De-Armoring guide

This De-armoring guide exists so that you can apply de-armoring techniques with your feminine or feminine presenting partner*. (Or you can do this without a partner).

Introduction

Welcome to your de-armoring guide! You have this resource to provide your partner with an opportunity to release things they have been holding on to from their past. Over time, each one of us has built up walls and resistances between our authentic selves and the behaviors we practice. This process can be a sacred healing space, providing your partner with one way to find where those barriers are and use you as a catalyst to push past them to a new sensation.

Over the course of this guide, you will engage intimately with your partner. The purpose of this guide is rooted in the senses. It is not rooted in sexuality. In this process, you as the guide will serve your partner by releasing your attachment to sexual energy during the process. I do not intend for an eternal detachment, just that during the process, you do not allow your sexual energy to get in the way of your partner's process.

You will feel a lot of the energy your partner has stored up release through your touch. In the midst of this process, whatever comes up is supposed to come up. Do not shy away from heavy moans, screams, or shifts. However, be mindful of your partner. It is wise to come up with a communication piece that will allow you hear when what is happening is too much or too little.

STEP 1: Set ground rules.

Have communication around what is working and what isn't. It can be simple directions like "move left, move right". However, you should also have a clear word for when what is happening is too much. You get the opportunity to lean into listening to your partner's words as well as listening to their body. When they tell you to stop with whatever communication you agree on, make sure you stop.

Step 2: Create a unified, secure, and inclusive space.

Make room for intimacy. Before beginning the process, connect with your partner. Look them in the eyes. Tell them what you appreciate about them; about their spirit, their mind, their heart. Look into their eyes with understanding and compassion, and know that their journey ahead is filled with self-discovery. Hold space for that journey in silent connection together after appreciation.

Also, make sure your partner is comfortable. A very soft bed will not be good for dearmoring as your partner will sink into it when you press on them. Things that will work are a firm mattress, massage table, or even a yoga mat with a comfortable blanket or two on top of it if you're in a pinch.

Center yourself. Ask your partner to lie down, and create a comfortable space for them. The process itself brings up a lot of discomfort, and that's where you want them to be focusing, not on whether or not it is too hot or too cold. Let them be dressed to their level of comfortability with you.

Step 3: The de-armoring process:

De-armoring is an art more than science. It involved pushing into places where your partner is feeling tension. By pushing on those places, emotions and stories come to the surface. The key point in all of these experiences is to *let your partner have their experience and not take anything that happens personally.* As you talk, tension will happen. Whenever you hear your partner talk about tension or discomfort in their body, find the spot and push in on it with two fingers to start. If she feels tension in her back, push on her back where she tells you to. If she feels pressure in her hips, push there. You will want to push until you can tell or she tells you she is uncomfortable. You should be listening to her breath, as soon as she draws a breath in sharply or goes "oooh" you know you're in the right spot. If you'd like to heighten her experience, match your inhales with her exhales and vice versa. When she breathes out, you breath in. It may feel like a continuous source of energy; an ouroboros of your breath and power flowing through each other.

Encourage her to be verbal. And in those moments, you can be verbal too. "I've got you. I'm right here. What's coming up?" Continue doing so until she can't go anymore or until an agreed upon time passes. You can do this nearly every day and new things will come up.

Below I have a suggested, guided de-armoring experience. The plain text is what you get to say. In italics will be "stage directions", or what to do with your hands. Use this guide as you see fit; feel free to tailor it to your partner. But remember, above all… feel. Don't overthink it.

Gently run your hands across your partner's back.

Women are confronted beginning in early childhood with cultural and social ideals and images of how you should be, behave and look. You're surrounded by images of young looking, slim, sexy females as the ideal of femininity, completely focussed on external attributes. In reality no woman ever corresponds to these images, not even the models in magazines. In that way, you seem to always be behind the social norms, lacking something, having yet to achieve something in order to be right.

Innate female qualities of care, creating and holding self, are not part of the picture, and neither are maturity of the heart, mind and body. There is hardly any woman who has not struggled with these norms in her search for her individuality and her own way of being herself. While you invest a lot of time and energy, and sometimes even pain, to conform as much as you can to the ideals, some others have let go of the ideals altogether, in protest, without developing their own individual nature.

Slowly move in a straight line down your partner's spine, then back up. Continue.

The effort of finding out who you truly are, in body and sexuality, is a quest in which many women sooner or later give up halfway. This friction between individuality and norms is topped off with negative sexual experiences.

Most women have never received a decent and valid sexual education that has helped us through the mazes of our own bodies and its different needs in our cycles, and even less through the veils of interaction with the opposite gender. Rarely have we been made aware, before the fact and before the pain, that men and women are very different in their thinking, their psyche and their sexuality. Therefore, many of us have engaged with the opposite gender

without any self knowledge and even less knowledge about the other. This has led in many of us to traumatic experiences of misunderstanding, rejection, loss, frustration, self doubt and resentment. Men themselves are by no means better prepared or educated in how to engage with the feminine.

Move your hands down your partner's legs. Make sure you focus on the energy you find knotted up there.

This engaging with each other blindfolded, from the first young love on, leads in many of us to building up walls of caution, of withdrawal and distance, to a lack of willingness, or even ability, to truly engage and let go. If not carefully aware, some of us might even declare this wall as part of protecting our individuality and freedom, while in reality it is a part of armor and restricting us from fully living and engaging. Justified armor, we might say, as without knowledge about male and female, we have little resources to openly engage without inevitably running into pain. These experiences are highly unfulfilling sexually and emotionally, and tend to beat at the self worth of a woman. However such experiences also directly impact the body itself: The pelvis and the genitalia are the most sensitive areas in a woman's body. If a woman is touched roughly, or abruptly, or if she is penetrated before she is receptive and open, the tissues will inevitably contract, creating tension and stress. The more however we tense up in our pelvic area, the less sensitive we become, and we not only armor in the pelvic girdle, but we start armoring inside of our vaginas as well, even up to a hardening in the uterus.

Ask your partner to turn over. Begin to gently rub the front of her shoulders, her chest, and her stomach. Focus on the energy, not on the erogenous zones.

This armoring leads to a successive loss of sensitivity inside your genitalia. For many women, this means more and more outside clitoral stimulation is needed to feel themselves and reach orgasm, while the inside of the vagina stays numb and somehow disconnected from the experience, even in penetration. Other women have withdrawn from sexual engagements all together, or try to avoid sex whenever they can, even inside relationships and marriages. Through this armoring inside of our genitalia, we are cut off severely from the most sacred life force energy, and from natural ecstasy. Often, this armor and tension also leads to PH imbalances, and can impact health in the genital area.

In this De-Armoring process, we release the armored plates that restrict us in various parts of the body. In addition, we can reach deep inside and release the armor inside of our genitalia. Using the sexual life force to loosen the armor from inside out is a powerful way to re-claim our physical feelings inside our genitalia and to free the pelvis from past negative, scary or simply unpleasant experiences.

The freedom to truly feel yourself… be present within yourself in a sexual experience is part of the De-Armoring process.

This is a new beginning on the journey of self exploration, as well as mutual exploration. A place of neutrality where the negative aspects of the past have lost their impact and the woman can re-engage into her own sensuality. A second chance.

Breathe deeply in your preferred method. I'll breathe with you. Feel our energy combine as we breathe. This space is safe and sacred. You and I are the only ones here, with your yoni as the center of all the energy. Your sacral chakra… feel its base as it connects to the bed. Where is it tense? What do you feel?

Your body is the temple, goddess. Place your hands on her. Feel her warmth. I'm going to place my hands outside of yours, feeling the sacred outer courts of your temple. Where do you feel pleasure? Pain? Discomfort? Feel my hands run across your skin. Do you want to recoil? Do you want to move? What you feel, do. This space is safe for you to do as you feel. You hurt no one here by noticing what you feel.

(Allow her space and time to comment on what she feels. There is no agenda).

Where there is resistance, there is armor. When your mind wanders, notice where it goes.

You have played the masculine role in sex many times before. Calling your lovers to you instead of being won by your beauty and goddess-like grace. You are the attraction. You are attractive. I feel called to you, to worship you. Do you feel worthy? Do you know that your temple is made for worship?

What do you feel? Does your body feel sacred, or does it feel otherwise? Where do you feel it?
Here, there is freedom to push pressure onto her where she is putting her hands and feeling her own energy. Listen to her body and the sounds she makes. Ask about the level of pressure you are pushing into her.
(Based on what she feels, speak of armor or love).
Questions to follow:

Where do you notice that?

To where does your mind wander?

What questions do you ask yourself?

Where is your body? Where is your mind? Are they one?

Armor specific statements:

What are you protecting there? What are you guarding?

Do you feel the tension there? What are you holding on to in that spot?

What is melting away… and what's underneath?

What feels raw? Painful? Where has your armor served you in covering that in the past?

What sensation are you feeling? Warm? Cold? Tight? Relaxed?

Remember who you are...focus on the divine self...integrate mind, body, and soul...HEAL your inner child...DISSOLVE codependent neurological and subconscious belief patterns...and then focus on resonating with the frequencies of the realities you desire.

THIS IS YOUR BIRTHRIGHT!

**This de-armoring technique is not medically or professionally prescribed. No guaranteed results will come of this process. The techniques described are in no way medical advice or professionally recommended. Injury may result in performing these techniques, even if performed exactly as written. Caution should be used before undergoing this process and should not be performed on anyone with tissue damage, broken bones, or chronic health problems. Participants assume all risk from applying this technique.*