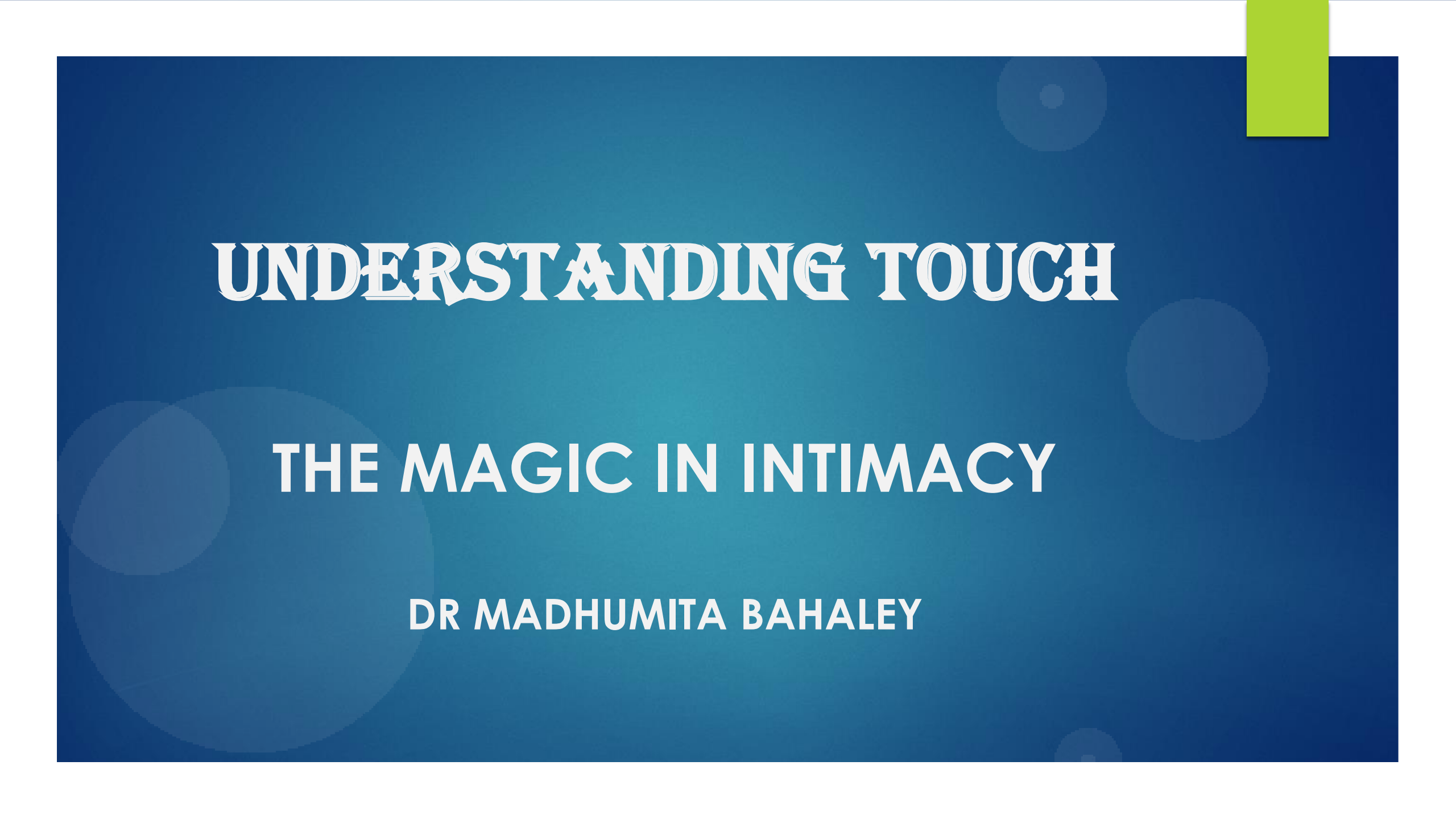


The background is a dark blue gradient with several lighter blue circles of varying sizes. A bright green rectangle is positioned in the top right corner.

UNDERSTANDING TOUCH

THE MAGIC IN INTIMACY

DR MADHUMITA BAHALEY

TOUCH

TOUCH is the LANGUAGE of COMMUNICATION

TOUCH is the THREAD of CONNECTION

TOUCH is COMFORT

TOUCH is BLISS !

TOUCH can HEAL !!



ORIGIN

► MOTHER'S WOMB



EXPLORATION

INTEGRATION

INTERPRETATION

FEEDBACK

EFFECTS



WARMTH.....SECURITY

REGULATES NEWBORN'S

HEART RATE

BREATHING

TEMPERATURE

MOTHER....

RELAXATION

OXYTOCIN

EXPERIMENTS

HARLOW AND HARLOW 1965



FOOD IS NECESSARY FOR SURVIVAL BUT TOUCH IS WHAT SUSTAINS A BEING

HUMAN TOUCH

EXTREMELY ESSENTIAL & INTENSELY VALUABLE



CRADLE TO GRAVE

BONDING

ENHANCES

ENRICHES

SOFTENS

STRENGTHENS

SUSTAINS



RELATIONSHIPS

RIGHT TOUCH

Right Touch →

Cascade of feelings
Emotions of Love and Lust
Affection and Trust

T.....OUCH X



Between partners...touch should...Connect

Foster Love and Trust and Gratitude

Sense of Self...Receiver feels Worthy, Giver gets Contentment

TOUCH CIRCUITS

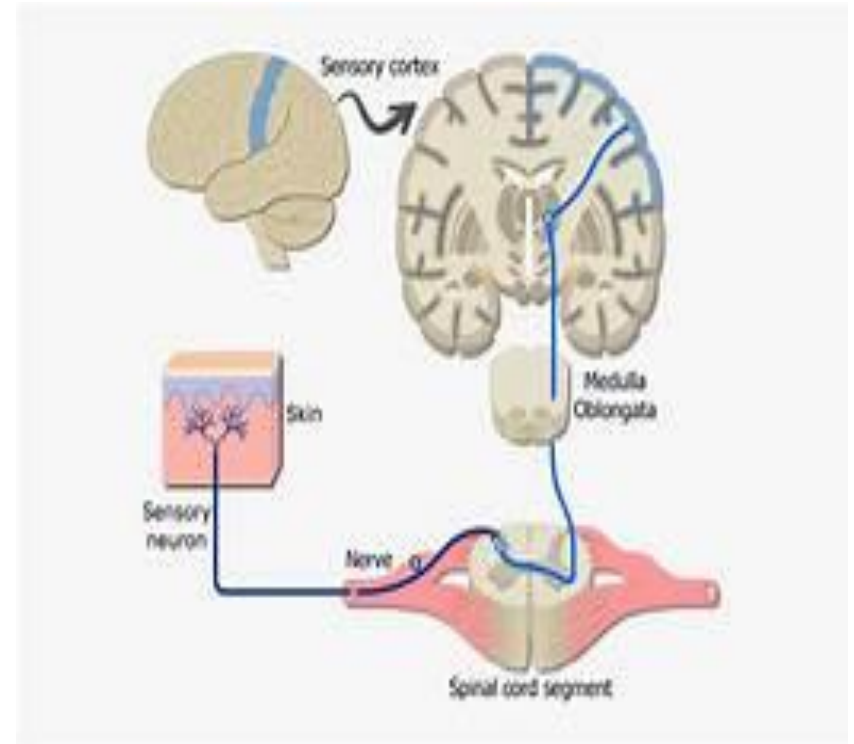
Skin to nerves to brain cells

Specific in organizations...powerfully influences



Thoughts
Feelings
Responses

Responses depend on...Life experiences
Expectations
Cultural background
Context of Touch



TOUCH MECHANISM

Sensation



Mechanosensory receptors



Specific nerve fibers



Somato Sensory cortex



Convergence of total sensory information [minimal blending]



Serial processing [Complex touch information]

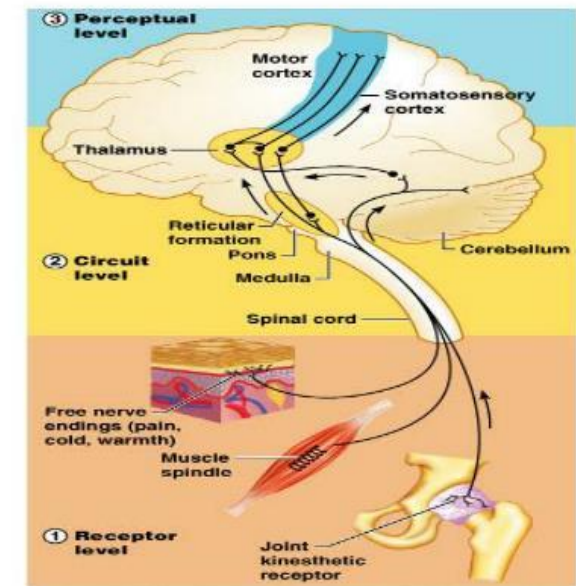


Secondary Somato sensory cortex [Integration]



Object Identification

SOMATOSENSORY SYSTEM



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PARALLEL PROCESSING

Complex touch information different streams

Posterior Parietal Cortex



Touch data integrated



Information from other senses



Planning, Execution Fine Tuning of
Movements

Insula...Emotional responses, homeostasis



Perceived Sense of Self



Hippocampus...Memories



Ventral Tegmental Area...Dopamine

NO PURE TOUCH

TOUCH PERCEPTION MIXED WITH..... PREVIOUS EXPERIENCE

EMOTIONS

EXPECTATIONS



MINDFULNESS

BEING IN THE PRESENT

PERMISSION GIVING



TENSE IN INTIMACY

T—E—N—S—E —?

E—N—E—S—T OF INTIMACY

KAMASUTRA...For holistic physical & sexual pleasures & Gratification

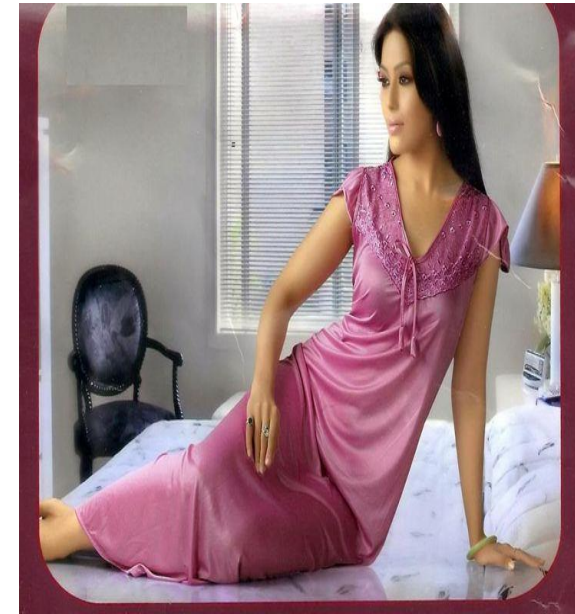
“When eyes, speech and minds are united, bodies also wish to unite”

Keshavdas



EYES

VISUAL STIMULATION...ATTIRE



EXPRESSION IMAGES

SMELL

PERFUMES, ATTARS & COLOGNES
PLEASURE...SEROTONIN & DOPAMINE & ENDORPHINES
RELAXATION PLEASURE AROUSAL



PHERMONES
SAANSO KI MEHAK



SOUND

SOOTHING NATURE MUSIC

SOFT INSTRUMENTAL

ROMANTIC SONGS



TASTE

**MANGOES, STRAWBERRY, WATERMELON, POMOGRANATE
CHOCOLATE
CUCUMBER, BANANAS, NUTS & HONEY**



POMOGRANATE...BLOOD FLOW & TESTOSTERONE

PAAN....

BETEL LEAF...INCREASES ERECTION

BETEL NUT... PREVENTS PME & INCREASES TESTOSTERONE

CARDAMOM...



“SEEING IS BELIEVING, BUT FEELING IS THE TRUTH” ...

Thomas Fuller

EXCITEMENT

ELATION

ECSTASY

EXHILARATION



SENSUAL TOUCH

BASIS OF EROTICISM & INTIMACY

GENTLE STROKING AFFECTION

TENDER EMBRACES

SOFT CARRESS

GENTLE MASSAGE

DEEPER TOUCH

EXCITEMENT

CLOSENESS

CONNECTION

RELAXATION

ROMANCE

INTIMACY

GENTLENESS~~SENSUOUSNESS

PROGRESS...PERIPHERY TO CENTER

PLAYFULNESS

UNIQUE EXPERIENCE IS LONG CHERISHED



PLEASURING

WHEN BEFORE...DURING....AFTER

QUALITY.... TEMPERATURE

TEXTURE

PRESSURE

SPEED

CONTEXT



TEXTURE

ROUGH/HARD

UNWELCOME

COMPETITIVE

PERSONALITY SEEMS RIGID & STRICT

UNEMOTIONAL & RUTHLESS

DEMANDING & SELF CENTERED

SOFT/ SMOOTH

WELCOME

CO-OPERATIVE

FLEXIBLE & LENIENT

LOVING & EMPATHETIC

UNDERSTANDING & TRUSTWORTHY

PRESSURE & SPEED

TIGHT

HURTS
CREATES REPULSION
STRONG SEXUAL TURNOFF

LIGHT

GIVES EXPERIENCE OF FINER ASPECTS
MORE FULFILLING
SEXUALY TRANSMITTING

SPEED.... OPTIMAL... INSULA... PLEASANT EMOTIONS

CONTEXT OF TOUCH

GIVES MEANING

SITUATION

MOOD STATE

TIMING



BE ATTENTIVE, MINDFUL, SKILLFUL, JUDGE THE NEED & APPLY

AFFECTIONATE TOUCH

GROUP SPORTS

LOVE SPORTS

APPRECIATION

MOTIVATION

CHEERING UP

GENTLE LOVING GESTURES

PLEASURE POINTS

UNPLEASURABLE POINTS



GAINS OF GAMES

WIN & WIN

STUDY...ASSOCIATION BETWEEN SHARED POSITIVE ACTIVITY AND AFFECTION

AFFECTIONATE TOUCH BEHAVIORS & LOVE IN ROMANTIC RELATIONSHIP

SPA

- ❖ CONVERSATIONS
- ❖ INTERACTIVE PLAY
- ❖ SHARED LEISURE
- ❖ FUN ACTIVITIES
- ❖ MUSIC & HUMOUR

- ❖ ACCEPTED
- ❖ CARED FOR
- ❖ SECURE
- ❖ VALUED

- ❖ ENHANCES ATTACHMENT
- ❖ INCREASES PERCEPTION OF PARTNERS RESPONSIVENESS
- ❖ FACILITATES RESILIENCE TO RELATIONSHIP THREATS

BENEFITS

PHYSICAL...EMOTIONAL...RELATIONAL

- ❖ STABILISES HEART RATE
- ❖ REGULATES BREATHING
- ❖ BOOSTS IMMUNE SYSTEM
- ❖ RELIEVES TENSION & SPASM IN MUSCLES
- ❖ BALANCES HORMONAL SECREATIONS
- ❖ RELEASES MOOD ENHANCING & BONDING HORMONES
- ❖ INCREASES VASCULARITY AND CIRCULATION
- ❖ LOWERS CORTISOL
- ❖ IMPROVES SLEEP
- ❖ REDUCES STRESS, ANXIETY, DEPRESSION
- ❖ ENHANCES COGNITIVE FUNCTIONS

BENEFITS

EMOTIONAL

- ❖ GENERATES FEELINGS OF
- ❖ AFFECTION
- ❖ APPRECIATION
- ❖ CALMNESS
- ❖ RELAXATION
- ❖ REASSURANCE
- ❖ SECURITY
- ❖ STABILITY
- ❖ IMPROVED SELF ESTEEM

RELATIONAL

- ❖ INCREASES
- ❖ CLOSENESS
- ❖ CONNECT
- ❖ BONDING & LOVE
- ❖ ACTS AS COMMUNICATION FOR UNEXPRESSED EMOTIONS
- ❖ HELPS IN CONFLICT RESOLUTION
- ❖ INCREASES DESIRE AND ATTRACTION
- ❖ BUILDS UP TRUST, LOYALTY, COMMITMENT
- ❖ HIGHER RELATIONSHIP SATISFACTION

ROADBLOCKS

- ❖ LOW SELF ESTEEM
- ❖ POOR BODY IMAGE
- ❖ ANXIETIES & FEARS
- ❖ CULTURAL & FAMILY INHIBITIONS
- ❖ PREOCCUPATIONS
- ❖ PERFORMANCE PRESSURE

DISALLOWS- ACCEPTANCE

UNADULTERATED PERCEPTION

ENJOYMENT OF SENSATIONS

EXPERIENCE OF PLEASURES



TOUCH DEPRIVATION

- ❖ EMOTIONAL DISCONNECT
- ❖ FEELING UNLOVED, UNSEEN, UNHEARD, ABANDONED
- ❖ DECREASED SELF ESTEEM & SELF WORTH
- ❖ STRESS, ANXIETY, ANGER, INSOMIA, BODY PAINS,
- ❖ HEADACHES, CONVERSION SYMPTOMS, DEPRESSION
- ❖ WITHDRAWAL
- ❖ COMMUNICATION LOSS
- ❖ BREAKING OF TRUST
- ❖ INCREASED CONFLICT
- ❖ INFIDELITY
- ❖ DRIFTING APART
- ❖ DIVORCE



DIVINE TOUCH

SOFT ____ GENTLE ____ PLEASURABLE ____ FULFILLING

OUCH!!! PLEASE SPARE ME

A...ARROGANT/ANGRY

V...VIOLENT/VICIOUS

E... EMPTY/EERIE

R...RECKLESS/RUDE

S...SELFISH/SCORNFUL/SHAMEFUL

I...INSULTING/INJURIOUS

V... VACANT/VOID OF EMOTION

E...EGOCENTRIC/EMBITTERED



MAGIC...SENSEXUAL TOUCH

♥ EPITOME OF PLEASURE

♥ SMOOTHLY TRANSCENDING TO SEXUAL TOUCH

♥ BECOMING IMMERSIVE & OVERWHELMING

♥ BESTOWING BLISS OF ECSTASY

SENSEXUAL TOUCH = PLEASURE + JOY = FULFILLMENT

UNCONDITIONAL SURRENDER = PLEASURE UNPARALLED

AMPLE

ABUNDANT

ACCESSIBLE

HEALING TOUCH



BLESSING

RESPECT

R...RECIPROCATION

E... EMPOWERMENT

S...SENSITIVITY

P...PURITY

E...EMPATHY

C...CONNECT

T...TOGETHERNESS



Thank You

