Please drop us a message, if you have more good things to add! Mail us: transcending_desires@riseup.net

References

The Nervous System and Sexual Experience: A Delicate Dance

What is polyvagal theory: https://www.polyvagalinstitute.org/whatispolyvagaltheory

Affirming LGBTQ+ and neuroqueer resources that reflect the full spectrum of identity, expression and lived experience: https://neurosparkhealth.com/resources/neuroqueer-resources

How many nerves are in the human body: https://www.healthline.com/health/how-many-nerves-are-in-the-human-body

What love is and how to cultivate it by Kendra Cherry: https://www.verywellmind.com/what-is-love-2795343

Blog Arise Embodiment by Kai Cheng Thom https://ariseembodiment.org/blog/

About “bodymind”: https://stimpunks.org/glossary/bodymind/

Transitioning: More Than Physical Changes

Gender Dysphoria Bible: https://genderdysphoria.fyi/en/treatment

Bottom Growth with Testosterone: https://www.folxhealth.com/library/testosterone-bottom-growth

Top Surgery Before and After: A Comprehensive Guide https://www.genderconfirmation.com/top-surgery-before-and-after/

Toys & Tools

Tutorial - Creating a strap on harness with Midori https://www.youtube.com/watch?v=o_V1h8PFMag

Let’s talk about Sex: What to Call Body Parts

Reddit forum for listeners and creators of gay audio porn (trans&cis): https://www.reddit.com/r/GoneWildAudioGay/

Survey The Experiences of Transgender Listeners: https://docs.google.com/document/d/1vHJqfCY-Y8wEZuyIVqX0H0u05h369eXATNEtjeC1nfo/edit?tab=t.0

Navigating Risk in Safer Sex

[deutsch] HIV-PrEP für trans, nicht-binäre und inter Menschen - Einnahmeschema praxisnah erklärt: https://alexanderhahne.com/wp-content/uploads/2025/01/2025-HIV-PrEP-trans-nicht-binaer-inter-Menschen-Hahne-Viehweger_Wickelfalz.pdf

HIV-PreP – Protect yourself from HIV with medication: https://www.aidshilfe.de/en/hiv-prep

Mapping your Sexuality: Between Identity and Desire

Hambacher Forest Erotic Calendar 2019 https://hambacherforst.org/blog/2018/08/02/der-hambi-erotik-kalender-2019-ist-endlich-da/

Split attraction Pie https://www.asexuality.org/en/topic/273250-i-made-a-split-attraction-pie-chart/

The Genderbread Person https://www.itspronouncedmetrosexual.com/2018/10/the-genderbread-person-v4/

Zine “Mapping your Sexuality” by Meg-John Barker and Alex Iantaffi
https://www.queensu.ca/psychology/van-anders-lab/assets/docs/SCTzine.pdf

Come as you are (2015) by Emily Nagoski

Kindr Grindr: https://www.kindr.grindr.com

Allyship 101: Making (Gay) Spaces More Welcoming

Mutual Support Network for gender-affirming surgery in Germany
https://mutualsupport.noblogs.org/

Modifying Silk Ring Theory for Allyship: https://niawrites.medium.com/modifying-silk-ring-theory-for-allyship-c7ae4963912d

Recommended Ressources

Books & Zines

(analog) Cruising: A Manual (2025) by Leo Herrera

Crossings. Creative Ecologies of Cruising (2025) by João Florêncio and Liz Rosenfeld

On The Grind: A Transmasculine Guide to Grindr by Rena Yehuda Newman

Trans homo... Gasp!: Gay FTM and Cis Men on Sex and Love (2017) by Avi Ben-Zeev and Pete Bailey

Working Guys: A Transmasculine Sex Worker Anthology (2024) by Jack Parker

Queer Sex: A Trans and Non-Binary Guide to Intimacy, Pleasure and Relationships (2018) by Juno Roche

Trans Sex: A Guide For Adults (2022) by Kelvin Sparks

Supporting Trans People of Colour: How to Make Your Practive Inclusive (2022) by Sabah Choudrey

Fucking Trans Women: A Zine About the Sex Lives of Trans Women (2013) by Mira Bellwether

Bliss Club: Sex Tips for Creative Lovers (2020) by Jüne Plä

The Faggots & Their Friends Between Revolutions (1977/2019) by Larry Mitchell

My Gender Workbook (1998) by Kate Bornstein

[francais] Dicklit et T Claques (3eme edition 2021) de l'association OUTrans
https://partagenre.fransgenre.fr/ressources/dicklit-et-t-claques

[deutsch] Schwul. Trans*. Teil der Szene!

Biographies of gay trans men

We Both Laughed in Pleasure: The Selected Diaries of Lou Sullivan 1961–1991 (2019) edited by Ellis Martin and Zach Ozma

A Trans Man Walks Into a Gay Bar: A Journey of Self (and Sexual) Discovery (2024) by Harry Nicholas

[deutsch] Mein Weg von einer weißen Frau zu einem jungen Mann mit Migrationshintergrund (2019) Jayrôme C. Robinet

Novels

Cemetery Boys (2020) by Aiden Thomas

Sauna (2025, in Danish and English) by Mads Ananda Lohdal

Romeo & Seahorse (2022) by Nikolaj Tange Lange

List with Books about Gay Trans Men (fiction and non-fiction)
https://www.goodreads.com/list/show/91345.Books_about_gay_trans_men_Fiction_and_nonfiction_

Workshops & Places

Accountability Mapping Online Course: Embody centered accountability by Daria Garina
https://accountabilitymapping.thinkific.com

How to Pleasure a Vulva Online Course (sadly only focused on cis women, the techniques might still be usefull): https://www.omgyes.com/de/join

Stretch: Weekend Festival for Queer Masculinities https://stretch.berlin

Folleterre: Faerie Sanctuary in France www.folleterre.org/en/home

Websites

The Gender Dysphoria Bible (https://genderdysphoria.fyi)

Films

Disclosure: Trans Lives on Scene (2020)

Rurangi (2020)

Mutt (2023)

Desire Lines (2024)

Sauna (2025) based on Mads Ananda Lohdals book

Pornos

Hello Titty: If it were your tits' last day on earth, what would they do? (2014) by Skyler Braeden Fox

No Man Like Me (2022) by Jaq Quicksilver

Pine Hard (2026) by HotHotHot Kollektiv

Online Community of Adult Erotic Audio Creators for those who are aroused by gay male sounds, search for [TM4TM]/ [M4TM]/ [TM4M]:
https://www.reddit.com/r/GoneWildAudioGay