*Cancer Sutra*

Full Web Copy

April 9, 2015

Web Intro

*[BLOCK 1]*

This project exists to help save lives.

One tweak, thrust, moan, and pant at a time.

*[BLOCK 2]*

*Before the what, the why.*

Because fear of cancer can be as bad as cancer itself.

Because the earlier you detect cancer, the greater the chance of treating it successfully.

Because fear, like cancer, may have the power to spread — but they both share one major weakness:

*[BLOCK 3]*

*Knowledge.*

Because of all this, *The Cancer Sutra* is designed to challenge the taboos and conventions about cancer. Firstly by talking about how to *look* for cancer, not just *find* it. Secondly, by bringing the fight against cancer, and the prevention of it, out of a place of isolation.

*[BLOCK 4]*

After all, saving lives is one thing. Having fun while doing it — well, that’s something we can all get behind. (Or in front of, depending.)

*[BLOCK 5]*

But enough foreplay! Let’s get to the real thrust of the matter.

Onward & Underward

Support Blurb on Positions Page

Little peeping Tom, why don’t you join the fun? Visit our Support Page to see how you can help stick it to cancer, hard!

Support for *The Cancer Sutra* goes toward helping raise awareness, funding research, and spreading the message about how early detection can help save lives.

Support Page

*You’ve got to give some to get some . . .*

Thank you for your interest in helping give cancer the bird (and giving your lover something quite a deal more pleasurable). Note that 100% of net proceeds from sales of both ebook and poster options go to Stupid Cancer®, to help anyone affected by young adult cancer to Get Busy Living by building community, improving quality of life, and providing meaningful survivorship.

[eBook block.]

The Cancer Sutra eBook

$9.99

[Art print block.]

The Cancer Sutra Art Prints

$25–125

Available on stupidcancer.org

VISIT STORE

BOOK

Donate now and get all 31 positions featured online, plus 1 bonus position, on your reading device of choice (supported on Kindle, iBooks®, and NOOK®).

“Naughty, naughty.” $10 Donate $10 and get *The Cancer Sutra* ebook, available on Kindle,

iBooks®, and NOOK®.

*“Oo-la-la.”*  $25 Donate $25 and get *The Cancer Sutra* ebook, plus a limited

edition poster of your choosing.

Ebook Page

*The Cancer Sutra eBook*

*$9.99*

Donate now and get all 31 positions featured online, plus 1 bonus position, on your reading device of choice (supported on Kindle, iBooks®, and Nook®).

Donation Page: Skin Cancer

*Now that we’ve bared it all . . .*

Visit our Support Page to help make early detection top (or bottom) of mind.

[Support the Cause]

Donation Page: Breast Cancer

*Now that you’ve been titillated . . .*

Visit our Support Page to help put the squeeze on cancer.

[Support the Cause]

Donation Page: Testicular Cancer

*Now, now — don’t leave us hanging.*

Lend us a hand on our Support Page to help spread the word about early detection.

[Support the Cause]

Donation Page: Prostate Cancer

*Shameless plug here . . .*

Visit our support page to see how you can help give cancer the finger!

[Support the Cause]

Hello, Connor. Please ignore this page.

Foreplay

Right now, you’re looking at a book called *The Cancer Sutra*, and in a fit of outrage, confusion, intrigue, or possibly something like arousal, you’re turning here in search of an explanation — or at least, someone to yell at.

We’ll give you the second bit later. But first, hear us out:

There is one, unequivocal fact about cancer treatment. And that is, the earlier you detect it, the more likely treatment will be successful.

Now, let’s be honest: You probably don’t check yourself for cancer nearly as often as you should, nor have you probably committed enough of your body’s intricacies to memory. (Particularly in this self-conscious era of ours, where we’d likely rather forget what was staring back at us in the mirror and why it was sagging so much.)

Elsewhere in the universe, somewhere outside the realm of our psychological hangups, there is a book called *The Kama Sutra*. It is, for those of you just now emerging from beneath a rock, the world’s first adult picture book that outlines how, precisely, to position yourself and your partner for success and sometimes multiple successes.

There is also this niggling little problem in the world known as cancer. And by “little,” we of course mean, “massive”; and by “niggling,” we mean, “desperately crying out for any bit of help that can be offered insofar as ending it is concerned.”

Somewhere at the intersection of all these circumstances, an idea came into being. If we’re not going to be so good at checking our own private bits, perhaps we can convince people to get their eyes and hands on someone else’s.

*“Eureka!”* we cried from beneath the sheets. Then set off to do some research.

It should be noted that this book is not by any stretch of the imagination a replacement for a doctor. Get yourself checked regularly, check yourself regularly — and, of course, check your partner.

As many times a night as you can manage, preferably.

Skin

The skin is the largest of the body’s organs (yes, men, even yours). Which likely means the thought of memorizing every delicious curve, nook, and cranny has paralyzed your brain under the weight of this seemingly impossible task.

Never you fret.

You’ll soon have your partner’s every inch under both wraps and yourself.

All you need to do is roll up your sleeves, crack your knuckles, and get ready to FONDLE.

*Find* any marks or bumps on your partner’s body and try to memorize their general shape and size.

*Observe* these marks over time for changes and alterations.

*Note* any new marks or textures that might spring up. The color of melanoma can range anywhere from red to blue, to anywhere in between, but can also be without pigment.

*Determine* the diameter. For while benign marks come in all sizes, “super” should not be one of them.

*Look* for notches, grooves, asymmetry, or any other textural oddities. Benign marks are typically smooth, not rough or patchy.

*Engage* the help of a medical professional, no matter how comfortable you may feel with your prognosis. There will never be a replacement for the opinion of a medical professional.

Now that you know how to FONDLE, take the hands– (and other-body-parts–) on approach with the following techniques.

Split Screening

Position yourself in a seated, half-upright position on a bed or deep chair, and bend your knee so that it can be kept effortlessly raised.

Now, let your partner straddle this raised knee, facing away, so that your world and hers collide (part, collide, part, and collide again). While she’s free to gyrate and thrust to her heart’s (and other parts’) content,\* take this rare opportunity to admire the view of an oft-hidden sight: her back.

Your gaze should take you from shoulder blades to the small of her back, all while allowing your fingertips to venture where vision cannot.

Just the Tip:

\*While your partner’s back is to you, you may find your view obstructed by her hair. For those of you so inclined and reclined, take matters into your own hands — literally. A firm grasp of her luscious locks won’t just clear the path for your intimately watchful gaze, but can also let you steer the course in the sack.

Deep Ass-essment

Begin by raising your partner’s legs straight into the air, holding them aloft by the ankles. As you fill a niche only you can fill, get to the real thrust of the matter by beholding a view that is too infrequently beheld: the back of his legs. Let your gaze fall from toe to bum, not just for a deep inspection, but for inspiration for your penetration.\*

Just the Tip:

\*Once you’ve given this area your undivided attention — try dividing it. Bring your partner’s legs round for a different side to your carnal wanderings and watchful meanderings. When you’ve had your fill, take it in (or rather, have *him* take it in) from the opposite side. Remember to employ your hands as vigorously as you do your eyes in this Deep Ass-essment.

Derm-oh-oh-oh-tology

Lie your partner flat on her stomach, and mount her from behind. Start from the top, using your fingers as guides and your thumbs to massage in slow, circular patterns\* down the shoulder blades and lower, lower, ever lower — to those less frequented territories of your partner’s desires.

Just the Tip:

\*Deep and hard is all well and good, but never underestimate the power of a gentle touch. Try stroking your partner’s back lightly with just the tips of your fingers, as this may reveal to you textures in your partner’s skin a firmer grasp may cause you to miss.

CAT (or Matt) Scan

Lie your partner on her back and raise her legs so that they find a comfortable place on your shoulders. Now, bring your partner’s arms above her head and hold them there with one hand. As Junior finds his place in one of two members-only\* clubs, you can study the magnificence of your lover, from the chest up.

Just the Tip:

\*Though we’ve heard they make exceptions for very nice toys.

Legs Up Checkup

Raise your partner’s legs into the air for maximum pleasure and visibility. As you begin playing your favorite tune on her lady harmonica,\* take note of the recital space you’ve found between her legs, dividing your attention equally between either of her thighs. Once you’ve given her thighs the once-over with your eyes, remember to give it the twice-under with your hands to make the most of your debut performance.

Just the Tip:

\*You know the one: It sounds something like, “Yes, yes, *oh yes!”*

Oral Exam

Lie by or on top of your partner, facing them but in opposite directions. Now, forget you ever heard the phrase, “business before pleasure,” and rigorously attend to both. As you let your mouth do wonders, let your eyes\* do wander across the navel, pelvis, and beyond, to complete this doubly pleasurable — and doubly effective — exam.

Just the Tip:

\*And those ravenous hands of yours, of course.

Insider Information

Find yourself behind your partner and position him on his knees. Now, find yourself in rather a more *intimate* proximity to your partner. As you get in (and out of) the groove of things, take the palms of your hands and lead them from the nape of the neck to the outside of the cheeks, employing a gentle touch\* to feel for any abnormalities that may yet escape the eye.

Just the Tip:

\*Do not always go gentle into that good pie. Once you’ve felt for all there is to feel, add a slap to signify the end — then, offer yourself up for a check.

Ultrabound Test

Have a seat in a chair, and bring your partner round to sit in your lap, face-to-face. As she gyrates and grinds against the warmth of your thighs,\* you may note, with no amount of difficulty, that her breasts are directly in front of your face. (You can thank us later.) While we’re sure you rarely miss an opportunity to give her bosoms more than a fleeting glance, now’s your chance for a closer inspection. Raise and separate each breast to inspect those places you rarely glimpse, to ensure you make the most of this Ultrabound Test.

Just the Tip:

\*There’s a time and a place for toys. This time is now, and that place is — well, we’re sure you can think of *somewhere*.

Triple X-Ray

Make your way to a flat surface, like a bed, floor, or countertop, and sit facing your lover. Ladies, place your legs on your man’s shoulders, to give him unobstructed access to your most guarded secret. Bracing yourself with your hands behind you, guide your thrusts at your own pace. Your partner should be giving you quite the look-over\* by this point — but don’t forget to return the favor. Eye his chest and neck, and remember to stare *penetratingly* into his gaze. After all, it’s always nice to reciprocate.

Just the Tip:

\*Men: As you row your way to completion, observe the inside of your lover’s ankles and feet. A kiss and nibble on either will go a long way to making this position worth both your whiles.

Doctor’s Orders

For a position with a multitude of ups and downs, nothing beats the Doctor’s Orders.

Men, begin by positioning yourself behind your lover as she lays facing away from you on all fours. Take her by the hips, and hoist her so that she is raised to meet your member. As you shake and shimmy like a sweating, sighing wheelbarrow, you’ll note that this angle gives you a delightfully unique perspective on things.\* And while your hands may be occupied, there’s never been a better opportunity to take in all the sights your partner has to offer — then switch positions for a closer inspection.

Just the Tip:

\*Namely, her buttocks, the backs of her thighs, and calves.

Breasts

Possibly the easiest of all places to commit to memory are the mammaries. But in the event your partner’s melons leave you scratching yours, this handy (pardon) guide should help you squeeze the most out of your (up-and–) downtime.

Just try the TWEAK method.

Take a long look at your partner with their shoulders back and their arms on their hips, making sure their breasts are the usual size, shape, and color.

Work the arms into a raised position, and look again for dimpling, puckering, discoloration, or movement or inversion of the nipples.

Eye the nipple for any signs of fluid coming out of one or both nipples (this could be a watery, milky, or yellow fluid; or blood).

Appraise the tissue of the breasts first with your partner lying down, then in a seated position, and always in a circular pattern to ensure you cover the whole of them.

Keep exploring from a range of positions, such as sitting, standing, or even in the shower. Not only for the thoroughness this affords — but also for the fun.

Never forget, being checked is like a good nipple tweak: both men and women enjoy the benefits. So regardless of your sex, do allow yourself, from time to time, to fall into the comfort of your partner’s capable hands.

Closer Examination

This position is good for the pair — *ahem* — of you.

Find your way to the floor and kneel in front of one another, face-to–blushing face. Raise opposing legs and place them on either side of your lover, allowing your unmentionables to venture into the irresistible. As you lock yourselves in one another’s ecstatic embrace, take a hand each and bring them to your lover’s chest, cupping and squeezing solid pec or supple breast. Follow the aforementioned TWEAK technique to bring this position to completion.\*

Just the Tip:

\*There’s nothing like a lopsided checkup. Don’t forget to switch hands (and for that matter, what they’re holding) after you’ve sated your initial curiosity.

Wham Bam, Mammogram

Sit with your legs together, bent at the knees, and have your partner lower herself into your inviting lap.

Now, wrap your arms around, and with a firm yet gentle grip, note the way her curves do swerve. As her hips glide against your body, take the pads of your hands and bring them to the nipples (as if you needed *us* to tell *you* that).\* Once you’ve completed your voyage from nipple to base, try this little tweak: Raise her arms behind her head and give them another feel for a deeper and more intimate inspection.

Just the Tip:

\*It is widely regarded as a criminal act to neglect a free nipple. Do not act criminally.†

†Unless you both know the safe word.

Inspect-a-Pec

Ladies, lead your lover to a bed or other flat surface and lie on your back. Coax him (as if it required any effort at all) into the familiar missionary position, but then, arch your back upwards to meet him — and continue making his acquaintance over and over again. As you thrust to the beat of his drum, take note of his pectorals,\* and remember that when it comes to this position, there’s no do-not-touch rule to be found.

Just the Tip:

\*Once you’ve seen all that his hovering pectorals have to show you, try this trick: Using one hand, grip the back of his hair and give a firm tug. He’ll arch his back and pull his chest into a more open position. All the better for you to see his chest in a more pronounced light.

Manogram

Come to rest beside your partner. Then, stop resting. As you inject a little more than fun into your routine, raise your lover’s arm over your head and bring your hand to his chest. While your hips do the rocking, let your hands do the checking, making their way from the tip top of the teat to the base of the bosom.\*

Just the Tip:

\*Once you’ve explored this Everest, make your way to other climes by switching sides.

Private Screening

Fall into your lover’s arms, interlocking legs so that your thighs assume the role of two makeshift saddles. Now: commence the sideways gallop. As the pair of you buck and rear against one another, bring one hand up to find her breast. TWEAK away into the wee hours of the night, pausing only\* to switch sides.

Just the Tip:

\*That is, until it’s time for your partner to give you your own private screening.

Areola 51

Uncross your legs, hope to sigh. For this position, wind your legs about your lover and bring your hips as close as possible to one another. As you thunder away at her thighs, reach forward and find something — or a pair of things — to hold on to. Be thorough, now. A missed nipple is a missed opportunity.\*

Just the Tip:

\*Speaking of opportunities, nothing says love (or lust) like letting your partner take the reins. Once you’ve given each breast your all, swap positions and let your partner get some hands-on time.

Inspector Grab-It

Sit back and enjoy the scenery, as your partner mounts you, facing away. While he brings your soldier into line (and crevice), rise to the occasion once more and wrap you arms around him. Your hands should find their way to both of his masculine mounds\* — but don’t let them be your only stop on your merry way to completion.

Just the Tip:

\*Checking with his arms down is always a good start. But don’t forget to raise each arm to let your digits dig into more delectable domains.

Handy Scan

Things come to a grinding start in this position, as you wedge your hips firmly between your partner’s legs.\* Once things really start to shake and rattle, let one of your hands find a familiar squeeze or two. Massage, pinch, and of course, TWEAK her breasts to ensure you get her gears really moving.

Just the Tip:

\*Try this position upright, try it laying down, try it on your side, or even upside down. For full effect, the Handy Scan is best enjoyed from multiple angles.

Pair-scope

If there’s one thing you should always get behind, it’s your partner. So begin there. Then, gently bring one hand around and down, and tap out in Morse code, the words “I L-O-V-E Y-O-U.”\* While your heart and fingers go pitter patter, bring your other hand around to meet her breasts. A firm grip and a gentle pinch will round out the completion of this checkup.

Just the Tip:

\*Tap-tap, swipe, tap-rub-tap-tap, rub-a-dub-dub, tappity-tap, rub. Repeat.

Study Buddy

Now to make sure you make the most of this guide, have your Study Buddy lend you a hand.\* Sit face-to-face, and bring your legs criss-cross across one another. Tightening your hold against one another, guide your hands down to your lover’s breast, and fill your head as easily as you do your hand.

Just the Tip:

\*A good Study Buddy always reciprocates. While you’re giving your partner a handful, make sure she does the same.

Chest XXXam

Lay your partner down to peep this most erotic position. Now find your way on top of him, and allow him to fill your heart’s — and other body parts’ — desires. While his hips in and out do slip, let your hands slide — down, down,\* to feel out his pecs. Hold on for life, liberty, and the pursuit of orgasm, as you come to finish this exam.

Just the Tip:

\*What goes down, must come up (and down, and up . . .), so don’t forget to raise his arms and take in the whole of his tantalizing torso.

What’s Cupped, Doc?

If you’re going to bend over backwards for everyone else, make sure that every now and then, your partner bends over forwards for you.\* As your one hand makes its way around her hips to play its very important part, cup your other hand around her breast — and enjoy the feeling as it runneth over.

Just the Tip:

\*Forwards is fun, but upwards is unparalleled. Try bringing your partner to her full, upright position, and checking her chest from this upstanding position.

Testicles

Tackling the testicles may seem like a handful. So if you find yourself concerned you might not have what it takes to judge a sack in the sack, we have just the technique for you.

Simply LICK the testicles.

Look for enlargement, or swelling of the scrotal skin.

Inspect one testicle at a time, rolling each one gently between your thumb and index finger. If you find one testicle is larger than the other, reserve your squeals for more pleasurable activities, for this is quite common.

Check for bumps along the sides and front of the testicles.

Know your epididymis — the soft, tubelike structure behind the testicles that collects and carries sperm. Lumps on or attached to the epididymis are quite normal.

Now that you know your way around a ball or two, these next few positions will put your teste knowledge to the test.

Nutty Professor

Service, please! While your partner is standing, let your knees find their way to the floor in front of him.\* As your lips find something to occupy themselves with, let your hand make its way to his testicles. But gentle, gentle; lest you turn his ecstatic moans into woeful groans.

Just the Tip:

\*Remember that when it comes to relationships, privates should never be kept private. Be sure to offer yourself up for a little examination — and a lot of stimulation.

Sack & Save

Try your hand at this position to warm things up before the main event.

Slide in behind your lover and bring one arm across his chest.\* While you nibble at his neck and whisper sweet, unmentionable things in his ear, bring your other hand around to his trunks. Resist the temptation to stop on the way to the family jewels; you can attend to his more forthright urges later.

Just the Tip:

\*While you’re there, try teasing this beefy bosom of his. With stimulation coming from all directions, it won’t be long until he’s pining to discover your other talents.

Open-Book Teste

While your lover is seated, position yourself in front of him, face-to-genitals. While you stimulate him orally, place a testicle between the pads of your thumb and index finger, lightly rolling it so you get a feel for the whole surface.\*

Just the Tip:

\*With all of this stimulation, you may find that his testicles are starting to tighten into his body, restricting access to that second succulent egg. No matter. A little warm teasing from your tongue and mouth should coax this bashful little ball out of hiding.

Teste, Teste, 1, 2

Bring your lover to a wall,\* and have him brace himself against it. Then assert (or is it, *insert?*) yourself. Pump away while you bring your hands down in front of him. With your hips and hands combined, this checkup may not be the only thing you bring to completion.

Just the Tip:

\*Windows and mirrors are especially handy, for the extra cheeky among you.

Guy-ropractor

Lie your partner on the floor, then turn away from him. Now just when he thinks you’re giving him the cold shoulder, let him enjoy a much warmer part of your body. As you give his penetrating gaze a penetrating act to gaze upon, lean forward and take his testicles into your hand to put this checkup fully under your belt.\*

Just the Tip:

\*If he’s far too excitable, a little warmth from the palms of your hand should loosen things up enough for you to complete this little exam.

Check, Please, Please, Please!

Lying down beside or on top\* of your lover, take this time to lock eyes with him. Then, promptly swivel around, so you both might lock eyes on something rather more interesting. While you two practice your lower-level linguistic skills, take his testicles into your capable hands.

Just the Tip:

\*Or, perhaps, try both. Seeing the angle of his dangle from as many vantage points as possible is always advisable (and always fun).

Prostate

The prostate leaves much to be desired in the accessibility department. At least, for self-exams.

Thankfully, after reading this little guide, you and your partner will doubtless feel more equipped than ever to put your finger on all of the prostate’s delicacies.

Just remember to PROBE it.

Position your partner for easy access to his most guarded asset.

Rub an ample amount of lube onto your index or middle finger (or both, for those expert spelunkers among you).

Open the cheeks for uninhibited entry.

Bring your extended, well-lubed digit in first as far as you can — then upward or downward (towards the belly button). There you will find the prostate.

Explore his prostate in gentle, circular motions. It should be firm and rubbery, but not hard, or cause him pain.

While you check, it’s not uncommon for your partner to become aroused. Let’s explore now how to take full advantage of this excitable state.

Enter the Proctologist

Begin by lying your partner down on a flat surface,\* and gently mounting one of his thighs so that your knees are on either side of this leg. Now, take a finger and enter into his most concealed of caverns, arching the finger upwards to reach the prostate. (Enjoy that moan; you’ve earned it.) Run your finger along the length of the upwards interior of his rectum, and get as much of a feeling for things… as you’re giving him.

Just the Tip:

\*Of course, flat can fall flat sometimes — and as we all know, gravity doesn’t (and shouldn’t) always pertain to the behavior of legs. Try placing a pillow under the small of his back for a more open kind of access.

Amorous Anal-yst

Seat your partner on the edge of the bed or table, and find a comfortable spot between his open legs. While your mouth may instinctively do what mouths do best when faced with a cylindrical object, don’t let that be the only job you get done. Gently allow your finger to make its way up, up, and away, to find the Promised Gland.\*

Just the Tip:

\*If the seated position is causing your fingers to fumble, give yourself an all-access pass, by simply lying your lover on his back.

Dr. Ben Dover

With this hand, you do him bed. And with the other, you’ll do something quite a bit more daring.

Start this position by lying your partner on his back. Evoking the exhibitionist in yourself, find a place seated comfortably on his chest.\* While you’ll undoubtedly want to tend to his most forthcoming of desires, free a hand to discover a more secretive one. For while you fill a void he never dreamed he needed filling, you’ll be winding down this checkup — but only winding up the fun.

Just the Tip:

\*Now just because he’s reaching completion, doesn’t mean he should sit idly by. While you attend to his business, make sure he attends to your pleasure.

Share Button Copy

Indulge your curiosity. Poke around with your Valentine tonight.

The Cancer Sutra Presents: DR. BEN DOVER. Fill your partner’s every desire with this checkup.

Probe Officer

If there’s one thing that holds true in every relationship, it’s that a little lip service never goes missed.

Start by lying on your back, and bringing your partner’s hips to your lips. As you find out how many licks it takes to get to the center of his universe, bring one hand up and let it find its way to glory, making sure to keep your digit pointed toward his groin.\*

Just the Tip:

\*Not sure you’ve made it yet? Never you worry: He’ll let you know when you’ve arrived at the Promised Gland.

Rearsearch Method

Make your way between your partner’s legs, then throw one over your shoulder. As you enter into this erotic position, take a finger (or two) and enter into his welcoming opening.\* Should you require, raise both legs to your shoulders for even greater access to his lovely asset.

Just the Tip:

\*This is a one-handed operation, so feel free to practice your ambidexterity on his more prominent urges while you perform this checkup.

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The information contained within *The Cancer Sutra* project is not intended or implied to be substituted for professional medical advice. It is provided to supplement both self-checks and regular visits to a medical professional. Please, check yourself regularly, check your partner (as many times a night as you can manage, preferably), and always, always seek the advice of a physician.