

A photograph of a man and a woman in a close embrace, nearly kissing. The woman has long blonde hair and is wearing a white shirt. The man is shirtless and wearing light blue jeans. They are sitting on a bed with white linens. A string of lights is visible in the background.

THE PLEASURE PRACTICE

A GUIDE TO UNLEASHING
SELF PLEASURE TO HEAL YOURSELF
AND TRANSFORM YOUR SEX LIFE



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Critical Questions:
Please Answer Honestly

Do you and your partner co-exist like roommates?

Can you only orgasm in one specific way?

Is your intimate life mundane or underwhelming?

Does thinking about sex with your partner make you anxious instead of excited?

Do you get self conscious when thinking about your body?

Do you sometimes wonder if something is sexually wrong with you?

If you answered yes to any of these questions, then this is the guide book for you.

If you believe that NOW is the time to unleash the pleasure within, continue reading, because you are going to find out how to turn up your fire and passion!

This guide will help you:

- End negative self talk that limits intimacy
- Understand the power of self pleasure
- Learn techniques that enable you to appreciate your body
- Transform your sex life

Introduction

Hey Gorgeous Human!

I'm Amanda Pasciucco (pronounced Pa-shoe-ko), and as a certified sex therapist and founder of a life coaching and therapy practice, I've met many couples that felt bored in their relationship and wanted to spice things up.

Not only that, but I have met hundreds of individuals who were not having fun in their dating life or while masturbating.

These are problems I have solved for clients many times, and I can help you too. I have been practicing psychotherapy and couples' therapy for more than 10 years.

I am a natural matchmaker at heart. My passion is helping others find the love of their lives, find THEIR pleasure, and learn how to love themselves.

What I shared with clients has transformed their sex lives and relationships, and now I'm going to share my techniques, beliefs and practices with you.

Are you ready?

It is time to improve your intimate life.

Limiting Beliefs

What you think is what you become!

Do you know HOW many times I tell myself lies?

Daily.

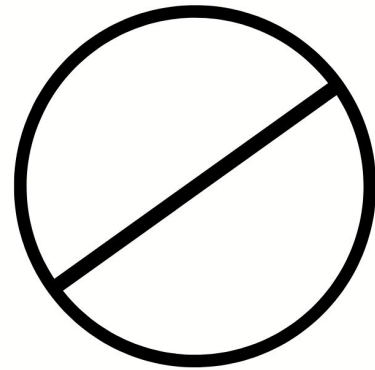
What about you? Do you lie to yourself?

If you are saying, *umm no!* I am going to ask you to challenge yourself.

Do you ever use the following words?

- Always
- Never
- Can't
- Should
- Only

NO LIMITS!



If you use any of these words, you are lying to yourself. These words characterize black and white thinking, and there is no such thing as black and white.

The movie was appropriately named *50 Shades of Gray* – not just for the main male character, but because the world is much greyer than it seems.

Sometimes, our brains tell us that things are black and white, because it keeps us safe.

For example, if your spouse just cheated on you, it is easier to just say “he or she is a bad person” instead of looking at the complexity of the situation.

Nothing is “simple,” but if we truly understood the depth and complexity of every moment, it would drive some humans INSANE.

Life isn’t supposed to be lived so deeply...or is it?

For me, I wanted the depth. I wanted the juiciness. The passion. The adventure.

It seems that way for my clients, too!

Clients over the last ten years frequently began sessions with the following limiting beliefs:

1. I will never be sexually satisfied monogamously.
2. I can’t initiate sex. That is too weird!
3. I should go to ____, because if I don’t, he’ll get mad.
4. I always choose the wrong guy.
5. I’m only happy in the beginning of a relationship.

These beliefs led to so much pain and heartbreak.

Limited perceptions of current realities - storytelling and slanting the truth - they are all lies.

Lies that we tell ourselves to protect the vulnerable, tender parts of us from getting hurt or rejected or from having to compromise.

All lies that kept my clients justifying their behavior and hurting others.

**YOU CAN'T JUST SIT BACK ON THE SIDELINES
AND EXPECT YOUR SEX LIFE TO CHANGE.**

Sex is made up of mind, body, heart, and soul.

So while we work on our mind...let’s do some writing and thought processing!

Don't skip this section! Fill it out now!

Get a free PDF filler on your smartphone, and you can do it easily.

What are your top limiting beliefs?

Limiting belief example: I give everything to this relationship and you don't do anything.

Read examples listed on page 6.

1. _____

2. _____

3. _____

4. _____

5. _____

I hope you wrote down something. I hope you were truly honest and authentic.

Because if not, we aren't getting anywhere.

This will be just another book that does not matter.

Don't be so sure. You may be lying to yourself.

Visualizing Direction

Imagining A Positive Future

Instead of sitting in your own psychodrama of your mind...look ahead.

If you are looking for the negative all the time, I assure you, you will find the negative.

Have you ever said:

- I want someone who initiates sex and wants me!
- I hate the feeling of rejection so I stopped pursuing.
- If I get divorced, I will restart with someone better.

All of these thoughts are visualization with a NEGATIVE direction.



Instead, focus on the positive:

- I love my partner more every day.
- I find myself so sexy that I will find my match.

WHAT WE FOCUS ON EXPANDS AND WHAT WE RESIST WILL PERSIST!

When you look for something NEW and something totally UNIQUE, you will find that.

Whether you are single or with a partner!

How do you know?

Well, I believe in the power of attraction.

Why?

I have seen it work time and time again. Since I was eight years old, I was focused on being a therapist. It is very easy to get through your path when you can see your future.

However, when you cannot see a future path, everything becomes terrifying.

It is similar to walking without a map or any guidance. Where will you end up?

Probably nowhere. Or even worse...somewhere dangerous. Before you know it, you have wasted several years on bad relationships.

I have wandered into a lot of trouble in romantic relationships, because I did not have a great example of what direction I viewed my relationships going!

I kind of just assumed once we got together, it would work if we were “right” for each other.

I saw only a few really successful monogamous romantic relationships. None of these were in my family though.

My parents were divorced and re-partnered multiple times while I was growing up.

Even both of my grandmothers from the Silent Generation had children with multiple men at a time when that wasn't socially acceptable.

Following in my family's footsteps, I successfully have one divorce under my belt!

Probably, because I told everyone this was my "first marriage" and then joked about what I wanted for my "second marriage."

Words are powerful.

Words are hurtful.



**BE CAREFUL WHAT YOU SAY.
OUR INNER THOUGHTS END UP BECOMING OUR REALITY.**

I have learned from past mistakes. I practice having integrity in my interpersonal communication now. This helps me focus on me and has led me to rediscover my Lover with new eyes!

Body Image

The Importance of Confidence within Sexuality



Do you LOVE what you see in the mirror?

Would you believe me if I told you I did?

Some people will say “well of course, you’re pretty.”

Let me tell you...looks have NOTHING to do with body image.

What do you mean?

Let me tell you what I mean...I mean MOST people have some deep body insecurity no matter how they look.

Why?

The shame in our culture runs DEEP. In media and through pop culture, we are shown bodies of models and actors that are considered “normal.”

But we know that they are NOT normal.

Even though we all know most people don't look like the images we see in the media, we aspire to look like these people, and this desire motivates us to BUY things.

I define "body image" as our inner version of our outer selves.

Get to know and love yourself and your body. It is the only one you'll ever have.

**THERE'S NOTHING MORE ATTRACTIVE THAN SEXUAL CONFIDENCE!
NOTHING!**

Since I was 19 years old, one of my favorite questions to ask everyone I meet (not clients, but friends, family, acquaintances, doctoral classmates, etc.) is the following:

"Which is more attractive: someone who has the perfect body and is self-conscious, or someone who is obese and confident?"

Only one time, out of thousands, have I heard someone say the perfect body with no confidence.

You can never see yourself the way others see you, but I think it is helpful to know that people value confidence over body size.

We all have an inner critic that judges us and bullies us.

Our negative beliefs about body image (yours or whomever you are with) can really suck the life out of you.

And the more you have these negative beliefs, the LESS likely you are to believe you DESERVE amazing sex.

What do you mean "deserve" amazing sex?

What I mean is that there are many individuals, even millennials like myself, who believe we deserve pleasure.

Not only do I believe that all humans deserve pleasure, I believe that pleasure ACTUALLY heals. It heals eating disorders, trauma, heartbreak, and physical pain.

Don't you believe me?

I have helped thousands of clients overcome anorexia, body dysmorphia, desire discrepancy, pelvic pain, and sexual trauma to expand their love of self and love of sex!

The first step is to heal the MIND!

Why?

**THE BRAIN IS THE MOST IMPORTANT ORGAN WHEN IT
COMES TO SEXUAL PLEASURE.**

Foreplay can even BEGIN right after the last time you orgasm or experience pleasure.

The mind of a sexual person is often open and ready to receive from others.

Years after my relationships have ended, I still have ex-partners that text me, because they are missing the spark we used to have. They have not found it with anyone else.

It isn't, because I have all the right moves or I'm so pretty!

It isn't, because my vulva is so magical (although I believe it is, because I am super body-positive).

They reach out to me because my confidence is engaging to them.

I don't question who I am. I walk loudly and let myself take up space.

Taking up space in a room, because you smile and are confident in your speaking doesn't have to be what YOU do to show confidence. Those are my favorite flavors of confidence.

It comes from knowing the inner parts of me and knowing the right timing to leave my introverted self at the door.

What about you? Do you have any words that describe your flavor of confidence?

If your words are more like "insecurity" or "fear," notice that. Go back to the limiting beliefs segment.

What are these beliefs or fears doing for your life?

Instead of focusing on all the negative energy, what if you put energy towards manifesting what you **DESIRE**?

Self-Awakening

A Morning Meditation Practice

Full body pleasure REQUIRES your willingness to relax.

It involves a quieting of the mind.

When you wake up every morning...tell yourself “Shh!”

Tell your mind to quiet down the noise.

Breathe in the silence and peace.

Breathe out the tiredness.

Shh!

Breathe in.

Breathe out.

Shh!

Wait.

Roll onto your back face up.

Shh! Breathe in.

Shh! Breathe out.

Smile.

Move your hands over your eyes, with an inhale and exhale.

Shh! Put your hands over your heart.



Feel the inhale. Feel the exhale. Try to notice the warmth of your hands over your chest.

Shh! Put your hands over your genitals.

Inhale. Exhale.

Notice the warmth from your hands into your genitals.

Shh! Awaken this sacred part of your body.

Inhale and exhale.

Shh! Now start to shimmy left and right.

Exhale with a sigh!

Jump out of bed with energy.

Make a sound and a posture of excitement.

Smile!

If you aren't doing this practice every morning, start to.

This practice of waking up the body to pleasure is imperative if you are going to be able to connect to your body.

If you do not have a self-pleasure practice daily, you won't have the ability to achieve sexual heights.

True Embodiment

When it comes to true sexual healing, we need to get into the body.

To achieve sexual magic, you must be in your body regularly. Some examples of what you can do daily are below:

- Exercise
- Meditate
- Dancing or singing
- Listen to music

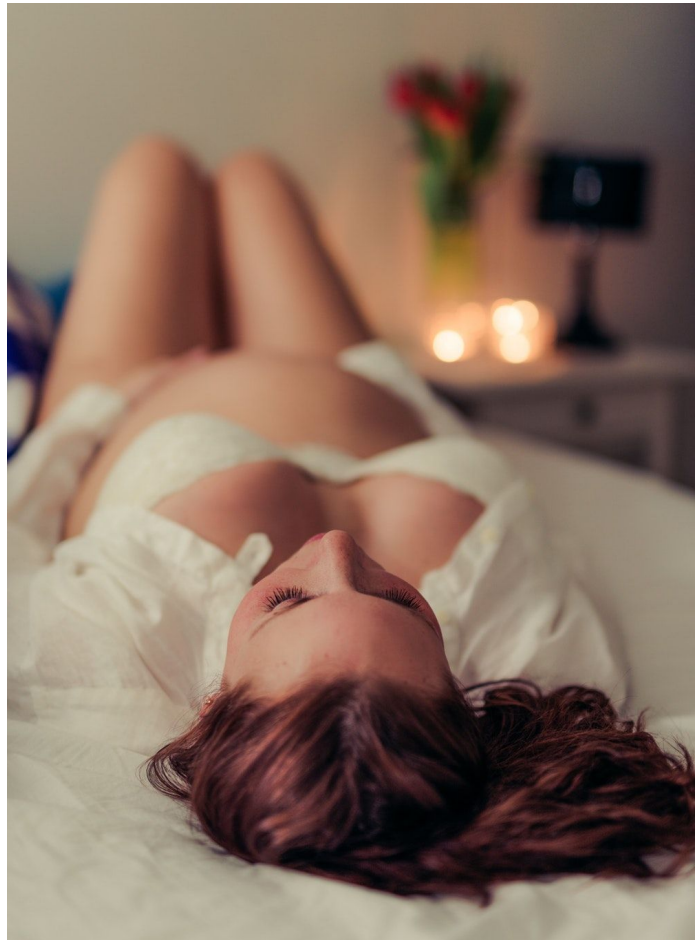
This is the foundation for everything.

I can't leave you without my favorite technique that I created more than 10 years ago.

It's a technique for meaningful, intimate self-pleasure.

I believe sexual exploration is constant and ever evolving.

The fundamental BELIEF I keep in mind while approaching my body or my Lover's body is looking at them with NEW eyes. Letting the moment where indulgence begins to feel like it is a fresh, clean slate.



WHETHER YOU ARE ENGAGED IN SELF-PLEASURE OR PARTNERED-PLEASURE, REMEMBER THAT PLEASURE IS HEALING!

For a more intimate form of sexual pleasure, keep reading!

Is she going to talk about masturbation?

I am going to teach you a type of pleasure that you will grow to crave, even if you are self-conscious or feel like you have tried everything and are hopeless.

You can do this by yourself, or with a partner or both ways.

I have spent a lifetime creating this technique, and I decided that every person has the right to pleasure!

Needed Items

- Vibrator
- Blanket or towel
- Water-based lubricant (make sure you aren't allergic BEFORE)
- A mirror
- A timer (your cell phone will work)
- Candles and a lighter
- Lotion
- Phallus/dildo (optional)
- Clamps/plug (optional)

The Scene

- 30-minute minimum of alone time.
- Lay out candles. Light each one and with each one, say “I love you [insert your name].”
- Put on a sensual playlist. Make sure you like the music. This is critical!
- Lay out a blanket or towel.
- Set the desired temperature of the room.

Hors D'oeuvres

- Start by sitting with your back propped against the headboard, a wall, or a chair.
- Make sure you have the blanket or towel under where you will sit.
- Get your mirror ready to place in front of you.
- Set your timer for 2 minutes.
- Begin by staring into your own eyes. Look into your left eye if you need to choose one to focus on. Breathe in and out while sinking into you!
- When the timer goes off, we go deeper.

The Appetizer

- Pause. Wait.
- We are NOT rushing. There is NO rush. If there is a rush and a destination, we have lost.
- Breathe in. Breathe out. Make sound when you exhale.
- Spread your legs wide apart. Bend at the knee. As wide as you can. Vulnerably opening up. If you want to put your feet up on the side of a tub, that sometimes can help.
- Have your mirror in front of your genitals.
- Set your timer to 4 minutes.
- Begin to look at the genitals. We are not judging. We are just looking.
- We are noticing where hair grows. Where the genitals turn to the thigh, where the perineum begins. The different colors and textures.

- Notice where the external pleasure centers are.
- If there is a scent, an aroma, a tangible reaction in the body, just remember to always come back to your breath.
- During this process, if you focus on the inhale and exhale, your body will not forsake you. Even though it seems uncomfortable!
- Wait until the timer goes off to stop (unless you MUST stop because of a trauma response or something urgent).
- Then wait again before moving on.
- Take notice of your emotions and your thoughts.
- All of these are emotions and thoughts are important, because you are bringing them with you.

Entree

- Most people report this is their favorite part!
- Once you sink in with truly seeing yourself, now you get to focus on your body bliss.
- Begin to use your hands to start gliding all over the body. Put on lotion if you desire.
- Do not go to the genitals immediately. Not everyone is ready at this point.
- Notice how the genitals look. Do they look aroused? Is the clitoris erect and labia parting open? Is the penis engorged? Something else you notice? We are not in a rush so do not worry if you aren't ready yet. We are teaching our body that we can trust ourselves and notice our signals.
- The goal here is trust and love from self-to-self.
- If you are turned on and your body feels prepared, begin to explore by putting lubricant on the genitals. Play with curiosity of pressure, speed, and technique.
- Use your hands or toys to explore what your body enjoys.
- If you often self-pleasure in one way, the whole goal here is to CHANGE it up completely.
- Continue this for as long as you desire! Until your body feels satiated.
- Until you exhaust yourself with pleasure - that is the level we are trying to achieve.

Dessert

- If you end up achieving orgasm, that is beautiful!
- Consider that a bonus...dessert.
- Orgasm is NOT needed and orgasm is glorious.
- When we begin to think about orgasm as secondary and connection from self-to-self as primary, our self-pleasure routine completely changes.

Aftercare

- When you are done and satiated, make sure to put everything away with as much reverence and consciousness as when you set it up.
- If you rush yourself, you teach your body that you are not worthy of respect and time. You are! That is the point of this guide book and self-pleasure practice.
- The afterglow of self-pleasure can last as long as you treat yourself as you want to be treated.

Finale

When you start treating yourself in the way you want to be treated, and thinking in a way that pushes your life forward instead of looking in the rearview, you begin to achieve the sexual heights you desire.

If you follow the guidance outlined in each section and start to show up for your body with LOVE from self-to-self, you will have a new experience of sensuality.

No matter if you have been with your partner for years and it feels like you are more roommates than lovers, if you previously only could orgasm one way, or if you feel underwhelmed with your sexual life, these pleasure practices can change the way you approach intimacy.

I have studied sexuality and practiced sex and relationship therapy for more than 10 years and I know that if I don't have a loving, sensual relationship with myself, I won't have one in the bedroom with my partner. I promise if you follow these steps, it will improve your ability to achieve sexual heights.

Now go turn up the fire and passion in your sex life!

About the Author



Amanda Pasciucco (pronounced Pa-shoe-ko) is a catalyst for igniting passion within romantic and sexual relationships! She is known as “*The Sex Healer*,” because she has helped thousands of individuals and couples transform their sex lives for the last 10 years! Her charismatic, no B.S. approach combined with tantra, sex therapy and somatic techniques motivates and propels people forward.

Amanda founded Life Coaching and Therapy, LLC in West Hartford, CT in 2013, where she and her team of six therapists see clients on-site as well as through video chat and text therapy. Through flexible, multi-technique, sex-positive approaches, clients improve their sexual lives and this carries into a

whole life transformation. From romantic relationships to self-love to sexuality, Amanda shares her energy and expertise to help clients achieve their goals, because she believes that pleasure is healing!

Amanda earned her Bachelor’s Degree from Providence College, her Master’s Degree from the University of Connecticut in Human Development and Family Studies, and is a Doctoral Candidate in Clinical Sexology. She is licensed as a Marriage and Family Therapist, is an AASECT Certified Sex Therapist, and has more than 15,000 client hours of experience. She is a national educator, speaker and has been featured multiple times on CNN and in The New York Times, Playboy, Men's Health, Maxim, Daily Mail and more! Amanda’s book: [Playtime: A Guide To Sexual Conquests For Women](#) is available on Amazon.

She has helped those struggling with infertility get pregnant, sexless couples to have intercourse, low-desire women with pain achieve pleasurable orgasms, and continuously helps distant couples reignite their erotic spark! Amanda can transform the intimate lives of clients that have desire discrepancy, lack of desire, difficulty achieving or maintaining arousal, sexual pain, penetration problems, and difficulty with orgasm.

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