

GO **NAKED**

MAGAZINE



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LETTER FROM THE EDITOR

Happy New Year, friends!

As we step into 2025, I've been reflecting on resolutions—those goals we set with the best intentions, hoping this will be the year we stick to them. Some are grand and transformative; others are simple yet surprisingly challenging. Mine? It's about embracing gratitude and truly appreciating the abundance already in my life.

Let me share something that might make you chuckle: in 2024, I had 462 packages delivered from Amazon alone—nearly a package and a half per day! Many of those were part of Amazon's convenient subscription service—coffee, mouthwash, toothpaste, cleaning supplies, skincare—showing up like clockwork. As a result, my basement is now stocked like a small

general store. I have enough essentials to last well into 2025, maybe longer.

And then there's my closet. I've bought enough clothes, ranging from medium to 2XL, to outfit a small theater troupe. My kitchen? Let's just say I'd give a culinary store a run for its money with all my gadgets. From sous vide machines to tortilla presses, you name it, I've probably got it.

So, here's my resolution: 2025 will be the year of less. Less spending, less accumulation, and hopefully, less clutter.

My goal is to cut my spending by at least 75%. No new clothes, no fancy kitchen gadgets, no unnecessary purchases. Instead, I'll focus on using, enjoying, and appreciating what I already have. I'm looking forward to the challenge of living with intention and making smarter choices for my future.

This resolution won't be easy. Shopping has always been a source of instant gratification for me. There's a little thrill in clicking "Add to Cart" and a bigger one when the box arrives. But I'm ready to trade that fleeting thrill for something



more meaningful: saving and investing in my future. With a new home in Mexico, I'm choosing to fill it with experiences, not things. The idea of living simpler and less consumer-driven feels liberating and empowering.

This journey is also an opportunity to shift my perspective. By stepping off the treadmill of constant consumption, I want to focus on what truly matters: connection, creativity, and contentment. It's a chance to align my actions with my values and live more intentionally. I'm looking forward to discovering new joys in the simplicity of everyday life.

What about you? What's your resolution for 2025? Maybe you're focusing on your health, deepening relationships, or taking a leap into the unknown. Whatever your goal, I encourage you to choose something that resonates with your core values. Even small changes can have a big impact when done with purpose.

And since this is GoNaked Magazine, here's a resolution that fits our ethos: Why not embrace more body positivity and self-acceptance this year? Spend time enjoying the freedom of shedding not just clothes but also judgment and insecurity. Whether it's lounging at a naturist resort, hiking a clothing-optional trail, or enjoying a quiet moment at home in your own skin, there's a unique liberation in being unapologetically yourself.

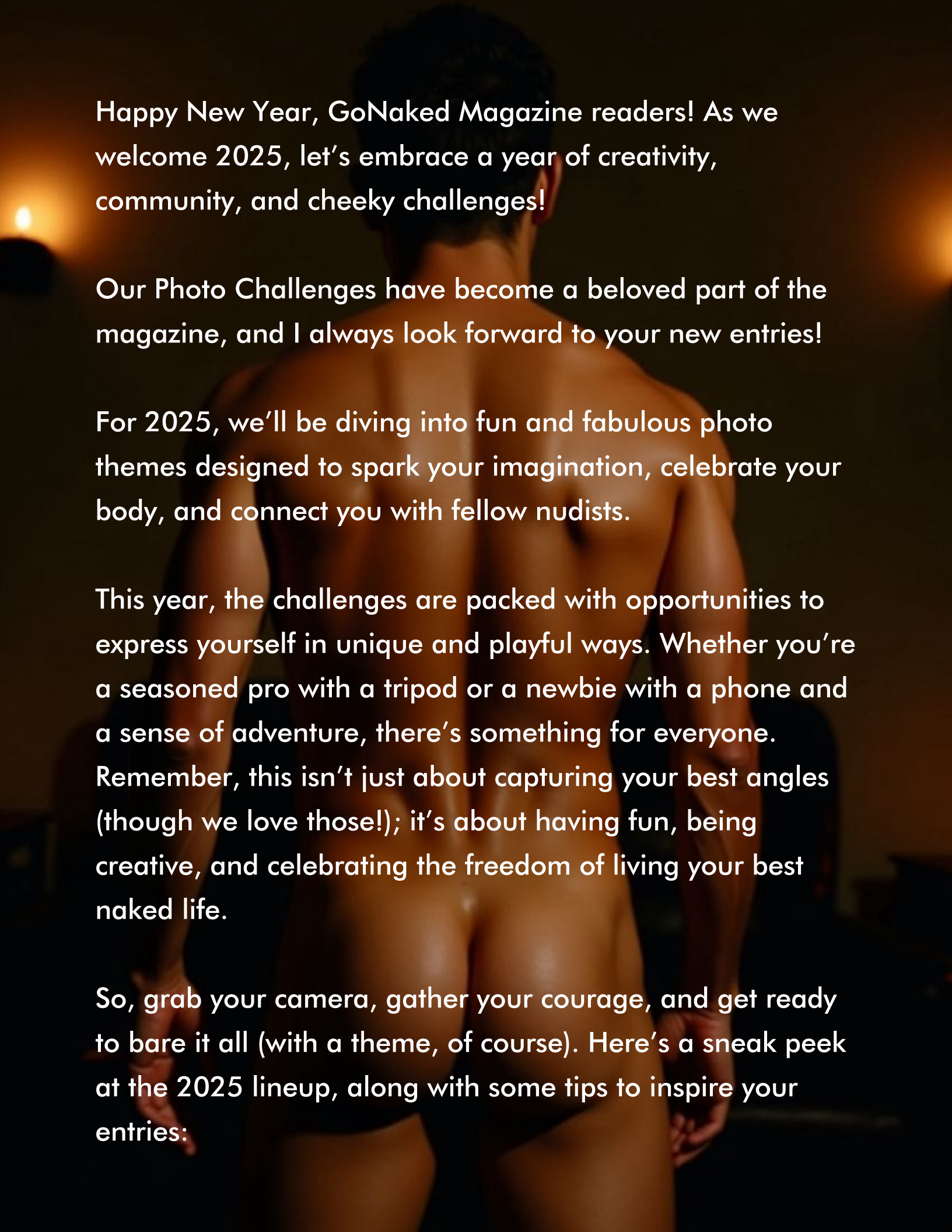
As we kick off this new year, I'm raising a glass (of coffee from my 2024 stockpile, naturally) to a prosperous 2025 for all of us. Here's to living intentionally, appreciating what we already have, and finding joy in simplicity. Let's focus on what truly matters and celebrate the beauty of authenticity—naked and unfiltered.

Cheers to a fantastic year ahead!





THE 2025 PHOTO CHALLENGES

A photograph of a person's back and buttocks, seen from behind. The person is standing, and their skin is a warm, golden-brown color. The background is dark and out of focus, with some warm light sources visible on the left and right sides. The text is overlaid on the image in a white, sans-serif font.

Happy New Year, GoNaked Magazine readers! As we welcome 2025, let's embrace a year of creativity, community, and cheeky challenges!

Our Photo Challenges have become a beloved part of the magazine, and I always look forward to your new entries!

For 2025, we'll be diving into fun and fabulous photo themes designed to spark your imagination, celebrate your body, and connect you with fellow nudists.

This year, the challenges are packed with opportunities to express yourself in unique and playful ways. Whether you're a seasoned pro with a tripod or a newbie with a phone and a sense of adventure, there's something for everyone. Remember, this isn't just about capturing your best angles (though we love those!); it's about having fun, being creative, and celebrating the freedom of living your best naked life.

So, grab your camera, gather your courage, and get ready to bare it all (with a theme, of course). Here's a sneak peek at the 2025 lineup, along with some tips to inspire your entries:



January: Start the Year with a Bang!

- **Bald As the Baby New Year!**

Celebrate smoothness—whether it's a freshly shaved head or another freshly polished area. Pair it with a cheeky grin and maybe even a party hat!

- **Winter Whites**

Find something white and play with contrast! Think fluffy blankets, snowy backdrops, or even a cheeky dusting of flour in the kitchen.

February: Turn Up the Heat

- **Lace and Leather**

Let's mix textures and attitudes! Drape yourself in lace or leather (or both!) and channel your inner sensualist.

- **Heart On**

Find creative ways to incorporate hearts into your photo—heart-shaped props, shadows, or even body art. Bonus points if your heart is in a surprising place!

March: Spring Into Action

- **Emerald Awakening**

Celebrate nature and renewal with green hues. Pose in the grass, add leaves as props, or highlight the first blooms of spring.

- **Progressive Strip Collage**

Use software to

April: Transform and Thrive

- **Butterfly Effect**

Butterflies symbolize transformation. Use butterfly motifs, props, or even a field where these beauties flutter naturally.

- **Earth Day Nude**

Step into nature and pose in the great outdoors—forests, beaches, or even your backyard. Show Mother Nature some love!

May: Sunshine and Serenity - Our 100th ISSUE

- **Mellow Yellow**

Whether it's sunflowers, lemons, or painted walls, incorporate yellow to brighten your shot.

- **100 THINGS!**

GoNaked celebrates its 100th issue! Get 100 things - any things - and put them in the photo with you!

June: Celebrate Pride and Summer

- **Pride Colors**

It's Pride Month! Showcase rainbow props, flags, or even paint yourself in vibrant colors.

- **Summer Breeze**

Think flowy fabrics or natural wind for a dynamic and carefree vibe. Let the breeze do the styling!



July: Light It Up

- **Firelight**

Capture moody lighting using campfires, fireworks, or a cluster of candles. Bonus if you catch the sparks flying!

- **Red, White, and Bare**

Get creative with patriotic colors. A red scarf, white props, or a touch of blue face paint can go a long way.

August: Playful and Carefree

- **Nude Picnic**

Set the scene with a checkered blanket, a basket of goodies, and maybe a bottle of bubbly. A sun-soaked meadow or park makes the perfect backdrop. Don't forget the cheeky touch—a strategically placed baguette or a juicy watermelon slice!

September: Artistic Vibes

- **Nude Shadows**

Experiment with light and shadow. Pose near blinds, under trees, or with creative props to let the interplay of light and darkness highlight your form.

- **Sloppy September**

Get messy! Mud, oil, sauce, goop, food....the fetish is called "gunge"! Get naked and be sloppy!

October: Spooky and Sensual

- **OCK-tober Challenge**

Whether you're showing off your favorite jockstrap, cozy socks, or even playing with locks and chains, choose your favorite "ock" theme and go wild.

- **Gothic Nude**

Embrace your dark side with dramatic makeup, black jewelry, or moody settings. Think graveyards, foggy forests, or just a sultry stare into the void.

November: Warm and Fuzzy

- **Naked and Cozy**

Celebrate the art of coziness with warm blankets, roaring fireplaces, or soft wool socks (and nothing else).

- **Movember Moustache**

Whether you're rocking a real moustache or painting one on with eyeliner, this is your chance to celebrate facial hair in all its glory.



December: Festive and Fun

- **Twinkle Lights & Gift Wrapped**

Wrap yourself in fairy lights or pose near a glowing tree. The soft, warm glow will make your photo feel magical and festive. Use ribbons, bows, or wrapping paper to create a playful holiday look. Whether you're the gift or the giver, have fun with it!

- **2025 Scrapbook**

This was so popular in 2024, let's bring it back! Share your favorite photo from the past year with us!

Tips for Success

1. Be Creative: Think beyond the obvious. A heart prop can be a shadow, a pattern, or even body art.
2. Work Your Angles: Experiment with poses and camera placements to highlight your best features.
3. Props and Backdrops: Use everyday objects in unexpected ways—like a picnic basket, a scarf, or even kitchen utensils.
4. Natural Light: Morning or evening light can enhance your shots. Experiment with shadows and soft light for a professional touch.
5. Playful Confidence: The best photos come from those who are having fun. Confidence is the sexiest accessory!





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... OR THE NEXT FOUR YEARS?!?

Life can be challenging. Recent events may be causing additional grief in your life or causing you to worry about the future.

My career in Cognitive Behavioral Therapy (CBT) counseling covers over three decades. Thirty years of diving into the human psyche and helping men navigate life's twists and turns.

Change Your Thinking – Change Your Life!

If you're a man looking for a little direction, clarity, or someone to help you figure out how to make sense of it all, give me a call. Let's figure out this thing called "life" together.

DR. TERRY DREW KARANEN, LSW, MSW, DD

All GoNaked Magazine subscribers are invited to book a **no-charge, no-obligation, 30-minute Discovery Call** with me.

Email me at: terry@terrydrewkaranen.com

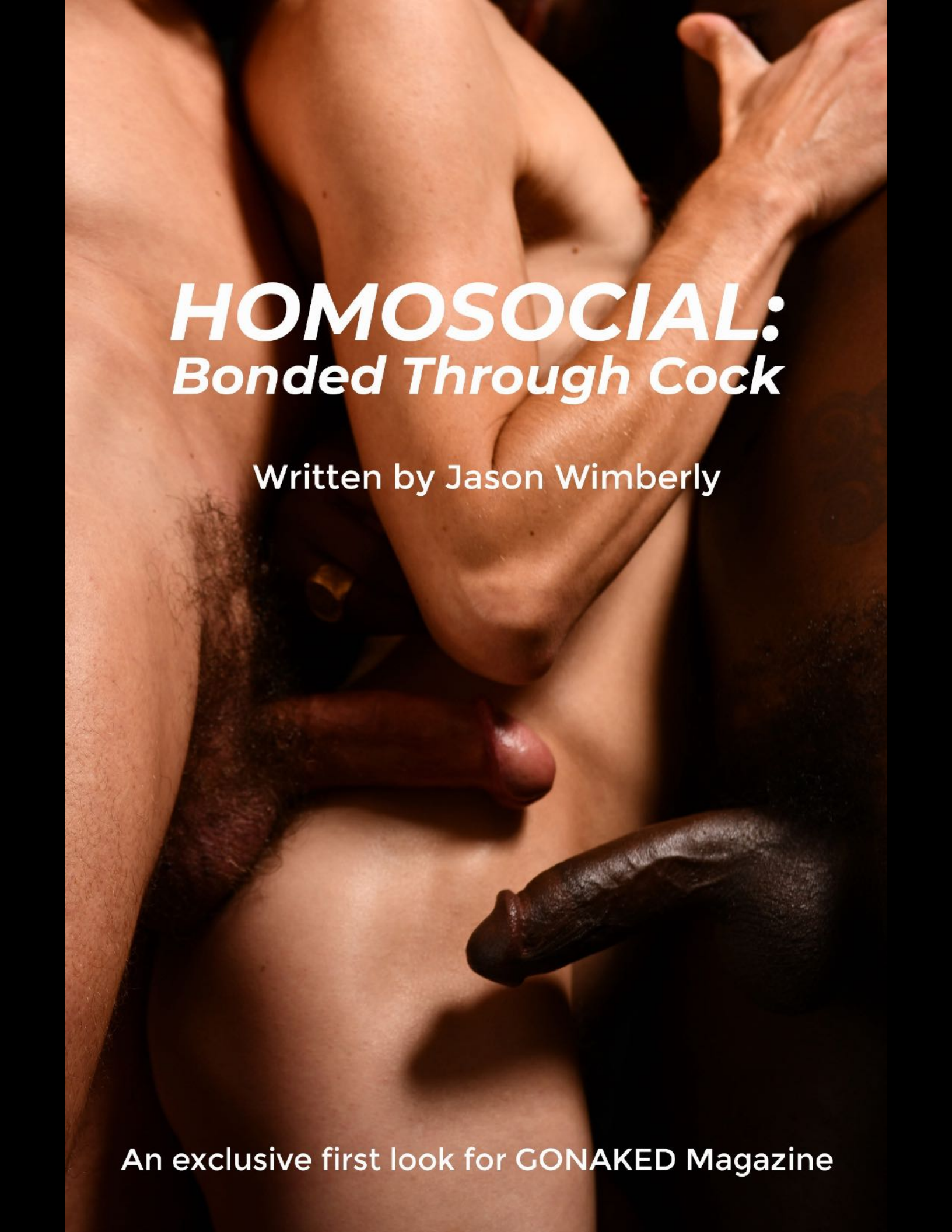
All sessions are ***clothing-optional***

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<https://www.psychologytoday.com/profile/491538>





HOMOSOCIAL: Bonded Through Cock

Written by Jason Wimberly

An exclusive first look for GONAKED Magazine

Studies show that masturbation can:

Reduce stress

Relieve tension

Improve sleep

Increase focus

Boost your mood

Alleviate aches and pain

Enhance your sex life

Prevent anxiety and depression

I.

“The More Pleasure, The More Power”

Six simple words; a simple phrase and personal mantra. I don't remember if I first heard those words elsewhere or if they appeared in my mind uninformed, but they are the words I have lived by for years and try to integrate in everything I do.

Experiencing sexual pleasure is a fundamental and necessary aspect of the human experience that influences our choices and actions, yet this most primal of mankind's pleasures has been both suppressed and controlled in virtually every society across the spectrum of time. It is my belief, however, that when we live authentic lives and have the ability to honestly communicate our deepest desires free from outside influence, our ability to experience pleasure deepens. By experiencing heightened pleasure as a regular practice, we can move through the world with ease and confidence rooted in our own capacity for self-pleasure, grounded in our own sense of self-worth. Masturbation is vital and necessary for everyone, and an essential element of our health and wellbeing that can guide us on a journey of self-discovery and awareness. In this case, I will be focusing on the human penis and the self-identified men attached to them.

I believe male masturbation is a sacred practice. It connects men to their truest, most primal selves through heightened states of erotic arousal. With masturbation, there are endless opportunities for growth and development with constant reward and pleasure. Your cock's ability to bring forth immense pleasure is your birthright as a man, and it is your responsibility, your privilege, and your honor to celebrate your cock by stroking it daily. Pleasure is fundamentally about expansion of consciousness, and the expansion of your cock's pleasure is a vital part of the journey. Jerking off, and the inevitable release of fluid that it can entail, can enhance and improve nearly every single aspect of your life, including your mood, longevity, sleep and so much more. Mindful masturbation is a key to unlocking joyous, ecstatic bliss.

“When you learn to generate increasing amounts of ecstasy, this helps you maintain balance in your life, for human existence inevitably includes some pain and sadness as well ... For human males, the most effective and natural means to accomplish the return to essential Oneness is simply to explore the deeper and higher potentials of the body, the penis, and erotic energy and by the practice of Male Erotic Energy.”

- Bruce P. Grether, Author of The Secret of the Golden Phallus

Unlike partnered sex, masturbating does not include a need to perform or concern about another's pleasure. Less distractions and tasks allow you to focus solely on your own pleasure. This is why many men actually choose masturbation as their primary form of sex. It's understandable, since stroking your cock will always feel fucking amazing, that is what it was made for. You know what it needs because you are your cock. As men, from the moment we discover how amazing our cocks can make us feel, we become obsessed.

Something so common as masturbation doesn't seem to warrant much discussion, but there are realms of connection and pleasure beyond your wildest dreams waiting for you on roads untraveled. By developing your practice with intention and mindful masturbation, you can become a happier, healthier, and more grounded man able to remain resilient in times of stress and struggle. It is with an honest heart and an open mind that I hope to help you discover the true power of your own cock.

According to a recent post from VICE, men touch their own cock roughly thirty times a day. For me, that number would easily be multiplied by 1,000. As a nudist, I rarely wear pants, so easy access is partly to blame. But even when wearing pants, my hand is usually down the front. Science clearly demonstrates how low-intensity physical touch releases oxytocin to the brain making you feel good. Justified as a quick check for the family jewels and feel-good fondle, what if all that crotch grabbing signifies a deeper yearning that isn't being fulfilled?

I recognize that as a homosexual man in a same sex relationship, sharing my experiences with other men and my general obsession with cock may not be a revelation. My goal is that all men, regardless of prescribed sexual orientation or preference, can read this book and learn something new while also growing a deeper appreciation and better relationship with the cosmic staff that hangs between their legs. It is completely natural and expected for a man to be obsessed with his own cock. It is only natural, then, that you are fascinated by others. They literally beg for our attention. Wildly unique, incredibly special, your cock is a literal shape shifting phallus that gloriously hangs from the center of your physical form. How could you not be taken aback by its splendor? There is a reason you glance over at the urinal from time to time, and it's not because you're gay.

“Everyone masturbates. I think men should be doing it together.”

Masturbation is the erotic art of self-touch and manual stimulation to produce pleasure. There are many ways to masturbate, but in this book, I will focus on the act of when a man manually stimulates his own cock. I prefer to call it jerking off, but there are dozens of names for when you beat the meat. In fact, a quick Google search brought me to an article where they list over 500 names for the most enjoyable of bodily pleasures. None of which, by the way, eloquently explain how magical the act is. Instead, the hundreds of slang names are juvenile attempts at humor that often take a demeaning or derogatory tone, some of which include:

**Spanking the monkey
Choking the chicken
Wanking one off
Rubbing one out
Slapping the salami
Burping the worm**

To my own surprise, I even found a few I had never heard of before. But out of all of these, the phrase “crown the king” is my new favorite because it offers your throbbing phallus the respect it deserves. The crown describes the milky cum that shoots out of your kingly cock. All of this is to say that the act of jerking off is the subject of constant satire. Masturbation has been and still is illegal in some places, and throughout human history it has been vilified and persecuted, becoming the blame for a myriad of physical ailments and health problems. Jerking off is often considered to be a poor substitute for partnered sex, I intend to convince you the opposite is true.

Said to cause blindness, impotence, mental illness, or death, some religious figures even believe jerking off can send you straight to Hell. To this day, many religious groups continue to condemn those who enjoy the act of self-pleasure. Ever heard of hairy palms, anyone? Historically speaking, jerking off has gotten a bad rap. Despite countless attempts to quell the lusty hands of young men throughout time, we simply can’t fully repress what is a natural human impulse. It makes one wonder, why do so many want to control and restrict masturbation?

“The More Pleasure, The More Power”

Humans have a nasty habit of trying to control powerful things, and when a man of any age embraces the loving relationship between him and his cock, he is the most powerful he will ever be. By embracing your cock-creator energy fully, you can manifest positive outcomes in your daily life. It’s biological nature: we all accept common stimuli from our bodies, such as when you are thirsty, you drink. The same should apply to when your cock calls for a stroke. There



should be no concern as to why--you simply reach for its warm embrace. It was Ancient Greek philosopher Diogenes who, after being challenged for masturbating in a public marketplace replied, "If only it were so easy to sooth hunger by rubbing an empty belly."

Many negative perceptions of jerking off and the human cock remain. Sadly, because of these pervasive thoughts many men have a stunted relationship with their own bodies. I believe mindful masturbation for all men is a practice to be cultivated that takes time and effort, and it can only be enhanced when shared with fellow men as a community bonding activity.

"The proposition to encourage male same-sex play is a practical necessity, to stop merely treating the symptoms of our deep-rooted problems, and to directly treat the causes. Human males have been handed a huge set of false assumptions concerning the nature of masculinity and manhood. Conditioned agreements concerning the nature of things passed on by both caretakers and context that assume the virtue and necessity of heterosexual relationships and that reproductive agenda 'the nuclear family.'"

- Bruce P. Grether, Author of The Secret of the Golden Phallus

"Masturbation: the primary sexual activity of mankind. In the nineteenth century it was a disease; in the twentieth, it's a cure."

- Thomas Szasz (Fellow of the American Psychiatric Association)

I hope as you read this book about my thoughts on man's most trusted companion, you often reach between your legs and grab your own. I will be sharing openly from my real-life experiences and sharing stories from my own sexual history. I will also be sharing stories and quotes from the hundreds of submissions I received during various online surveys I conducted in my research. There are also sections where I will feature important men in my life in portrait and story. I heavily encourage tugging while reading.

II.

"I think about cock all day long."

As a gay man, I feel empowered talking about a topic I have so much experience with. I grew up jerking off with my cousins, classmates, and coaches. I still regularly jerk off with most of my friends and have no problem jerking off with someone I just met completely free from any superficial qualifiers. For me, masturbating with another man is a simple bonding experience free from judgment. It is the one thing that truly unites all men: we all masturbate. Even so, many men do not feel liberated enough to experience this type of pleasure. Some may not even have the freedom from imposing religious sentiment to be honest with themselves about their own desires. My goal with this book is to be 100% transparent and encourage honest conversation about what many men would agree is their favorite pastime.

I think about mine most of the time. I often think about my boyfriend's gorgeous cock. Then sometimes I can't stop from imagining the cock of the handsome older guy I just passed on the street. I wonder if it's thick and veiny, or has a full bush, or if it's uncut. I often wonder what another man's cock looks like, especially the men in my family. There is a yearning to know, and see, and even smell another man's cock. For some men, the desire goes further to wanting to touch and investigate another cock. It's a longing to share a true kinship that only men can understand. Only by having a cock can you understand how truly awesome it is. When there is no shame involved, and no preconceived notions about sexual orientation, it makes sense that men would bond over having a cock. The magnificent member between your legs, regardless of proportion or appearance, can bring you endless amounts of pleasure. Cock pleasure that only men understand. Doesn't it make sense that we would want to share something that makes us each feel so good? Something that brings so much joy and creates such a dramatic shift in consciousness can only be enhanced by the energetic reverberations that occur in a group setting.

"I like to work out at the gym late at night, so when I go to shower, it's quite empty so I can take my time and stroke out a load there. Once in a while, some other guy will be there and notice that I'm stroking, I'll leave my shower door open and sometimes, they do the same and we end up watching each other bust a load. Once I blew a load with a guy from the gym, and the next day, I saw him at Costco with his wife and kids."

- Anonymous submission from my 2022 Jerk Off Survey

I was lucky to have been raised in a home free of religious oppression. Born and raised in the central California farming town of Lodi, my free time was often spent outdoors throughout my childhood. We had this amazing family cabin that belonged to my grandfather. There was no electricity, no telephone, no television, and obviously the internet hadn't even been invented yet. It was there I first remember being naked in nature. Running naked in the fields and jumping in the rivers without clothes or a care in the world.

I remember it explicitly: how good the warmth of the sun felt on my still prepubescent cock. Something about the sun made me want to grab my cock nonstop. It was like a warmth and soft tingle that seemed so familiar and yet foreign. I wasn't at the age I had ejaculated yet, but I had already discovered how great it felt to jerk off outdoors, and I was immediately hooked.

"I was in my backyard in the sunlight and got a boner, pulled it out and started stroking instantly. Honestly, I don't know what told me to do that. I just did. Then when I came, I fell over cause I didn't know what was happening. From then on, I only wanted to stroke in the sun."

- Anonymous submission from my 2022 Jerk Off Survey

Soon I discovered other things that made my cock feel just as good as it did in the sun. I had this stuffed koala bear that I took the tail off and fucked the hole. It was the perfect size to squeeze just enough, and the cushiony soft filling felt so good, that at eleven years old I shot my first load deep inside that teddy bear. I had been trying to cum since I first found copies of "Hustler" in my dad's mustang, but this was the first time it happened. It wasn't long before that stuffed animal got "stuffed" again, and eventually the dried cum in the plushy belly of the bear solidified and hardened like a pair of crunchy socks. Fucking my prized koala bear was no longer a soft enjoyable experience, and I was forced to move on to other conquests.

"I remember discovering jerking off before I was able to cum. I used to run up to our upstairs bathroom and get naked, soap up my hand and stroke as fast as I could. And I remember the feeling being so intense. I always thought that the feeling was more intense when I was not able to cum then it was after I was able to cum."

- Anonymous submission from my 2022 Jerk Off Survey

"Your Cock Is Literal Magic."

It should fascinate and intrigue you. A cock holds the powers of creation and transformation. Like all sacred things, it deserves to be honored and celebrated daily. Certainly, many cultures have celebrated phallic gods, and many today worship the human phallus as a god itself. The wonder and excitement of the human penis is something that all men understand. A cock changes size, shape, density all in varying rotations without even your own manual stimulation. When practiced with intention, and by sustaining high levels of erotic pleasure and excitement, jerking off can become a healing experience leaving many in a trance-like state of ecstasy.



practiced with intention, and by sustaining high levels of erotic pleasure and excitement, jerking off can become a healing experience leaving many in a trance-like state of ecstasy.

“I have masturbated myself out of serious problems in my life. The phone doesn't pick up because I'm masturbating. And I have excused myself at the oddest times so as to not make mistakes... It's like a hot whirlpool for my brain, in a brain space that is 100 percent agreeable with itself.”

- John Mayer, to Rolling Stone, 2012

“I remember having an erection in my teen years and I was so taken with my cock: its size, its appearance and how hard it got. I wanted to do anything (everything) to make it feel good and for the feeling of euphoria to continue as long as possible. I think I was hooked early on to the idea of edging, even though I didn't know that's what I was doing at the time.”

- Anonymous submission from my 2022 Jerk Off Survey

I believe there is something missing from most modern men's lives that they are not willing to admit. Because of societal conditioning, institutionalized shame and oppressive religious beliefs, a primal practice of man and youthful initiation of boyhood has gone missing. This essential and masculine bonding experience is most often shunned and denied because it has been miscategorized as a “homosexual activity.” There is nothing more masculine than a hard cock, and being drawn to it does not make you gay. There is a primal animal desire that is part of our physiology as male mammals that has been denied. The enduring denial of this urge has emotionally fractured generations of men by forcing them to ignore a core behavioral trait that previously was celebrated throughout history: a bond through cock. Jerking off with other men does not make you gay, it makes you a man.

“We were all just in these chairs, and the lights were out, and someone started masturbating, so we all did... It was good harmless fun.”

- Paul McCartney of the Beatles, to GQ Magazine, 2018

III.

Like The Mammals on Discovery Channel

The bonobos are a species of large primate that share 98.7% of our human DNA. Sex plays a fundamental role in the social lives of many animals, just as it does with humans. The bonobos, it would seem, are keen pleasure-seekers, free of manmade discrimination. A look at the sex lives of the bonobos may shed some insight on some of our more primal desires that have been shunned. For starters, all members of a bonobo group are potential sex partners, regardless of age or gender combination. In addition, bonobos need not limit themselves to a single partner. Pairings between younger and older male bonobos are also common: “typically an adolescent male spreads his legs and presents his erect penis to an adult male, who takes the shaft in his hand and caresses it with up-and-down movements.” Bonding through the shared knowledge of what it feels like to hold your hard cock in your hand is a natural part of the animal kingdom. So much so, that the bond through cock is evident in species even without opposable thumbs.

“I started jerking at a very young age: I began going through puberty by the time I was eight years old, and I was jerking even before that. I remember beating off while my older brother was still sharing our bedroom, which would have been before the age of seven. I loved the feeling even then. I would take off my pajama bottoms and stroke myself for a long time. I think that is when I fell in love with edging.”

- Anonymous submission from my 2022 Jerk Off Survey

Bonobos aren't the only animals with documented behaviors of this sort. While many species of animals engage in sexual activities outside of mating season, and masturbation is common in the animal world, lions share a particularly “male” bond. The “kings of the jungle” are highly social apex predators and often engage in sexual acts with each other to strengthen these social connections. For example, male lions often mount other males to build new bonds and create alliances, especially when on the search to find a new pride. Lions playfully mount each other with or without an erection, but rarely with penetration. It's simply a bond the male cats share through the shared experience of possessing a cock. When not mounting each other with their boners, male lions are known to be affectionate and loving to one another by licking each other and rubbing their heads together as a sign of fondness.

Orangutans also like to circle jerk and enjoy mutual masturbation amongst male members of the species. Groups of lar gibbons, an endangered primate in the gibbon family, have been known to thrust their pelvises together, often resulting in ejaculation. Bull manatees are also apparently fans of jerking off with their male buddies and engage in similar thrusting and mounting activities. There are even accounts of witnessing a dolphin masturbate with everything from a dead fish head, to attaching an electric eel to his cock to get his rocks off.

Some of the most highly evolved species on earth all masturbate, and many know it's better with a buddy. According to Dr. David Hawkins, a renowned psychiatrist and spiritual teacher known for his contributions to the idea of "enlightenment," dolphins may operate on an even higher consciousness level than humans. (Explains how the dolphin figured out how to jerk off with the eel in the first place!) Animals have no shame or conditioned beliefs about their bodies and pleasure, and we neither should we.

"My father told me about masturbation, saying it was a "mortal sin," but I found out on my own what masturbation was."

- Anonymous submission from my 2022 Jerk Off Survey

Back to humans, most baby boys are born with an erection, and many experience their first boner in the womb. Despite erections being a fact of life even before birth, many people continue to have limited beliefs about the male body and the hard cock. The fact is that all our inherited beliefs about the body and sex are imposed upon us by others. It is as natural for a child to touch themselves for pleasure as the bonobos, but as adults we place our restrictions and damaging beliefs on what is a primal, and healthy natural impulse. Understanding that children naturally pleasure themselves can be a shocking realization. Spontaneous boners happen from infancy, and human nature connects the dots. As humans, we naturally want to experience pleasure. It is only with our adult gaze that we place limiting beliefs on this truth and begin to impose rules and regulations on what was witnessed. These views then get passed down along again and again.

"I remember getting hard and playing with my erection at age six. I was thirteen the first time I jacked off to orgasm. Because of my catholic upbringing, I was crippled with guilt. And though I continued to jack off, I felt like I couldn't be 'clean until I went to confession."

- Anonymous submission from my 2022 Jerk Off Survey

Masturbation's history is as long as man's. The act has been depicted in art since prehistoric times. There are documented cave drawings of men standing in a circle all with giant erections. It was always there, but it was often hidden away. An examination of history before puritanical oppression and the patriarchal structure that rules society today reveals few stories that include homophobia. Instead, history holds stories of long forgotten male practices and phallic pleasures. A forgotten, but not lost, bond through cock.

This has been an exclusive first look at Jason Wimberly's new book in praise of mutual male masturbation entitled, *HOMOSOCIAL: Bonded Through Cock*. Available for digital download January 2025 on NUWORLD.MEN

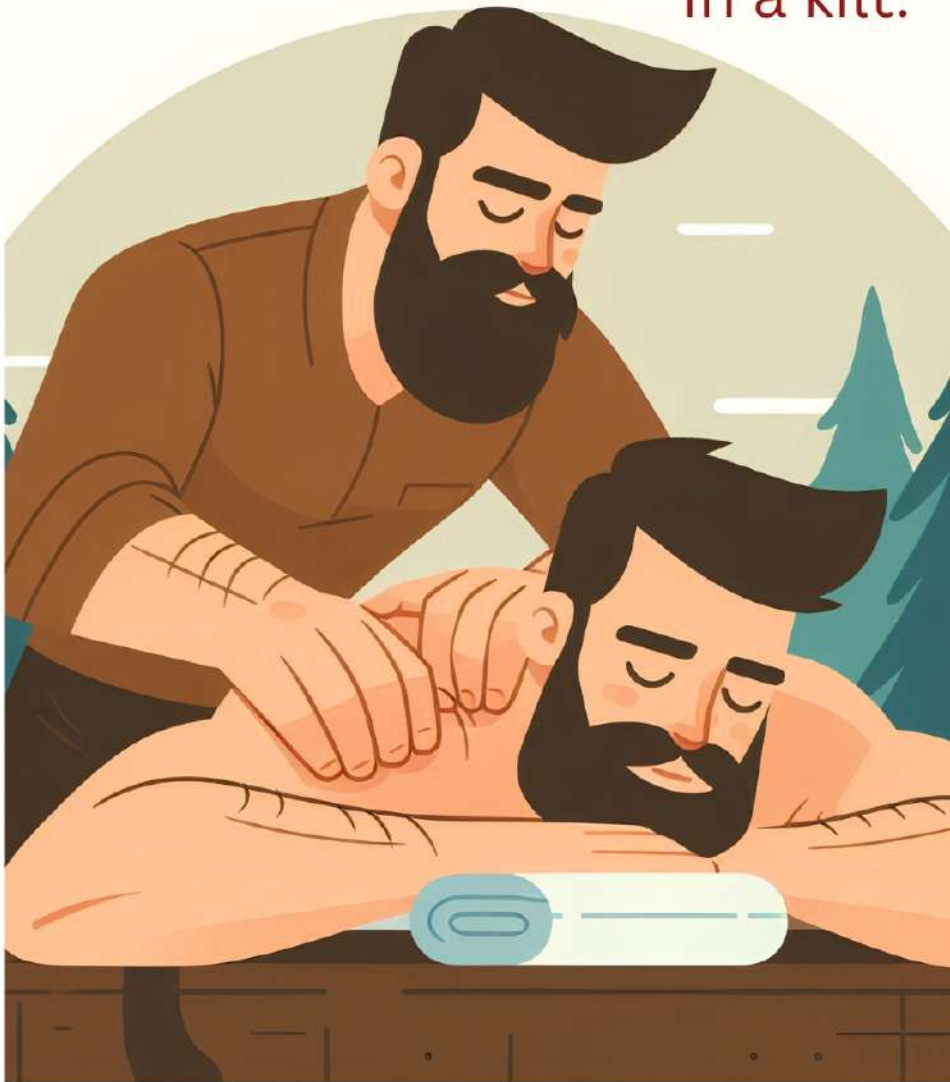


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**INTRODUCING MONTHLY WRITING
CHALLENGES: UNLEASH YOUR
CREATIVITY!**

As part of my ongoing effort to engage and inspire our community, I am excited to announce a new addition to GoNaked Magazine: Monthly Writing Challenges! Starting in February, these challenges will provide an opportunity for our readers to showcase their creativity and connect with one another through the power of words. Whether you're a seasoned writer or just enjoy putting pen to paper, these challenges are designed for everyone.



Why Writing Challenges?

Our monthly photo challenges have been a huge success, bringing the community together to share their artistry and perspectives. Writing challenges will build on that momentum by encouraging self-expression through storytelling, poetry, essays, and more. Writing has the unique ability to convey emotion, share personal experiences, and ignite imaginations. Plus, it's a perfect way to deepen the connection among our readers.



How It Works

Each month, we'll present a new prompt or theme to spark your creativity. Submissions can take various forms—short stories, poems, personal reflections, or even experimental pieces. We'll publish every submission for at least the first three months to ensure that all voices are heard and celebrated. If we find this becomes too overwhelming, we may adjust the process, but for now, everyone's work will be showcased. I appreciate well-written pieces that get to the point, but stories can be as long as necessary to convey your message.

Here's a sneak peek at some of the themes we have planned:

- February: "The First Time I Realized I Was a Nudist"
- March: "Growing Up in a Nudist Household"
- April: "Unexpected Nudist Adventures While Traveling"

Submission Details

To participate, you will find a link in the newsletters where you can upload your submission. Please include your name and email address. All submissions will be run through a grammar checker to ensure that there are no spelling mistakes and to save the writer from any embarrassing errors. Each writer's email address will be published so that other readers can reach out to them.

Tips for Getting Started

1. Let the prompt inspire you: Use the monthly theme as a jumping-off point, but feel free to interpret it in a way that feels authentic to you.
2. Write from the heart: Personal experiences and genuine emotions make for the most compelling pieces.
3. Keep it concise: While we appreciate focused writing, feel free to let your story be as long as necessary to fully express your thoughts.

We can't wait to read your submissions and share your voices with the GoNaked community. Let's make this a year of creativity, connection, and storytelling!



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MODEST MALE EXPOSURE



MODEST MALE EXPOSURE 2



Review of Male Modest Exposure 2

By GoNaked Magazine

The highly anticipated sequel to the award-winning Modest Male Exposure (2022) is here, and it's as bold, chaotic, and heartfelt as its predecessor. Written, directed, and starring Jed Ryan, Male Modest Exposure 2 takes viewers on a wild ride through the colorful life of Sam Derrick, a free-spirited New York City sports journalist and rugby captain whose world is upended when he learns he has a 20-something son. Equal parts campy comedy and heartfelt drama, this film is a celebration of queer identity, second chances, and the joy of embracing life in all its messy glory.

A Vibrant Story with Heart

The film picks up where the original left off, following Sam (played by Jed Ryan) as he juggles his rugby team, TV show, and pansexual play parties. When his DNA test results reveal he has a son, Reverend (Jonathan Wong Frye), Sam's seemingly carefree existence is thrown into chaos. Rev, a wide-eyed young man from Ohio, dives headfirst into Sam's hedonistic lifestyle, leading to a series of comedic and heartfelt misadventures. From rugby fields to play parties to the infamous "Devil's Ball," father and son bond while grappling with the boundaries of their relationship.

The plot shines with its mix of absurdist humor and poignant moments, offering a heartfelt exploration of identity, family, and belonging. Jed Ryan masterfully balances comedy and drama, delivering a story that's as outrageous as it is emotionally resonant.



A Star-Studded Ensemble

The film boasts an ensemble cast full of scene-stealing performances. Returning to *Male Modest Exposure 2* are two familiar faces from past issues of GoNaked Magazine: Rocco Chanel (Fred) and Mark-Eugene Garcia (Trevor). Chanel brings his signature charisma and wit to the role of Fred, a rugby teammate whose biting humor and unapologetic attitude light up the screen. Meanwhile, Garcia's Trevor offers a nuanced performance as a loyal friend who serves as both comedic relief and emotional support for Sam. Their on-screen camaraderie, already celebrated in their GoNaked features, is a highlight of the film.

Clover Welsh shines as Goldie Hansen, an over-the-top trans journalist whose larger-than-life personality brings both comedy and heart to the story. Wendy Stuart Kaplan's Mistress Windy is another standout, hosting the film's most outrageous and visually dazzling scenes. Jonathan Wong Frye captures Rev's blend of youthful naivety and determination, providing a fantastic foil to Ryan's seasoned, chaotic Sam.

The ensemble's chemistry is palpable, elevating the film's humor and emotional depth.

A Feast for the Eyes

Visually, *Male Modest Exposure 2* doesn't disappoint. The cinematography by Joseph Aiello and his team captures the grit and glamour of New York City, juxtaposing rugby fields and locker rooms with extravagant parties and intimate moments. The "Devil's Ball" sequence, a riot of costumes and camp, is a standout moment that encapsulates the film's queer, celebratory ethos. Dana Bryan's editing and visual effects enhance the film's comedic timing and overall aesthetic, ensuring each scene is as dynamic as the characters.





Themes and Representation

What truly sets *Male Modest Exposure 2* apart is its unapologetic exploration of queer themes. The film embraces its LGBTQ+ identity, tackling issues like masculinity, trans identity, and chosen family with humor and sincerity. It also offers a critique of sports culture and traditional gender roles, delivered through sharp wit and absurd situations.

At its core, the film is about connection—between father and son, teammates, and friends. It celebrates the beauty of imperfect relationships and the power of second chances, resonating with anyone who has struggled to reconcile their past with their present.



Conclusion

Male Modest Exposure 2 is an unapologetically queer, campy, and heartfelt comedy that delivers laughs, drama, and plenty of surprises. Featuring standout performances from Jed Ryan, Jonathan Wong Frye, Rocco Chanel, and Mark-Eugene Garcia, the film is a testament to the talent and vibrancy of its cast and crew. For fans of LGBTQ+ cinema, absurdist humor, and stories about family and identity, this film is a must-watch.

With Chanel and Garcia already celebrated in the pages of GoNaked Magazine, it's thrilling to see them shine in roles that capture the same charisma and individuality that made their features so memorable. Jed Ryan has created something truly special—an ode to the complexities of identity and the beauty of living life authentically.









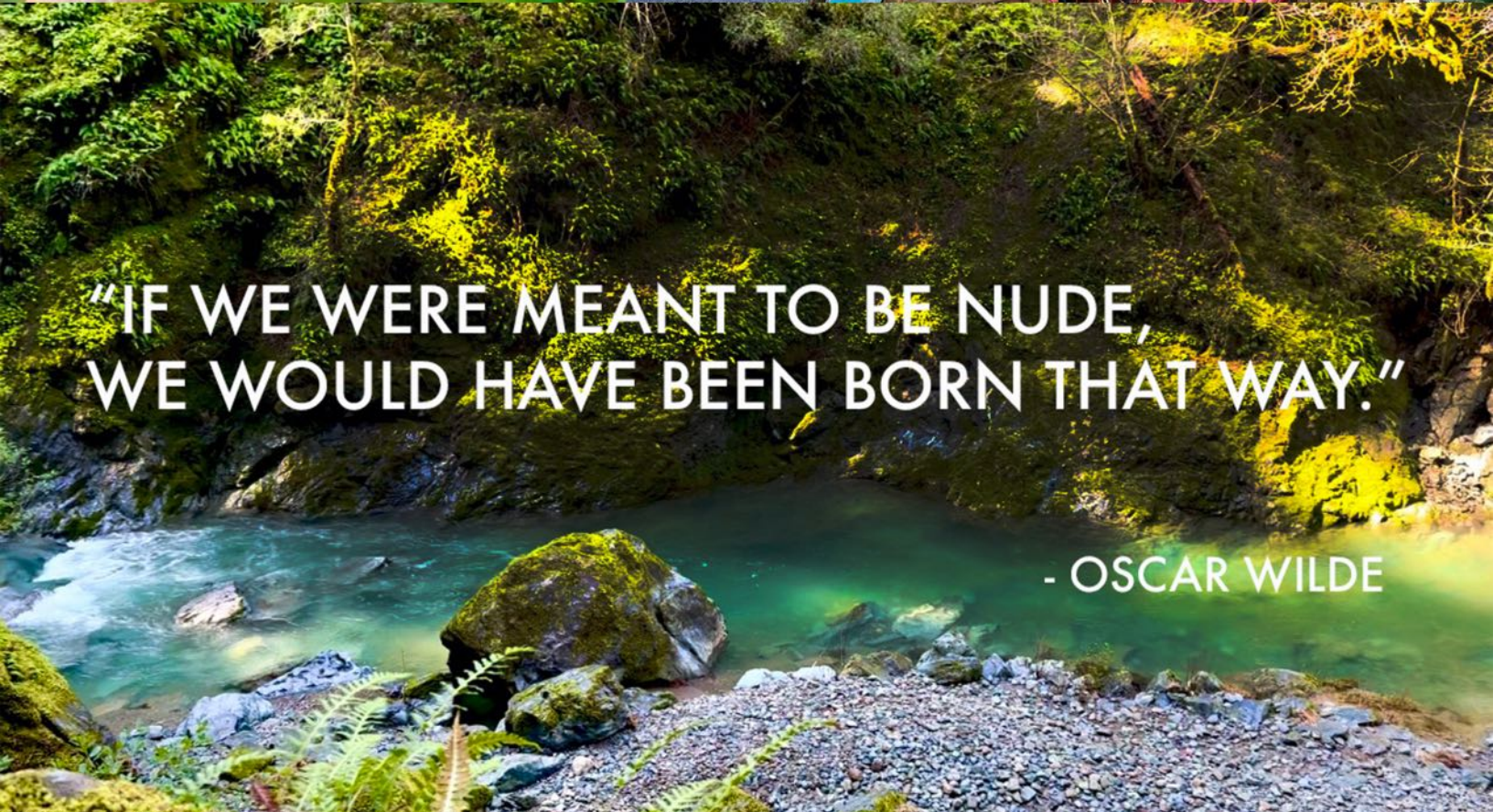


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- OSCAR WILDE





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NUWORLD has a decidedly NU direction, and is steadfast more than ever in our programming as we move into a NU year. 2025 brings an emphasis on developing a rich inner world, fostering a deeper connection to your body and cock, and a nurturing new found sense of self awareness.

We believe in the power of sexual healing and the magic of movement. Sexual energy is a guiding force in all our lives, and yet many today are cut off from the true power and magic that our bodies already possess.

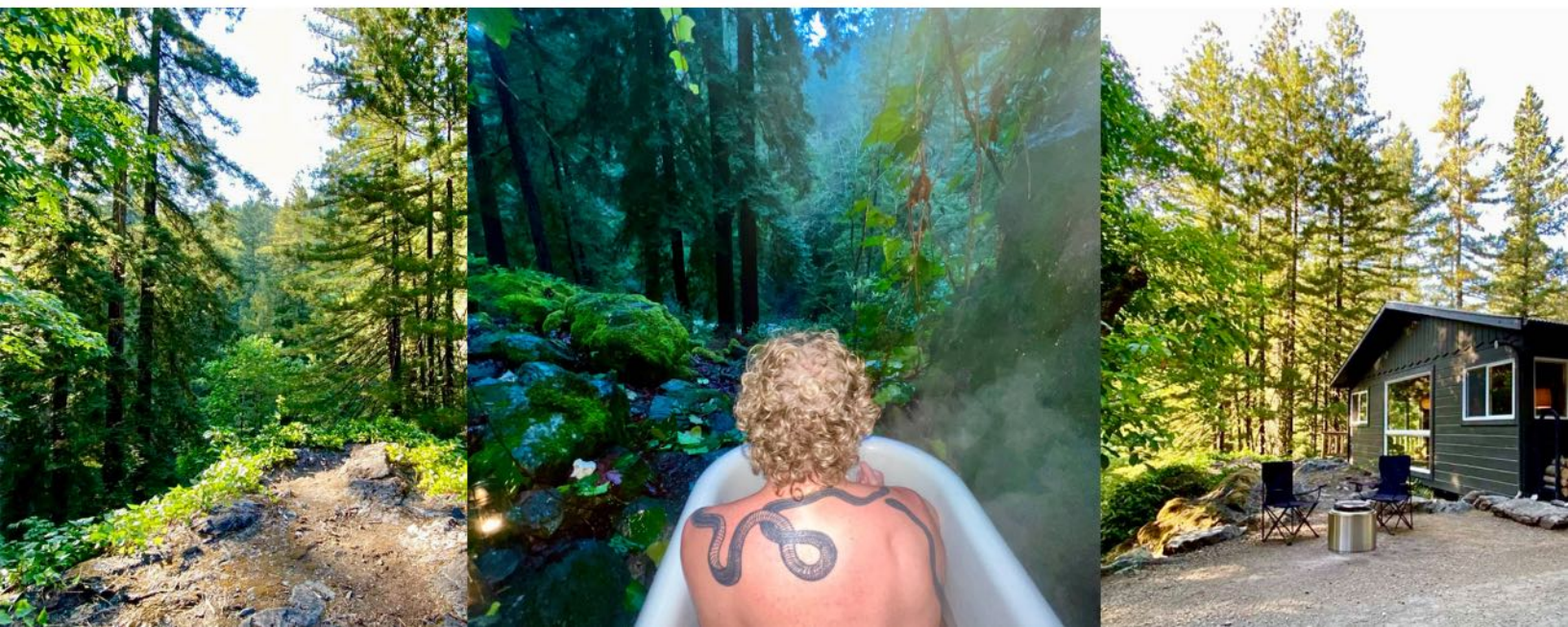
Through a rigorous daily schedule of movement, meditation, and masturbation, we commit to embracing a NU view of ourselves and the world around us. Discover, maybe for the first time, the power within you by living wild and free and connecting to the environment around you.





NUWORLD presents an opportunity to disconnect from reality, reframe what you know, and reset any bad habits that have been preventing you from living truly wild and free.

Masturbating in nature may be NU for you. Working out every day naked with other men may also be NU. Embracing a clothes free lifestyle with no screens and limited modern accoutrements will be NU for most...but like Jason Wimberly always says, "if you haven't shot a load barefoot and naked in the woods with five other naked men, you are not living yet!"



"I had the fortunate opportunity to attend one of Jason's retreats. I was hesitant at first as I had never done anything like this. My experience was a 10/10 and am ready for the next one. Jason made me feel welcome and comfortable. One of the things that I left with was confidence in myself and love for my body. My favorite moment from that week was line dancing in the woods and sitting by the fire and learning about each other and how we are individuals and being okay to be different. If you get the chance to attend one of his retreats, Jason will make sure you are well taken care of and will challenge you. Jason has a big heart and is passionate for the work that he does."

- Dr. Robert A.



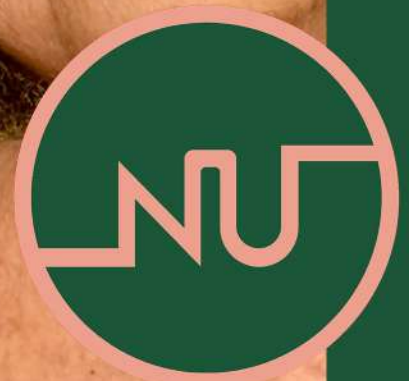
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A photograph of an older man with grey hair and glasses, shirtless, lying on a massage table. A person's hands are massaging his feet. The background shows a brick wall, a window with floral curtains, and a snake plant. A yellow banner with white text is overlaid on the left side of the image.

MASSAGE FOR BEGINNERS: FROM HEAD TO TOE (PART TWO)



Massage for Beginners: From Head to Toe (Part Two)

This month, we continue exploring massage techniques for the backside (prone position), focusing on the arms and legs. As always, I'll guide you on body positioning before describing the movements.

Preparation For maximum comfort, the receiver should have support under their ankles, such as a cushion, a rolled beach towel, or similar.

Arms

1. Positioning: Stand beside the receiver.
2. Begin by gliding your hands along the triceps, moving slowly downward to the hand.
3. Apply petrissage (kneading) on the triceps, then move to the forearms with the same technique.
4. Follow the kneading with gliding movements from the elbow to the wrist.
5. Place your hand under the receiver's hand and use your thumbs to massage their palm.
6. Perform gliding strokes on the hand, repeating several times and progressively starting higher on the arm. For the final stroke, begin at the shoulder and finish in the palm.
7. Once both arms are completed, move to the receiver's head and glide both arms simultaneously from shoulder to wrist for a final touch.



Thighs

The thighs are among the largest muscles in the body, making them ideal for deeper massage techniques.

1. Positioning: Stand at the side of the receiver.
2. Use kneading on the upper thigh, working all the way to the buttock.
3. On the inner thighs, perform wringing motions along the entire length. Take care to avoid sensitive areas.
4. On the outer thighs, use kneading and long, gliding strokes. Begin at the top of the knee and glide upward to the side of the lower back.
5. Finish the thighs with Lomi-Lomi strokes, using your forearms to cover the full surface of the thigh and buttock.

Calves

1. Positioning: Ensure the receiver's ankles are supported. If not, use one hand to support the ankle.
2. Knead the front, inner, and outer sides of the calf.
3. Glide from the ankle upward to the knee, repeating this motion several times.

Feet

1. Place your hands under the receiver's feet.
2. Use your thumbs to massage the soles of the feet with firm, circular motions.

Finishing Touch for the Legs

1. Perform gliding strokes starting at the ankle and progressively moving higher with each repetition.
2. After 5-10 strokes, finish the motion at the shoulder for a connected, whole-body effect.







Final Backside Strokes

1. Use your hands and forearms for long, gliding strokes across the entire body, from head to toe on both sides.
2. Don't neglect the buttocks, ensuring smooth, even pressure across all areas.



Next Month Stay tuned for techniques focusing on the front side (supine position).

About the Author Based in Quebec City, the author is trained in Californian massage techniques and specializes in Tantric and Lingam massage. Have questions or need advice? Feel free to connect:

- Email: legrandqc@gmail.com
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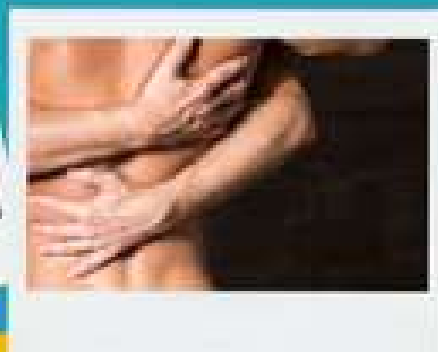
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**THE TIMELESS VIRTUES OF YOGA IN
THE MODERN WORLD
- MATT THE NAKED BEARDED YOGI**



The Timeless Virtues of Yoga in the Modern World

It's safe to say that, since my last piece for Go Naked Magazine, our world has changed.

The fluctuations in global relationships and leadership, the ceaseless technology and societal challenges, and the deepening environmental concerns that dominate across the media ensure that the stresses of life grow more each day.

And those stresses have an impact; on you, on me, on everyone.

We live in the modern age and, for many, it is not an easy time in which to live. And yet, perception is everything; over the last two series of articles, we have explored some of the lesser known concepts and philosophical points of Yoga, namely the Kleshas (the deep, emotional undercurrents of the collective consciousness of humanity), and the Vrittis (the surface waves and tremblings of our everyday thoughts and feelings).

These two aspects of the mind, as explained within the Science of Yoga, often seem baffling, confusing and (honestly) downright depressing to some - how on earth can we try to better ourselves or the world around us when faced with such ingrained mental patterns and modes of behaviour?

Yoga, with its emphasis on harmony, self-awareness, and ethical living, has always provided practical tools to navigate the complexities of life in the modern world - and however challenging or confusing our own path to self-development can seem, Yoga's virtues remain profoundly relevant, offering insights for personal well-being and collective growth.

Over the next 12 months, I will share freely with you the classical "Virtues" of Yoga; a set of principles and behaviours that, when practiced earnestly and with great love, transform our confusion into clarity and light... providing us with the chance to understand the true meaning of Yoga; that we are all one and this is all one experience, shared equally and without fear or favour.





Before we begin this next series, let us take the time together to reflect upon some of the ideas that have already been shared, as a way of strengthening a foundational understanding of the path which lies ahead.

Ahimsa: Cultivating Non-Violence in Daily Life

The principle of Ahimsa (non-violence) is foundational in Yoga's ethical code, the Yamas. In the 21st century, this translates into how we treat ourselves, others, and the planet.

Modern applications of Ahimsa are vast. On a personal level, it involves practicing self-compassion and rejecting the self-critical thoughts fueled by unrealistic societal expectations. For many, it also includes mindful consumption - choosing sustainable products and reducing harm to the environment.

In interpersonal relationships, Ahimsa calls for patience and empathy, especially in conflicts. It also extends to online interactions, encouraging kindness in a world where digital spaces can easily become hostile.



Santosha: Finding Contentment Amidst Chaos

Santosha, or contentment, is one of Yoga's Niyamas (personal disciplines). In today's hyper-connected, comparison-driven culture, finding contentment can be challenging. Yoga teaches that contentment doesn't arise from external circumstances but from cultivating inner peace.

Practices such as gratitude journaling, mindful meditation, and focusing on the present moment help foster Santosha. Yoga asanas (postures) also play a role by connecting us to our bodies, allowing us to appreciate their abilities rather than fixating on perceived flaws.

Santosha reminds us to step off the treadmill of endless striving and to celebrate small, meaningful moments - a shared meal, a deep breath, or time spent in nature.

Mindfulness Through Asana and Pranayama

While mindfulness is often associated with Buddhism, Yoga integrates it deeply into its physical and breath practices. In today's fast-paced world, Yoga offers a pathway to mindfulness that is embodied, allowing us to ground ourselves through movement, breath and body.

The demands of remote work, constant notifications, and the rise of AI tools can leave many feeling disembodied and disconnected. Practicing asana (postures) brings awareness back to the body, helping to reduce stress and improve focus.

Similarly, pranayama (breath control) offers techniques to regulate the nervous system. Practices like alternate nostril breathing (Nadi Shodhana) or diaphragmatic breathing counteract the physiological effects of stress and enhance mental clarity.

Aparigraha: Letting Go of Material Excess

The Yama of Aparigraha - non-possessiveness or non-hoarding - speaks directly to today's culture of consumerism. Many people in 2024 are grappling with the environmental and very real emotional toll of overconsumption. Yoga offers a way to reframe our relationship with material possessions, emphasising the value of simplicity and gratitude.

Minimalist movements and sustainable living practices echo the spirit of Aparigraha. By decluttering physical spaces, reducing waste, and shifting focus from material acquisition to personal growth, we can cultivate freedom and contentment.

The Middle Path: Balance Through Yoga

Yoga's emphasis on balance is central to its philosophy. The physical practice of asana teaches us to find equilibrium - whether balancing on one foot in Tree Pose or managing effort and ease in every posture.

These days, this principle applies to finding work-life balance. Yoga encourages us to honor both discipline and rest, recognising that overworking can be as counterproductive as underperforming. Incorporating restorative practices like Yin Yoga or Yoga Nidra ensures we remain aligned with our energy needs.



Ishvarapranidhana: Surrendering to the Bigger Picture

One of the more spiritual Niyamas, Ishvarapranidhana, refers to surrendering to a higher power or universal order. While this may sound esoteric, its modern application lies in cultivating humility and trust.

Where uncertainty - be it climate concerns or economic shifts - is pervasive, Ishvarapranidhana teaches us to control what we can while trusting the process of life. This surrender isn't passive but stems from recognising our interconnectedness with the world and taking inspired action without attachment to outcomes.

The Yoga of Relationships: Practicing Satya (Truth) and Compassion

The Yama of Satya (truthfulness) is about living and communicating authentically. In relationships, this means aligning words and actions with our highest integrity. As misinformation proliferates, Satya also calls us to be discerning in the information we share and consume.

Compassion, while traditionally emphasized in Buddhist teachings, is also intrinsic to Yoga. Through practices like partner yoga or community classes, the Yoga mat becomes a space for cultivating empathy and connection with others.



Strengthening Resilience with Tapas

Tapas, often translated as discipline or fiery determination, is essential for building resilience. Resilience is a skill that helps us navigate setbacks, stay committed to our goals, and face challenges with courage.

In Yoga, Tapas manifests through consistency. Committing to a daily practice, even for 10 minutes, strengthens willpower and fosters self-trust. This discipline spills into other areas of life, helping us pursue personal and professional aspirations with focus and perseverance.

Yoga for Collective Well-Being

While Yoga often begins as an individual practice, its benefits ripple outward. The Yoga concept of Seva (selfless service) encourages us to use our strengths to uplift others.

Seva can take many forms: volunteering, mentoring, or contributing to community initiatives. The rise of yoga studios offering donation-based classes reflects this principle, making wellness accessible while fostering a sense of collective care.

On a broader scale, Yoga inspires activism. From environmental conservation to mental health advocacy, many practitioners integrate Yoga's principles to create positive change in the world.



Joy in Simplicity: Yoga's Gift to Modern Life

At its core, Yoga is about finding joy in simplicity. The physical postures, breathwork, and meditation practices all serve to remind us of the profound beauty in just being.

In 2024, where the pursuit of productivity often overshadows presence, Yoga invites us to slow down. Whether it's savouring a moment of stillness in Savasana or feeling gratitude for the body's movement in a sun salutation, Yoga reconnects us to the wonder of the present moment.

The virtues of Yoga offer practical wisdom for navigating the complexities of modern life.

From fostering contentment and resilience to encouraging mindful consumption and authentic connections, Yoga's teachings remain timeless tools for modern challenges.

By embracing these principles, we cultivate not only personal well-being but also a more compassionate and balanced world - proving that ancient wisdom is not only relevant but essential for today.

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THE BEARDED NAKED PODCAST

Yoga, but not as you know it...

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For millennia, those looking to deepen their yoga practice and liberate their minds have chosen to practice the sacred art of naked yoga.

Matt (The Bearded Naked Yogi) dives into a deep exploration into the rich philosophy and history of yoga in his weekly podcast. And you're invited!

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Matt and journalist Gareth Johnson (@GTVLondon) discuss the original guiding texts of this ancient practice and explore the influences that have shaped Yoga in the modern world...all with a naked twist!



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"I just finished listening to the first 3 episodes of your podcast and I loved it! Apart from being informative, the podcasts have made me smile and laugh to tears with humour..."

Within these words, written so very long ago, there is the reminder of the ultimate goal of Yoga and the potential for profound inner transformation and spiritual awakening that can be attained through the practice.



LET'S CONNECT

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THE LOCKED LIFESTYLE



Naked under the beaming sun, the scent of sweat lingering in the air, men gather in a communion of vulnerability and strength. Their bare skin is brave, their presence commands respect. Among them are those who carry a secret openly—a gleaming device encasing their masculinity. This is male chastity: a paradox of restraint that fuels connection, desire, and the ultimate mastery of self.

For men who embrace both nudity and discipline, chastity is more than a symbol—it's a declaration of their commitment to the art of control and submission. It is a bold statement in a world that glorifies instant gratification.

The concept of chastity has evolved. For modern men, it's not about denial but transformation—a reframing of pleasure into something heightened and sacred.

In the context of nudity, chastity takes on an added layer of erotic tension. The absence of clothes strips away pretense, but a chastity device adds a provocative edge that both conceals and reveals. It's an act of self-discipline, a choice to relinquish control over one's pleasure in pursuit of something greater: connection, trust, and raw masculinity. There is power in the paradox. To be fully nude and yet restrained is to be seen as more than the sum of one's parts. It's a declaration of one's willpower and the ability to channel desire into something profound and enduring.

Among men who are fortunate enough to exchange this control with a partner, chastity is steeped in ritual and respect. The act of locking and unlocking is not just physical but deeply symbolic. For a keyholder and his chaste partner, it necessitates trust, submission, and shared purpose.

Keyholders become caretakers of desire, holding both the literal and metaphorical key to their partner's release. The locked man, in turn, experiences a unique freedom through restraint. There is relief in surrender and exhilaration in the boundaries set by another.

Within this dynamic lies a redefinition of masculinity. Far from the notions of dominance through brute force, chastity celebrates discipline as a form of strength. The restrained man is not weaker but more powerful, channeling his desire into loyalty, connection, and purpose.

For those who practice nudity, the addition of chastity amplifies the thrill of exposure. To be nude in a group of men who understand the significance of the device is to engage in a subtle, wordless dialogue. A locked man might stand taller, aware of the eyes that admire his commitment and the stories his device silently tells. For some, the act of being seen in chastity is an erotic statement of pride and connection.

Integrating chastity requires care and consideration. Comfort is paramount; a well-fitted device made of body-safe materials ensures that restraint doesn't become a burden. Hygiene is equally critical, especially in communal settings where respect for others is part of the unspoken code.



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To live naked and locked is to embrace a beautiful contradiction. It is a journey of self-mastery and connection, where vulnerability meets strength and desire is transformed into something enduring. Whether at a naturist retreat or among the sexual brotherhood, it binds men in a shared understanding of discipline, desire, and the freedom found within restraint.

Choosing the right device can be a challenge, but we have several recommendations to try:

Surrender Cock Cage Black [Surrender Cock Cage Black](#)

The Cooler Chastity Kit [The Cooler Chastity Kit](#)

Resin Show Cage [Resin Show Cage](#)

Birdlocked Pico Second Skin [Birdlocked PICO 2nd Skin](#)



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A man with a purple mohawk, a mustache, and a nose ring is shown from the waist up. He is wearing a thick metal chain around his neck with a large padlock. He has two colorful paw print tattoos on his chest and extensive colorful tattoos on his arms. He is also wearing a metal collar around his waist with a padlock. The background is a dark, cloudy sky.

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MEET BRUCE



I grew up at the Jersey shore, graduating from Point Pleasant Beach High School. As they say, New Jersey is "a nice place to be from" so I happily escaped the Garden State. I went to school in Virginia, at William and Mary undergraduate and Washington and Lee law. I was the first person in my immediate family to attend college.

Because I spent three years studying law, I figured I would give it a go as a career. I practiced law for over 30 years. My career included time as a litigator in a big law firm and as a Los Angeles City Attorney. Later, I worked in-house specializing in aircraft finance transactions first in Virginia, then Vermont, and finally California. Six years ago, I switched from law to real estate sales. I now work as a licensed agent throughout the Coachella Valley. I specialize in finding homes with private outdoor spaces so my clients can comfortably enjoy nudist living here in the desert.



I met my husband Andy while we both were in school in Lexington in 1984. We had a civil union and then got married in Vermont as soon as it became legal. We have three anniversary dates but only celebrate the first one.

Almost exactly one year before I started my last law job in Newport Beach, we were having martinis at a downtown Palm Springs bar and discussing how nice it would be to have a place here. As luck would have it, I was offered a job in the OC and we bought our place here. It's been over 9 years now, the last 7 full time.

Palm Springs has many opportunities for fun naked activities. There are pool parties, naked hikes, and play parties. It's a fantastic place to be an older gay man.





It was during the COVID lockdown that I got interested in nude modeling through following a number of gay men artists on Instagram. I have always been extroverted (and a bit of an exhibitionist) but before then had never sent naked photographs to men all over the world (except maybe on SCRUFF). As it turns out, this hobby has been really great. I meet so many talented men. I would love to do more in person posing. Most of these collaborations have been through reference photos or zoom sessions but the chemistry of live, in person modeling is like nothing else. Along with several naked photos, I have included a few of my drawings for this feature in Go Naked. My Instagram: @lifemodel_psp has about 350 posts so far. I'm just getting started with Bluesky so I can post those not safe for IG photos. My account is: [psnakedmodel.bsky.social](https://bsky.app/profile/psnakedmodel.bsky.social). Give either or both a follow. And if you ever get to Palm Springs, feel free to contact me at bmhatrak@gmail.com.
I'm always up for some naked (or clothed) fun."

I hope you had a great Thanksgiving. Thailand was truly amazing.

Take care and stay bare.

Bruce Hatrak

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MEET J



2025 New Year, New Me. Right?

I never really bought off on the idea that a New Year's resolution needed to be something you accomplish immediately or hold yourself accountable to immediately on January 1st. It just sets you up for failure when, inevitably, you miss a day at the gym, or cheat on that super strict diet you started. Then it's just another failed promise to yourself and beating yourself up.

"I'll start again on Monday" or "I'll double down next month" or even "maybe next year."

I've been fighting the fitness and self acceptance battle since I was a little boy. When puberty hit, I got a whole lot heavier and not much taller. For most of my young life I was taught that my self esteem should be somehow inexorably tied to my physical appearance. The world told me in no uncertain terms that if I was thinner or more muscled that I would be worthy of more love and more kindness. I was taught to both hate my body while simultaneously look to it as a source of self worth. I'll be honest, I don't think my story is unique or even unusual. I think a lot of us were programmed that way.

By the time I got to college I had realized that I was gay, but I never felt safe enough in my body to go out and mingle in the community. My first experience at a gay bar was when I was 20 (shhh don't tattle on me for having a fake ID in college) and about 270 pounds. I was there for about 15 minutes when I took my shirt off and two "mean girl" gays pointed and laughed at me. I left and didn't go back to another gay event for 15 years.

During my 20s and 30s I worked very hard on losing weight and building muscle. By the time I was 35 I had lost 110 pounds from my heaviest weight of 320 pounds. I also worked very hard on trying to



unlearn the lies society tells us about our self worth and its link to our physical appearance. I realized that no matter how big, small, thin, thick, muscled, or toned I was, I'd never ever look in the mirror and say "there. I'm finished. It's done." It's a lifelong journey.

I went to my first nude beach when I was 35. I spent a weekend at my first clothing optional

gay guesthouse when I was 37. I began discovering that oddly enough, when I'm completely naked with like minded men, nobody really seems to care what someone weighs, or how old they are, whether they spend two hours a day in the gym, or how big their dick is. Once all the trappings of society were stripped away, it felt like everyone was equal under the sun (figuratively and literally). It felt good to see that most men deal with the same things that I did growing up, and it felt good to shed my self esteem issues along with my clothes, even briefly.

To this day, I still battle those inner demons that tell me what I see in the mirror is the

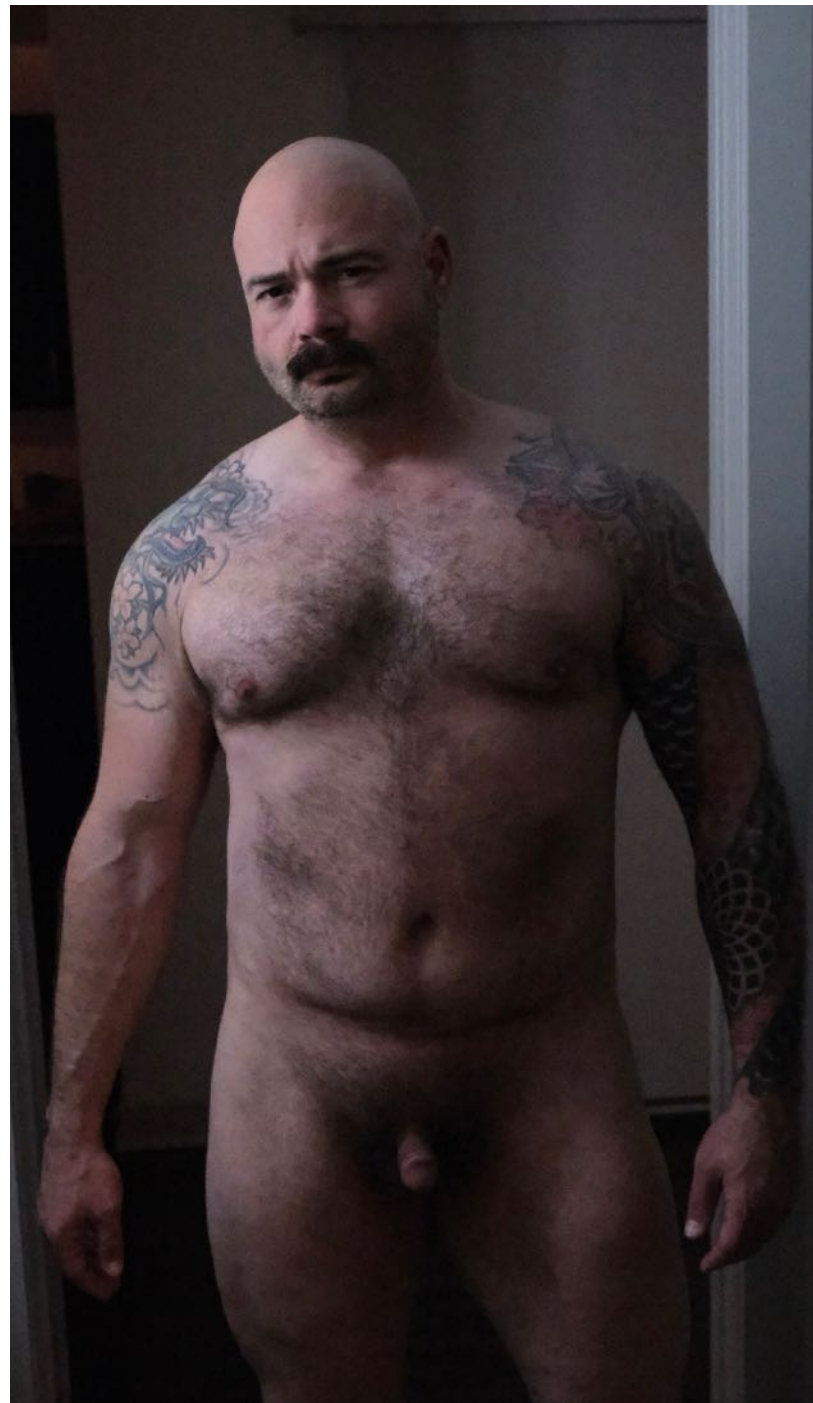
entirety of my worth. The last 5 years have seen me in the hospital a lot for multiple surgeries that have left some pretty big scars. Gays are famously judgmental, obsessed with unattainable ideals of attraction, and youth. I find myself absently cruising the internet in search of new lasers or procedures that can erase my scars or resurface my stretch marks from losing weight. I'm always tempted to look for shortcuts in the gym to look like the men I fantasize about. I always have to remind myself that I'm good enough just how I am. That when I go to the gym, it's for me and not for anyone else. That I have the exact same value regardless of the number on a scale, my bench press, my

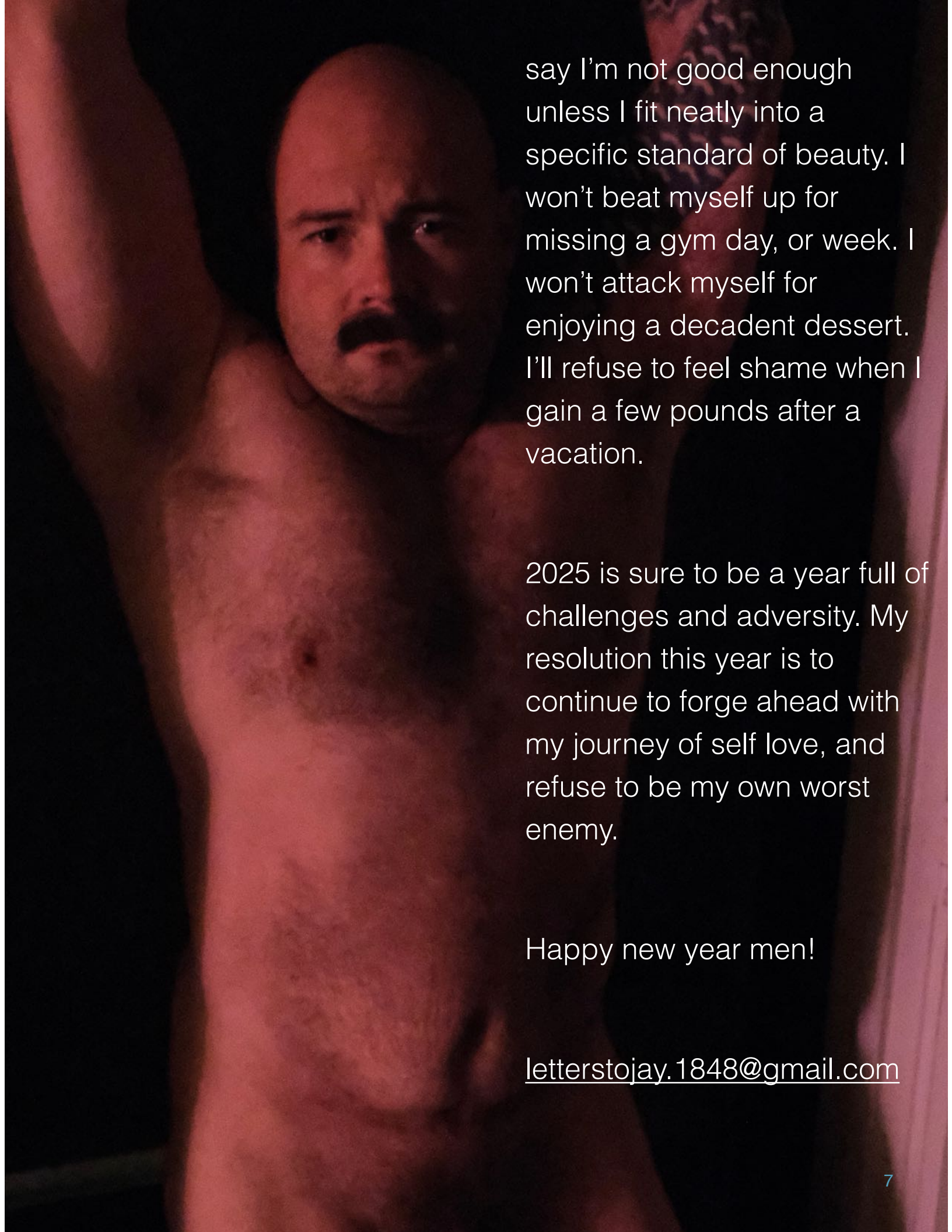
waist size, or the number of scars that decorate my body.

It's a journey that I will always be on, and hopefully the path will lead me to a gloriously old age where I'll finally learn that my character, wisdom, humor, and love are by far the most valuable pieces of me. I agreed to pose this magazine because someone I know and love once told me that I should take as many naked pictures of myself as possible... I may not like them now, but in 30 years I'll look at them and remember how beautiful I was.

So this year, I say no to "New Year, New Me." I say "New Year, Same Me." I'll continue

my fitness journey and my journey of self acceptance. I'll continue to learn how to decouple my self esteem from my appearance. I'll keep working to ignore the voices from the gay community who





say I'm not good enough
unless I fit neatly into a
specific standard of beauty. I
won't beat myself up for
missing a gym day, or week. I
won't attack myself for
enjoying a decadent dessert.
I'll refuse to feel shame when I
gain a few pounds after a
vacation.

2025 is sure to be a year full of
challenges and adversity. My
resolution this year is to
continue to forge ahead with
my journey of self love, and
refuse to be my own worst
enemy.

Happy new year men!

letterstojay.1848@gmail.com

















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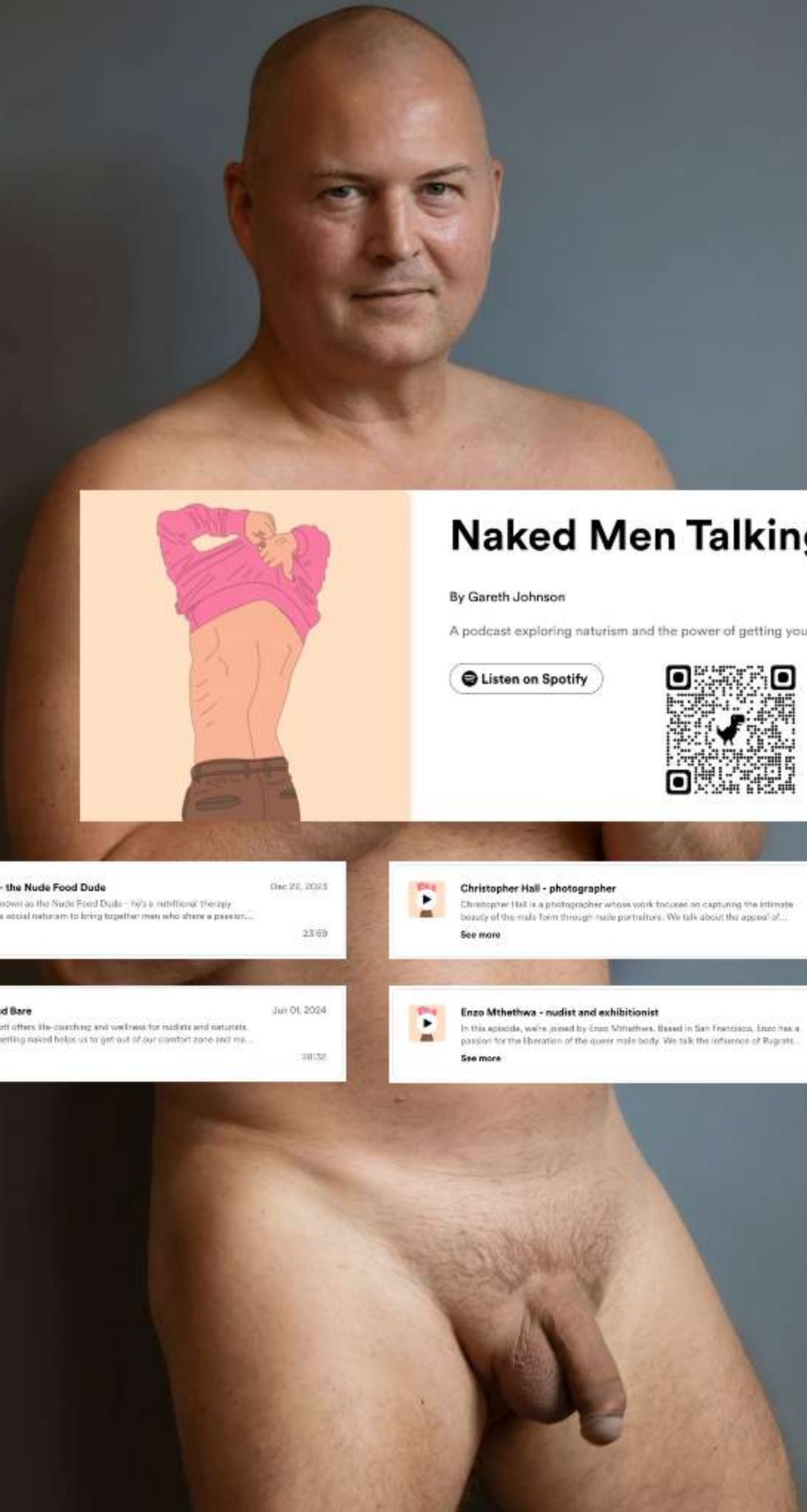
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Naked Men Talking

By Gareth Johnson

A podcast exploring naturism and the power of getting your clothes off.

 Listen on Spotify



Robert Cavaliere - the Nude Food Dude

Dec 22, 2023

Robert Cavaliere is known as the Nude Food Dude - he's a nutritional therapy practitioner who uses social naturism to bring together men who share a passion...

[See more](#)

23:69



Christopher Hall - photographer

Mar 27, 2024

Christopher Hall is a photographer whose work focuses on capturing the intimate beauty of the male form through nude portraiture. We talk about the appeal of...

[See more](#)

23:37



Scott from Beyond Bare

Jun 01, 2024

Based in Denver, Scott offers life-coaching and wellness for nudists and naturists. We talk about how getting naked helps us to get out of our comfort zone and ma...

[See more](#)

28:32



Enzo Mthethwa - nudist and exhibitionist

Jun 15, 2024

In this episode, we're joined by Enzo Mthethwa. Based in San Francisco, Enzo has a passion for the liberation of the queer male body. We talk the influence of Ruqata...

[See more](#)

26:00



BALD AS BABY NEW YEAR



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A full-body mirror selfie of a man in a bathroom. The man is bald, has a mustache, and wears glasses. He is holding a white smartphone in his right hand. He is standing in front of a mirror that reflects a closet with hanging clothes and a shower area with a white towel. In the foreground, a bathroom sink with various toiletries is visible.

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A full-body photograph of a man with a beard and chest tattoo, sitting on a bed and holding a glowing blue object.

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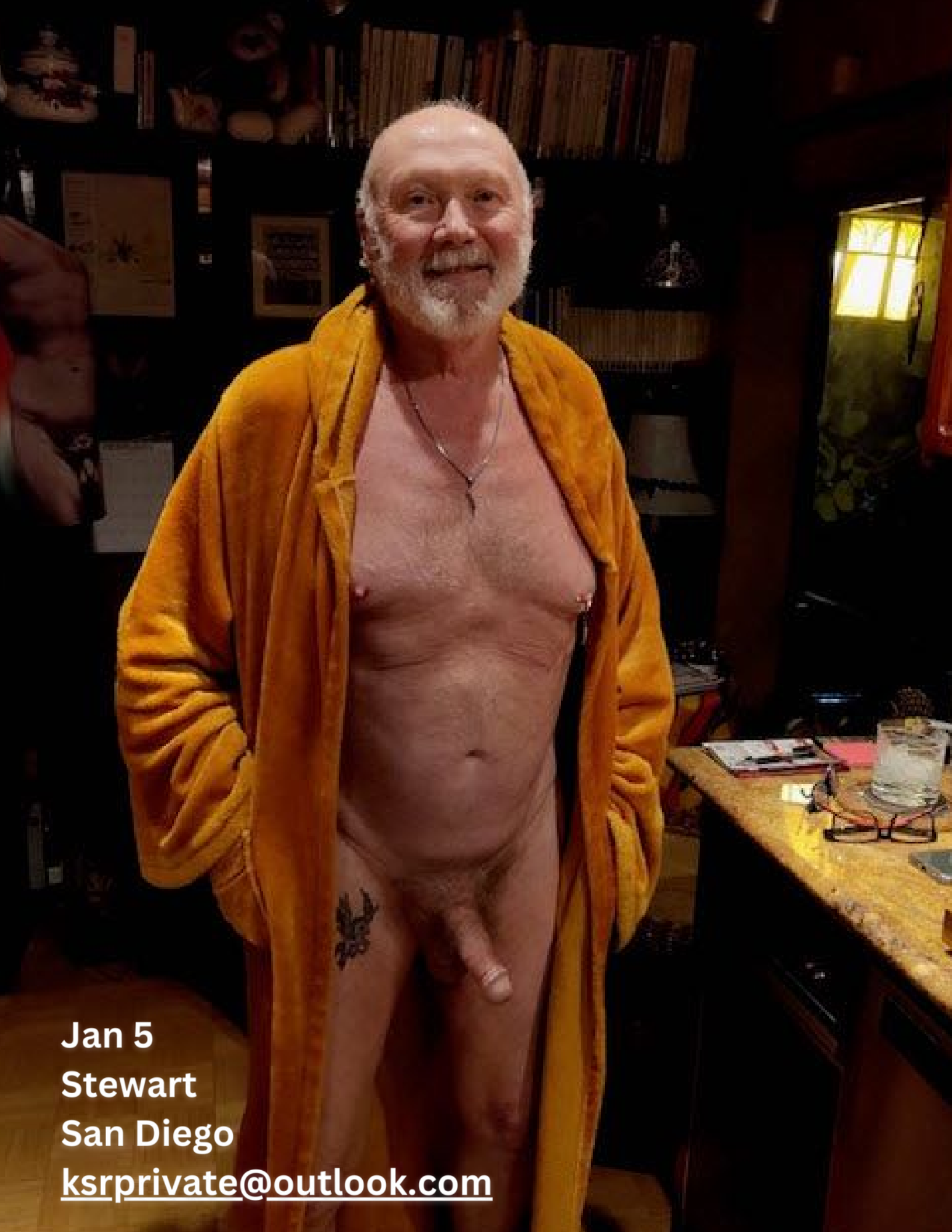
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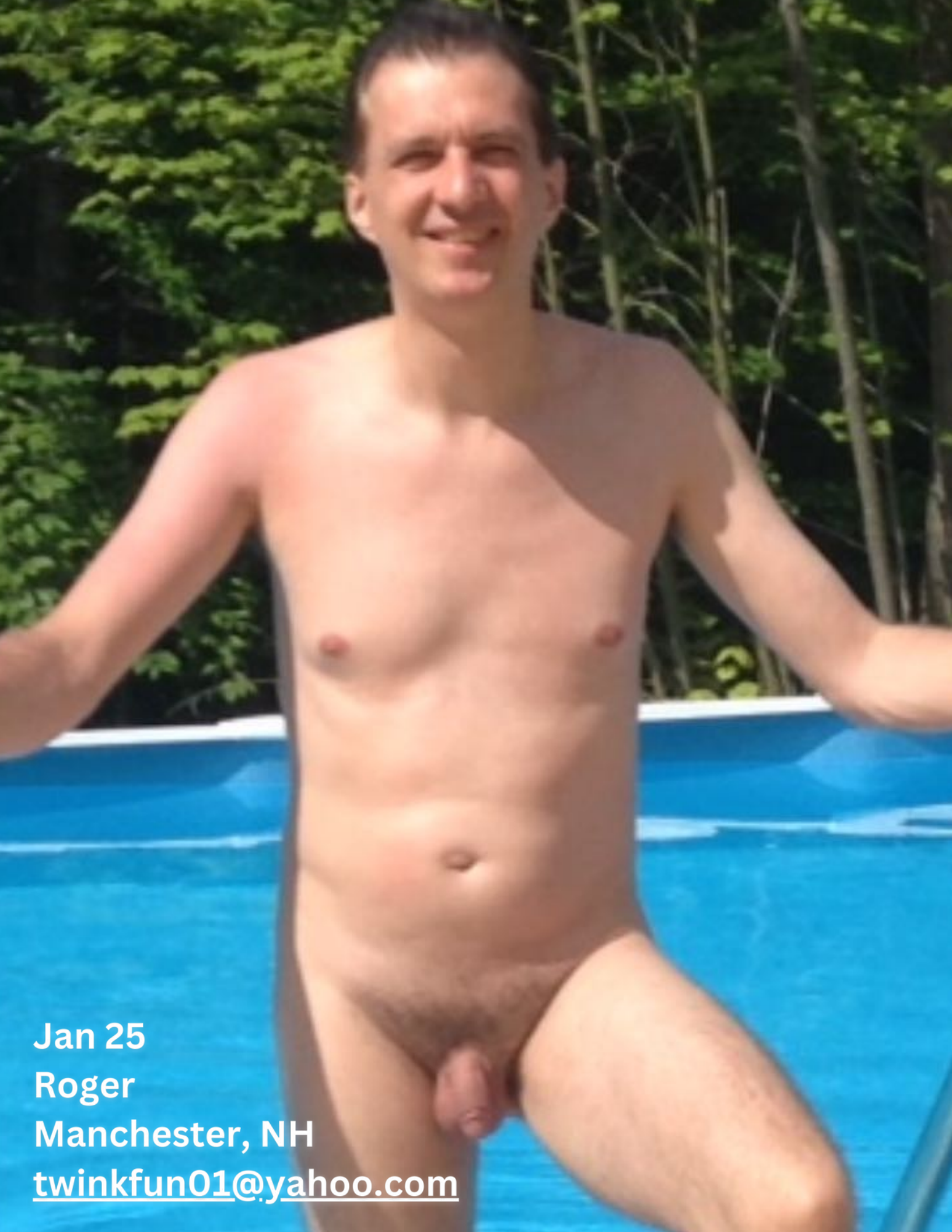
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Thanks for Reading!