

# Puppy Pile FAQ's

## **What is a puppy pile?**

Ever seen a bunch of puppies curled up in one tangled mess resting contentedly against their mom? That's the idea. Puppy pile is a bunch of guys lying about on cushions spread around the floor of a quiet, sacred space with soft music, relaxing, snuggling and cuddling, in touch with each other.

## **What's the point?**

Touch can be profoundly healing and affirming. In Western culture, men can clump in two neighborhoods—they either don't touch each other at all, or else all touch is reflexively sexualized. But there is a lot of real estate in between “firm handshake” and “oral or anal?” Many men of all orientations enjoy hugging, cuddling, being tender and physical with each other without the expectation of explicit sexual contact as an endpoint. Many find such touch healing and empowering. It is a great non-competitive, mutually supportive way for men to be with and for other men.

## **Well, so what do I do?**

Just show up! The hosts will have prepared and blessed the space for you. The pile is facilitated, with verbal guidance, so I will be talking with you quietly throughout the experience. I'll give instructions to help with grounding, breathing, relaxation and boundaries. I will be with you the entire time as a kind of tour guide.

## **What if I feel sexual?**

You very well might. You might even experience what the ancient mystics called The Spontaneous Arising. The Spontaneous Arising is like a cat; if you call it, it won't come; the minute you lose interest it's all over you and won't let go, and then if you get attached to it, it might suddenly leave for no reason. If TSA appears, enjoy what you're doing; if it doesn't, enjoy what you're doing. It will do whatever it wants to do, either way.

Many men have sexual feelings during a puppy pile. The intention here is to focus on spiritual connection, non-genital touch and brotherly comfort that we rarely get a chance to express physically. If sexual feelings appear, enjoy them and let them be. Don't drive them away; don't let them take over the universe.

Puppy pile is not a substitute or replacement for sex; it is an exploration of a different realm of physical expression. While puppy piles can be done in many styles (including naked) ours is a clothing-on, non-genital-touch pile. We'd like to hold safe space for those who might be nervous, who might never have tried something like this before, or who might feel shy or new at allowing themselves to be touched by others.

## **How long does it last?**

Stay as long as you want, even if that's just five minutes. We'll hold the space for something like 45-60 minutes, or maybe a little longer if the pile is still going. A puppy pile is like a compost heap; we need to turn it over periodically! (Don't worry, no pitchforks.) Every so often, the facilitator will get everyone up so we can fall back down in touch again with new brothers. Feel free to sit off to the side and take a break if you need it, to leave when you've had enough, or stay the entire time.

If you've got any questions that we haven't answered here, please speak with me about it. There are no stupid or silly questions; puppy pile can be “fun” for some, and for others it can be scary, challenging or a leap of faith. I'd be happy to speak with you about it.