

Cock Worship Exercise

WHAT & WHY:

The purpose of this play-date activity is for your man to experience having his cock worshiped and adored. While it's not talked about often, men can have a lot of insecurities about their genitals (Is it big enough / thick enough / hard enough? Is it attractive?). But having his cock worshipped can be an extremely validating and confidence building experience - it can help to shift any shame, embarrassment or uncertainty he might feel, and it can help him to really step into his full masculine power.

But he's not the only one who can get enjoyment out of this - there's a lot here for you too! Falling into an energy of worship and devotion is a powerful and nourishing act. Like a religious fervour, consciously entering into a state of reverence can transport us beyond the normal limits of who we perceive ourselves to be and what we think we're capable of. We can transcend the boundaries of the everyday and enter into a state of ecstasy.

While it can be challenging to really let go into a state of surrendered devotion, the deeper you can commit to this intention of worship, the more profound the experience will be for the both of you.

This type of sexual play can bring you closer together and strengthen your sexual and emotional connection. You can also learn new ways to pleasure him, helping you to feel more confident and sexy in the bedroom too. And by focusing on expanding foreplay time together, you can build incredible amounts of sexual tension and increase your orgasmic energy, enhancing your overall sexual experience.

Basically, it's really hot.



HOW:

- 1.** Set aside at least 30 minutes (set a timer if you'd like to commit to a minimum amount of time together). You want to be able to take your time, and may want more time for further sexual play afterwards.
- 2.** Set the scene. Get comfortable - dim the lights, light some candles, put on some gentle music etc. Whatever works for you both. The focus is to feel comfortable and relaxed.
- 3.** Set your boundaries. Have a conversation about what you're comfortable with, and what you're not. If something feels uncomfortable or confronting, own that and ask for understanding and patience. In particular, make sure he feels comfortable giving directions and saying stop if he wants to. Communication is key.
- 4.** Start by taking some time to connect to each other. Gaze into each other's eyes. Kiss slowly and sensually. Run your hands over each other's bodies. Whatever works for you both. As you do this, start bringing an intention of worship into your interactions. Begin by focusing on all of your man's incredible attributes and the things you love most about him. Spend some time admiring the physical attractiveness of his body. Admire his personal qualities, the man that you know him to be, and bring a sense of gratitude and worship for the person that he is.
- 5.** Then see if you can expand that sense of worship even further. See your man as an expression of the Divine - as a god, or a king, or a divine leader, worthy of your worship and awe. Really allow yourself to start adopting an attitude of devotion. You can even begin to think of yourself as his worshiping counterpart - as a goddess or queen, a male or female consort, a divine priest or priestess. Give yourself over to your role as his worshiper and feel yourself tapping into a more expansive sense of self at the same time.



6. Start to slowly build sexual tension. Have your partner touch himself and bring his cock to erection. For now, just watch and admire, but open yourself to expressing your full sexual hunger for him, whether through words or sensual sounds. You may even want to touch yourself to build your own sexual excitement, keeping your attention on your partner the whole time.

7. As much as feels genuine, adorn his cock with praise (“I love watching you get hard. Your cock is so beautiful. Your cock is so powerful.”). See his cock as the most potent manifestation of his masculine energy, and start to focus your worship and devotion to that one area of his body.

8. Once he is hot and very aroused, start touching his cock. You may want to ask permission to touch him when you feel the time is right, or he may want to invite you to start touching him. Either way, make sure you have permission before you start, just as you would seek permission before touching any sacred object.

9. Gently begin to explore his cock. Bring a feeling of worship and devotion to your touch. Treat his cock as you would a sacred object - like praying at an altar, inviting a sense of wonder and gratitude to your exploration. The purpose of this exercise is not to necessarily bring your man to orgasm (although it's fine if you do), but rather curious play. He can allow himself to enjoy being enjoyed, without pressure to respond in a certain way or push towards orgasm, and you can allow yourself to explore and enjoy him without pressure to perform. Remember that nothing else exists besides the magnificence of his cock, and your single-minded devotion to it. Your one and only purpose is to be in a state of ecstatic reverence.

10*. You may like to experiment with different ways of adoring your man's cock with pleasure. Try different techniques or touch, and see what he enjoys. You may like to try using two hands on his cock, moving them together or independently. You may like to gently tug on his balls while stimulating his cock with your other hand, or your mouth, or both. You could try things such as kissing or licking in new places, humming while you suck him, blowing cool air or breathing hot breath onto different areas, or playing with tempo (fast or slow). You can also try moving into different positions - you on top or



underneath, or side by side, or laying head to toe. You can try with him standing, seated or kneeling. Get creative, following your inspiration and really bringing that intention of worship and reverence.

TIP: Be sure to bring YOUR enjoyment to his cock as well - the more pleasure YOU get from touching or sucking his cock, the more pleasure HE will get. Express your enjoyment as much as possible, however feels natural to you, and especially through sound.

***Note** - you don't have to try all of these things at once! Trying to do too much in one homeplay session can detract from the experience. So don't overdo it.

11. Continue for as long as feels good to you both, or until the timer goes off.

12. Afterwards, talk it out. What did you enjoy? What felt good? What did you discover about his cock? What did he enjoy most? What felt good to him? Did either of you find it challenging? If so, why? Would you try it again? What would you like to try next time?



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