

PLEASURE HOMEWORK

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A Watchlist

Watch alone or host an evening with friends, or you could collaborate with the Ubuntu Film Club.

1. Watch this incredible documentary on [Female Ejaculation](#) called Sacred Water. (heads up it's directed by Olivier Jourdain, a white straight European male... I don't know what to think about that part. BUT I am happy when I watch this film.)
2. This documentary [Bixa Travesty](#) Such amazing music.
3. https://en.wikipedia.org/wiki/Aastha:_In_the_Prison_of_Spring
4. <https://en.wikipedia.org/wiki/Astitva>

Engage in this Hydrofeminist optics on your gender.

What if my gender was like Baltic sea? Always transformative. Holds different qualities in different seasons... It's unlike any other sea. It's calm, goes everywhere. Doesn't make waves... you continue...

Make up a meditation based on psycho pédagogie de la perceptions¹

You can lead a friend or ask them to lead it for you.

My gender is like my hands. It has many qualities. Let's explore three here.

1. The first tone or quality is effective. Active hands feeling everything.

¹ Thanks to my friend Ingrid André I discovered this amazing tool.
<https://www.cerap.org/fr/categorie/quest-ce-que-la-psychopedagogie-de-la-perception>

2. Perceptive hands.
3. Sensible hands.

Share these random facts with someone that needs some fun facts, and a healing tonic in troubled times.

- 1996/97 - Indian cinema saw many films revolving around sex and sexuality as a central theme.
- In India Telugu and Hindi words like Haath hi mere saathi.
- Swayamkrushi or Khudkushi are used for masturbation.
- Title of [a movie](#) made in the 1960's *Apna Haath Jagannath* started to take on the meaning of masturbation. 'Orange-clads' rioted outside [Kaminey](#) (1:15) film screenings, because it hurt their sensibilities.
- Jackie Kennedy went to watch *Deepthroat*, alone.
- In Dorlands illustrated medical dictionary, heterosexuality is defined as an abnormal or perverted appetite toward the opposite sex. Two decades later, Merriam Websters similarly defined heterosexuality was morbid sexual passion for one of the opposite sex. In 1934, these definitions softened, and it was defined as normal sexuality.

Be a 'OO-AGENT-BOOM' . Choose your everyday activism based on your capacity.

- Make Posters to put in public saunas about käyttöoikeus merkki.
- Read up on gender affirming transformations available online. Pay a friend who may have this experience to help you educate yourself.
- If you have regular accessible income - Donate to Gender affirming surgeries.
- If you are not sure about someone's gender, just use them unless they precise how they want to be addressed.
- Watch Baba Karam performance by Ful.
- If you have access to resources please bring this performance to Finland.

- Read [female masculinities](#)
- Read [Don Quixote](#) By Kathy Acker.
- Write a review with a decolonial perspective on the book above.
- Follow <https://www.instagram.com/kali.sudhra/>
- Follow <https://www.instagram.com/agentsofishq/>
- Follow <https://www.instagram.com/vampmasterbrown/>
- Make sure the toilets are accessible for all in your immediate circle of influence. If not
 - Make posters or ask a friend to make posters.
- Stop calling my egg-lillies Fallopian tubes and my lube glands bartholin glands.
Thank you.
- Shout out to Sanna Marin for better gynecological health support.

Sing [this](#) celebratory song with your friend Tero, and discuss

- Do buddy films have homo erotic reading ?

Sing [this](#) fun song with your friend Joe and discuss

- Do western 'Westerns have homo erotic reading ?

Pleasure tips for radical transformation

- Nap
- Hydrate.
- Drink tea (mugwort or another)
- Remember to eat at least one hot meal.
- Take Vitamin pills.
- Phone a friend.