

Passionflower: Relaxing

Skullcap: Mildly relaxing

Flavoring Herbs

Mint (peppermint, spearmint, etc.)

Sage (white, black, or blue)

Mix and match the herbs listed in this section to create your own custom smoking blend! Experiment with ratios to see what works best for you, but I suggest starting with a blend of 50 to 60 percent hemp flower and 40 to 50 percent herbs.

Grind together your preferred mix with a marijuana grinder or a mortar and pestle, or use your fingers. As you're grinding the herbs, set an intention as to how you want to use and enjoy

these botanicals. Offer gratitude as you roll the herbs into a joint, or pack them into a bong or bowl.

Here are two of my favorite blends:

LUSTY BLEND

2 parts hemp flower

1 part damiana

1 pinch mullein

1 pinch lavender

1 pinch rose

RELAXING BLEND

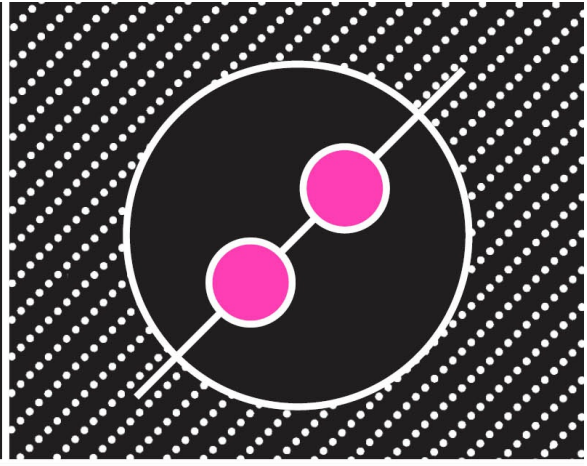
3 pinches hemp flower

1 pinch mullein

1 pinch skullcap

1 pinch red raspberry leaf

CBD
CBD
CBD



MOCK TAILS



COURTESY OF
**SAIENE
OSSMAN**
FROM HER UPCOMING BOOK,
CBD COCKTAILS

FUZZLESS NAVEL

Clear your mind while you delight your palate by including a CBD element in this refresher. With a peachy punch and notes of citrus, this drink gives a boost for all-day energy (or all-night energy—if you know what I mean).

MAKES 1 MOCKTAIL

Ingredients

10–20 mg unflavored CBD tincture of your choice (such as Foria Basics)

3 oz [90 ml] orange juice

1 oz [30 g] peach nectar

1 orange slice, for garnish

1 maraschino cherry, for garnish

Place the CBD tincture, orange juice, and peach nectar in a chilled highball glass, stir to combine, and garnish with the orange slice and maraschino cherry.

ROSEMARY LEMONADE

Fresh herbs balance the sweetness of lemonade in a classy, simple way that is understated and kinda fancy. The inclusion of Kine's Lemon Tincture gives this refreshing drink full CBD effects.

MAKES 1 MOCKTAIL

Ingredients

10–20 mg Kine's Lemon Tincture
5 oz [150 ml] Lemonade
1 oz [30 g] coconut syrup
Splash of agave syrup
1 rosemary sprig
1 lemon wheel, for garnish

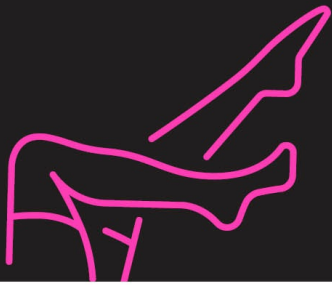
Place the tincture, lemonade, syrups, and rosemary in a cocktail shaker filled with ice and shake vigorously. Strain into a highball glass filled with ice and garnish with the lemon wheel.

CREATE

YOUR

YOUR

ARTIC



AVATAR

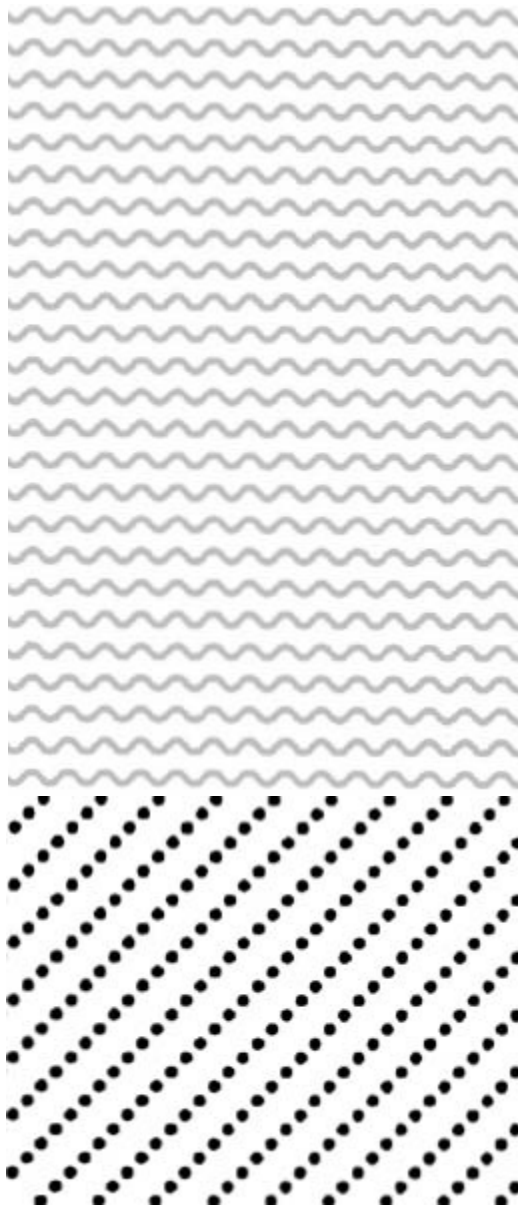
Tinctures, smoking, or vaping some CBD-rich flower or even sipping some CBD-infused tea can be lovely for this activity.

CLOSE YOUR EYES.

Take a few deep breaths. Be present with your thoughts. Just notice them as they arise, and then let them go, like you're watching clouds drift lazily across a bright blue sky.

AS YOU START

to feel the calm wash over you (after about 10 minutes), let your imagination wander. Imagine what it would be like to be a person who is completely confident in their body, easily asks for what they want and need, and gets everything they've ever fantasized about and more.



IN OTHER WORDS,

imagine your ideal erotic persona. What do they like to wear to feel playful and provocative? What kind of music do they listen to? What scents help them relax and say, "Oh, that's lovely"?

What kind of music puts them in a seductive headspace?

TAKE OUT A PEN AND PAPER

and set your timer for 30 minutes. List each of the five senses (smell, sight, taste, touch, hearing) and then start filling in ideas of what your erotic avatar would find appealing for each. Think of specific elements (the smell of incense, the sensual sounds of downtempo music, the ambience of candlelight).

THINK

of the best sex you've ever had. What environmental qualities of the space made it possible to have such great sex there? List those things: quiet, luxurious, relaxing, botanical?

ANSWER THE FOLLOWING QUESTIONS:

How does your erotic avatar seduce someone? How do they want to be seduced? How long would they ideally spend exploring pleasure? What tools (toys, outfits, lubes, CBD products) would they want to have on hand to enhance the experience?

UPDATE THESE LISTS

at least once a year—people change, after all! Share them with a partner if applicable, and encourage them to make their own lists. This should give you lots of ideas for creating your erotic playground!

CBD BREATH-WORK

Inhaling CBD or cannabis, in addition to the benefits of the cannabinoids themselves, benefits your body as a breathing practice. As you inhale, visualize how you want your body and mind to feel. As you exhale, intentionally relax your body and release any tension you may be holding. You don't have to pair these exercises with smoke or vapor, but it's an option! Try to spend at least 5 minutes per day engaging in a mindful breathing practice. Breath and orgasm are intrinsically linked. Many folks find that their pleasure is positively impacted when they breathe deeply through an orgasmic experience. Breathwork also helps shift your body into a more grounded state, out of stress reactions and tension, which makes pleasure much easier to access.

SOME OPTIONS

1 FOUR-SEVEN-EIGHT BREATH

This is a great breathing practice if you're feeling stressed or overwhelmed. Begin by inhaling through your nose for 4 seconds, hold for 7 seconds, and exhale through your mouth (with an "ahhhh" sound) for 8 seconds. Exhaling with sound is an important part of this practice because it releases tension in your nervous system.

2 THREE-CHAMBER BREATH

If you have ever taken a yoga class, you're probably familiar with this breath. Find a comfortable position (sitting, standing, or lying down) and take a long, slow inhale. As you inhale, first focus on filling the belly with air, then the lungs, then the upper chest and heart space. As you exhale, rather than forcing the breath out of your lungs, just release it like a sigh.

3 BREATH OF FIRE

(Note: This is an advanced yogic breathing technique often used by experienced tantra practitioners, so if you're prone to light-headedness or have breathing issues, you may want to skip it.)

Begin by finding a comfortable place to sit. Sit up tall and lengthen your spine. This breath is similar to a dog panting, but it's done with a closed mouth. It's a series of quick inhales and

exhales paired with clenching and releasing your abdominal muscles. As you exhale, bring your belly button toward your spine. As you inhale, relax your belly. The idea is to do this in rapid succession, but if you get dizzy, slow down or take a break. This breath is not a good one to do with smoke in your lungs, but it does increase your energy and is a good one to do if you're feeling sluggish before sexy times, solo or partnered.

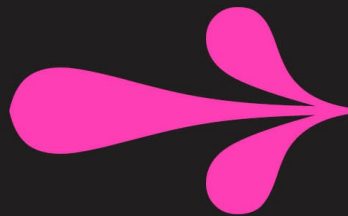
BODY

LOVE

Ritual

Ritual

Ritual



COURTESY OF

LUNA MATATAS,

SEX, PLEASURE, AND
BODY CONFIDENCE EDUCATOR

Masturbation offers us an opportunity to connect with our body and erotic mind without worrying about pleasing or being validated by another person. Shame can still creep into our masturbation. Notice if those thoughts come in and try to direct them out. Breathe in pleasure, breathe out shame.



Your goal for masturbation doesn't have to be orgasm. Orgasms are great, but they aren't the only way to experience pleasure during masturbation. Approach touching yourself as being curious about your

pleasure spots, what feels good, what makes you feel sexy, what doesn't do anything for you, what areas of your body you haven't touched. Here's one way to get started.

GET COMFORTABLE.

Decide if you're going to lie back, support yourself with pillows, draw a hot bath, etc.

PUT ON SOMETHING

that makes you feel sexy. Even if that garment doesn't look quite the way you'd like it to, does it feel sexy on you if you close your eyes?



GET OUT SEX TOYS

you might want to use.

HAVE LUBE

or CBD body oil ready to use.

SET AN INTENTION

for this practice. An example might be, "I am exploring my body with kindness and curiosity."

START BY SLOWLY TOUCHING

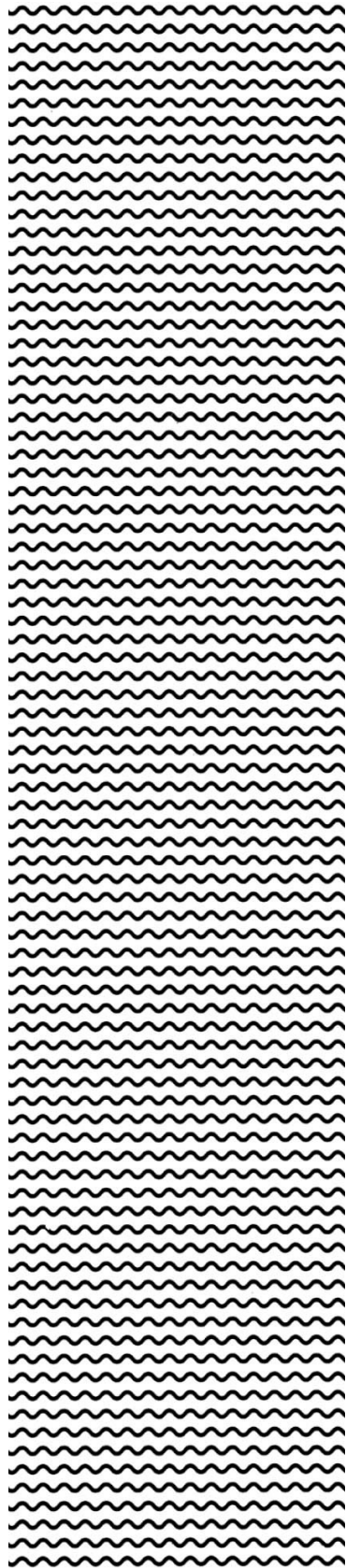
non-erogenous areas of your body. Notice where you don't like to touch. If looking at your body makes you feel self-conscious, close your eyes while you touch yourself and focus on the sensation. Use a body oil infused with cannabis, if you'd like.

ALLOW MOVEMENT

or sound if it arises— grind your hips, shake your butt, breathe heavier, or moan.

USE YOUR FINGERS

to explore different sensations around your body—drag them, use pressure, use gentle, barely there touch. Repeat your intention when you feel yourself judging the skin you're in.





TAKE MASTURBATION

wherever you feel like going. You can leave it at self-touch, you can move on to a sex toy used internally or externally, or you can play with underserviced erogenous areas, such as your neck, feet, inner thighs, stomach, etc.

BE GENTLE WITH YOURSELF—

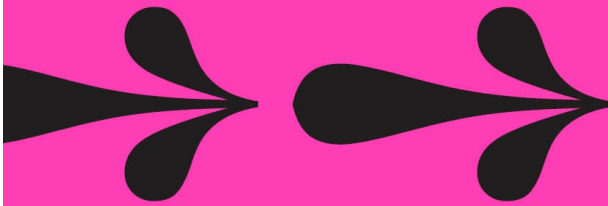
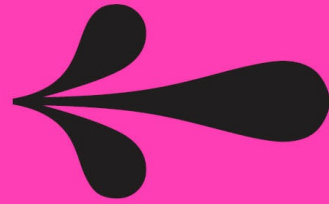
if you become emotional, feel insecure, or get focused on your performance, come back to your breath. If you are getting aroused, deepen and slow your breath so you can tap into the increased sensation with more openness.

AFTER YOUR BODY LOVE RITUAL,

take a few breaths before starting to clean up. If you've used candles or music, reverse yourself slowly out of the mood—blow out the candles and turn off the playlist while smiling in gratitude. Thank yourself for making the time and effort to honor and open the body you are in right now. Create time afterward or in the next couple of days to reflect on what you liked, what you want more of, and whether you noticed any changes in the way you see yourself.

CREATING A

YES



NO

MAYBE

→ LIST →

Take out a sheet of paper. Make three columns. The “yes” column includes things that are a *hell yes* for you. The “maybe” column includes things that you’re not sure about but are willing to explore or negotiate. The “no” column is for limits or things you’re not interested in exploring at this time. Be sure to specify *G* for giving, *R* for receiving, or *B* for *both*.

THINGS TO CONSIDER

Kissing

Cuddling

Erotic massage

Role-play (specify)

Dirty talk

Oral sex

Spanking

Nipple play

Blindfolds

Phone sex

Sexting (words/images)

Head stroking/petting

Scratching



Biting

Threesome, foursome, group sex (specify)

Public sex

Lingerie

Temperature play

Texture play

Fisting

Scissoring

Sex toys

Spoiling

Domination

Submission

Bondage (specify rope, handcuffs, silk ties, etc.)



Teasing (physical or verbal)

Orgasm denial

Genital massage

Vaginal penetration with fingers

Vaginal penetration with toys

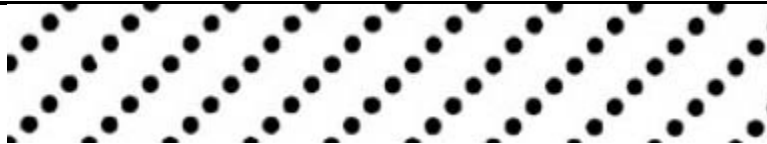
Vaginal penetration with strap-on or phallus

Anal play (outside)

Anal penetration with fingers

Anal penetration with toys

Anal penetration with strap-on or phallus



HOW-TO: REIMAGINE PARTNERED SEX

A couple of years ago, I co-created an online hand sex course with Roxanne DePalma, whom you might recognize from Showtime's hit TV show *Polyamory: Married & Dating*. We called it the "Ten Commandments of Hand Sex." Without going into all ten here, these curated commandments are a great starting point not just for hand sex but for all partnered sexual activities.

A FEW COMMANDMENTS

1 HONOR THE BODY TEMPLE

Prepare your body to share sexual space with another body. Take a shower, trim or file your nails, use mouthwash, and put on some fresh clothes. That preparation ritual can help shift your mindset from doing-brain to being-brain.

2 CREATE SACRED SPACE

Intentionally creating sacredness in your play space can elevate your experience to levels you've never imagined (see "Co-creating Your Sensual Playground," [page 150](#)). Set out the CBD or cannabis products you plan to incorporate, whether it's sex oil, an edible, a vape, or a pipe. You may find that arranging the components ahead of time creates a more streamlined experience and allows for more reflection and presence.

3 COMMUNICATE AND PRIORITIZE CONSENT

As we discussed in [chapter 2](#), consent is everything, especially when you're mixing cannabinoids with sex (see [page 158](#), "Is It Awkward, or Is It Just Me?" on how to take the awkwardness out of communication and state your needs clearly and authentically).

4 KNOW YOURSELF AND YOUR PARTNER

The reason we went through anatomy in [chapter 2](#) was so that you can have a better sense of the wonders of your body! Even if you've visited a place hundreds of times, having a tour guide will allow you to find new and interesting things to explore. Check your ego at the door and approach each other's bodies with curiosity and wonder. This also requires knowing

how the cannabis products you're choosing will affect your body so that you're not playing roulette with effects. Remember the main idea from [chapter 3](#): Use your masturbation practice to field-test products so you can more reliably forecast their effects.

8 PRACTICE EMBODIMENT

So often in this digital world it can be really challenging to get out of your head and into your body. Notifications are going off all over the place, you're checking email as you're shoveling down food before you dash out the door . . . Sound familiar? This landscape can make it challenging to be present and actually feel the way sexual energy moves through your body. Take time to breathe, connect, and notice what it feels like to pay attention to what your body is craving, moment to moment. Try this: Take your finger and slowly run it over the inside of your wrist. Is your attention on your finger or your wrist? Notice what happens if you touch your wrist with the intention of making it feel good. Now try touching your wrist with the intention of making your finger feel good. See how a slight change in your attention can radically alter the sensation?

6 REMEMBER AFTERCARE

This is the post-glow check-in. Some people don't need it; others crave it. Have a conversation (as part of your pre-talk) about how you want to connect with each other in the hours and days that follow your playtime. Share a hemp-CBD joint as you revel in the joy of what you just co-created.

7 HAVE A HEART-CENTERED DEBRIEF

As part of your aftercare check-in, have a loving conversation about what worked and what could be improved. It's cliché, but use the compliment sandwich: Share one thing that you enjoyed, one thing you'd like to upgrade or alter next time, and finish with another thing you enjoyed. You can also take this time to debrief which products worked and didn't work in a partnered space. Sometimes things that work solo won't work as well when another person is present, and that's totally OK and normal.

HOW-TO: GIVE A SPECTACULAR PUSSY MASSAGE

The most common mistake when playing with vulvas is jumping directly into clit diddling or penetration. Teasing is an art, and giving a thorough massage is a great way to practice that. Don't forget to use lube, and feel free to incorporate a CBD suppository.

MASSAGE TIPS

1 Start by putting the heel of your hand on the pubic mound and letting your palm and fingers drape down between the thighs, in a kind of paw formation. Hold there. Take a few deep breaths. This technique is called the "pussy hug" and was popularized by noted sexuality educator and rope bondage expert Midori. The pussy hug is a great starting and ending move because it brings attention to the area in a really grounded, comforting way. This would be a great time (if you haven't already) to apply a CBD oil or lube on the inner lips, vaginal opening, and around the clit. That way, it can marinate while you're massaging.

2 Keeping that same paw shape, adjust so that the heel of your hand is just below the vaginal opening on the perineum. Put some pressure on the heel of your hand. Alternate putting pressure on your fingertips and on the heel of your hand, creating a rocking motion. This is called the "rock and paw."

3 With the pads of your thumbs, stroke up and down the inner and outer labia. Try putting your thumbs on either side of the vaginal opening and sliding them up to the top. On the way back down, use your first two fingers along with your thumbs to make a pinching motion and massage the labia between your fingers.

4 Trace the vaginal opening with your fingertip. Ask your partner if they're ready to have your fingers inside them. If you're feeling extra naughty, tell them they have to beg for it.

When they've given you every indication that they're craving your fingers inside them, slide in. Notice the smoothness of the muscle and tissue, how responsive it is to pressure.

G The G-spot is a cluster of erectile tissue on the anterior (front) wall of the vagina. You can find it by making a "come here" motion with your first two fingers. Sometimes when you stimulate it, the receiver might feel like they have to pee. This is normal, because you're right near the bladder and pressing on the urethra. Assure them that they won't and lay down a towel so they feel more comfortable. They may wind up squirting (but don't fixate on that as a goal!). Squirting is totally neutral—it's not good or bad, and it's not always correlated with orgasm. Some folks might notice that their G-spot is especially responsive if they've inserted a cannabis suppository.

HOW-TO: FABULOUSLY FONDLE A PHALLUS

Sad hand jobs can ruin anybody's night. Remember, communicate with your partner to explore what works and what doesn't. These techniques will infinitely uplevel your cock-stroking skills. Whether your play is with someone else's phallus or your own, you'll be glad you learned some new ways of approaching this oft-overlooked sex act.

SOME TECHNIQUES

1 **Begin with well-lubed hands.** Run them up the receiver's inner thighs and meet in a triangle with your thumbs behind the balls and your index fingers over the pubic mound, with medium pressure (calibrate with the receiver).

2 **Pause there and take a deep breath,** modeling deep breathing for the receiver. Remember, breathing promotes pleasure!

3 **Slide your nondominant hand** behind the balls and put some gentle pressure on the perineum. This is a great way to stimulate the prostate (if they have one) without ever having to venture into the ass. With your dominant hand, stroke the shaft once or twice from base to tip, to lubricate it. Start with a twisting motion, squeezing and twisting from bottom to top.

4 **Take your other hand** (so both hands are on the shaft now) and twist in opposite directions. This move is called the "pepper grinder," and it's a fun and easy move that creates a lot of pleasurable sensations.

5 **While still twisting** with your non-dominant hand, take your dominant hand and hold it like you're going to dog paddle, with your fingers pressed together and bent slightly. Rotate your palm over the head of the penis, in a motion that gives this move its name, "juicing the lemon." This can be super intense for people with a sensitive head, so, as always, be sure to ask your partner how it's going and what would make it better.

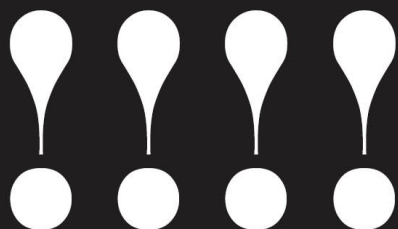
6 **From there, grasp the bottom** of the shaft with your nondominant hand and put the dominant hand directly on top of the bottom hand. Squeeze the shaft as you pull up and off the cock. This is called the “bottle rocket.”

7 **Take your two hands,** palms toward each other, and rub them back and forth along the shaft like you’re trying to start a fire. This move is called—you guessed it—the “fire starter”!

HOW-TO:



TALK
DIRTY



SENTENCE
STEMS

Think of these as naughty fill-in-the-blanks and
inspiration for your own dirty talk adventures!

FILL IN THE BLANK

I love it when you _____ my _____.

I want you to _____ until I _____.

Your _____ feels so good (in/around/touching)
my _____.

I wish you would _____ my _____.

It makes me feel _____ when you _____.

I like the way you _____ my _____.

Watching you _____ makes me want to _____.

Feeling your _____ inside me makes me _____.

I can't wait to feel your _____ (in/around/touching) my _____.

I love the way you _____ when you run your _____
over my _____.

My _____ feels so _____.

FINISH THE SENTENCE

When I close my eyes, I imagine _____.

You're making me so _____.

(Partner's name), you're going to make me _____!



4.

PARTNERED SEX & CBD



“I am having the best sex of my life!” Is that true for you? It can be.

↳ We all deserve to have passionate, connected, deeply satisfying sex. People sometimes get so caught up in the doldrums of life that sex gets relegated to an afterthought. Couples can find themselves in a rut, feeling as if things have gotten stale. Perhaps one or both partners have a demanding job, leading to limited bandwidth by the time they are reunited. Often things are super steamy in the beginning of the relationship, then the partners become habituated and sex becomes more routine. Suddenly you can't find the time. If you have kids around the house, you might struggle to turn off parent-brain, making it tough to shift into sexy-brain.

There are a wide variety of completely reasonable circumstances that could complicate your turn-on process. (Spoiler alert: Most of them have nothing to do with your partner!) Let's delve into how CBD can function as a tool to reduce the impact of the roadblocks. The most common obstacles to great sex are pain (physical or emotional), worry, struggles with body confidence, feeling disconnected from your body, struggles

around identifying and expressing your needs (or responding to the needs of your partner), and shame inculcated by cultural or religious upbringing.

Since cannabis is a fantastic tool for the disruption of limiting beliefs, let's use it to disrupt any stigmas you might have about sex as well.

Introducing CBD and other cannabinoids into the equation, depending on how they're consumed, can help diminish the impact of impediments to your arousal or sex life. Cannabis can decrease nervousness, promote desire, and aid in relaxation and lubrication of the vagina. It can also help calm the anxiety that some penis owners feel around erections and performance. Plus, it feels really good!

CBD and Getting Things Started: Redefining Foreplay

Many people consider foreplay to be the sex acts that help them warm up for the "main event." Kissing, massage, even oral sex are often relegated to the foreplay category and are thought of as a means to an end rather than the end goal itself. What if foreplay referred to the factors and circumstances that you intentionally put into place, before play, to maximize pleasure and enjoyment for all participants? Acquiring and consuming CBD products can be a key part of foreplay in this paradigm. Together you can shop for the products that will accomplish the objectives you're trying to attain, you can try them separately and report back to one another which ones worked best for you, and you can consume them together in anticipation of sexy fun times.

As sexuality experts around the world remind us over and over again, context matters. In order to create a context conducive to pleasure, connection, and intimacy, it helps to plan ahead. Life happens and it's messy as hell. A bit of thoughtfulness and proactivity can go a long way to smoothing out the experience so it's better for everyone.

Co-creating Your Sensual Playground

Humans are highly adaptable. One of the perks of being an autonomous human is that you get to create a life that truly reflects you and who you want to be. Think about the room where you most often have sex. What does it look like? Is laundry or clutter on the floor? Stark white walls? If you could wave a magic wand and magically transform that room into an

opulent, hedonistic love den, what would it look like? This is an exercise in learning how to seduce yourself. Once you have that dialed in, you can share this with your partner and see where your sex den desires overlap and where they diverge. Then you get to negotiate!

Each partner gets to make requests and have preferences for how you co-create your sexy sanctuary. Maybe you're all about the red rose petals but your partner hates the smell of roses. Not ideal! Swap in some silk rose petals instead or choose flower petals that smell delicious to both of you. If they're not into incense and essential oils, let them decide how they want the room to smell.

A Case for Scheduling Sex

One of the greatest sex myths is that the best sex is spontaneous. It's a romantic notion. You're so overcome with passion that your clothes literally fall off your body as you tumble into bed while the music swells in the background. Afterward, you collapse in a breathless heap. No planning, no conversation. Maybe you've even had sex like that in the past, where everything lined up and it was flawlessly executed and came together exactly the way you both wanted.

"Sensuality is a vibe. You have to be intentional when creating the vibe."

How are you creating your sanctuary in your space?
Elevate the vibration of your bedroom (or wherever you spend the most time with your lover).

From there, you activate the vibration of sensuality—maybe you change your bedsheets to red; maybe you create an altar of sensuality and get some red candles and treat yourself to red roses. Maybe you spray some peppermint essential oil around the room to activate the energy.

You might switch out your pillowcases for hemp silk and get that softer vibe. You could grab sexy new red lingerie or a robe. Add some plants to your room.

Sensuality is being in tune with your breath and deep breathing; when you have plants in your room, you're oxygenating your room and eliminating bacteria in the air—now you're more inspired to breathe deeply. Start with good music, light a candle, spray some peppermint or

lavender in the air, put something sexy on, maybe have some pomegranate seeds or juicy mangoes. Music activates our soul, and there's a lot of healing that can be done through sound therapy.

Sensuality is healing—it's a revolution.

When you can find music that resonates with your soul and gets you in alignment and balanced, that makes a huge difference.”

—**Lizzy Jeff**, rap priestess and medicine woman



That kind of flow is more the exception than the rule. When you're incorporating hemp-CBD or CBD-rich cannabis products into your sexy times, it's especially important to plan ahead.

Think about the method of consumption you're choosing, whether or not it causes intoxicating effects, and if it does, how much time it will take for you to get back to baseline. For instance, if you have 10 minutes on the calendar for a pre-work quickie, using an edible is probably not the right choice for you because they take up to 2 hours to kick in and then last for 6 to 8 hours.

Maybe you're thinking, But what if I schedule sexy time and I'm not in the mood once that time comes? No worries! This is an opportunity, not an obligation. There are plenty of ways to share intimacy that are nonsexual, like hand or foot rubs, making food together, drawing and taking a sacred bath, stroking your partner's hair, massaging their scalp, going for hikes, gazing into each other's eyes, or even just listening to a podcast or an audiobook together and pausing periodically to discuss what you've heard.

At the beginning of the scheduled time, you and your partner can use the following script to share your current mind and body states as well as your intentions for your time together. Try it as a communication exercise, each of you taking a turn. It may feel a bit clunky at first, but you're training your brain to be able to have these conversations, and eventually you'll be so skilled at sharing and listening that you won't need to follow the script.

PARTNER A

**THE ACTIVITIES I MOST
WANT TO EXPLORE
WITH YOU DURING OUR
TIME TOGETHER ARE**

_____.

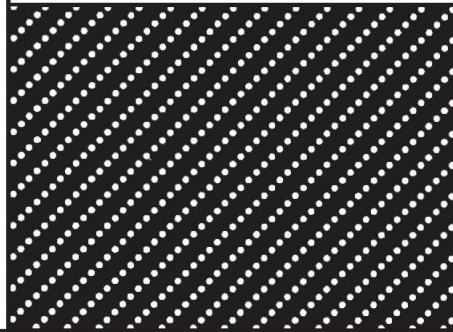
**IN THIS MOMENT, I FEEL
_____ IN MY BODY.
I WANT TO FEEL X.**

**THE ACTIVITIES
I WANT TO LIMIT OR
AVOID ALTOGETHER
ARE _____.**

**IN THIS MOMENT, I FEEL
_____ IN MY MIND.
I WANT TO FEEL Y.**

HOW ABOUT YOU?

**IN THIS MOMENT,
I FEEL _____
ABOUT YOU/OUR
RELATIONSHIP.
I WANT TO FEEL Z.**



PARTNER B	I HEARD YOU SAY WHAT YOU'RE NOT WANTING VERY MUCH OF IS _____.
THANK YOU FOR SHARING THAT WITH ME.	I UNDERSTAND WHAT YOU'RE WANTING, AND I'M EXCITED TO FIND A MUTUAL WIN FOR BOTH OF US.
I HEARD YOU SAY YOU'RE WANTING TO FEEL X, Y, AND Z, IS THAT RIGHT?	
IT SOUNDS LIKE YOU'RE MOST EXCITED TO DO _____ TOGETHER.	

Then switch. Partner B goes through their feelings and wants, and Partner A listens and reflects.

Is It Awkward, or Is It Just Me?

Do you know what your needs and wants are? If you don't know, your partner can't know. So it is helpful to identify your needs to yourself before attempting to communicate your needs to another person. Make a list of your favorite fantasies. If you like erotic stories, take note of any common themes or scenarios. If you enjoy watching porn, notice what it is about various scenes that appeals to you. If you're worried about other people finding the list, keep it in a private notebook or password-protected document so that you can refer back to it.

Maybe you just figured out that you have a super taboo fantasy and you're dying to try it with your partner, but you're not sure how they'll react. What if they're not into it? What if they think you're weird? Don't worry! Four little words (and perhaps a bit of CBD tincture for nerves) will make everything much easier. Reid Mihalko is a sex and relationship educator and self-proclaimed "sex geek." He is known for many things, but of all the sex strategies he has popularized, one of the most powerful is just four little words: "I have an idea!" Part of his work is encouraging his clients and students to "embrace the awkward" and stop letting fear of judgment or emotional discomfort keep them from asking for what they want. He's especially talented at figuring out interesting openings for conversation and connection.

The book in your hands right now is actually a great conversation starter. You can blame (credit?) it for your newfound willingness to discuss challenging things. It might sound something like, "So I picked up a book the other day, and it had some pretty neat ideas for making our sex life even better. I started thinking about it and . . . I have an idea!" The natural reaction is for your partner to say, "What's your idea?" and now you have your opening. Take a deep breath, feel the nervous flutter in your stomach, and say the thing anyway. Then pause. Take another breath. Notice that the sky didn't fall and your partner didn't immediately run away screaming. If they do immediately judge you or react poorly, you may want to ask questions about the relationship itself and not just your sex life.

Now you've created space for more genuine discussions about what gets you going, and you get to find the mutual wins! Score!

Turn-Ons, Turn-Offs, and Talking about Sex

Pop quiz: List the top five ways to turn you on. Go!

Wow, feel put on the spot much? You probably find yourself wondering where to even start.

One of the big challenges for partners is getting clear on what they need to see, hear, smell, touch, taste, or imagine in order to get them in the mood for pleasure.

A modality you may find helpful is an assessment tool called the Arousal Architecture, created by Kayna Cassard, a licensed marriage and family therapist in Los Angeles, California. Her work is designed to help people understand their arousal needs in more expansive ways by not only identifying the sexual aspects of what turns them on, but also many other factors that are typically not considered. We asked Kayna to highlight some of the key takeaways to her method and she generously shared this explanation:

"There are five foundations in one's arousal architecture, and most of us are aware of the sexual foundation, which is identified by explicitly sexual stimuli that can jump-start the arousal system (e.g., nudity, touching genitals, pornographic images, etc.). However, to maximize arousal potential, I encourage clients to find additional arousal opportunities in the remaining four secret foundations: embodied experiences, mental headspace, energetic connection, and erotic exploration. The embodied foundation is what is required for us to be present in the moment— this could be using movement, CBD, mindfulness, and psychological tools to create awareness of one's needs and get grounded in their body, securely. With the mental foundation, we focus on how important it is for one's mind to be tended to in order for arousal to be activated or reached: completing a to-do list, using CBD to help clear the mind, or even putting on sexy music to create the right headspace. The energetic connection is about the spiritual engagement one needs to achieve arousal, such as feeling connected to a higher purpose or with another person,

intimately. Finally, the erotic exploration can be a wide range of aspects from something as 'mild' as trying new sexual positions to the 'wild,' such as engaging in BDSM (bondage, discipline, domination, submission, sadomasochism)—anything that pushes safely up against comfort zones in an exciting way. "This model for arousal was born from working with a lot of vulva owners who had pain with intercourse and didn't really identify with sexual stimulation as their main source of arousal. They wanted to explore other ways to ignite arousal, so in conducting in-depth clinical research with them, plus my own exploration in arousal despite having penetrative pain myself, I realized there were so many other ways to get turned on that we're not talking about."

If you're feeling like a deeper dive, check out Dr. Emily Nagoski's book, *Come as You Are: The Surprising New Science That Will Transform Your Sex Life*. She writes about the dual control model, which conceptualizes arousal and desire by looking at two systems in the brain that act as the gas pedal and the brake pedal. The process of getting turned on involves taking pressure off the brake pedal and applying pressure to the gas pedal. CBD and cannabinoids can help with both the gas and the brake, in various ways, as long as you use them intentionally.

The Yes/No/Maybe List

Maybe you're someone who doesn't resonate with types and blueprints and models. You're an individual! Fuck this label shit! That's cool. This next activity is one of the best ways to open up a dialogue around desires and fantasies without having to categorize yourself in any specific way.

If you've ever had someone say "So what do you want to do with me?" and found yourself stumbling over your words or trying to come up with something on the fly only to realize you're not totally sure, you're not alone. Many people grow up having the same sex they've always had because it's familiar and often it's all that occurs to them. Sometimes people watch porn for inspiration, but that can be fraught because you're watching professionals on a closed course, so you will not be

able to copy-paste those experiences directly into your own life without some mindful adjustments—but erotica can be a great place to find inspiration for fantasies and scenarios.

Another great tool for uncovering and exploring fantasies is the Yes/No/Maybe (Y/N/M) list.

A Y/N/M list is nothing more than a list of possible sexual activities, tools, or situations. Perusing that list is like looking over the menu at a restaurant. You don't have to order everything, but it's nice to see it all laid out in front of you so you have options.

In the "yes" column you write everything you can think of that turns you on, from scenarios to sexual acts. Under "maybe" you list things that you might consider but aren't a definite yes, and under "no" you list things that are hard limits for you. You and your partner each complete a list and then exchange them. That helps spark a conversation because you can discuss why certain things are a "no" or "maybe" for each of you. Find a Y/N/M ideas list in the Methods, Recipes & How-Tos section (pages [130–31](#)).



Masturbation with a Partner

If you're an exhibitionist, you've probably masturbated in front of your partner at some point. If you're shy and struggle with shame around masturbation, the idea of doing it in front of your partner might terrify you. (See [page 158](#), "Is It Awkward, or Is It Just Me?") No matter how you feel about it, masturbating in front of your partner or with your partner is a helpful tool to have in your erotic tool kit.

Sometimes you want to experience pleasure but you want to be the one driving. There are plenty of reasons why you might not feel like having direct sexual interaction with your partner. Maybe it feels like too much effort. Maybe you only have 3 percent battery life left in your brain and you just want to rub one out before you fall asleep. Maybe this is really all you're in the mood for, with no other contributing factors or extenuating circumstances. That's valid! You don't have to justify your reasoning.

I once worked with a couple who had a neat system in place. They had a sex toy-warming device, but they actually turned it into a communication tool. One partner would get out the warmer and put it on the other partner's pillow. Upon discovering the warmer on their pillow, they had three options: They could slip in their favorite toy and turn on the warmer, they could put in their partner's favorite toy and put it back on their partner's pillow, or they could put the warmer completely away. In the first scenario, they'd be saying, "Fuck yes, let's do this!" In the second scenario, they're communicating, "I'm not up for playing with you tonight, but I fully support you playing on your own, and I'll lie next to you while you do it." The third scenario, putting away the warmer, indicates that they're not in the mood to share sexual space. Clear, nonjudgmental, and effective communication using just a sex toy warmer! Wow!

If your partner does watch you masturbate (or vice versa), you'll understand firsthand why it's so valuable. Why? After reading the last chapter, you know how to make yourself feel good, so now your partner can learn from you! By observing your speed, technique, hand or toy placement, and body movements, your

partner can quickly learn how to tell when you're having a good time and how to mimic your favorite moves when it's their turn to drive.

Back to Basics with CBD

Remember your first crush and how every touch was electrified? You'd have a movie date and you would start making out on the couch and inevitably one person would lie on top of the other and start grinding? Fully clothed, writhing against each other, feeling the tension in your muscles and the way your pulse quickened as the kisses got hungrier and more frenzied?

One of the sad parts of "real life" is that you have so many responsibilities and demands on your time that you focus on optimization and efficiency rather than joy and pleasure and pacing.

CBD helps by getting you out of your head and into your body so that you can let go of the goal-oriented mindset on which you've been socialized to fixate. Sex is not just a rush to insertion and orgasm. You get to enjoy every touch, every caress, every kiss, every glance.

Some couples find themselves navigating something called mismatched libido, which basically means one partner has more frequent sexual desire than the other. The most common thing I've heard while coaching couples is that there's a fixation on penetrative sex as the goal. When one partner isn't interested in "going all the way," they cut off all intimacy because they're afraid that a kiss is a slippery slope to naked time. It doesn't have to be that way. It's OK to say, "I don't want to take my pants off tonight, but I still want to connect with you."

Kissing and Making Out

Kissing is one of those things that is easily overlooked but powerful when done well. It's a great option for connection if you're just getting to know someone or wanting to enjoy an erotic interaction without ever taking your clothes off.

Great kissers can be legendary. If you close your eyes, you can still probably recall the hottest kiss you've ever received.

If you really want to set yourself up for lip-locked success, try using a CBD-infused lip balm. It may not make any difference in your brain, but this versatile cannabinoid will absorb into your lips and make them softer and more supple, plus CBD's anti-inflammatory properties will keep your lips from getting swollen after all your marathon make-out sessions.

CBD helps by getting you out of your head and into your body so that you can let go of the goal-oriented mindset on which you've been socialized to fixate.



The big key to being a great kisser is pacing. Don't rush the tongue! Start by pressing your lips gently against your partner's lips, then pucker slightly and feel the connection. You can keep your eyes closed, but sometimes it's fun to look into your partner's eyes. Begin opening and closing your mouth in a way that massages their lips with yours. Gently and slowly trace your tongue over their lips and slide it gently along the opening. The trick with tongue is teasing. If you start delving into their mouth with your tongue, make sure you bring your tongue back into your mouth and let them explore yours. Your tongues can come together like choreographed dancers or like mud wrestlers, whichever you prefer! Make sure to breathe through your nose. As you're kissing, allow your hands to roam along their arms, shoulders, back, and neck (with consent!). Ask in advance if it's OK to touch their hair.

TOP TIPS
TOP TIPS
TOP TIPS
TOP TIPS

FROM

**DR. CHARNE
QUICKMAN,**

COAUTHOR OF

***THE ULTIMATE GUIDE
TO PROSTATE PLEASURE***

TOP TIPS
TOP TIPS
TOP TIPS
TOP TIPS

Anal play can go from awesome to ouch pretty quickly for lots of different reasons.

The receiver needs to be able to press pause, ask for a different position or more lube, or request anything else that might make things feel fun again. So when the receiver does that, the giver's best response is "Thanks for telling me" and then doing whatever needs to happen.

When the giver is taking slow, deep breaths, two things will happen.

First, they'll be more relaxed, which the receiver will be able to see and feel. That will help the receiver stay grounded, embodied, and present. Second, whether they do it intentionally or not, the receiver will often start to match their breathing with the giver's, which makes it even more effective. So rather than telling your partner to breathe, tell them, "Take a breath or two with me," and then do it. It's a lot more effective.

Sometimes anal play can feel overwhelming or intense and the receiver might feel the impulse to say "stop." However, when someone says "stop," it's difficult to know whether they mean "hold still" or "pull out." Obviously, it's easier if the receiver can be specific about which one they mean. And if the word that comes out of their mouth is *stop*, take a moment to clarify whether they mean hold still or pull out.

If the receiving partner has a vulva,

you can actually reach their G-spot through anal penetration. It's a slightly different angle, and it might be easier to find on someone whose G-spot is more prominent. But if you can do it, it's an incredible surprise that puts a smile on a lot of faces.

CBD-Enhanced Handy Skills

Hand sex is one of the most underutilized sex acts in the universe. It's also widely considered to be a brief stop on the way to more, ahem, interesting activities, like oral sex or penetration. Here's the thing though: This is a skill set that can set you apart like no other. If you can "wow" your partner with your hands, they'll marvel at what else you're capable of! (I'm a bit of a hand sex fanatic. I even co-created International Hand Job Day! It's July 21, if you want to mark it on your calendar.) Latex or nitrile gloves are fantastic for hand sex regardless of the body part they're touching. It's admittedly especially ideal for anal stimulation because of the ease of cleanup, but don't neglect gloves for the front bits either! Gloves cover any rough or sharp areas of your hands, fingers, and nails, and they

prevent the lube (yes, use lube!) from absorbing into your hand instead of staying where you want it to be. Dry genitals are susceptible to uncomfortable friction, so make sure your hands are nice and slippery before touching your partner.

Check in with your partner frequently. The main variables with hand sex are friction (how much lube), speed (how fast), and pressure (how hard). Sometimes people struggle to articulate precisely what they like, but if you give them a choice—“Do you like it better when I do A (demonstrate) or B (demonstrate)” — they can usually offer a preference. (For techniques on hand sex, see the activities in the Methods, Recipes & How-Tos section, [pages 137–42](#).)

Butt Play and CBD

Anal is often mired in a combination of wonder, fetishization, and shame. People fear what comes out of them (whether gas or solid), and as such they fixate on the potential messiness.

Don't let fear stand between you and pleasure. Try a cannabinoid-infused suppository, ideally with a combination of CBD and THC. Let it absorb for 15 to 20 minutes before beginning stimulation. You could also take a few hits of CBD-rich flower in a joint or a vaporizer. Lay down a towel (or two), grab a pair of black gloves, and give it a try.

There are two big keys with anal exploration. First and foremost, anal stimulation is primarily for the pleasure of the person whose ass is being touched, not the person touching it. Don't lose sight of that. Next, remember the acronym SLBC: slow down, lube, breathing, communication. Slowing down is a good habit no matter what kind of sexual play you're exploring, but it's a nonnegotiable for anal. Moving too quickly can cause a “too much too soon” feeling and make you want to stop altogether. The importance of lube for anal cannot be overstated. Seriously. Use so much lube. Use what you think is probably a little too much, then use more than that. Don't forget, spit is not lube. For anal, the best lubes are silicone or oil based because of their staying power. Just remember that oil and latex don't play well together, so be thoughtful about that if you're using gloves or condoms. The ass is a “final destination,” meaning that anything (toys, hands, mouths, phalluses) that

touches it should be thoroughly washed before moving to another body part. Gloves and condoms speed up that process because you can simply whip them off and slip on new ones!

Oral Thrills and CBD

Oral sex is one of the more ubiquitous sex acts. It's referenced everywhere, from mainstream media to music to politics. Among sex educators, blow job workshops are consistently the most well attended and most often requested. How confident are you in your oral skills? Would you like to add a few tips and tricks to your playbook? Read on for some truly sensational techniques and upgrades for unforgettable oral. Preparation means being thoughtful, and it's a nice thing to do, both for the giver and the receiver of oral stimulation.

Tips for Both

- **Hydrate!** Especially when consuming THC products, dry mouth is a real thing. Keep a bottle of water within reach.
- **Remember** that STIs can be transmitted orally, so for those with multiple partners, consider using a barrier like a condom or dental dam to minimize risk.
- **Give honest feedback** on what's working and what's not. If words escape you, create a system where the receiver can tap on the giver's shoulder when they're doing something especially awesome, signaling the giver to "bookmark" that technique so it can be repeated later. If something isn't working, you can shake their shoulder instead so the giver knows that the current technique is not your favorite thing and should try something else.
- **Try sucking on a CBD lozenge** prior to performing oral. It might just help your tongue, jaw, or throat stamina!
- **Experiment with tongue tension.** Try a soft tongue, like you're licking ice cream, then a pointy tongue, like you're drawing a picture.
- **Press a vibrator** against your cheek or under your chin to add some extra sensation to the oral experience.

Tips for the Giver

- **Having a clean mouth** with fresh breath is a great idea. Brushing your teeth can cause micro-tears in your gums, so choose an antibacterial mouthwash instead.
- **Use your teeth** with restraint and only if requested.
- **Flavored lube** can be a great supplement to spit, especially if you have dry mouth after consuming cannabis.
- **Never go from licking** the ass to licking or kissing any body part until you've used mouthwash. There's bacteria in the ass that can cause real issues if it gets into any other orifices.

Tips for the Receiver

- **Showering** a few hours prior to receiving oral is considerate, but not necessary, especially if your partner prefers a ripper genital experience.
- **You are under no obligation** to keep your genitals free of hair or to trim the hair that exists. Your genitals are yours and however you like them is perfect. That said, some light trimming can make it easier for the giver to access all of your nooks and crannies.
- **Diet** has some impact on the flavor of fluids, but the effect is limited, so stop stressing about asparagus or bingeing on pineapple.

CBD-Enhanced Dirty Talk

Fact: Dirty talk is just sexy communication. It's a way to ask for what you want and give your partner feedback in real time. You don't have to be a professional phone sex operator to be skilled at dirty talk, and if the thought of it causes you to momentarily forget the English language, you're not alone! If you feel that anxiety creeping up, increase your CBD intake, take a few deep breaths, and try to mindfully relax. We're going to make this way easier than you think it is. You might want to include some products that have THC in them as well for this—THC can help reduce inhibitions and help you feel less self-conscious. A balanced 1:1 product, ideally taken via inhalation, can take the edge off in 10 minutes and put you into a creative headspace. If you're wondering how to work out the kinks in your dirty talk game without having a live audience, try practicing dirty talk in the car. (Note: Restrict your consumption to hemp-CBD products if you're behind the wheel so that you're not driving under the influence of something intoxicating!) The car is the best place to practice finding your sexy voice and getting over the awkwardness of saying things out loud. No one can hear you, and if anyone sees your mouth moving as they're driving by, they'll just assume you're singing along to music. Experiment with different pitches (high voice versus low growl) and adjust the pacing, noticing how it feels to speed up a bit or slow way down. Typically, rapid speech communicates excitement or nervousness, while slower speech is more dramatic and sensual. You can also punctuate your dirty talk with breath. Notice the difference between "You are turning me on!" and "You (gasp) are (gasp) turning (gasp) me (gasp) on!"

The car is the best place to practice finding your sexy voice and getting over the awkwardness of saying things out loud. No one can hear you, and if anyone sees your mouth moving as they're driving by, they'll just assume you're singing along to music.



Penetrative Sex

We've already covered some aspects of penetrative sex, whether you're using your hands, tongue, or a toy. Let's talk specifically about some of the things that can get in the way of enjoyable penetration, including too much friction, pain with initial penetration, and clunky thrusting.

FRICION OR DRYNESS

As we mentioned, the ass does not self-lubricate at all, and the vulva's wetness correlates to subjective arousal only a small percentage of the time. Hormone changes, age, and hydration are only some of the factors that can impact vaginal lubrication. Regardless of the cause, lube is the answer. Any orifice being penetrated will benefit from lubrication. CBD arousal oils are an excellent marinade or pre-lube, but for real-time friction, silicone-, aloe-, or water-based lube or hybrid lube is the best choice. Personally, I prefer silicone because of its staying power, but it's not compatible with silicone toys, so I'd stick to water- or aloe-based lube if you're using a silicone toy for penetration.

PAIN WITH INITIAL PENETRATION

If you're experiencing pain, talk to your doctor. There are actually pelvic floor physical therapists who can help you work through these concerns. Sometimes pain with penetration is caused by physiological factors like tissue atrophy or pelvic floor tension. Other times it's more psychological, stemming from a trauma history or current anxiety. Mindfully relaxing, taking deep breaths, and communicating with your partner is crucial if you're experiencing pain. Some CBD products, like CBD suppositories or arousal oils, are helpful for relieving discomfort associated with penetration. These products take 15 to 25 minutes for the effects to kick in, so plan accordingly. It is

also OK to simply say, “I’m not in the mood for penetration tonight.” These suggestions and work-arounds are only for people who actively desire to try more holistic solutions.

CLUNKY THRUSTING

If you have a cervix and you’ve ever had a partner whose phallus (factory-installed or user-upgraded) is longer than you are deep, you probably understand the intense pain associated with being nailed in the cervix by a deep thrust. For people with testicles, I imagine the sensation is akin to being kicked there. Not fun, in other words. Thankfully, there are CBD products, positions, and sex accessories that can help! CBD suppositories 15 minutes before penetration can help with cramping and sensitivity. There’s an incredible sex accessory called Ohnut, which is a collection of squishy, stretchy rings that go around the base of the phallus to create a literal “bumper” so that the phallus cannot go in all the way. You can customize the amount of bumper space by using just one, two, three, or all four rings. If you don’t have that accessory, encourage the thrusting partner to be mindful of the depth of their thrusts to accommodate the receiving partner’s needs. Logistically, if you find deep penetration uncomfortable, be sure to avoid positions like doggie style. Better position choices include having the receptive partner on top so they can control the depth, spooning (side-by-side) penetration, or having the receptive partner on the bottom in missionary with their legs pressed together.

The goal in sharing all these techniques and options is to inspire you to try new things, mix up your current routine, and think outside the box.

You may find that every single one of these new strategies turns you on. If so, get on it! Maybe only one of them feels approachable right now. Give it a try! Start low and go slow if that’s where you are. You may find that once you break down one barrier, you’re more willing to move on to something that previously felt like too much. Your openness, vulnerability, and what feels like risk-taking might be the sexiest thing that ever happened to your partner. Imagine the sexual synergy when all the excitement and exploration really gets off the ground!

Visualize a scenario with a partner where you try one of these new approaches and it works. Let your mind wander as far as you want the encounter to go. Hmm. Seems worth a try, right?

5.

CBD, SEXUAL HEALTH & WELLNESS



CBD and other cannabis products can help you attain and maintain homeostasis so that you feel relaxed, present, and in flow. As you learned in the first chapter, CBD, THC, and other cannabinoids work with your body's endocannabinoid system to create balance. Sexual health is an important component of overall wellness.

The World Health Organization defines sexual health as “a state of physical, emotional, mental, and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction, or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence.”

Let's break down that definition a bit. Sexual health is *not merely the absence of disease*. That's a crucial point. Statistically, you are extremely likely to come in contact with a sexually transmitted infection (STI) at

some point in your life. Even if you're totally monogamous and you've been with only one person, if you have a friend or relative who had cold sores, you've almost certainly been exposed to herpes. Here's the good news: STIs don't make you broken, unlovable, or unworthy. Get regular STI screenings. Know your status. Have transparent conversations with current or prospective partners about test results and safer sex needs. Take care of your body if you do happen to test positive. These are all responsible habits to practice as a sexually active human.

If the thought of going to a clinic or having an STI test feels daunting, you're not alone. Lots of people avoid STI testing because they fear the results or because they don't realize that they've been performing activities that could put them at risk. If someone does test positive for an STI, especially something lifelong like herpes, the shame and fear of social stigma can be enough to send them into a spiral of despair. They may (mistakenly) believe that no one will ever be attracted to them again. They may panic at the thought of having to disclose a positive status to a prospective partner.

In the previous chapters, you saw a lot of examples of using CBD to help calm your anxious mind so that you can be more present and connected. If you happen to find yourself on the giving or receiving end of an STI-disclosure conversation, a bit of CBD before and during can help take the edge off. Consider having the talk over a cup of CBD tea (or add drops of CBD tincture to your hot beverage), or suck on a CBD lozenge as you're driving to meet your date. See "Having an STI Conversation" on [page 186](#) for some helpful suggestions for approaching the topic.

Managing exposure to and treatment of STIs is a part of being a sexually active human. There are other factors beyond your control that you also have to contend with as a sexual being. These are things that can get in the way of pleasure, connection, and intimacy. The most common roadblocks are physical pain (acute or chronic), emotional distress (depression, anxiety, conflict, etc.), and sexual dysfunction. CBD and cannabis cannot, in and of themselves, fix these issues. What they can do is help address these factors in a way that makes resolving them easier to access. However, this book is not intended to be a substitute for medical advice. It's vital that you speak to a medical professional about any physical or mental health issues you're having before you start self-diagnosing and/or treating yourself with cannabinoids.

CBD and Your Doctor

How do you even begin to broach the topic of sex with your doctor, much less sex and cannabis? Dr. Jordan Tishler, MD, has some helpful thoughts:

“Patients and their doctors need to speak to each other as human beings. You have to be honest with your doctor or they can’t be helpful to you. Ultimately, if you recognize that you want help with some aspect of your life, or health, you have to give the doc the background info to be helpful. This is a two-way street, however. Your doc has to be available and willing to listen. There are many time constraints in our current, deeply broken medical system that are out of their control—all controlled by the insurance industry. However, if you can’t get what you need from that doctor, find someone else with whom you click.

“It’s crucially important that you be transparent with your cannabis use. This informs the advice your doctor can give you. Many medications interact with cannabis. If you’re going into the hospital or need a procedure, this is important for the team to know—it affects your care. CBD in particular interacts with a wide range of seemingly unrelated medications. Meds like warfarin, clopidogrel, amiodarone, tacrolimus, and others are affected and can even be potentially dangerous.”

In case you haven’t caught on to the theme in all this, straightforward communication is necessary. Be transparent with yourself, your partner, and your medical professionals. If you live in a state where cannabis is still illegal, it’s normal to feel some apprehension about disclosing your usage. However, the health consequences for not disclosing can be considerable, so trust that your medical records are confidential and that your doctor is on your team.

HAVING AN STI CONVERSATION

FOR THE PERSON DISCLOSING THEIR STI STATUS

Take a deep breath.

Now take another. What you’re doing takes courage and integrity, and your honesty is a gift.

Remember that no matter the reaction

of the person receiving this information, you are still worthy. You are more than your diagnosis.

State your disclosure calmly and with as little buildup as possible.

If you're nervously staring at your shoes, drumming your fingers, and opening with something ominous like, "We have to talk," you're setting your listener up for a big scary reveal. Keep it simple. Try saying something like, "I respect you and I care about you, so I want to share some health information that could impact you. I recently tested positive for [insert STI here], and I'm handling it by [share if you are getting treatment, taking medication, using specific safer sex barriers, etc.]."

Stop talking.

Many people overshare or steamroll conversations when they're nervous. Say what you need to say, and stop. Take another breath. It's their turn to talk now.

FOR THE PERSON RECEIVING A DISCLOSURE

Take a deep breath.

Remember that no one prepared you for this. Your job is to be as empathetic and gracious as possible while being true to your needs and values.

Thank the person for disclosing.

No matter what you do after this, it's important to recognize that it takes a lot for someone to say those words out loud to another person.

Take your time in deciding what you need.

Maybe you want to do some research. Maybe you want to take a bit of space and consider your options. These are all reasonable things to need.

Don't be a jerk.

If you decide that sexually engaging with someone with a positive STI diagnosis is not a choice you want to make for yourself, that's fine.

What's not fine is being cruel about it.

If you've already been sexual

with this person and their disclosure requires follow-up or treatment from a healthcare professional, do that. Take care of your body.

CBD and Pain

For those navigating pain, especially acute pain in the genital region, it's important to see your healthcare provider and avoid trying to self-diagnose. This section is for people who have already spoken to their medical team and find that the course of treatment isn't helping quite enough. Some folks with

vaginismus, a condition that causes pain with vaginal penetration, are prescribed dilators or numbing creams and, in some rare cases, might be encouraged to use more lube. The dilators and lube are great, but if the thought of numbing your genitals leaves you feeling uninspired, you might consider CBD products as an alternative to numbing creams because they reduce discomfort without eliminating all sensation. Foria makes a hemp-CBD suppository with 110 mg of CBD per packet, which is a great option for folks with pelvic pain or vaginal discomfort.

Folks with chronic pain (again, after consulting with a medical team) can find relief by using cannabis either systemically or in targeted painful areas. CBD is great for reducing inflammation, while THC is helpful in addressing pain. Robin Wilson-Beattie is a disability and sexual health educator based in San Francisco. She explains, "Chronic pain impacts a person's libido and sexual expression, because it's hard to think about sex when you are hurting. Chronic pain and how it manifests is often not predictable and has different levels of intensity. For some folks, pain physically manifests in restricting your movement, which makes giving and receiving pleasure with a partner, as well as masturbation, difficult. When I got a spinal cord injury, I became involved in disability advocacy and work. In talking with fellow disability community peers, who were also experiencing chronic pain and neuropathy, I found out about cannabis for pain relief. For me, using cannabis resulted in a win-win situation: help with the chronic pain that my body was experiencing, and support in feeling sexy and super aroused. Chronic pain does not mean that you aren't interested in sex, or that you are not able to engage in giving or receiving pleasure. It does make it challenging when you don't know how your body is going to feel on any given day, but with preparation, planning, adaptations, and communication, it's possible to enjoy pleasurable sexual expression."

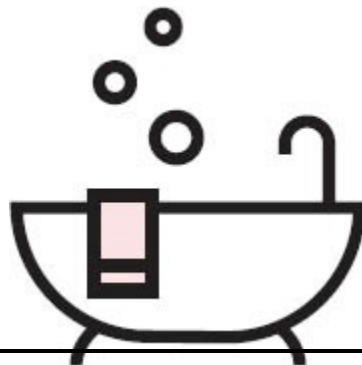
Here are some methods Robin uses to achieve specific sex-related objectives:

For pain management, I smoke flower. Cannabis doesn't take the pain away, but it makes me not care or focus on the sensation. I'm aware that it is there, but it doesn't annoy me when I have THC and CBD in my system.

If I want to experience intense sexual pleasure, I do a combo of edibles that are formulated for pleasure, including chocolate and tincture drops, and vape a 1:1 THC CBD cartridge.

If I have what I refer to as surface pain, then a CBD-plus-THC balm helps with that pain, particularly with my joints.

As Robin notes, people living with a disability and/or chronic pain are still sexual beings. Sexual pleasure is a human right, and everyone deserves to have access to it. If CBD and other cannabinoids can help create more opportunities for managing discomfort and increasing sexual satisfaction, it's an avenue worth exploring. An often-overlooked option, especially for folks with pain, is taking an infused bath. Soaking in a tub feels amazing on its own, but imagine adding a 100 mg CBD bath bomb. Or a 300 mg THC bath bomb! Or both!



PAMPERING DATE NIGHT IDEA

IF YOU ARE THE PARTNER OF SOMEONE with chronic pain, schedule a pampering date. Draw them a hot bath with an infused bath bomb, and let them soak away the day while you prepare the bedroom. Have a robe waiting for them when they get out of the tub. Dim the lights, put on your favorite sexy playlist, and then wait for them to emerge, refreshed, from the bathroom. Offer them a hit of their favorite vape pen, then guide them to the bed. Using infused massage oil (perhaps from Foria or Humble Flower Co.—both are available in CBD-only formulations so you can purchase them nationwide), give some loving attention to the sore spots on their body. Don't give the massage

with an expectation to it leading somewhere sexual; take this time to be present with your partner and show them how much you care about their comfort and relaxation.

CBD and Trauma

Trauma sucks. It does. It's lousy and it's entirely too common and not enough people and organizations are equipped to support people who have experienced trauma. There are a number of fantastic books on the ways in which the mind and body react to trauma. Some of our favorites are *The Body Keeps the Score* by Bessel van der Kolk, *Complex PTSD: From Surviving to Thriving* by Pete Walker, and *Healing Sex* by Staci Haines. CBD and cannabis are not a substitute for therapy or other types of mental health or somatic treatment. Although there is promising forthcoming research around using cannabis to treat PTSD, the data is still being gathered and it is largely focused on combat veterans—a worthy population to be sure, but their needs may be different than those of a sexual violence survivor with PTSD. No matter the source of your partner's trauma, here are some ways to be supportive:

Believe them. It's the most important and supportive thing you can do. If someone discloses their trauma history to you, thank them for their courage in sharing and say, "I believe you." You would not believe how much impact those three little words can have.

Empower them. The survivor is in charge of their healing journey. They decide what they need and when. Even if you heard about some revolutionary new treatment, or wonder drug, or some fancy retreat that claims to heal everyone who attends, ask before sharing it.

Be realistic about the healing journey. Trauma is not something most people can just "get over." Healing trauma is a lifelong process and an entirely nonlinear one. There are twists and turns, strides and stumbles. Some days they might feel fantastic; other days they might feel as bad as they did right after it happened. Make sure you have support for yourself so that you can be there for them. That might

look like getting a therapist of your own. As flight attendants like to remind us, “Put on your oxygen mask first before assisting other passengers.”

Reassure them that there is no “right way” to heal and that you’re there for the tough stuff. And then be there for the tough stuff. If you’re not equipped or not interested in supporting a partner on their journey, the kindest thing you can do is say that you’re not available for that. Don’t avoid and don’t make halfhearted attempts to placate them.

Some cannabis products can be helpful for managing PTSD symptoms, but there’s no handy guide or grid to use to figure out what’s most effective. It’s a process of trial and error. Some might find a 1:1 CBD:THC tincture or vape pen helpful, while others may prefer a heavier dose of THC in an edible before bed so they can sleep through the night. Some might benefit from a few puffs of a joint to calm them down if they’re feeling panicky, while others might enjoy CBD lozenges as they’re getting on a plane. You can maximize benefits by including CBD and other cannabinoids in your daily self-care ritual. Working intentionally with your body’s endocannabinoid system is a great way to create more balance and wellness in your life.

Keep in mind, none of this is medical advice and does not replace seeing a therapist or medical professional if you have concerns about STIs, pain, trauma, or other physical or mental health concerns. CBD and other cannabinoids are tools in your tool kit; they are not meant to be a cure for every single thing that ails you. Because CBD is in demand right now, you might find yourself looking at premium prices for these products, making them cost-prohibitive for daily use. Don’t sweat it. Daily use is the gold standard, but you’ll still see some benefits even if you’re using these products only sporadically.

CONCLUSION

How do you feel right now? Ready to start having the best sex of your life? What's getting in your way? Whatever it is, it's time to tackle it. Because you deserve to be sexually satisfied. It's time to start a whole new relationship with your body, and, if it applies, that of your partner(s).

You've got some new tools in your kit now, including CBD and cannabis. Those tools aren't about escaping connection. They're about opening communication, deepening your connection to yourself and others, and fearlessly exploring the unlimited possibilities of pleasure.

Maybe you've decided to integrate CBD into your everyday wellness routine—congratulations! Investing in yourself is sexy. Maybe you're going to add CBD tinctures or topicals to your extended-remix approach to foreplay. Awesome! Sex is about the journey, not the destination, although you may find both even more satisfying than ever. Maybe you're ready to microdose or fully incorporate THC in all its mind-bending sensual capacities. Try it!

You own your body and your relationship to sex. Nothing about you is shameful—not your body, not your desires, not your enjoyment of them. Neither is incorporating CBD or cannabis into your sexual life. Knowing is half the battle, and you know more now than the vast majority of people walking around ignorant about the world of sex and sexuality.

Maybe you're ready to learn even more about cannabis. Great! You can take it to the next level by reading the other books in this series and visiting [MerryJane.com](https://www.MerryJane.com). You can also visit [SexandCannabis.com](https://www.SexandCannabis.com), a resource that I co-created with three of the other leading sex and cannabis experts in the United States: Dr. Jordan Tishler, Chelsea Cebara, and Reba Thomas. We have blogs, informational videos, and even infographics to help you find clarity and inspiration.

When I started my journey toward having empowered, awesome sex, I had no idea where I'd end up. I enjoyed it every bit of the way, and I can't wait for you to blow your own mind when you discover all the pleasurable paths you can take to

fully realizing your healthy, sexual self. No matter how old or young at heart you are, there's a sexy world out there waiting for you to own it. Go get 'em, tiger!



RESOURCES

Contributors

Deep gratitude to all the incredible contributors quoted in this book. Here's a bit more about them and where to find them in the world. Support their work!

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ConsentWarrior.com

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MakeSexEasy.com

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Nina.com

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Sexuality educator and disability activist

SexAbleWithRobinWB.com

Suggested Reading

The Body Keeps the Score

by Bessel van der Kolk, MD

Cannabis & CBD for Health & Wellness

by Aliza Sherman and Junella Chin

Come as You Are: The Surprising New Science That Will Transform Your Sex Life

by Dr. Emily Nagoski

Complex PTSD: From Surviving to Thriving

by Pete Walker

The Consent Guidebook

by Erin Tillman

Finding Your Higher Self: Your Guide to Cannabis for Self-Care

by Sophie Saint Thomas

Healing Sex

by Staci Haines

Nina Hartley's Guide to Total Sex

by Nina Hartley

Sex for One: The Joy of Selfloving

by Dr. Betty Dodson

The Sex & Pleasure Book

by Dr. Carol Queen and Shar Rednour

The Ultimate Guide to Prostate Pleasure

by Dr. Charlie Glickman and Aislinn Emrizan

The Ultimate Guide to Sex and Disability

by Cory Silverberg

Urban Tantra: Sacred Sex for the Twenty-First Century

by Barbara Carrellas

Vibrator Nation: How Feminist Sex Toy Stores Changed the Business of Pleasure

by Dr. Lynn Comella

Sexuality Professional Organizations

American Association of Sexuality Educators, Counselors, and Therapists

AASECT.org

Women of Color Sexual Health Network

WoCSHN.org

CBD Health and Science

Project CBD

ProjectCBD.org

Sex and Cannabis

CannaSexual

CannaSexual.com

Elevated Intimacy Podcast

ElevatedIntimacyPodcast.com

Sex and Cannabis Professional Alliance

SexandCannabis.com

Nonprofits Assisting Victims of the War on Drugs:

Cage-Free Repair

CageFreeCannabis.com

Equity First Alliance

EquityFirstAlliance.org

Cannabis and CBD Content

Merry Jane

MerryJane.com

Sex Toy and Accessory Manufacturers

Aneros

Prostate massagers

Aneros.com

Fun Factory

Sex toys

FunFactory.com

Ohnut

Intimate wearables

Ohnut.co

Sliquid

Lubricants

Sliquid.com

Sybian

Sex machine

[Sybian.com](https://www.sybian.com)

Tantus

Silicone sex toys

[TantusInc.com](https://www.tantusinc.com)

Warm

Sex toy-heating device

[ExperienceWarm.com](https://www.experiencewarm.com)

We-Vibe

Sex toys and accessories

[We-Vibe.com](https://www.we-vibe.com)

Womanizer

Sex toys and accessories

[Womanizer.com](https://www.womanizer.com)

CBD Brands and Manufacturers

Apothecanna

CBD lotions and pain relief products

[Apothecanna.com](https://www.apothecanna.com)

BOL Hemp Tea and Meditation

CBD products

[BolMeditation.com](https://www.bolmeditation.com)

Care by Design

CBD products

[CBD.org](https://www.cbd.org)

Charlotte's Web

CBD products

[CharlottesWeb.com](https://www.charlottesweb.com)

Foria Wellness

Sexual health and intimacy CBD and cannabis- infused products

[ForiaWellness.com](https://www.foriawellness.com)

Humble Flower Co.

Topicals infused with hemp, CBD, and cannabis

[HumbleFlower.com](https://www.humbleflower.com)

Jetty CBD

CBD products

[JettyCBD.com](https://www.jettycbd.com)

Kush Queen

THC and CBD products

KushQueenCannabis.com

Nature Nurse

Natural products and remedies

NatureNurseHealth.com

Papa & Barkley

Cannabis products for pain and wellness

PapaandBarkley.com

Velvet Swing

Cannabis lubricants

VelvetSwing.com



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