

Love, Violet



Welcome back, and welcome to May. If you're a regular in these parts you'll know that the April newsletter was pre-empted by a family tragedy and therefore never made it out. Now this one is a tad late - but hey - life happens. Apologies xo.

May is Masturbation Month but it's also Mental Health month - are these things related? For some folks, definitely. On Page 3 there are some thoughts and feelings on shame and it's role in self discovery.

I hope that each and every one of you is doing well and making the most of both these facets of May. Enjoy yourself, take care of yourself and thank you for reading!

stay in touch



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THOUGHTS ON SHAME

TIPS FOR CO-HABITATING IN POLYAM RELATIONSHIPS

MAY IS MASTURBATION MONTH!

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
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29	30	31				

MENTAL HEALTH AWARENESS MONTH

MAY 01 - NO PANTS DAY!

MAY 05 - MAKE-OUT DAY

MAY 07 - GENITAL AUTONOMY DAY

MAY 08 - OUTDOOR INTERCOURSE DAY

MAY 14 - ONLINE ROMANCE DAY

MAY 24 - PANSEXUAL AND PANROMANTIC VISIBILITY DAY

MAY 28 - INT'L MENSTRUAL HYGIENE DAY



Readers & Writers

EROTICA SPOTLIGHT

"Stories about life and ghosts and love and robots and sex and violence and beauty and peace and pain and the universe and the soft warm palm of your hand ..."



Eli Casablanca (he/him)

Eli Casablanca is a man who knows what he likes. And he likes to write about it.

Eli is an up-and-coming erotica writer publishing on Medium, and he is writing some very *hot* stuff. Amazingly, most of Eli's short pieces are written from a female first person perspective, something not many men do very well, yet he pulls it off. Many short form erotica writers focus on the atmosphere and sex but are sparse on plot. Not Eli! He has a way of deftly weaving a detailed story that organically highlights poignant intimacy and raw, carnal, unfettered fucking. If you're not already reading him, you should be!

M READ ELI ON MEDIUM.COM

 FOLLOW ELI ON TWITTER

BIG SEXY WORDS



- Every month (on the 5th) I post 9 words to stretch your vocabulary
- They are not always words about sex or eroticism, but they are words that can be applied in that context.
- Add the WBSW badge to your post
- Link-up blog posts or stories you write that month that use the words
- Read the brilliant work of your peers, show them love by liking and sharing their work.
- Use the hashtag #WriteBigSexyWords and/or #WBSW to promote your work and the project

THINKING ABOUT

Shame

SOME INCOMPLETE, WORK-IN-PROGRESS THOUGHTS ON THE ROLE SHAME PLAYS IN SELF DISCOVERY AND HOW WE LEARN FROM IT

- Shame seems like an inevitable human experience considering how many rules, expectations and mixed messages exist in the world. But is shame something that has to be an ongoing burden?
- May is masturbation month and for many the idea of examining or confronting their masturbatory habits is stressful and brings about feelings of shame. Whether you were told you shouldn't, told you didn't do it right, or told that you should never share your solo play, this is a great time to look at why we feel the shame we do (if we do) around masturbation.
- If we didn't pursue the things that we are taught to be ashamed of, would we ever find our truest selves?
- I'm intrigued by the idea that shame can be a sort of fuel for self discovery, not simply the millstone-round-the-neck that it seems to be.
- Perhaps the things we are ashamed of are the things we actually need? Maybe confronting shame can be a path forward to knowing ourselves more clearly and what we are most ashamed of most can direct the journey?

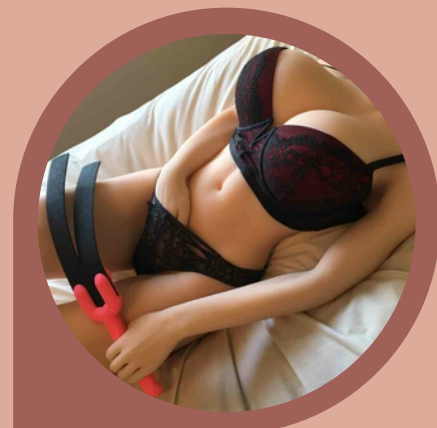
PRODUCT REVIEWS *coming soon*



BALLDO



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TERRIBLE TOYSHOP



The Back Page

WHEN METAMOURS MOVE IN:

Tips for happy cohabitation with new nesting partners

Polyam families, not surprisingly, come in all shapes and sizes. It can be really exciting to begin to co-habitate and have a domestic element to your connections, but it can also be a bumpy road. How it plays out will depend on the individuals and the relationship dynamics, all of which are delicate and full of emotion.

- If possible, move into a new place so you start in a neutral space.
- Have your own bedrooms, regardless of who usually sleeps where. Having your own space can be *very* helpful in non-traditional relationship structures.
- Be clear about things like PDA and what everyone is comfy with seeing/hearing/knowing
- Take time to understand how each of you communicates and provides/receives feedback.

Be honest, be a good listener, and remember the "why" at the core of your non-monogamy!

MAY'S SEX+ FLASHCARD

Expanding sex positive vocabulary with a new term every month.

Kitchen Table Polyamory

The cozy emotional atmosphere in a polycule, wherein all of the members can willingly sit around at a kitchen table with some coffee (or tea) and get along, even with those whom they aren't dating directly.

Q

Do you have kink or non-monogamy topic suggestions for me?

A

*click here
to send me a message*

visit our partners!



**Terrible
Toyshop**



**SECRET
TANTRIC**