

Orgasm

unleashed



Your guide to pleasure,
healing and
power

Eyal Matsliah

Orgasm Unleashed

Your guide to pleasure, healing and power

EYAL MATSLIAH

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Dedication



This book is dedicated to you, dear reader.

Here's to your pleasure, healing and power!

Gratitude



My deepest gratitude goes to the many people I've encountered on my own orgasmic journey.

To Swami Vivekananda Saraswati of Agama Yoga, who introduced me to Tantric sexuality and yoga, supported me through my first years of practice and created the school and community of Agama Thailand where I lived for more than five years. Some of the important ideas and practices in this book are from Swami and Agama.

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And finally, I'm grateful for being able to learn, practice and share this amazing work.

May all glory be to God.

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1



How this book can change your life

The purpose of this book is to guide you in deepening and expanding your orgasmic experience, first *by yourself* and then later with your lover. The practices are designed to help you become more expressive, empowered and better connected to your femininity. Whatever stage of this journey you are at – whether you are already multi-orgasmic or have never had an orgasm – your experience of sexuality *will* transform.

An orgasm is one of the most profound states that a human being can experience. Time stops. Nothing else exists but the movement of pleasure through your body, and you feel that you are dying a sweet death but you don't mind because you are so happy and deeply fulfilled. In this state you feel connected to your body, to your deep feminine core, to your goddess essence, to your partner and to the whole of life.

Your ability to experience pleasure and orgasm is an important part of a fulfilling sex life, a meaningful relationship, and also your physical, emotional and mental health. It affects all areas of your life. And yet, many women don't experience orgasm at all, and others only experience a fraction of what's possible.

What about you? How do you experience orgasm? *Do* you experience orgasm?

The problem with orgasm today...

Society is obsessed with sex and orgasm. Women's magazines claim to teach you how to have them while men's magazines try to teach your partner how to give you one (or many).

We expect instant gratification and the mass media plays to this by providing shallow information, wrapped in bite-sized pieces of 500 words or less that promise overnight success with little or no effort. We are constantly bombarded with titles such as: '10 secrets to amazing orgasms,' '5 techniques to make her come,' '8 tips for orgasmic sex,' and more.

Yet, with this focus on tricks and tactics, we've lost something. Rather than orgasm being a sacred experience, it has been reduced to a set of 'press here to achieve this result' formulas.

And, ultimately, this disconnection with our sexual selves has led to disconnecting with others and the world as a whole.

And it's not just about sex

When I provide sexuality coaching for women, one of the first things I do is ask about their sexuality and various other aspects of their lives. A woman might tell me that her life is going well and it's only the sexual aspect that is an issue for her. But after a short discussion, we usually uncover that various aspects of her life are not going so well or are not going as well as they could. For example, she may be very creative and intelligent but can't seem to find a job that allows her to express this creativity and intelligence. Or she's successful in her business but she feels disconnected from her feminine core. Believe it

or not, the root of these issues is often orgasmic, sexual or relational, and may be exactly what is holding you back in those other areas.

For many women, recognizing the connection between their orgasm or sexual issues and the other challenges in their lives is the most critical part of their orgasmic or healing journey.

Sexuality isn't something that is independent and separate from the rest of your life. It's not something you can put in a box or up on a shelf or keep hidden in a closet and just forget about. It's not a separate aspect of your life. It is an integral part of you that is connected to all other parts of you and your life. Your sex life, your connection to your body, your masculine and feminine energies, how open and expressive you are sexually, and how orgasmic you are all affect every aspect of your life – your relationship, family, studies, career, health, joy, creativity and spiritual practice.

An orgasm a day keeps the doctor away

Imagine your sex life wasn't just better – imagine it was *amazing*! How would that affect your life?

It might seem new age or clichéd to say that 'everything is connected.' But the funny thing about clichés is that they often become clichés because they are true.

Sexual energy is at the core of our being. We are created through a sexual act, we birth through a woman's vagina and our life is intimately affected by our sexuality and our sexual interaction with others. Humans are not just social creatures – we are sexual creatures. Even those who refrain from sex, such as monks and celibates, affirm its importance by avoiding it.

Sexual energy is related to your life-force energies, how much strength and vitality you have, the spring in your step and your endurance and resistance. It is closely related to your creativity, not just artistically, but also your ability to create as a mother, friend, entrepreneur or partner. It also affects how creatively you can handle life's challenges.

Sexuality is crucial for you – for your physical, emotional, mental and spiritual health and wellbeing.

Sex is not *the* most important thing in life. There is no one single aspect that is the most important thing in life. Many things are important: Health, family, relationship, financial security, having a purpose, personal and spiritual growth, making a difference, having fun and enjoying life, sexuality, and many other things. However, while sexuality is not the *most* important thing in life, it is still *one of the most important* aspects of life. It can affect all other aspects of your life, either in a disempowering or an empowering way, and it has the potential to transform those other aspects of your life as well.

So who am I to write this book?

I'm a man who writes, teaches and coaches people about sexuality. And a large part of what I teach is about female sexuality and orgasm – women's bodies, experiences and orgasmic potential.

Sometimes, people say, 'How dare a man talk about women's sexuality?' or 'How can a man relate to the experiences and sensations of a body type he doesn't have?' These are fair questions. And the short answer is: I don't know how it feels to be a woman.

However, I have worked for many years as a professional sexual healer with hundreds of women. I have studied and practiced many modalities for healing, therapy, sexuality, personal development and yoga. Furthermore, I have been teaching theories and practices that have helped women resolve sexual trauma, become multi-orgasmic,

empower themselves in their femininity and sexuality, connect to their body and to their partner, and use their sexual energy to transform their lives.

I have worked with victims of rape, incest and sexual abuse as well as those with pain, irritation or anxiety around sex. Others have had deep trust issues with men.

I help women experience states of ecstasy and orgasm and guide them to reach and expand orgasm in their own practice. And it's not all physical. I also work on the energetic, emotional and mental levels. This is important because it has got a lot to do with the sexual limitations that prevent women from becoming fully orgasmic.

My work with women who are on an orgasmic journey spans three main aspects: Pleasure, healing and power. Pleasure helps you to experience the huge range of sensation and orgasmic states that are available both by yourself and with your partner. Healing helps you to move beyond trauma by dissolving blockages, dis-empowering tendencies and limiting beliefs. And power is about personal growth, helping you to become more empowered, independent and successful in all aspects of your life – personal, relationship, family, creative, social, professional, wealth and spiritual.

In the space of a few sessions, most clients are able to move beyond trauma or express emotions that have been suppressed for years. Importantly, they start to really feel pleasure. I have seen them start to shine, assert themselves and connect better with men in their communities. The changes and transformations I have witnessed in my clients have been profound.

The testimonials I receive from my clients are my greatest credentials. My female clients often say that my clarity, practicality and grounded approach have deeply served them. Please feel free to check out the client testimonials on my website (intimatepower.com).

So, although I am not a woman and would never know how it feels to be one, I have many years of study and practice, both personal and professional, to allow me to talk about female orgasm. And sometimes it's beneficial to have a totally different perspective.

What's the secret to mind-blowing orgasms?

Do you want to know the most important, easiest, most practical, best-kept secret that will instantly turn you into a multi-orgasmic woman, able to orgasm at any time, in any place, with any partner?

I hate to break it to you, but there is no such thing.

There is no one secret to great sex or mind-blowing orgasms that works for everyone every time.

You're a sensitive, perceptive and delicate being. You're also different to every other sensitive, perceptive and delicate being on the planet. This means that what worked for someone else might not work for you. What worked for you last week might not work for you today. What worked by yourself might not work with a partner. And what worked with one partner might not work with another.

Because of this, there is no single secret to great sex.

That was the bad news. The good news is...

There are *many* secrets to amazing orgasms and great sex. There are many secrets, theories, ideas, ways, techniques, exercises and practices that can help you become more orgasmic, more sensual and more in touch with your feminine core. These secrets can unlock your ability to have better sex, and harness your sexuality to become more independent, empowered and successful in all areas of your life.

Some of these secrets might be obvious; some might sound strange or challenging. Other secrets might sound unreasonable, or even impossible.

This is the nature of secrets. And this is a book of many secrets.

These secrets will be shared through a combination of theory and practices, as both are important to create lasting change. The theory part helps you understand yourself, your body and your sexuality. And the practical part helps you to embody and anchor these ideas.

The holistic transformation model

My holistic transformation model has been successful and effective in improving the lives of hundreds of people. A major part of this model is the self-work you need to do in order to change your life.

This model is comprised of five key processes:

- **Reflect** – Look at where are you now. What do you need to understand about yourself, your tendencies and your limiting beliefs? Which habits are disempowering you? What unconscious ‘roles’ do you play or ‘stories’ do you tell? How are you limiting your orgasmic experience?
- **Know** – What you need to know about your body and your capacity to orgasm. What are the twenty different kinds of orgasms you can experience? How can you become fully orgasmic?
- **Embody** – What you can actually do to embody a greater orgasmic experience and completely unleash your orgasm. Which practices will help you to overcome what is limiting you? What techniques can expand your orgasmic experience?
- **Receive** – It’s okay to receive help when you need it. How can others support you in your healing? Who can assist you on your orgasmic journey?
- **Transform** –Your orgasmic practice can transform your life. What lifestyle changes will support your sexuality and orgasmic

experience? How will you express your sexual transformation in your daily life?

We start this process by looking at orgasm from different perspectives because this alone can open you up to greater orgasmic states. You might even discover that you are already experiencing some orgasmic states but haven't been aware of this. We will also see that there is one kind of orgasm that doesn't serve your orgasmic expansion.

We then examine a few different ways you can deal with any sexual issues or limitations. You might have some beliefs that are holding you back, so you will learn how to empower yourself for your own healing. Finally, we explore the powerful practices and techniques that will help you to experience new states of pleasure and orgasm. You will learn practices such as stopping yourself from orgasming, which can actually help you to orgasm better.

The five elements of holistic transformation are woven into every part of this book. As you progress, you can expect to feel more connected to your body, your femininity and your sexuality. You will become more orgasmic both by yourself and with your partner. Your daily life will become more orgasmic as well.

And more importantly – you will gain more freedom, confidence and power, because you have done it yourself! By following this model, doing your own healing work and, if needed, seeking help from others, you will be able to experience orgasm or expand your current orgasmic experience even further.

Words for the wise...

Throughout this book, we will look at orgasm in many different ways. That's one of the important things about orgasm – it is not something that can be measured, defined and labeled, but, rather, it is a vast realm that includes many different aspects, sensations, experiences, feelings,

emotions, physiological phenomena, subjective perceptions, spiritual aspects and so on.

You will find contradictions throughout this book, simply because feminine sexuality isn't consistent and is constantly changing. So even when I define orgasm, take it with a grain of salt or a piece of chocolate. Adopt whichever definitions or approaches resonate with you and make you feel excited.

And while I have written this book with a heterosexual woman in mind as the reader, it can equally apply to all women, regardless of sexual orientation. If you don't identify as hetero, simply translate the gender terms I use into what serves you best.

This book is not a substitute for professional help and I am not a doctor or psychologist, so all the usual disclaimers apply. The secrets I share in this book are based on my experiences as a sexuality coach and healer. Although I draw on a lot of traditional Tantric teachings, I don't claim to represent the spectrum of Tantric philosophy. There's also a lot that I postulate and theorize about. I present my own understanding and my own blend of ideas and practices that have been beneficial in my work with female clients.

Suggestions for your orgasmic journey

Throughout this book, I will use the word vagina and yoni interchangeably. Personally, 'vagina' isn't my favorite name for the female genitalia and I prefer to use 'yoni' (pronounced yo-nee), which means 'sacred flower' or 'sacred passage' in Sanskrit – the ancient language of India. Please read these terms as your own favorite name if it is different to what I use.

I strongly suggest to you keep an 'orgasmic diary' as you progress through this book, and aim to write in it daily. You can review this diary later and see how far you have come compared to how you were

when you started this process. Write what comes up for you as you read, whether you are excited because you found something that you resonate with or that helps to clarify your past experience or you read something that triggers or challenges you.

Even though some of these ideas or practices might make you uncomfortable, I suggest that you keep going with an open mind and an open heart. I know they can help you to become more orgasmic. Most importantly, I invite you to try them out and see for yourself. I suggest you use your orgasmic diary to write a short description of your experience, sensations, emotions and impressions after each practice that you complete.

In this book, you will learn a lot of different techniques that will help you to unleash your orgasmic power. In the beginning, it's important to practice the techniques (and especially the ones that challenge or trigger you). But, gradually, the techniques will become a natural part of your sexual experience and who you are.

And once you become orgasmic – and I mean *really* orgasmic – you don't need any techniques. Orgasm happens by itself. Orgasm becomes your natural state.

The fact you have chosen to read this book means you are already more open to orgasm and more willing to heal, love and empower yourself. So hang in there, do what you can and know that the best is yet to come.

Let's get started. It's time to unleash your orgasm!

Embodiment practice — Set your intentions

Intentions are powerful and setting your intentions for this orgasmic journey will be a valuable place to begin. So before you turn the page, open your orgasmic diary and note down your answers to these questions:

- In the areas of your femininity, sexuality and relationship, what are three things that challenge you?
- What are three positive outcomes that you hope to achieve by reading this book? Try to summarize this with three positive words such as ‘happiness, pleasure and independence’ or ‘self-confidence, bliss and connection.’
- Now, have a look at your challenges and your hopes, then write down three intentions for your orgasmic journey.

Keep your intentions in mind as you read on. When you focus on your intentions, you help make them a reality in your life.

Sexual energy is creative energy. The more you stoke, unleash, express and channel your sexuality, the more you are able to create, manifest and materialize what you wish for. What have you got to lose?

I don't claim that this book can grant any wish or solve any problem, and it is not a get-orgasmic-quick scheme. Healing, change and growth take time and effort. Some of this work might be challenging, but the outcomes, benefits and rewards will be worth it.

I can't promise you that your sex and relationship will become amazing overnight. But what I suggest is that by considering the information I share and by *actually doing the practices*, your experience of your body, femininity, sexuality, pleasure and orgasm will improve. Maybe it will even radically transform. Other aspects of your life might also improve as a result.

And maybe, just maybe, this will change your life.

2



Know your orgasmic potential

Orgasmic transformation is available to everybody, whether you've never had an orgasm or you enjoy lots of them. As you learn more about the orgasmic potential within yourself, you will have already begun the process of unleashing your orgasm.

Self-reflection: What is your understanding of an orgasm? How do you experience it?

Most people have a limited understanding (and often experience) of what orgasm is and are, therefore, unaware of what it can be. The common understanding of orgasm is problematic. See for yourself:

'Orgasm is the sudden discharge of accumulated sexual tension during the sexual response cycle, resulting in rhythmic muscular contractions in the pelvic region characterized by sexual pleasure.' – Wikipedia

Don't you think that's a bit boring and limited?

Definitions like this are based on scientific theories that aren't aware of or won't embrace anything but the observable. But what science can't measure and can't define is where your orgasmic power lies. You see, limiting orgasm to a mere physical phenomenon robs women (and men!) of the possibility for experiencing much, much more.

My experience with my own lovers and my many clients – as well as the experiences shared by teachers, friends and students – has shown me that the common perception and experience of orgasm is only a sliver of what's possible. So I prefer to define orgasm in the following way:

*Orgasm is the union of pleasure, surrender
and consciousness.*

The pleasure part of this is obvious. When we think about orgasm, we usually associate it with pleasure, regardless of our understanding. But surrender is an important part too. Some level of surrender and letting go is necessary to be able to experience any kind of orgasm. And the deeper you can surrender and trust, the deeper, more meaningful and more profound your orgasms will be. The consciousness part is the deep part within you that is awakened during orgasm. It's also what can take your orgasm to another level – one of personal growth and spiritual awakening.

*When you expand your understanding of
orgasm – your orgasm will expand.*

It's important that wherever you are with your own sexuality and orgasms, you accept it for now. However, up until now you have probably been doing the same thing in order to feel pleasure and to orgasm. It's as if you've been driving the same car at night, on the same road, over and over again. You know the road, but because it's dark you don't see what's on either side of the road and you drive past the other roads that branch off from your road. Maybe this road works to get you where you are going, or perhaps you have been unwilling, unaware or afraid of exploring other roads.

This section of the book will give you a map of the orgasmic landscape so that you can experience longer, stronger and more meaningful orgasms. You will discover many different roads and look at how to better drive the vehicle of your body. It's time to reimagine the amazing vistas of what's possible and learn about the many interesting attractions and destinations that maybe you didn't even know existed.

You can regard this section as a 'philosophy of orgasm.' You will discover that there are many different kinds of orgasm and many ways to perceive them and have them. The practices I share with you in this book will help you to experience some, most or even all of these orgasms. You may even experience orgasms that I don't describe and may not even be aware of. Exploring the different approaches, definitions and types of orgasm can help you to better understand what it is and what it can be. This might seem too theoretical or 'heady' but with a better understanding, you will be better able to experience orgasm in your body.

So this section is like a guided tour, where you become more familiar with the orgasm landscape, including hands-on practices that will allow you to explore new ideas for yourself. It's going to be a fun ride!

From pleasure to orgasm

The pleasure range and orgasmic potential of women is immense. Some orgasms are focused in the genital area and last a few seconds while other deeper orgasms are felt throughout the body and can last for many minutes. Women can stay in a state of orgasm for a few minutes, half an hour or even longer – and sometimes without physical stimulation. Some women go into a state of trance, forgetting who they are and where they are, and going beyond the physical body into experiences of pure presence and bliss. The after-effects of orgasm can be felt for hours, days and sometimes weeks.

Orgasm can be experienced from nearly every part of your body. One woman might orgasm when her Achilles heel is massaged and another woman from a hand pressing on her lower belly. Others may orgasm when their ears or breasts are licked. Some women orgasm the moment they are penetrated and others by simply contracting their vaginal muscles. There are women who can orgasm with no physical stimulation at all, just by focusing their awareness on their sexual energy. And some women don't experience an actual orgasm at all, but rather go into a state of bliss during the sexual experience.

So, how do *you* experience orgasm?

Let's start unleashing your orgasm by changing the way you understand and experience pleasure.

Every pleasurable sensation is actually...

Think back to some of your best masturbation or lovemaking experiences. Maybe it was when your lover held you, touched your nipples or when he kissed and licked your yoni. And whether you orgasmed or not, you probably experienced the sensation of pleasure.

Your pleasure could have manifested in various ways: sensations or contractions in your yoni; gentle convulsions or small, involuntary body movements; jerking, throbbing or pulsating sensations; shivers or goose bumps; tingling; electric currents; heat; energy going up your spine or throughout your body; joy; or perhaps another strong emotion you felt as a sensation in your body.

When you were aware of the sensations you experienced, even for a brief moment, there was less mind activity and chatter. You were probably more connected to your body and more present in that moment. Perhaps you started to relax, let go and surrender into the pleasure. Maybe you momentarily dissolved into the sensation, or had a shift in consciousness. As if, for a split second, you forgot where you were and what was going on, and instead simply stayed present with the pleasure sensations.

Pleasure ... surrender ... consciousness ... presence ...

It sounds kind of like an orgasm, doesn't it?

Yes!

So the next time you have a sexual experience, connect to the pleasure you experience instead of worrying if you do or don't have an orgasm. The intensity of those pleasurable sensations might be light, but in quality every pleasurable sensation can be orgasmic.

Every pleasurable sensation is a mini-orgasm.

You might be asking yourself, 'Was that *really* an orgasm or was it just pleasure?' But when you perceive these sensations, these waves of pleasure, as 'just pleasure,' they will remain that – just pleasure. By

giving meaning and importance to something, it can grow, expand and improve.

When you learn to recognize pleasure as orgasmic, your experience of your body, your sexuality and your orgasms will transform. You are no longer focused or dependent on a strong peak of orgasm. Instead you are able to enjoy the lightest sensation, many types of touch and any part of the sexual act because, in essence, you are always orgasmic – in a very subtle and refined way.

These pleasure sensations, or mini-orgasms, are a portal into stronger pleasure sensations. They are a pathway to stronger and longer orgasms, different kinds of orgasmic experiences and even shifts in consciousness.

Embodiment practice – Waves of pleasure

The best way to embody pleasure is to first experiment by yourself. You'll be able to stay more present with just the sensations you are experiencing this way. So this will be a self-pleasuring practice.

1. Get comfortable in a private space where you won't be disturbed and start touching yourself. Give special attention to touching, caressing and rubbing your entire body. Try using different kinds of touch, intensities, pressures, and so on.
2. Build your arousal and pleasure gradually. Bring awareness, touch and sensation to your entire body – give attention to your thighs, buttocks, belly, chest, breasts, hands, arms, neck and scalp – before you start to touch your genitals. It's important to activate your entire body so that your sexual energy doesn't stay confined to your genital area (it's like doing a warm-up before exercising).
3. Notice that you are already experiencing some pleasure. Focus on enjoying every little sensation of pleasure and celebrate it as a mini-orgasm.

4. Once you are experiencing pleasure in your body, you can begin to expand and deepen your pleasure sensations. I suggest experimenting with the following ideas:
- Focus your mind and awareness on the sensation in your body. Visualize it: What color does it have? What shape? What texture? What smell? What taste? How does it move? How does it sound?
 - Breathe into the sensation.
 - Keep repeating the same action or touch that caused the sensations, even if they disappear for a moment.
 - If the sensation had a sound, what would the sound be? Inhale deeply and make that sound, over and over again. If you don't know what sound to make, try moaning or making a long 'aaaaaaah' sound.
 - If the sensation had a movement associated with it, what would it be? Make that movement. If you're not sure, try moving your body in different ways until it feels 'right' to you.
 - Try associating the sensations with a woman you perceive as sensual and orgasmic, either real or imaginary. How does she look? How does she move and breathe? What sounds does she make?

After you finish this practice, relax and note down all of the sensations you experienced, even when you weren't doing anything. Write this in your orgasmic diary.

This practice is a simple way to start experiencing sensation as waves of pleasure. The next time you touch yourself or have any kind of sexual interaction, bring your awareness to your sensations. Be present with whatever pleasure arises and whatever is manifesting in your body. This opens the way for more pleasure and deeper, more frequent and easier to achieve orgasms.

*So you experience pleasure? Great!
You are already orgasmic.*

How much pleasure is possible?

Pleasurable sensations are a big part of most orgasmic experiences, regardless of the orgasm type or intensity. In one way or another, orgasm is always a pleasure state. So one of the first ways to better understand orgasms is to discern how strong they feel and how long they last. Let's look at the range of orgasmic states that are possible:

- A wave of pleasure

A gentle wave of intense pleasure is a mini-orgasm. It can be as simple as having your nipples touched and shivering with pleasure. For a brief moment, that sensation is all that exists. Going deeper and more fully into these waves of pleasure can create a more intense orgasmic experience.

- A mild orgasmic state

A mild orgasmic state is made up of many small waves of pleasure. Maybe there are times during self-pleasure, foreplay or penetrative lovemaking when you don't experience a big orgasm, but rather you feel continuous waves of pleasure moving in and around your body. These sensations might originate in your genitals and then spread throughout your body or, at other times, might appear in a part of your body that is not your genitals. For example, your face or hands may become numb. The mild orgasmic state is a continuous state of arousal and pleasure, a plateau rather than a momentary peak. It is a state to aspire to – it is crucial for a woman and her partner to recognize this state so that it can be enjoyed, cherished, celebrated, explored and gradually deepened.

Many women experience this state even if they've never had an 'actual' orgasm or an orgasmic peak.

- The big 'O'

The big 'O' is what most people, both men and women, consider to be an *actual orgasm*. I define the big 'O' as a single, strong and discernible orgasmic peak, which fades out within a minute or so. You feel intense bodily pleasure. You may also experience feelings of love, surrender, unity, serenity, peace, going beyond your body or even out of your body. Sometimes this happens to such an extent that you feel like you're about to faint. It can cause disorientation, a decreased awareness of your surroundings and the passing of time or a decreased ability – even an inability – to talk or to move. This kind of orgasm can make it difficult to have another orgasm straight away, however, we'll be looking at way you can overcome this and even expand the big 'O' into much more.

- Multiple orgasms

A multiple orgasm is made up of successive peaks of orgasm that usually get stronger from one to the next and have intervals ranging from a few minutes to a few seconds. As you learn different orgasm practices, you will easily be able to experience many peaks instead of just one.

- Intense orgasmic state

An intense orgasmic state is continuous and can last for many minutes, even hours. This is also known as an expanded orgasm or a plateau orgasm, as opposed to the peak orgasms we just described. This is experienced as an ecstatic, trance-like condition and some women can stay in this state with very little ongoing stimulation. After an intense orgasmic state has passed, it can take anything from a few minutes to half an hour or more to regain a normal state of consciousness and be able to function in the world, for example, walking or driving.

- Meditative orgasmic state

A meditative orgasmic state is a very long, deep and relaxed orgasmic state. It is experienced with or without stimulation. Your breath slows considerably and your heartbeat might also slow down. You may feel inner joy, bliss, profound peace, oneness, dissolution of your personality and that ‘everything is as it should be.’ The physical pleasure becomes secondary compared to the feeling of bliss and transcendence. Spiritual visions, insights and realizations might also appear during this state.

- *Le petit mort*

Le petit mort is French for ‘the small death.’ This is often experienced as a black out when an orgasm is so intense that you literally faint and can stay unconscious for a few minutes. This state is similar to the meditative orgasmic state but is not experienced with awareness. Compared to the other states of orgasm, this is experienced by very few women.

So, as you can see, there is a range of states that can be perceived as orgasmic. Limiting yourself to just the big ‘O,’ for example, does just that – limits you. The more you can recognize and experience sensation in your body, the more your orgasmic potential and subsequent experience will build.

Cultivating an orgasmic mindset

One of the basic ideas in this book is that by understanding orgasm and knowing more about it, your experience of it will change and improve, even if some of it is completely new to you.

Maybe you’ve never actually had an orgasm. Or perhaps you hardly ever manage to have one. Or maybe you just want more! You are not alone. Lots of women don’t feel like they are orgasmic at first. You might resonate with one or more of the following experiences:

- I don't enjoy any sexual interaction with myself or with another person.
- I experience some pleasure by myself but not with another person.
- I experience some pleasure with another person but not by myself.
- I enjoy intimate touch and sexuality; I experience pleasure but I don't actually experience an orgasm.
- I get really close like I'm nearly there, on the verge of an orgasm, but it's constantly out of my reach. I either can't get there or suddenly my arousal disappears.
- I only experience orgasm very rarely and it depends on a delicate set of circumstances.

Whatever your orgasmic experience is, the practices in this book will help improve it. Even if you are crazily orgasmic, you can become even more orgasmic. Or you can start to experience different kinds and states of orgasm for the first time in your life.

Most women don't orgasm as easily and frequently as most men, either by themselves or with a partner. Many women rely on a delicate and fragile combination of circumstances in order to orgasm – the right partner, hours of foreplay and preparation, the right speed and pressure, a good vibrator, and so on. And even then it only happens sometimes. However, while a woman's orgasm isn't as automatic as a man's, it is possible to become more orgasmic.

One of the first things you can do is cultivate the right state of mind and a set of orgasmic attitudes that will help you to experience more pleasure. This then leads to deeper orgasms, both by yourself and with a partner.

Pleasure is your birthright.

I invite you to cultivate the following attitudes to help you experience more pleasure, more orgasms and a more satisfying sex life:

Relaxation

Relaxing is the single most important attitude, aspect or so-called 'technique' for orgasming. The more you are able to relax, the easier it will be for you to orgasm. Although you might be able to experience an orgasm with some effort, that tends to be a short and sharp peak, rather than a long and meaningful *state* of orgasm.

You can still explore different practices and kinds of sounds, movements, breath, and so on. But the underlying attitude is one of relaxation, not effort. Allow your actions or movements to arise naturally.

Presence and awareness

One of the most important factors in a woman's orgasmic experience is how present and aware she is while having sex with herself or with others. A man can easily orgasm even when he's not really present, perhaps even thinking about something else. But for a woman, it's crucial to be present in the moment, in your experience and in your body. Be aware of the sensations, the flow of energy, the feelings and emotions that come up and the different ways in which pleasure and orgasm are manifesting.

The more you are able to stay present, focused and aware, the more orgasmic you become. In fact, cultivating presence and awareness will affect or even transform all aspects of your life. Present moment awareness – of life energy flowing through your body, of sense perceptions, of passing thoughts – is a portal into deeper joy, sensation, pleasure, orgasm and higher states of consciousness. This is one of the ways in which sex and orgasm can become a spiritual experience.

Openness and detachment

Many women don't orgasm because they expect a specific experience, probably that sharp and strong peak of orgasm. They might even experience orgasmic states but simply aren't aware of that pleasure state because they are so focused on what they are expecting.

At a workshop I held in Melbourne, I facilitated a simple practice that involved partners holding hands and focusing on sexual energy together. I noticed one of the women was shaking and shivering during the exercise. After the practice, she came to me in tears. She said, 'I always thought I wasn't orgasmic. Now I understand I always have been.'

You see, orgasms come in many shapes, sizes, colors, durations and qualities. They also can include a variety of feelings, sensations, energy flows and states of consciousness. Be open to whatever happens. Whatever comes up – pleasure or pain – accept it, appreciate it and allow it to pass when it does. Don't expect a particular experience, sensation or effect. Cultivate detachment to whatever happens, or doesn't.

Patience

I've seen women sabotage their orgasm, and the whole pleasure experience, because they were so focused on and eager to get to the orgasm. Imagine a man who is focused and eager to bring you to orgasm. On the one hand, it's great that he cares, but on the other hand, it might pressure you and put an expectation on you. This can make orgasm more difficult.

Be patient and enjoy the exploration and discovery. If you don't make orgasm your goal, you may well have one anyway!

Trust and surrender

An orgasm comes from letting go and surrendering, not from control and effort. The more you can surrender to the experience, the deeper and more meaningful it will be, and it may also turn into an orgasm.

Some women stop themselves right on the verge of orgasm because they want to stay in control or they are afraid of letting go. If the idea of surrender sounds foreign to you, just try to accept and embrace whatever is happening or not happening. Allow whatever sensations, feelings, emotions or thoughts you are having, without holding on to anything. Consider saying affirmations out loud such as: 'I trust and surrender' or 'I surrender to the pleasure, the pain and whatever the moment brings.'

Courage and persistence

During your sexual explorations, both by yourself and with another, 'stuff' may come up for you. Actually, stuff probably *will* come up. You might experience physical pain, emotional pain, frustration, confusion, old memories or traumas resurfacing, or even strange physical phenomena. You could even experience pleasure that is so strong you can't contain it.

Try to cultivate the courage to first face anything that has been suppressed and then the persistence to go through it and overcome it. Remember that whatever pain or suffering you have, the benefits and positive outcomes of overcoming it will be even more powerful. It is worth facing your stuff because doing so can transform your whole life.

Enthusiasm and curiosity

It's true that facing issues around sexuality can be daunting at times, so it really helps to cultivate an attitude of enthusiasm and curiosity. Look at it as if you were exploring an unknown terrain, discovering new sensations and experiences, and meeting parts and aspects of yourself you never knew.

Try to keep a light attitude, take it easy and have fun with yourself and with others as you explore your sexuality. The more you are able to have fun with it all, the easier and more effortless it will become. Cultivate curiosity around how your body feels and functions, what's possible for you, and how the different practices change your experience day by day.

Accept the process

Life is a process. Growth is a process. Evolution is a process. Your journey of connecting to your femininity and sexuality, of healing, of becoming more orgasmic, of going deeper into meaningful relationships – is all a process.

Every step you take, everything you try, every new experience, every little win or little loss is a part of the process. Whatever comes up, whatever you experience, accept it and know that more and better is yet to come. The orgasm landscape is vast and there is a lot to explore!

The orgasm landscape

Orgasm can be experienced as a range of pleasure states; some are more continuous pleasure states and others are felt as peaks in pleasure. But there's another way to perceive these peaks and states. And a deeper understanding can help you to experience a greater range for yourself.

Imagine an orgasm landscape as a terrain full of mountains and plateaus. A peak orgasm is like the summit of a mountain. For some, it's easy to reach the peak. For others, it's difficult or impossible.

Another kind of orgasm in this landscape is more like a hill. It's easier to climb and the top of the hill has a plateau that is wide enough to stay on for a while, before coming down gradually. This is what you might experience when you are getting turned on and feeling sexual pleasure. You might already be experiencing 'hill orgasms' but not perceiving them as orgasms. Remember, if you are having some pleasure but you are discounting this as 'just pleasure,' then that is all you will experience.

Instead of having a peak moment of orgasm and ecstasy, a hill orgasm enables you to experience a state of continuous orgasm. This is milder than a peak orgasm but still very pleasurable. And what's more, it can last much, much longer. It also allows you to relax and surrender into the experience, thereby feeling it more fully. So, instead of only ever aiming for the top, for that one elusive moment of explosion, you can enjoy your pleasure as another kind of orgasmic state.

And then there is Tibet.

Tibet is surrounded by some of the highest mountains in the world, but most of its surface is a high plateau. Yet this high plain is higher than many mountain peaks. It can take some time to get to Tibet, but once you're there, you can remain up on its plateau. While it may not be quite as high as some of the mountain peaks around you, the altitude is definitely up there!

A plateau orgasm is like Tibet. It can take some time and practice to get there, but once you're there, you will experience a continuous high state of orgasm.

I had only one orgasm ... It lasted for an hour and a half.'

So to recap, in the orgasm landscape there are generally three kinds of orgasm:

1. Peak orgasm – strong but short orgasmic moment.
2. Hill – mild but long orgasmic state.
3. Plateau – strong and long orgasmic state (aka the Tibetan orgasm).

There are techniques that can help you turn an orgasmic peak into an orgasmic state or even a plateau orgasm. And there are techniques that your partner can use to help and support you in this. We'll get to those later. For the moment, just remember that while peak orgasms are how most people define 'orgasm,' they aren't the only type of orgasm. That's not to say that peak orgasms are wrong; they can be wonderful. But it's good to be aware that they're not the only form of orgasm you can experience.

Why do we pursue the peak?

Most people experience orgasm as a short moment of maximum pleasure followed by a quick decline in both pleasure and desire. Usually, the orgasm signifies the end of the sexual interaction. This happens because orgasm is perceived as the goal of sex – the climax or peak of the experience. For some people, this peak is even the reason for sex.

Modern science has contributed to this; it defines the sexual response cycle as desire, arousal, climax and resolution. Therefore, the climax, or orgasm, is confined to one specific stage that is different to and separate from the other stages. This impacts the way orgasm is commonly perceived and experienced.

Popular culture is not without blame either. Over the past fifty to eighty years, we have seen the same scenario played out in thousands of sex scenes: The couple kiss, they take their clothes off, there is a little foreplay and then penetration. This becomes more dynamic, and they breathe

and move faster and faster, finally ‘coming’ together in an orgasmic peak. A moment later, the man rolls over and the sexual interaction is over. We have been conditioned to perceive this as the norm.

Additionally, *men’s* sexuality has influenced the pursuit of the female orgasmic peak because this is how the male orgasm is experienced. A man feels excitation that leads to an ejaculatory orgasm and resolution. After the resolution, his penis becomes soft and the passion the man feels is greatly diminished, together with his need to be connected to the woman. This can take anything from a few minutes to a few hours. But his peak usually ends the sexual interaction.

Interestingly, a woman’s experience of a clitoral orgasm is very similar to a man’s ejaculatory orgasm. A clitoral orgasm is usually short and sharp with the pleasure dissipating quickly. Immediately after this type of orgasm, a woman’s clitoris often becomes hypersensitive and even painful to touch. This causes the woman to perceive her orgasm as a peak that has an inevitable ‘valley’ or decline in sensation during the resolution period.

Ultimately, peak orgasms have become the common understanding of orgasm. The problem with this is that many people perceive the orgasmic peak as the ‘only’ kind of orgasm or the only ‘real’ orgasm. There’s nothing wrong with this kind of orgasm, but it’s only one experience out of a vast range of possibilities. People who only focus on the peak as their goal miss out on many of the other orgasmic states that can be experienced.

Instead of looking at orgasm as a momentary peak, try to see it as a state. When you see orgasm as a state, you open the door to many different kinds of experiences that can continue for minutes, hours and sometimes days.

The power of an orgasmic state

Letting go of peak orgasm as the goal of sexual interaction will enable you to experience more orgasmic states. There are a few ways you will benefit if you choose to try this:

- Orgasm becomes an enabling state

When you see orgasm as the goal, the sex is over when you reach it. If, instead, you see orgasm as more of a continuous state, you will enable greater pleasure in your body and a better connection with yourself and your partner. Orgasmic states can even lead to higher states of consciousness, an increased ability for manifestation (sex magic!) and, ultimately, dissolution of the ego and union with your higher self, spirit, the universe, God, or however else you like to refer to this realm.

- Orgasm becomes all-encompassing

Most people consider orgasm to be a sexual experience, usually related to genital touch or penetration. However, it doesn't have to be only a sexual experience; it can also be non-sexual. Orgasm can be experienced without any touch and with your clothes on, either by yourself or with another person who isn't touching you.

It's important to understand that both kinds of pleasure, both sexual and non-sexual, are an orgasmic experience. The more open you are to the idea of an orgasm being an experience you can have with or without a sex act, the more orgasmic experiences you will be able to enjoy.

- Orgasm becomes an energy source

Peak orgasms, in particular clitoral orgasms for women and ejaculatory orgasms for men, are all about the discharge of energy and a release of tension. But an orgasmic state is experienced as

something that recharges you and fills you with energy, rather than discharging your energy.

The best part about retaining your sexual energy is that you can accumulate it instead of dissipating it. With this increased reservoir of energy, you will feel more alive, more loving, more creative, more helpful towards others and more empowered in whatever you do.

As you can see, an orgasmic state offers a fair bit more than the momentary pleasure of a peak orgasm. And the beautiful thing about an orgasmic state is that it's not just longer-lasting pleasure, it is also a deeper and more meaningful experience.

Orgasmic states beyond pleasure

Most people think about sex and orgasm in the context of bodies, sexual fluids and pleasure. However, orgasmic states can be experienced as much more than just bodily pleasure. Sexual energy feels different as it builds up and expands. When you cultivate and retain your sexual energy, it will start expanding from your physical body into your energetic, emotional, mental and spiritual body or layer. This concept of our five bodies is taken from traditional yoga.

There are five kinds of orgasmic states according to the five bodies:

- Physical body – Bodily pleasure. Characterized by moaning and shouting, physical contractions, convulsions and movement. What most people consider to be pleasure.
- Energetic or subtle body – Wave upon wave of gentle pleasure sensations, sweeping your entire body. Feels less physical and more etheric, subtle or energy based. Characterized by goose bumps, shivers and a feeling of electricity flowing in or around your physical body. You might feel that your body is vibrating or humming.

- Emotional body – This is not a miniseries-style emotional drama, but a sublime and pure emotional expression of unconditional love, compassion and surrender. In this state, you realize that bodily pleasure, as great as it is, has its limits when compared to the experience of deep and all-encompassing, unconditional love.
- Mental body – An experience of deep presence, awareness and laser-like perception. Characterized by mental clarity and void of ‘noise.’ Everything becomes clear and quiet. Thoughts might appear but quickly dissolve.
- Spiritual or causal body– In very special instances, you can experience a type of transcendence. You might feel eternal and in union with your higher self, with the divine and with the universe. You feel deep reverence and sacredness and might become aware of your spiritual calling.

You might wonder how these last two states – mental and spiritual – could be considered pleasurable or orgasmic. That’s a good question. Has your mind ever been bothered by an endless stream of thoughts, emotions, worries or fears? If so, you will recognize that the experience of pure presence and a mental void would actually be a relief and very pleasurable. And the experience of transcendence and oneness is orgasmic because it is the deepest experience of bliss, and one that transforms lives.

This is the idea behind sexual Tantra and sacred sex – that sexual energy can start with the body and then use pleasure to go beyond the body and into the spirit. And the best thing is that you are encouraged to experience and enjoy all of these states.

Experience more from your orgasm

If you would like to experience more from your orgasm, you’ll need to explore different practices to those you have always relied on.

This means discovering ways to feel orgasmic pleasure that are not dependent on your clit.

***Self-reflection:** After an orgasm, does your clit feel overly sensitive or do you ever feel unsatisfied or depleted?*

Most people understand the clitoris to be the small pea-shaped part of the vulva, tucked under the clitoral hood and above the urethra and vaginal opening. But research shows that this is *just the tip*; the clitoris actually extends throughout the female genitalia and envelopes the vagina. Subsequently, there are theories that say there is only one kind of orgasm – a clitoral orgasm – and that clitoral stimulation is necessary to achieve orgasm. However, my experience with many female clients, as well as the experience of my teachers and colleagues, shows otherwise.

Clitoral orgasms are just the beginning

Many young girls first experience orgasm through masturbation. They might touch their genitals with their hands or rub up against a toy or a pillow, which stimulates their clitoris and can result in an orgasm. As they grow up, many women continue to focus on their clit even when they begin to explore penetrative sex.

‘The only drawback to masturbation is that I can reach climax so quickly – and then it’s a major letdown.’

Let’s be clear here, clitoral orgasms are not a bad thing. There isn’t anything wrong with them or with you enjoying them. That being said, what I do invite you to consider are these questions:

- If there are so many other types of pleasure and orgasm states, why would you *only* want to have clitoral orgasms?
- Would you like to be able to choose what type of orgasm or orgasmic state you feel like experiencing?

- What if clitoral orgasms have some side effects that don't always serve you?

Think back to the last time you masturbated. Let's assume it was one of those times that you were mainly focused on stimulating your clit. Now ask yourself this:

- After the orgasm, was your clit hypersensitive? Was it even uncomfortable or unbearable to touch?
- If you had the time to continue pleasuring yourself, why did you stop?
- Even though you experienced pleasure and release, did you feel deeply satisfied?

Let's generalize for a moment and see if the following description is similar to your experience of a clitoral orgasm:

First of all, to orgasm in this way there needs to be some kind of effort. A clitoral orgasm is then most likely to manifest as an intense, short and sharp peak. The build-up is usually fairly quick – some women can reach a clitoral orgasm in a minute or two – and the orgasm itself is brief, lasting for about twenty to thirty seconds. The pleasure sensations and the orgasm are mostly focused in the genital area.

During or immediately after the peak of the orgasm, the clitoris becomes hypersensitive and any touch feels irritating or 'too much.' It might feel annoying, uncomfortable or maybe even painful. Perhaps you have found yourself saying something like this to your partner: 'Lay off my clit, *now*.' If your clit becomes hypersensitive, you probably had a clitoral orgasm and this is the best way to differentiate between a clitoral and a vaginal orgasm. The clitoral orgasm is followed by a quick decline in pleasure, arousal and interest in further stimulation. Some women need to wait a few minutes or sometimes hours before they are ready for more clitoral touch, or for another clitoral orgasm.

If you are with a partner, the orgasm will feel like ‘my orgasm’ rather than an ongoing and shared state. You might lose interest in some way, still loving your partner, but somewhat less interested to share with them in that moment compared to how you felt before the orgasm. Note, this is similar to how a man feels after an ejaculation. There is some satisfaction in the release of energy, but it’s more like the goal’s been achieved or you’ve ticked the orgasm box. Then it’s on to the next thing.

Clitoral orgasms don’t really offer a lasting and deep level of satisfaction. Some women have said they even feel hollow, depleted, dull, unfulfilled, frustrated or even slightly depressed after this type of orgasm. Perhaps you have experienced some of these effects. But why is the orgasm so short and sharp? Why does your clit feel pleasurable one moment and then unpleasant to touch the next? Why do you sometimes feel depleted, unsatisfied or even frustrated afterwards?

Explosive orgasms — not what you thought they were

A clitoral orgasm is an explosive orgasm because the accumulated sexual energy is exploded downwards, out of your body. In brief, during an explosive clitoral orgasm you lose energy, while in other kinds of orgasms you can retain and circulate that energy.

The ancient science of Tantra offers an interesting explanation for this kind of energy. It suggests that the energy is accumulated in the genital area during sexual stimulation, and specifically in the second (sacral) chakra. So the pleasure will be perceived mostly in the genital or pelvic area. Stimulating the clitoris causes the energy to be volatile and creates a downward flow of energy. It might even feel ‘heavy,’ ‘stagnant’ or ‘sticky.’

When you orgasm, you lose the energy that you just created during stimulation. This loss of energy is what creates the hypersensitivity of the clitoris and is why some women feel a bit depleted or might take a

few minutes or hours before they can orgasm again. It's also why you might feel unsatisfied on a deeper level.

'I feel that I definitely got slightly addicted to clitoral orgasms and would turn to that as a form of release (especially after internal stimulation didn't cause me to orgasm). I am now quite strict about not resorting to this as I do feel that it makes me more moody and up-and-down emotionally.'

Furthermore, sexual energy is life-force energy, and when you have frequent clitoral orgasms of the kind described earlier, your energy is drained and you are deprived of that power source. This energy is what makes you stronger, more independent, empowered, creative and successful. Having frequent clitoral orgasms can even cause you to menstruate longer and heavier, with stronger side effects. This is because your body has been 'trained' to release and expel energy instead of retaining and circulating it.

A clitoral orgasm is usually a peak orgasm and similar to a man's ejaculatory orgasm. A man's ejaculatory orgasm is also an explosive orgasm because his sexual energy is released and expelled from his body in the form of sperm. A man will become aroused quickly, his orgasm is brief (even shorter than a woman's clitoral orgasm) and he immediately enters the refractory period. He loses his erection and also loses at least some interest in continuing to engage with his partner. Have you noticed that men don't just lose their erection but also their arousal, their presence and their connection with you? Falling asleep is not uncommon here. I'm sure you have experienced this! A woman's energy does a similar thing after a clitoral orgasm.

'I agree that external clitoral-only orgasms do leave me feeling depleted.'

Let's visualize it this way: Think of a pressure cooker. It's much faster to cook something in a pressure cooker because of the intense pressure and heat locked inside the pot. It's a kind of energy, like your sexual energy. Now imagine the pressure cooker is faulty and that once the pressure is built, the lid flies off. All of the steam discharges and the contents of the pot spill everywhere. That's kind of what happens with an explosive orgasm.

But imagine cooking a delicious soup in your pressure cooker where, instead, you keep the lid on even once the soup is cooked. It will stay hot and ready for hours after you turn the heat off.

I have only had explosive clitoral orgasms and was always left feeling like I was missing something.'

There is another kind of orgasm

If you thought clitoral orgasms were fun, you're in for a treat!

A vaginal orgasm is very different. Rather than using clitoral stimulation, a vaginal orgasm is usually experienced by stimulating the G-spot, the walls of the vagina and the cervix (the entrance to the womb). In comparison to an *explosive* clitoral orgasm, an orgasm that comes from vaginal stimulation is usually an *implosive* orgasm. The sexual energy is imploded, retained and then circulated within your body. These orgasms can last for long minutes and even hours, because as long as you are retaining your energy, you are able to use it to orgasm again.

This kind of orgasm is attained and experienced as a type of 'releasing,' 'allowing,' 'letting go' and 'surrendering.' Compared to a clitoral orgasm, which is often experienced as a kind of 'effort,' 'trying' or 'grasping' – the vaginal orgasm is felt as deep satisfaction and relaxation.

You'll know when you have a vaginal orgasm because it feels totally different. The build-up is slower; it takes longer to get aroused and

you'll need more time for stimulating your whole body and then your vagina. Some women need up to an hour of foreplay and penetration before they orgasm in this way. The orgasm itself also unfolds slower and lasts longer (sometimes much, *much* longer). During and after this orgasm, you can continue to receive stimulation and the clitoris doesn't become oversensitive. Another orgasm is possible within minutes or even seconds.

If we are thinking about the landscape of an orgasm, this one feels like a 'dome' rather than a 'peak.' The pleasure feels more intense because it is deeper and fuller; it's expansive, all-encompassing and meaningful. Even though the stimulation might originate in the genital area, the pleasure often emanates and spreads in waves throughout the whole body. This usually moves towards the upper areas of the body but also downwards, hence the term 'toe-curling orgasm.'

But it's not just about pleasure and orgasm. The surrender into a vaginal orgasm feels meaningful and special. You may feel greater love and connection – with yourself, your partner, your life and sometimes with the universe.

You will probably need to feel trust and connection with the person you're with to orgasm in this way. If you are with a partner, your orgasm will feel like 'our orgasm' instead of 'my orgasm.' It's like a gift you want to share, not an achievement you want to keep.

During the hours and days following a deep vaginal orgasm, you might sometimes feel echoes of that orgasm in the form of vibrations, pulsations, sustained pleasure in your body or feelings of love and bliss.

And there's even more.

While clitoral orgasms can deplete your life-force energy and your ability to be creative, vaginal orgasms empower you as a woman. They charge your body, spark your creativity, fuel your confidence and can inspire success in your career. This kind of orgasm is nourishing for

your body and soul. And, at its best, it connects you to your own feminine essence, to your partner, to others and to life.

Women who experience deep vaginal orgasms usually prefer them to clitoral orgasms, because they feel better – physically, emotionally, energetically and spiritually. (see *Diagram 1 on page 40*)

I have been practicing implosive orgasms and I'm surprised at how easy it is. I always thought I wouldn't manage so I just put up with clitoral orgasms. But I have to say, implosive orgasms are much more satisfying and now I feel like having sex every day. At the moment I just practice with myself but that's okay ... I'm still happy!

Explosive vs. Implosive Orgasm

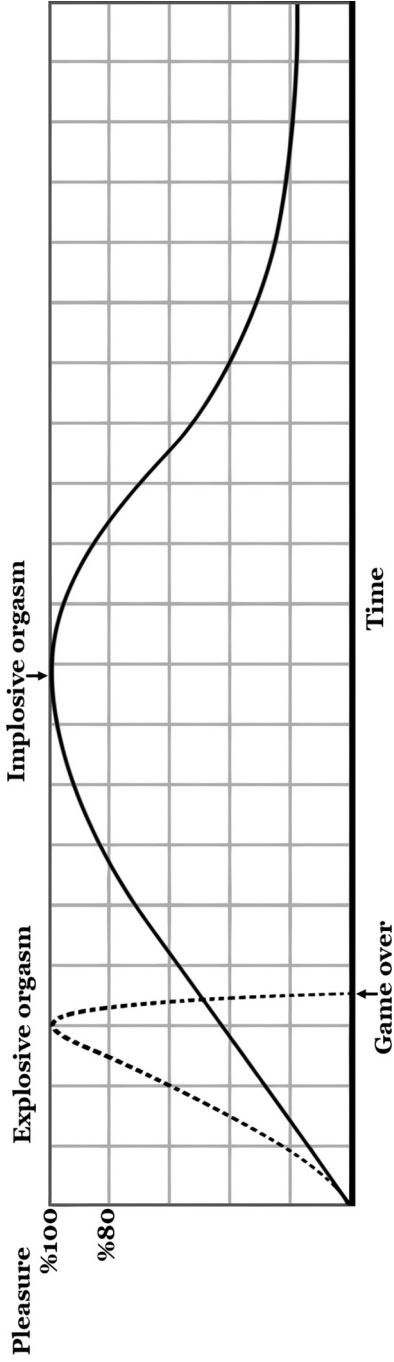


Diagram 1

Unfortunately, most women and men have been led to believe that the clitoris is the only sensitive area in a woman's body and that clitoral stimulation is necessary to achieve orgasm. The clitoris is easy to find, easy to arouse and easy to orgasm from. So it's been clit, clit, clit, clit, clit, clit and more clit. In comparison, experiencing a vaginal orgasm is a bit more challenging. It takes much more openness, willingness and surrender on the part of the woman. It also requires patience, experience and persistence on the part of her partner.

I'm experiencing the difference between a clitoral orgasm and a longer, intense, deeper internal orgasm. The level and type of energy is different and during the days after, I still have this nice sexual, female energy in and around me. So good!

The clitoris is a sacred, beautiful, crucial part of a woman's body and sexuality. But it's not the only part. There is a vast, uncharted, blissful world in there – in your vagina – waiting to be explored and yearning to be honored, celebrated and unleashed!

Moving beyond clitoral orgasms

Clitoral orgasms involve local and superficial sensations that are usually followed by a quick decline in pleasure and a period where you are unable to receive further clitoral stimulation. So it's important to note that certain positions stimulate the clitoris more than others. For example, during penetrative sex when either partner is on top and leaning forward, it can over-stimulate the clitoris and lead to a clitoral orgasm.

But what if you could receive intense and prolonged vaginal *or* clitoral stimulation – enjoy those sensations – and then turn them into meaningful and empowering states of whole-body orgasm? Would you be interested in trying?

Well, it is indeed possible, and you will be able to do this within a few days of practice. And most women never look back once they have learned to expand and extend their orgasm. It's like having the best of both worlds – enjoying the ease and strong sensation of clitoral stimulation as well as the longer, deeper and more meaningful experiences of a vaginal orgasm.

To discover the ecstasy and bliss of continuous vaginal or internal orgasms, it's important that you avoid having a clitoral orgasm for a while. However, after you learn how to turn clitoral stimulation into an internal orgasm, you will be able to enjoy clitoral stimulation while avoiding an explosive clitoral orgasm.

If moving beyond clitoral orgasm is something you desire, you'll need to learn how to explore the orgasm landscape with a bit more expertise. And the best place to start is at your 'point-of-no-return.' Let's call this the PNR.

The point-of-no-return

The PNR is the exact point at which arousal turns into a peak orgasm. This creates a cascade of physiological responses, a bit like an avalanche in the landscape. It triggers a series of vaginal contractions that scientists love to quote as the primary sign of orgasm. There is also a strong release of neuro-transmitters in the brain and hormones in your body that cause the momentary sensations of pleasure, euphoria and joy. The other side of these natural chemicals is that they also cause mood swings and emotional effects that can last up to two weeks before they stabilize. This is especially so following an explosive clitoral orgasm.

It is crossing the PNR that leads to experiencing an orgasm as a short and sharp peak. As we discussed earlier, this is how most people define and experience orgasm. But you can experience orgasm in other, more

powerful ways if you choose. And if you can identify your PNR, you can work with it.

The best way to become attuned to your PNR is to begin playing with it during your self-pleasuring practice before moving on to partner exploration. When you are pleasuring yourself by arousing your clit, notice if you experience any of the following sensations:

- Your breath becomes faster, more shallow and constricted.
- You feel compelled to tense your body and tighten your muscles.
- Your entire attention is focused on your genital area.
- Your movements become more mechanical.
- Your genital area is charged in a 'sharp' or 'heavy' way.
- Your pleasure is rising and increasing very quickly.
- You feel the desire to apply even more stimulation.
- You feel compelled to push down and out with your vaginal muscles (also known as 'bearing down').
- You feel a sense of urgency to 'come.'

That moment when you feel the need to 'come,' to rush or to tense up is the moment just before the PNR. Once you cross that point, you will usually have a peak orgasm, and it will probably be an explosive clitoral orgasm. However, these short and superficial orgasms are stopping you from experiencing longer, ecstatic orgasmic states.

So, if crossing the edge of the orgasmic cliff creates the cascade and avalanche, what do you do instead?

You don't cross the edge. You pause.

When I started exploring Tantric sex and sexual healing many years ago, I used to be very dynamic, active and intense. Then I discovered

that if I paused while making love or when stimulating a woman's yoni, she often had a response such as crying or orgasming. It's as though she thought the lovemaking was over and finally allowed herself to relax and let go. The pause allowed her to express her emotions or allowed the sexual energy to turn into an orgasm.

So when you self-pleasure or have sex, pause for a minute every ten minutes or so. Become present with the sensations in your body, your feelings and emotions. Connect with your partner via your eyes, breath, soft words or touch. Then resume what you were doing earlier. This is a particularly good thing to do when you near your PNR.

Embodiment practice — Edging

There is a technique called 'edging,' which can also be understood as 'do not orgasm!' It's an excellent technique that can either turn clitoral stimulation into internal orgasm or a single orgasmic peak into a longer orgasmic state.

Again, it's much easier to learn this by yourself before you attempt it with another person, since you have more control over the stimulation. It's practiced in the following way:

1. Start to self-pleasure and gradually make your way towards your yoni. Use lots of oil to massage your pubic mound, your outer and inner lips and your clitoris area. Build your pleasure gradually, while breathing, moving and making sounds.
2. Be aware of any of the telltale signs of your impending PNR. Notice that there will be a moment when the pleasure or energy starts to feel very sharp, as if it's rising quickly. You might feel compelled to apply even more stimulation, to tense your body, to tighten your muscles, to breathe faster or to bear down. You feel that you *want* to, you *need* to, you *have* to come!

3. DON'T!

If you do, you will probably have a clitoral orgasm, which might be pleasurable but will prevent you from learning how to internalize your clitoral stimulation. And you need to be able to do this if you want to turn short peaks of orgasm into long orgasmic states.

4. Instead, just stop all of the stimulation and completely relax your body. You can be close to the PNR but make sure you stop stimulating yourself before this point. Before it's too late.
5. Take slow and deep breaths, with extra-long exhalations. The main thing you need to do now is to move your sexual energy away from your genitals. To do this, try touching other parts of your body or taking a break.
6. When you feel that your pleasure has subsided a bit, you can resume your stimulation. Once again, build your arousal and pleasure until you are right back in that zone just before the PNR – then relax again.
7. Keep doing this for at least twenty minutes, and preferably for an hour or more. You want to be able to constantly 'edge' yourself close and then stop on the verge of orgasm.

If, during this practice, your clit suddenly became hypersensitive and unpleasant to touch or if you suddenly lost interest in your practice, you probably had a clitoral orgasm. That's okay. When you feel ready, arouse yourself again, this time stopping *well ahead* of your PNR. (*see Diagram 2 on page 46*)

Edging and the point of no return

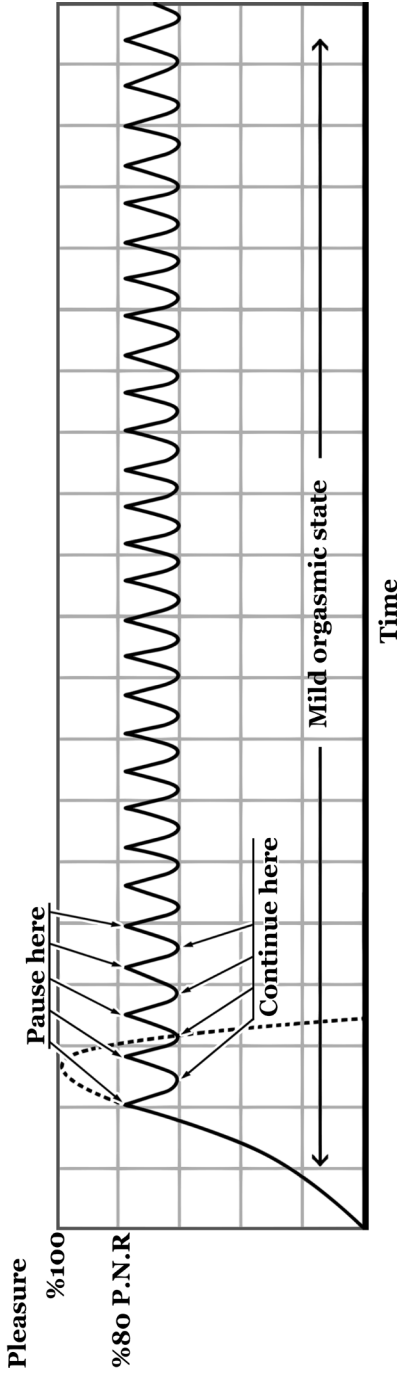


Diagram 2

After a while of enjoying this practice, you might come to realize that, instead of having an orgasmic peak, you have been in an orgasmic state all along. In the beginning, it might feel like ‘just pleasure,’ but after doing this practice for a week or two and after half an hour of stimulation, you will start to recognize that what you are feeling is much more than ‘just pleasure.’ The build-up of sexual energy in this practice creates an orgasmic state, which you can feel even after you stop touching yourself. You may even have an internal orgasm. Surprise! Your orgasmic power is expanding already.

*Good things come to those who wait. And those
who wait – come.*

And there are plenty of techniques you can try out that can help you to move beyond explosive clitoral orgasms and into the range of implosive internal orgasms.

Turning clitoral stimulation into an internal orgasm

Being able to stop yourself from experiencing a peak clitoral orgasm is the first step to cultivating a deeper and more internal orgasm. Once you can do that, you can use a variety of techniques to spread your sexual energy to other parts of your body and increase the pleasure sensations inside your vagina.

Let’s look at a few techniques you can try now:

- **The pause** – Every few minutes during stimulation, pause completely. Relax your breathing and your body and stop any movement. Allow your arousal to decrease before continuing. This is a powerful technique that you can use while self-pleasuring, having foreplay, having sex or any other activity. It increases your

awareness and moves you from ‘doing’ pleasure to ‘being present’ with pleasure.

- **Finger tracing** – Move your fingers from your clitoris and down into your vagina. Curl your finger upwards, towards your pubic bone and press there. Repeat this movement. It moves the pleasure and sexual energy away from your clitoris and into your vagina, bringing awareness, sensation and pleasure. It’s a great way to awaken and activate your G-spot and it also creates a new neurological pathway between this area and your clitoris.
- **Internal stimulation** – One of the best ways to move sexual energy into your vagina is by applying internal stimulation. You can do this with a dildo or, if you don’t have one, consider a penis-shaped vegetable. Try applying both clitoral and internal stimulation at the same time, while keeping your focus inside your vagina. Gradually, apply more internal stimulation and less external stimulation, until you are hardly touching your clit at all and you can feel the pleasure increasing internally.
- **Internal awareness** – Focus your awareness inside your vagina. Be aware of any warmth, tingling, vibrating, pulsating, throbbing or any other sensation, even if it’s numbness. Do this continuously, and specifically when you use ‘The pause.’
- **Breath and sound** – Keep breathing fully into your belly, focusing on your exhale and making a long ‘Ahhhh’ sound as you breathe out.
- **Movement** – It’s also important to allow your whole body to move, twist and undulate. In particular, allow your hips to undulate back and forth, side to side and in circles. Let this movement expand to your spine, shoulders, head and your entire body. This builds sexual energy and pleasure and also allows the sexual energy to spread into your entire body.

- **Spread it** – Keep caressing your entire body and consciously move your hands away from your genital area and towards other parts of your body, specifically your upper body. Imagine that you are spreading and moving your sexual energy – as if it’s a lump of butter that you are spreading over toast.
- **Touch** – Explore different kinds of touch all over your body – caress, pull, squeeze, twist, pinch, press, stroke, fondle, brush, knead, massage and slap. Experiment with different sensations – you might be surprised at what feels good!
- **Visualization** – Visualize a stream of light, heat, electricity or energy following the path that your finger traces from your clitoris into your vagina (see ‘Finger tracing’). And beyond the vaginal orgasm, you can also visualize this energy travelling up your spine and emanating from the top of your head. This leads to another type of orgasm that we’ll be looking at later.
- **Squeeze** – While stimulating your clit or during the pauses, contract and relax your vaginal muscles in rhythmic repetitions. This brings awareness and sensation into your vagina, and helps you move the sexual energy up your spine. Experiment with different kinds of squeezes – short, long, pulling in, squeezing tightly and even pushing out.

Some women habitually ‘push out’ their vaginal muscles, which causes an explosive orgasm or just a loss of sexual energy. If your clit becomes hypersensitive, it might mean that you had an explosive orgasm. Some level of alternate pushing out and pulling in is pleasurable and beneficial; it’s just important that you do not push out too much and lose your orgasm in this way.

- **Affirmations** – Affirm your orgasmic power to yourself. Say, either out loud or internally, something like, ‘My sexual energy is flowing into my vagina’ or ‘My whole body is orgasmic.’ Consider writing your affirmation down and placing it where you will see it often, such as on your laptop, mirror or fridge.

I encourage you to give some of these techniques a try. Experiment for a few weeks and record your experience in your orgasmic diary. Discuss your experience with female friends who have internal orgasms and know the difference. And don't worry if you occasionally explode into a clitoral orgasm. Just build your pleasure again and keep going.

Orgasmic extras

There are also ways that your partner can support you in this practice. Check out the resources section of my website for more detail (www.intimatepower.com/orgasm-book-resources).

You might be used to having quick and easy clitoral orgasms, and maybe you once believed that's all there was. But after a few days or, at most, weeks of practice, you will be able to receive more and more clitoral stimulation and be able to transform it into prolonged internal or whole-body orgasms.

Try to practice this for at least thirty minutes every day, where you are stimulated but don't reach a clitoral orgasm, either by yourself or with your lover. The idea is to build up enough energy that it starts emanating throughout your whole body and, later, into your life. This will be the best homework you ever get!

'I had no idea about this, but it worked! I had lots and lots of goddess spot orgasms. First time ever. Beautiful. I cried a lot. It was so easy, but nobody ever told me how.'

If you're ready to explore a more orgasmic state and different types of orgasm, then it's time to get intimate with the most important person on your orgasmic journey.

3



Reconnecting with yourself

Now that we know a bit about orgasms, it's time to go deeper. It's time to meet the most important person on your orgasmic journey – you.

In this section of the book, you will reconnect with yourself – your yoni, your juices, your pleasure and your body. You will discover why pleasuring yourself is so important to your orgasmic journey and new ways to do this. You will experience your yoni in new ways and see that connecting to her allows you to embrace your femininity. Importantly, you will be invited to accept yourself as you are and also to allow yourself to change and grow, like a flower.

***Self-reflection:** How deeply do you love and accept your body?*

Self-love and acceptance are important on your orgasmic journey. And it's not just accepting your sexuality and your sexual organs, you need to love and accept your whole body. To say 'yes' to being orgasmic, you first need to say 'yes' to yourself.

Your attitude towards your body affects how much you enjoy sex and how much others will be attracted to you. If you don't like your own body and radiate that energy, how can you expect others to love it for

you? They pick up on how well you accept yourself and take the lead from you.

I have seen women who are overweight and would not be considered particularly attractive by modern standards. But when these women have loved, adored and cherished their own bodies, it has made them attractive in the eyes of the people around them. I have had a few lovers like this and it is a pleasure and an honor to be with someone who is confident in their body, regardless of what the sought-after norm might be.

Marilyn Monroe is considered to be one of the biggest sex symbols in history. However, if you analyze her face according to common standards of female beauty, you will find that it was asymmetric and slightly disproportionate. There were many Hollywood actresses who were more 'beautiful' than Marilyn. But her charisma and sensuality made her a legendary beauty.

On the other hand, there are the women who are very beautiful according to modern standards. Yet, often, when I encounter these women, they don't really like their own body and keep finding (and voicing) perceived faults. As a result, men who would normally be attracted to them because of their good looks get turned off because their beauty is like a shell that holds an unattractive woman inside. Their lack of self-acceptance affects the people around them.

Today, weight is one of the biggest issues women struggle with when it comes to self-acceptance. In western society, obesity is an epidemic and is not a healthy state for your body. On the other hand, modern standards of beauty depicted through fashion, advertisements and celebrities promote much thinner body weights than a normal healthy weight. As a result, women grow up and live with impossible standards of beauty, which has led to more teenagers and young women developing eating disorders than ever before.

Being too overweight can affect your orgasmic ability because your health is affected. And aiming to be super thin can also affect you because being underweight can rob you of some of your orgasmic ability. However, it's not just about weight.

It's about all aspects of female beauty. The fashion industry used to spend hours and hours on make-up and hairstyling to improve the looks of the models and hide their many human imperfections. But now, in addition to all of that, photo-editing software is used to manipulate women's features even further. The final photo used in the media more often than not looks very different to the woman who posed in front of the camera. And it's not just skin blemishes that are digitally erased; entire body proportions are being reshaped. These photos present ideals of beauty that are unrealistic and cause a distortion in our collective perception of beauty.

You are probably already aware of this. Yet, in spite of your awareness, you are probably still affected by these unnatural and impossible depictions of female beauty. Perhaps you still judge yourself for not looking like those images. So, what is your attitude towards your body? Are you comfortable in a bikini on the beach? Are you comfortable being naked? Do you prefer to turn off the lights when you're having sex? Do you love your body?

Look at yourself naked in the mirror and find all the things that you *do* love about your body. There will always be things that you don't like, so focus on the things that you do like. Aim for a healthy weight rather than the 'ideal' body based on unrealistic images in the media. If you want to support your orgasmic journey, you need to accept and love your body. And one way you can express your love and acceptance is to gift yourself with regular self-pleasure.

Pleasure yourself

I said earlier that there is no one secret to great sex because there are many secrets. But if I had to choose the most powerful one, this is it. Obviously, we're talking about masturbation here. But even the word masturbation can have negative connotations for some. It might be regarded as something that you do when you don't have a partner or if your partner doesn't satisfy you. In particular, women masturbate less often than men and are less likely to admit to doing it.

***Self-reflection:** How comfortable are you with touching yourself? How often do you do it?*

Masturbation is the most basic and natural sexual behavior. Even fetuses in the womb have been shown to pleasure themselves in this way. Perhaps you have noticed how often kids touch their genitals or rub themselves on pillows, furniture or toys? It's completely normal. However, it's very common for parents who witness a young boy or girl masturbating to either reproach them or punish them. Even if the parent doesn't say anything, their energy changes and children are very perceptive to these shifts. So they start believing that they have done something 'wrong.'

When adults react towards a young one's masturbation with these attitudes, they lay the first foundations of guilt and shame around masturbation. This also extends to body image, sexuality and one's feminine or masculine essence.

I've worked with many women experiencing sexuality issues and I've noticed a few common things:

- Some women have guilt and shame around masturbation and aren't comfortable doing it.

- Other women don't take full pleasure in their masturbation. Or they only do it in a mechanical and superficial way, perhaps as a quick fix or a sleeping aid.
- Many women are overly focused on clitoral stimulation, missing out on the vast range of experiences, sensations and orgasmic states possible for them.
- And some women get attached or addicted to their vibrator. This can cause their yonis to become desensitized or numb, and even make it difficult to experience pleasure with a partner because no man can produce the same stimulation that a vibrator does.

Maybe you have some of these tendencies or experience some shame or inhibition around masturbation as well.

Imagine, for a moment, going to visit someone's house for the very first time. You want to be shown around by them and introduced to the environment. But they aren't really sure where each room is or where the light switches are or how to operate the heating or cooling. They keep stumbling into things and don't seem comfortable within their own home. How do you think it feels to be a visitor in their home?

Now, imagine your body is a house, mansion or temple, if you like. When you invite someone in, do you know your body-temple well enough to guide others through it? Are you able to show them how to engage with your home?

I'm sure you've experienced a lover who doesn't know what they're doing or doesn't know how to touch and pleasure you. Maybe they touch you too harshly or too softly or reach for your yoni too early. Even worse, have you been with someone who is not present and connected with you? But it's not just about your visitor. They usually learn how to be in your environment based on how *you* are in your environment and how *you guide them*. So the better question is, do you

know how to touch and pleasure yourself in the way you want to be touched and pleased?

*The secret to great sex is learning how to have
great sex with yourself!*

There are so many ways of masturbating and so many reasons to, including:

- You become more connected with your body, your yoni, your femininity and your sexuality.
- You can experience different kinds of pleasure and orgasm states.
- You can discover and awaken more erogenous zones in your body.
- You can heal yourself from pain and trauma.
- You become independent and empowered in your sexuality, not needing someone else to fix, pleasure or fulfill you.
- You can find the inner union of masculine and feminine energies with your self-empowering and self-affirming practice.
- You can raise your sexual resonance and, as a result, attract better lovers.
- When you know how to pleasure yourself, you can teach your partners how to better pleasure you.
- You can use your sexual energy to charge up your health, creativity, career, relationships and spirituality.

Good things come to those who masturbate.

As a sexuality coach, masturbation is the core practice that I invite my clients to either begin or explore with a new perspective. And this suggestion applies whether they are in a relationship or not. For some women, it can be challenging at first. It might feel mechanical, superficial or even alien. But after a few days of daily practice, or at most two weeks, they start to feel the positive effects. You can become significantly more orgasmic from this practice alone.

Masturbation is one of the most important sexual activities that you can do. It has an effect on your physical and emotional health, your orgasmic ability, your enjoyment of sex and even how you live your life. If you don't understand your own sexual pleasure, how can anyone else possibly work it out?

So, as a start, instead of calling your practice masturbation, try to think of it as self-sex, self-love or self-pleasure. Use whatever word resonates with you and excites you. Your masturbation practice and your experience of orgasm can be transformed when you focus on cultivating self-pleasure.

Orgasmic reminders

There are a few things to remember before beginning your self-pleasure practice. These reminders will help you to experience pleasure and will make it easier for you to orgasm.

First, the most important reminder:

Pleasure = Orgasm.

Remember to recognize every small sensation of pleasure as a mini-orgasm. Gradually, these waves of pleasure will expand into your full orgasmic experience.

Next, let's cover some approaches that will support your pleasure practice.

Take your time

Allow yourself plenty of time to build your pleasure and experience your orgasm. Some men can come in thirty seconds (and you may have met some that were even faster). But women can sometimes take half an hour to an hour to reach a deep and meaningful orgasmic state. And it's not just about a single experience; the journey to deeper orgasms can take months or even years.

Take your time and enjoy the orgasmic experience you are having right now, knowing that best is yet to 'come.'

Create the space

The environment you create for yourself matters. Consider this to be a ritual and create a sacred space accordingly.

Clean and organize the room. Remove any clutter. Place some fresh flowers in the room. Heat or cool the room to a pleasant temperature. Make sure you will not be disturbed and switch off your phone and other devices.

Music, scent, taste and touch sensations such as silk bed sheets or lingerie can arouse you nearly as well as a good lover. Put a sarong or large piece of cloth on the bed. Have some pillows and cushions ready for support. Light some incense and candles. Put on some sensual music. Anything that feels sexy, feminine or arousing for you is perfect.

The main idea is to create the kind of space that feels special and sacred to you. You don't have to do all of these things every time, but consider trying this for your first conscious self-love practice and from time to time as you feel inspired to.

Touch your whole body

Your whole body is sensitive, pleasurable, erogenous and orgasmic. It's true that some areas of your body – such as your yoni and your breasts – are more sensitive than other parts. However, all of your body can be sensitive, pleasurable and even orgasmic if you take enough time to explore and extend your attention to other areas. The more you do, the more orgasmic you become.

I'm sure you have experienced a man touching your body too early or focusing too much on your breasts and then your vagina with the aim of getting to penetration and ejaculation. It doesn't feel very inspiring, does it? Your self-pleasure needs to include your whole body too.

So where do you touch? Everywhere! Whole-body arousal is what leads to whole-body orgasm. Although it's good to focus on one area or one kind of touch, it's also important to bring touch, sensation and pleasure to your entire body. For example, you can explore internal stimulation with one hand and use your other hand to caress, knead, pinch and touch the rest of your body. Allowing your hips to move and undulate also helps to engage your whole body. The more areas you arouse in your body, the more pleasure you will experience.

It's true that there are women who prefer intense or genital-focused touch without much of a warm-up. Some women can get aroused with hardly any foreplay, love-play, whole-body touch or preparation. But even these women can enjoy and appreciate a more gradual approach and whole-body touch every once in a while as a part of their range.

Also remember to touch your own body – all of it – throughout the day, when you make love and specifically when you self-pleasure. Explore new ways of touching your body.

Use steady stimulation

Pleasure and orgasm come from steady and consistent stimulation of the same area. One of the reasons that women experience clitoral orgasms (apart from the ultra sensitivity of the clitoris) is that they focus on one spot for a given length of time. One of the reasons women have difficulty experiencing non-clitoral orgasms is that they don't build their pleasure long enough in one place. I've often noticed women begin to experience some pleasure in a part of their body and then suddenly change what they were doing. Maybe they touch another place or move in a different way. The pleasure they were just experiencing decreases and has to be built all over again.

This can happen when you receive touch as well. Assuming your partner touches you in a way that facilitates deep and meaningful pleasure, encourage your lover to focus on one kind of touch for at least a few minutes at a time so that your pleasure has time to build. The same goes for self-pleasure – experiment with different techniques and all kinds of touch for long enough to see if it leads to pleasure. Then when it does, keep doing that for as long as you can. In time, you will develop an intuition for when to focus on one place or technique and when to change frequently in natural flow.

Accumulate your pleasure and embrace the intensity

Your orgasm is an experience of pleasure and energy. The more pleasure you generate and accumulate, the stronger and longer your orgasmic state will be. This is why explosive clitoral orgasms are not serving you– you lose some of your built-up sexual energy. It's also why it's good to build the pleasure and energy in one area for a while.

Most women and men release their sexual energy because they don't know how to handle it. It might feel like it's 'too much.' But allowing yourself to accumulate and contain this intense energy will cause you

to experience stronger orgasms with less effort. Accumulating your sexual energy will also help you accumulate and contain energy in your daily life – creative energy, leadership energy, financial energy and spiritual energy.

*Orgasm is the accumulation of pleasure,
not the release of pleasure.*

Learn how to embrace and contain the intensity of your experience. You can explore this intensity with your breath, sounds, movements and touch. The stronger, faster and deeper you are able to breathe, make sounds, move and touch yourself – the stronger, deeper and longer your orgasms can be. Try to relax into the intensity without needing to understand it or control it.

Step into the unknown

Many women stop themselves on the verge of orgasm because they feel they are about to lose control. As if they are about to face something they can't handle or something unknown. They may fear that they won't be able to handle the intensity of the pleasure, sensations, energy or emotions. Or they might feel that they are about to faint or lose consciousness. In a personal example, my lover lost control over her body during sex once. And then she couldn't see anything. She felt like she was choking and thought she was going to die. But after a few moments, she had a huge emotional release and the intensity passed. She didn't experience this phenomenon anymore and, instead, was able to experience more sexual pleasure.

When you start your orgasmic explorations, you may experience some weird bodily reactions. For example, your hands may feel charged with

energy and electricity or as though you have pins and needles or they might become numb. Sometimes, it can become difficult to control your hands and they might lock in a kind of crab-claw gesture, with your thumb 'stuck' to your middle and index fingers. Your arm muscles might also tense and lock causing your elbow joint to close, with the palms close to the shoulders. A friend of mine that has experienced this calls it the 'T-Rex.' This condition is actually called 'Tetni' and it is caused by energy moving through your body and hitting resistance or blockages.

When your body is overwhelmed with energy, it tenses up. Tetni is also related to energy rising to the level of your heart chakra, and some consider it an expression of Kundalini energy. You may experience your mouth and face going numb or tingling. And in extreme cases, your whole body might become numb or you might feel extremely disorientated and like you're about to faint.

The important thing to do, as always, is to relax. Don't try to resist, fight or understand these symptoms. Simply allow your hands to go numb or lock or whatever phenomenon you are experiencing. Keep breathing and making sounds and just allow your body to move as it wants to. I assure you that once you relax, these conditions will pass and as you continue on your sexual journey, you will likely experience less and less of them.

It's okay to feel some fear, anxiety or confusion about what's happening to you and about what might happen if you step beyond a certain threshold. What's beyond that threshold might be emotions or memories that you have suppressed for years. Going there might bring on a strong emotional release or an orgasm that transports you beyond yourself. So I invite you to accept and embrace any fear you might feel and allow yourself to step into that unknown place.

Feel the fear and do it anyway.

Understand that orgasm can come in moments of grief as well as in moments of elation. It's natural to think about orgasm as something related to joy, happiness and relaxation. However, for some women, orgasm comes in times of deep grief, suffering and challenge. I know a woman who liked and enjoyed sex, but never experienced orgasm until her sister was on her deathbed. She had sex that night in a state of total grief, knowing that her beloved sister was about to die. And she experienced her first orgasm that night. The grief and frustration somehow helped her to surrender and let go. The intensity of the feelings she allowed herself to embrace turned into orgasm.

Remember that emotion is energy. And any strong emotion can be transformed into orgasm.

It's time to practice

Knowledge might be power, but you're not here just to *read* about orgasms, are you? You need to put the information into practice if you intend to increase your orgasmic power.

The practices I share with you are like building blocks that you can use by yourself, with your current or future partner and even in non-sexual situations. They will have a profound effect on your health and wellbeing, not to mention the depth of your orgasmic ability.

Remember, female arousal takes time to build into orgasm, so stay present with the pleasure. Also be aware that you might need to find the right touch at the right place at the right time.

Embodiment practice — Self-pleasuring ritual

Whether you masturbate regularly or not, try to regard this practice as a self-pleasuring ritual.

***Self-reflection:** How do you usually pleasure yourself? What do you do to intensify your pleasure?*

Here are a few things you can try when you touch yourself:

- Relax and let go – one of the most powerful attitudes for your orgasmic experience.
- Build intensity gradually – from light touch to strong touch.
- Gradually deepen your touch – from the surface of your skin to grabbing flesh and feeling your bones underneath the flesh.
- Move from the outside in – from the edges of the body (your hands, head and feet) across your body (your thighs, chest and belly) and finally toward your center (your yoni).
- From external to internal – from the external surfaces of your yoni to the depths internally.

I recommend dedicating at least one hour when you are alone and won't be interrupted. If you share a house with other people and are self-conscious, you can try to find a time when they are out. I recommend not using a vibrator because these create unnatural stimulation that no human being can create. Also, be sure to switch off all of your gadgets – phone, iPad, laptop, and so on.

When you are ready, begin your ritual:

1. Set up a 'love nest' in your bedroom. Prepare the space as we discussed previously in a way that feels special or sacred to you.
2. Prepare yourself for your pleasure. Take a long, hot bath or at least a nice, long shower. You might like to use scented oils or salts.
3. Lie on your bed and smear yourself with some good massage oil. I recommend coconut, almond, avocado, grape-seed or another quality oil. It should be cold-pressed and edible since your body will absorb the oil through your skin.

4. Start touching yourself. Bring awareness, touch and sensation to your entire body. Focus on your thighs, buttocks, belly, chest, breasts, hands, arms, neck and scalp before you touch your yoni. It's important to activate your entire body so your sexual energy doesn't stay confined to your genital area.
5. Build your arousal and pleasure gradually. If you aren't feeling aroused, continue to caress your body and massage your yoni. Focus on the sensations. Be aware of any small wave of pleasure. Make sure you breathe fully in and out of your belly. Explore making sounds. Explore moving your hips back and forth and side to side.
6. Make sure you don't just focus on your clit. Try not to have a clitoral orgasm, as that might deplete your energy and cause you to stop wanting more pleasure.
7. When you feel ready, start experimenting with internal stimulation using your fingers, a dildo or a penis-shaped vegetable. Aim for this to be the majority of your self-pleasuring experience.
8. It's okay if you experience feelings of fear, anxiety or resistance coming up. These might be emotions and memories that have been suppressed for years. Or it could be the fear of letting go and surrendering into an orgasm deeper than any you have ever experienced. Either keep going or pause to witness your fear. Allow yourself to experience and express it. Then, keep going. Celebrate and enjoy whatever sensations or emotions come up.
9. Relax into your orgasm if it comes – enjoy it and keep going. If it doesn't, accept the pleasure you did experience as an orgasmic state. The goal isn't to have an orgasm but to connect with yourself. Have an attitude of curiosity, exploration and discovery.

If you can create a self-pleasuring ritual for yourself as a daily practice, you will notice your body opening and becoming more sensitive, pleasurable and orgasmic. Consider making a commitment to self-pleasure every single day (or at least three times a week) for *at least*

twenty minutes over the next month. Try to make time for an hour-long session once a week.

Even when you are in a relationship, it's so important to keep having frequent sex with the most important person in your life – *you*. It's not meant to replace the natural human connection that we deeply yearn for with another person – on the sexual, emotional, mental and spiritual levels. However, you need to build this connection with yourself in order to experience it fully with others, and one way to do that is by having sex with yourself in the same way that you would like your partner to have sex with you.

This has been a sample of the 240 pages book.

The next chapters will teach you:

- **How to let go of limiting beliefs and tendencies**
- **Many kinds of orgasmic power practices**
- **How to experience long, deep, ecstatic orgasm states that can even last for one hour**
- **How to integrate your sexual energy into your life**
- **Access to further resources for book readers**

**To read the rest of the book, head to:
<http://intimatepower.com/female-orgasm-book/>**