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# A GUIDE ABOUT MASTURBATION

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## **1. Masturbation in History and Society**

Masturbation has a dynamic and varied history that dates back to the prehistoric era. Many ancient artifacts and prehistoric evidence contain depictions of masturbation, but this doesn't mean it wasn't frowned upon by certain societies and communities. Today, the views on masturbation has somewhat relaxed, but ancient belief structures, myths, and traditions continue to influence people's attitudes on masturbation to this date.

The history of masturbation is dynamic and varied, and while there are only few direct references to [male masturbation](#) recorded in early history, the act has likely been practiced since the dawn of mankind, in the prehistoric area. In cave paintings, rock paintings, and in other prehistoric artifacts, depictions of masturbation have been found. In fact, in ancient Egypt, [masturbating](#) was believed to have been the act that created the universe and enabled the god Atum to bring to life the Egyptian equivalents of Adam and Eve: Shu and Tefnut. The Sumerians also made references to the Mesopotamian god, Enki, as masturbated and filling the great eastern Tigris River with flowing water from his ejaculation. And, while ancient world depictions of male masturbation were a lot more common, researchers have also found depictions of female masturbation from as early as 4<sup>th</sup> millennium BC, thanks to a clay figurine discovered in a temple site in Malta. The ancient Greeks, moreover, regarded masturbation as a healthy alternative to other forms of sexual pleasure – and depicted the act in many of their art forms and writings.

While today, masturbation has been accepted by the medical community as a common, safe, and normal practice, it wasn't always the case in early history. There were many religious and philosophical arguments against the act of self-pleasure, one being that of Immanuel Kant, who had stated that [masturbation](#) not only violated the moral law; it also violated man's duty to himself. In the 18<sup>th</sup> and 19<sup>th</sup> centuries, the practice was frowned upon by society, which associated masturbation with mental and physical deficiencies. To prevent people from masturbating, prevention was advocated by means of mechanical restraints, genital surgery (including circumcision), or even physical disciplinary actions.

The society's views on masturbation have generally become more relaxed and varied, but the previous belief structures which in the early days had regarded the act as impermissible and immoral continue to influence the attitudes of a number of sectors today. Religions like Roman Catholicism and Hinduism, for example, see masturbating as an impure or seriously disordered act.



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## **2. Masturbation Myths and Facts**

Many myths and negative beliefs are associated with the act of masturbation, and people today continue to believe that the act causes a number of physical, sexual, and psychological illnesses and defects. With the research of medical professionals and experts, however, masturbation has been proven to have positive effects that can improve one's health and well-being and prolong one's life.

Owing to a long, varied history in which its practice has been feared, prevented, condemned, and regarded as a disorder, masturbation continues to be associated today with a number of myths and misconceptions. It is important to set these aside and recognize that masturbation is a safe, common practice, with close to 98 percent of adults having done it once in their lives.

One of the most popular beliefs is that a [male masturbating](#) will soon go blind or grow hair on his palms. In related variations of this myth, it has been said that masturbation can cause acne, hair loss, semen loss, and loss of eyesight. Scientific evidence has more than once proven that no amount of masturbation can cause any of the above diseases. These myths most likely started out as a preventative means of shaming or scaring a male masturbating.

Other common myths about masturbation point to the idea that only males masturbate, and that teenagers who often practice masturbation will soon lose the ability to produce children. These, too, have been debunked, with two-thirds of adult women reporting that they masturbate occasionally, and with teenagers reaching peak hormone levels in which masturbation is simply a natural (biological) tendency.

Thanks to the research of medical professionals and scientific experts, it has been proven that a male masturbating can in fact enjoy many health and sexual benefits. These include better functioning of the immune system, lower risks of getting prostate cancer, greater resistance against prostate gland infection, better development of pelvic floor muscles, and a generally happier and less anxious mood, due in large part to the mood-boosting endorphins that are released during masturbation. Men and women who [masturbate](#) also tend to have healthier sex lives with their partners, as well as reduced risks of acquiring sexually transmitted diseases. While not as popular as the negative myths, these facts about masturbation show that – contrary to rumors – a little self-love goes a long way in promoting one's health.



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### **3. Masturbation Tips and Techniques**

Variety is the spice of life – and when it comes to masturbation, spice can mean fresh, practical, and hot solo fun. As society continues to relax its views toward masturbation, more and more ways of exploring one's sexuality are being introduced – as are new masturbation techniques and [masturbation tips](#), for both males and females.

The Internet is one of the sources rich with masturbation techniques for both sexes. Men now have access to information that can add variety to what may otherwise be a boring, unchanging sexual activity. The range of new masturbation tips includes the different ways of stroking one's genitals: full single hand, two fists together, two fists alternating, two fingers, and thumb and finger rings. Popular techniques also include the use of masturbation lube. There are also [sex toys for men](#) – [masturbators](#), [realistic vaginas](#), and [blowjob machines](#), among many others – into which the male genitals can be thrust, thus simulating the feeling and sexual pleasure that one gets from sexual intercourse. These masturbators are just as widely available online, in online sex stores and adult e-commerce sites.

Women, meanwhile, who are generally more mysterious and private about their masturbation and sexual habits, are also looking at new ways to add fun to the act of self-pleasure. The myth that only men masturbate has long been dispelled, with more and more women admitting that they, too, have at least once in their lives masturbated. Masturbation tips for women include watching adult videos, reading erotic novels, making grunting or groaning noises, practicing exhibitionism, using masturbation lube, playing with shower heads, and using their own hands and fingers and trying different pressures and rhythms. Of course, sex toys complement these masturbation techniques, with dildos and vibrators as the usual favorites of women looking to intensify their orgasms. These are the ways in which women gain sexual confidence and learn more about their body's sexual responses.



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## **4. Mutual Masturbation (Straight/Gay/Couples)**

Mutual masturbation is a sexual activity in which two or more persons stimulate themselves or one another. It is described as a form of non-penetrative sex, one of the several masturbation methods practiced by males and females in either heterosexual or homosexual relationships. Whether practiced in its contact (one person stimulating another by touching his or her genitals, or two or more people masturbating each other) or non-contact form (one person masturbating in the presence of another, but without physical sexual contact), mutual masturbation is a great way to increase the level of sexual intimacy between partners – without getting involved with the risks inherent in sexual intercourse or penetrative sex.

Mutual masturbation is practiced typically in situations where one or both partners aren't ready to have sexual intercourse. It may also be practiced as a means of preserving virginity or preventing pregnancy or disease; with little to no chance of exchanging bodily fluids, the risk of getting or transmitting sexual diseases is greatly reduced. Younger couples, for example, practice mutual masturbation as one of the earlier stages of sexual intimacy. However, it can also serve as a kind of foreplay or sexual interlude, the manual stimulation of each other's genitals eventually leading to sexual intercourse. As one of the many masturbation methods that involve two or more persons, it is often seen as a safer alternative to casual sex, and a sexual activity for individuals who either wish to abstain from intercourse or have a hard time reaching orgasm through intercourse.

Be it in its contact or non-contact form, mutual masturbation can be one of the most intimate and most exciting masturbation methods. In some cases, sex toys are added to provide strong, consistent sexual stimulation, facilitating the sexual activity while recreating the feeling and pleasure one gets from sexual intercourse.



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## **5. Masturbation benefits**

The physical and psychological health benefits of sex are well known – and chronicled often enough in health and lifestyle magazines – but little public attention is being paid to what masturbation can do to a man or a woman. This may be attributed to the history of moral condemnation, negative myths, and scientific inaccuracies that has long surrounded the act, but there's no mistaking now that a female or a male masturbating can indeed enjoy a number of health benefits and life-prolonging effects.

Research has shown, for example, that a male masturbating is less likely to get prostate cancer; [masturbation orgasm](#) seems to reduce the risks of getting the above-mentioned disease. Masturbation, moreover, promotes lower levels of blood pressure, stress, anxiety, and sexual tension; it in this light that one can appreciate the sedative effects of the practice, since a female or a male masturbating can sleep more easily, with masturbation being proven throughout history as a natural way to induce sleep. In fact, in a recent survey of women in America, 32% of respondents said that in the past three months they masturbated at least once as a way of falling asleep. Masturbation orgasm also releases endorphins, which are neurotransmitters that help improve one's general mood and psychological well-being.

Masturbation has a host of other benefits, which include muscle relaxation, improved blood flow and circulation, better functioning of the immune system, and – for women – the alleviation of premenstrual tension. This is not to mention that masturbation orgasm is one of the safest ways to reach sexual climax, significantly reducing the risks of transmitting sexual disease from one person to another. Contrary to myths that surround the act of self-pleasure, a [male masturbating](#) shouldn't have to worry about blindness, reduced sexual function, hair loss, stunted growth, and other physical or neurotic disorders supposedly caused by masturbation.



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## 6. *Masturbation synonyms*

Masturbation is a sexual practice that has taken on many forms – and even more terms and expressions. While society continues to see it fit to use “masturbation” as the most medical and appropriate term to describe the practice of self-pleasure, more casual terms for more ordinary uses are nowadays being used by men and women alike: examples include “wanking”, “jerking”, “jerking off”, “jacking off”, “whacking off”, “pleasuring / servicing one’s self” and “playing with one’s self”. These are among the most widely used synonyms in [masturbation stories](#) today.

More formal terms are also available, with words like “autoeroticism” and “onanism” serving as synonyms for masturbation. Moreover, perhaps as a result of the practice’s long history of being morally condemned and negatively misrepresented, masturbating has been referred to as an act of “self-abuse”, “self-love”, or “self-pollution”.

Masturbation stories, however, often use euphemisms and dysphemisms to make the word sound less vulgar and more casual. Some of these vary from country to country; others still have no geographical basis, and are invented simply with the intention of amusing. The range of euphemisms one may find in masturbation stories will usually include: “smacking / spanking the monkey”, “choking the chicken”, “bashing the bishop”, “flogging the log”, “beating the meat”, “buffing the banana”, “playing pocket pool”, “flogging the dolphin”, and even “fighting the purple helmet warrior”.

There are also exclusive synonyms and euphemisms for describing female masturbation. Words like “diddle”, “jill”, and “jill off” are all slang and vulgar hyponyms of masturbation, used to describe the act when it is being done by a female. Other less common terms and phrases include “coaxing the turtle out of her shell”, “copping a clam”, “dialing the rotary phone” and “digging the stench trench”. While many of the above synonyms may seem absurd and amusing, it goes to show that there are more expressions than ever of masturbation and sexuality – in form as well as in language.



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## **7. Lubrication for masturbating**

The use of masturbation lube, or lubricant, is one way to enhance the sexual pleasure that one gets from masturbation. There are many kinds of lube, each producing varying levels and kinds of sensation for both males and females alike, but all of which serve to reduce the friction that may be experienced with the penis, vagina, anus, or other related body part. Lube can also, among other things, reduce the pain that women might experience during any kind of sexual activity as well as assist the act of masturbation with the aid of sex toys.

Many resources for [better masturbation](#) often advise the use of lubrication for masturbating. Masturbation lube isn't found only in condoms; often, they take on different types – there are water-based, oil-based, silicon-based, and even flavored lubricants. Some popular brands include Durex Play, KY Jelly, Boy Butter, and Astroglide. Today the market is also seeing a growth in the supply of and demand for organic masturbation lube. This growth is in conjunction with the growth in number of people seeking to find new ways of expressing their sexuality and exploring better [masturbation techniques](#).

The most widely available lubricant in the market is the water-based kind. They are easy to clean up after sex and they do not affect the latex with which most condoms are made, which may in part explain why they are popular even among males both straight and gay. Water-based [masturbation lube](#) can also be used by people who want to explore the sensations produced from male anal masturbation; it's a choice usually preferred over oil-based lubes because it is easily dissolved or cleansed in water and reduces the risk of anal infection. Also, if a water-based lubricant is used in [male anal masturbation](#), the risk of getting friction burns, blisters, cuts, and calluses is reduced.



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## **8. Anal masturbation**

Anal masturbation is a [masturbation technique](#) that involves stimulating one's anus and rectum to achieve sexual pleasure. It is practiced by males and females of both straight and gay sexual orientations, and done by inserting one's fingers into the anal opening as a way of manual erotic stimulation. In some cases, sex toys for men and women like butt plugs, dildos, vibrators, and prostate massagers are also used to enhance the excitement and sensation.

One way of explaining how a man or woman can get sexual pleasure from stimulation of the anus is by understanding that the opening in the rectum contains several sensitive nerve endings. These nerve endings are responsible for a wholly unique sensation, especially when the external anal sphincter has turned from nervous and tense into relaxed and open. Males can also experience pleasure from anal masturbation because the practice can stimulate the prostate; females, meanwhile, will, through this masturbation technique, be able to indirectly stimulate the female prostate or clitoris.

To a number of people, however, the idea of exploring “the back door” may sound immoral, perverted, or unnatural. It's an idea that may make one feel vulnerable. It's also not uncommon for people to think that [anal masturbation](#) is the one masturbation technique that may somehow compromise their sexual orientation. As with other kinds of sexual preferences and fetishes, however, anal masturbation is about exploring new ways to express and enjoy one's sexuality. Men and women who are comfortable enough with their bodies and sexuality will likely be more receptive to anal play than those who aren't. Of course, this masturbation technique does require an ability to be open, relax, and let go, as well as the willingness to discover the many sexual sensations that the human body responds to at a pace that an individual is comfortable with.



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## 9. *Masturbation and relationships*

Many people seem to think that the habit of masturbation ends once a person enters a relationship. Sex with a romantic partner is, in more ways than one, viewed by many members of the society as a replacement for solo sex, as well as for all other forms of self-pleasure and [advanced masturbation](#) techniques. In fact, one can go so far as to say that, for many individuals, masturbation is only practiced due to a lack of partner to have sex with. Once a person enters a relationship, masturbating thus ends.

But should one's [masturbation health](#) really suffer once he or she enters a relationship? Is self-pleasure really supposed to be replaced by sex?

A number of experts believe that sexual satisfaction includes good masturbation health, no matter if an individual is in a relationship or not. That's because solo sex – which includes masturbating, phone sex, playing with sex toys, and other advanced masturbation practices – is often done for different reasons and different feelings. It certainly is not harmful to relationships; experts, in fact, recommend that couples should dispel the taboo of masturbation so that they can deal with it healthily.

The reality, too, is that most people do not stop masturbating even when they're in a sexually satisfying relationship. People have the right to find satisfaction and to ask for what they need, and if this can be gotten via good, regular masturbation health and habits and advanced masturbation practices, it doesn't mean that sexual satisfaction also cannot be acquired from sex with a partner. The key for couples is to discuss the matter openly, and to show happiness and acceptance towards one's body as well as that of a partner. And while every relationship is different, it is hardly ever natural for a man or woman to ask his or her lover to put an end to their established forms of self-pleasure.



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