

## ON TOUCH

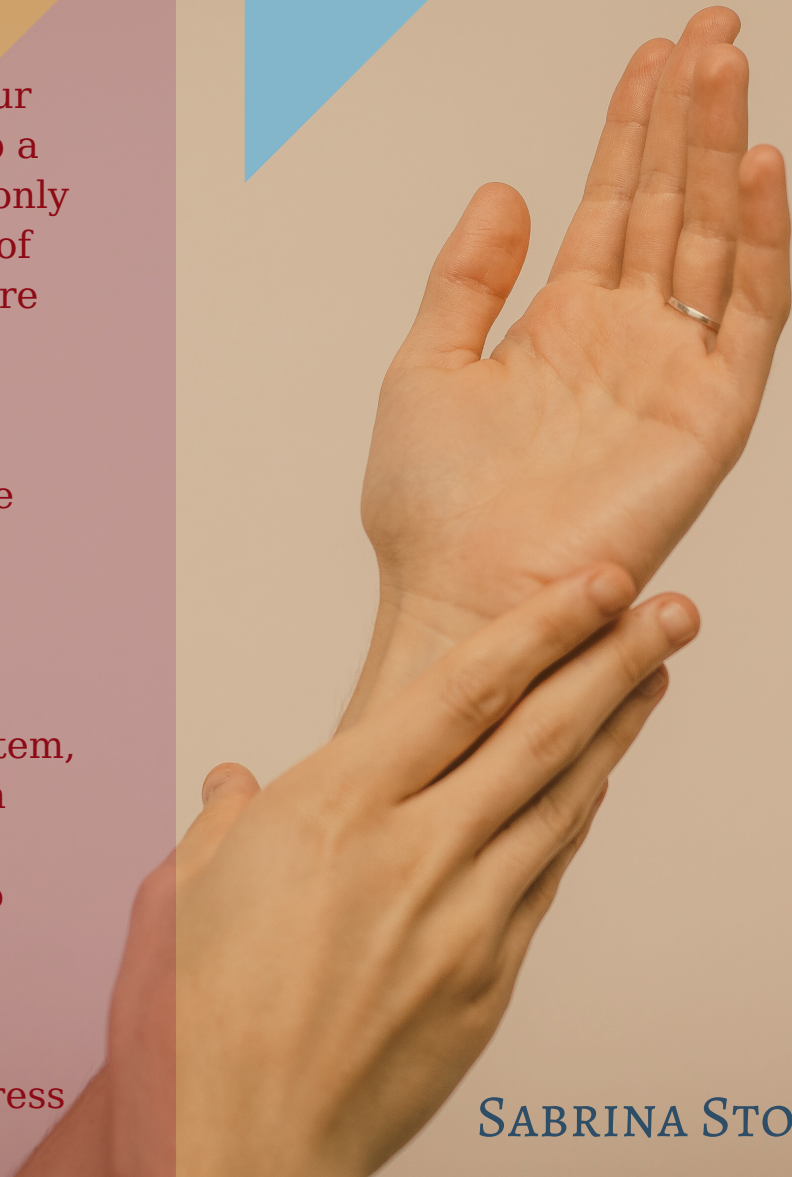
Food. Touch. Movement.  
Without these 3 things, a  
human infant will die.

After physical trauma, our  
nervous systems develop a  
nurturance barrier that only  
lets in a certain amount of  
positive stimulation before  
shutting off entirely.

These three touches are  
guaranteed to disarm the  
nervous system and  
encourage your body to  
finally let go.

With a calm nervous system,  
your body can do its own  
healing much more  
efficiently and you get to  
FEEL infinitely more  
pleasure.

Use any time you feel stress  
or before foreplay.



SABRINA STONE

## 3 TOUCHES OF TRUTH

### VEGAS, OO LA LA...

Rub your vegus nerve very gently in  
clockwise circles. Located where the  
ribs meet the breast bone. Use a flat  
palm and breath into your hand while  
you circle.

### OFF THE PRESSURE

Have your partner lie down  
somewhere flat with the knees  
supported and eyes closed. Start by  
squeezing the toes gently for one full  
breath, releasing on an inhale. Then  
move up the legs one hand-length at a  
time, placing your hands on top of  
your partner and leaning your weight  
down. Repeat up the arms and then, if  
your partner desires, you can lie on  
top of your partner fully for 3-5  
breaths.

### GRATITUDE FOR CONSENT

Hold your hands 1-2 inches from your  
heart, aligning your fingers with the  
sides of your breast bone. Ask your  
body if you may touch it now and  
when you feel a big YES, inhale deeply  
to meet your hand. Gently massage  
your breastbone, breathing deeply,  
saying thank you.