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Simple Orgasmic Secret

Dissolve physical & emotional blocks and
experience full body orgasmic pleasure



NADINE PIAT

SOS

Simple Orgasmic Secret

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HEALTHY YOU
HEALTHY
LOVE

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INTRODUCTION

Welcome to your personal and powerful discovery of heightened orgasmic pleasure and to my community of extraordinary women all sharing one very clear and deserving desire - to explore the wonder of their beautiful and incredible bodies and to expand connection with their physical pleasure, their orgasmic pleasure!

There is good reason why I titled this program 'Simple Orgasmic Secret' with the acronym of S.O.S...

So many women have been silently calling out for help! Their sex life is under duress and in distress and they want help - they need some fast and effective sex-rescue!

I have listened to your call and I'm here to provide some of the best secrets available that can and will transform your love-making life!

Every woman was born with the most incredibly powerful vessel – the female body...

In our society the female body is predominantly left underexplored and often not greatly understood. Not only do many men not understand the female body, most women really do not know their own bodies, or at least not in a way that deeply satisfies or nourishes the body, the soul, the complete woman.

With that said, men also are also largely limited in their understanding of their own bodies. Some men may know that there is more to them than a penis that ejaculates, or that sex is not just about achieving an orgasm or getting off, yet most men don't know that an orgasm in the general sense is just a very small part of sex or their sexuality and of the pleasure journey.

Most often we (men and women) rarely delve deeper, and the reason for this is that most men and women don't know how to or sadly they're not aware that there is more to sex than what they already know. And if they do have an inkling that their sexual experience can be enhanced and be far more fulfilling - they're not sure what to do differently or who to speak to find out the hidden secrets to love-making bliss. Largely people are too timid to seek this kind of highly valuable and erotic knowledge.

I passionately and genuinely believe that physical pleasure isn't complicated and even if it feels like it, believe me when I say that it doesn't have to be!

In fact, what makes relationships and sex complicated is normally ourselves - often we just get in our own way. Typically feelings of insecurity, fear of the unknown, inadequacy, shame, blame and embarrassment, all get in the way of exploring ones' sexuality.

Even though it seems as though we're living in a liberated world where sex is spoken about quite openly and freely, with pornography thriving (more like rampant) - sex is still largely a taboo topic, particularly beyond the everyday, standard, humdrum, perfunctory sex.

Anyone can talk about sex - we talk about how much we're getting or not getting, we talk about whether we had good sex or bad sex, we talk about penis's and vaginas, or how much hair a man likes or doesn't like, we may share whether we orgasm or not, we may reveal if we masturbate, if we have a dildo or something like it. And people freely talk about whether a man is a boob or bum man, women talk about whether they like arms or chest, or butts or whatever body part they like...

The thing is, all of that "stuff" is superficial and this kind of sex-talk doesn't disclose anything of great value, nothing that will transform intimacy and take it to a sacred level, a body to body merging and orgasmic union.

In short - the way the typical westerner "does sex" is not going to make you orgasmic! It's not going to heighten real pleasure! More accurately, the kind of sex talk most of us engage in makes a lot of women and men feel further insecure and inadequate, further blocking ones orgasmic body.

The big question is: **How many people know about the Heart and Soul of sex?**

✿ How many women embrace their sexuality?

✿ How many women (and men) know about sacred sex, full body, heart connected sex... deeply fulfilling, healing, energising and bonding sex?!

Now this is not to say that you've not had good sex. I certainly have and I've also experienced terrible sex - boring sex, disconnect sex, uncomfortable sex, awkward sex, and so on...

We all have our very own *sexual history*, and I'm not talking about how many lovers you've had, I'm referring to your unique mindset, conditioning and sexual exploration - these are the things that define your current and future sexual fulfilment.

If you would like to experience full body bliss, deeply fulfilling sex, healing sex, loving sex, spiritually awakening sex, orgasmic sex - then it's time to find a new way of understanding, exploring and sharing your body.

Be ready to be blown away... because as you progress through this program you will learn things that you wish your Mother taught you, your Grandmother or heck, even an Aunty...

You may wonder why on earth none of them told you sex could be soooo incredibly good, so very magical and powerful??

The reason why they haven't told you is they probably don't know these secrets either. Most women are not taught this good stuff. Instead of women learning how to unleash, unlock and engage their sexual energy, their femininity and magnetism, they hide or tend to not be honest about what they really like, want and desire.

But the time has come for women (and men) to redefine love and physical pleasure and to take their love making to a whole new dimension...

By reading this you are now one of the very few women in the world who's about to get an insight into the real world of orgasmic body bliss. So I congratulate you for taking the initiative to delve into the glorious world of sensuality, sexuality and the magic of the orgasmic journey.

It's with great pleasure that I have the ability to be able to share some of the most life changing, soul healing and sexually electrifying information there is with you.

My mission and vision is to provide you with the information most women never learn and need to know. In order to do this successfully I have researched and interviewed some of the best experts in the world, and in doing so I have been able to put together a powerful selection of information, tips and techniques that will allow you to experience the most wonderfully fulfilling *sex of your life*.

I am here to awaken your senses and walk with you towards more connected and intimate love-making. Essentially, I've listened to your call for help, I've tuned into your SOS and this is your life-raft or more aptly put – your Sex-Raft!

And never forget this... sex is supposed to deeply satisfy every part of you, not just one part of you!

With love,
Nadine Piat

P.S. On a side note. I would like to share that this ebook was not written to educate you on your Clitoris, G-Spot, U-Spot or A-spot. Simple Orgasmic Secret is going to reveal the secret to orgasmic sex that transcends your genitalia or the obvious pleasure “buttons”. Most women know exactly where their clitoris is and how to stimulate it. If you do not then I encourage you to research this as I won't deny, exploring and knowing your anatomy is extremely important. But since most women know it and still do not experience soul, healing, bonding pleasure, it would be fair to say that on it's own, the clitoris or the g-spot are not the answer to their sexual woes.

Instead, we're going to be taking your sex life to places you've never been via a new path - one that is more powerful than anything else you could learn.

Part 1

Discovering your Orgasmic Self



1 Sex-Tactic™

The Purpose of Sex and Pleasure to YOU

Imagine you've been dating a man for about a month; you've not slept together yet, so for this period of time you've been controlling your sexual desire for him. Every cell of your body wants to be lying naked with him, yet you've decided to take your time and enjoy each other out of the bedroom before allowing sex to take over.

Every time you meet him you can't keep your hands off of each other. You feel a constant warm buzzing energy of sexual electricity and your body is clearly ready for what's to come. The kissing is magical, the way he touches you feels exhilarating and you just know the sex is going to blow you away.

And what's got you even more excited is he's asked you to stay over on Saturday night. You know the time has come...

In the lead up to this moment, understandably you've been fired up and as horny as ever and the truth be told, pretty much on a daily basis you and your vibrator have become great friends.

Sunday afternoon after your Saturday night stay over your girlfriend calls you to see how the evening went and instead of you answering the phone with a hint of sexy erotic joy and satisfaction, she can instantly sense in your voice that something's a miss. You divulge all the details...

"... Oh no... it wasn't great!"

At first I felt nervous and I think he was too... he was having trouble with getting an erection and I suppose I started thinking that maybe he wasn't into me, or he wasn't turned on by my body, but after a little bit of time it was all fine and all on.... [sigh]...

The sex wasn't terrible, BUT... even though we'd built somewhat of an emotional connection, the sex seemed unemotional.

I had a vision in my mind of what it was going to be like and it just wasn't. Before we started to have sex he was so loving and attentive, but as soon as his penis was inside of me it was like he was another man... I was pretending that I was into it, but we were moving quite fast... I really wanted to have a yummiier, slower kind of sex.

He seemed so satisfied once he was finished and afterwards I put on a sweet smile, but I felt disheartened!!! I thought it was going to be different with this guy, particularly since we took some time to get to know each other"

Does this sound familiar? This story can be relative to someone in a long-term relationship or even someone in something casual.

This is how sex unfolds for most women:

- ✿ The sex may start of nice, even promising, your hopes are high.
- ✿ After about 3-5 minutes, you know that what's going on is not feeling quite right, it's not stirring your senses.
- ✿ Instead of slowing the man down, or change positions to something that feels better, or instead of guiding him to make love to you in a way that feels good, you either;
 1. Pretend that what he's doing is working nicely for you
 2. You lose interest and hope he'll just finish
 3. You get annoyed because you can't believe that he doesn't care enough to try harder
 4. He asks you what you like and instead of telling him you say nothing or pretend that what he's doing is working for you.

✿ Sex feels like groundhog day and even though some “stints” are better than others, largely, sex is average at best, erring more towards disappointing.

That doesn't sound particularly spine tingling or orgasmic to me!

If you're reading this ebook there is probably more than one reason why you were drawn to it...

Sex is a very powerful, intimate and energising experience and some people say that sex has the ability to connect us with god, the divine, with source. It can be a heavenly and euphoric experience that can heal, bond and bring richness to your life and a relationship.

The act of sex has so many benefits and some of these benefits are obvious and others are not so obvious, they're largely subconscious or unknown, and more often than not, most people do not really understand the true magic and benefits of a healthy *full body* sexual experience...

That's right, FULL BODY!

We know sex is a union of two people, in which two people literally join, yet how often do a man and women really connect on an intimate and spiritual level, how much of them actually join?

What I want to make very clear is that I'm not a big believer in labelling something as “right” or “wrong” and in the case of orgasms and sex the same applies. So what you've been doing or not doing in the way of sexual satisfaction is not right or wrong, there are simply **other ways** to experience sex that can be far more satisfying.

Up until now the way you've engaged in sexual interaction has made some kind of sense to you, there are reasons why we do what we do, and whatever you have been doing has been supporting you one way or another.

How we; take a shower, bake a cake, dance, breathe, talk, sing, ride a bike *and have sex* are all derived from exposure, learning, absorbing and your INTENTION.

I will not be telling you that what I am about to share with you is the RIGHT WAY - what I'm going to share with you are skills, tools and ways of thinking in the sex realm that will give you an opportunity to transform your sex life into a new way. S.O.S is

designed to give you more of what you want, more of what your heart and your body secretly yearns for.

Here are some questions to ponder:

- ✿ How often do you look into the eyes of your lover with unwavering ease and confidence?
- ✿ How often do you actually enjoy sex?
- ✿ How many times do you have sex when the mission is to be present in the moment and connect vs “finish” and climax?
- ✿ How often do you feel that you’re racing against the clock to climax?
- ✿ How often do you feel satisfied after you’ve masturbated?
- ✿ Do you feel loving warm and fuzzy after you orgasm or do you feel edgy and somewhat distant?
- ✿ After sex do you feel satisfied or unsatisfied, or a mix of the two?

What is a SEX-TACTIC?

Your Sex-Tactic is all about understanding what you believe sex is for YOU.

When you understand your *tactic*, you bring consciousness to your intentions around physical pleasure, or lack thereof. If sex has not been overly pleasurable for you, you will have a sex-tactic that’s probably hindering orgasmic flow.

Most women never ask themselves:

- ✿ What’s the point of sex to me?
- ✿ Why do I have sex?
- ✿ What motivates me to have sex?
- ✿ What gets me in the mood for sex?

When you know how you perceive or view sex, you’ll then be able to form mindful awareness, allowing you to modify your ‘Sex-Tactic’ in such a way that allows sex to become far more fulfilling.

The reason why we have sex and how we have sex can be influenced by various factors and the last few centuries have of course had a considerable impact...

Sex in History: A Quick Recap

Do you feel like you're living in an era from the olden days?

Do you sometimes feel like your body is just there for the man's pleasure, and hardly ever for your own?

Or do you feel like your body is just for making kids and nothing more?

Maybe you feel like you're still in the sexual revolution, where you're defiantly fighting a battle for sexual equality while feeling disconnected from making an intimate and heartfelt connection with your partner?

Or, can you relate more so to the modern woman stuck in a conservative society where you feel chastened or sheepish for being attuned to your sexuality? Do you feel like you're constantly being judged for having sex or wanting sex?

In this chapter, you'll learn **how history and technology have shaped how society views women's sexuality**. It's reasonable to say that the history of sex has been a rough tumble of opposing and oppressing views. From the ages when women were taught to only give pleasure and not receive it to the time when women learned to fight for their sexuality.

The way women were treated still reverberates through society today. This is why there are still women who are too submissive, too shy or too afraid to voice out what they want and deserve. This means, many women are still battling between the dark ages of society to the era of sexual empowerment.

The history lessons we've learned in school often gloss over the salacious details of how sex was viewed in the past. In the past 10,000 years, the body's anatomy hasn't changed dramatically. Biologically speaking, the physical sensations our ancestors felt during sex all those years ago would have been pretty much the same as they are now. But there are two things that have changed dramatically over time that also affects human sexuality: cultural restraints and technological innovations.

Let's have a look at how cultural, historical and religious aspects of a woman's sexuality has downplayed the importance of women's pleasure in the past and even so today.

The Cultural Background of Sex

Sex has always been deeply affected by culture. Some cultures view it as something beautiful and spiritual. Other cultures viewed sex as taboo, something that shouldn't even be mentioned - contrastingly some cultures had guides for sex, such as the Kama Sutra, which is an ancient Indian sexual instruction text that emphasized the importance of romance and pleasure in sexual encounters.

From your cultural background, what have you gleaned in terms of women's sexuality?

In many ancient cultures and medieval cultures, men were allowed much more sexual freedom. Back in those days, women were seen as mothers and homemakers whose only purpose was to pop out kids. In fact, during the renaissance, noblewomen who failed to produce heirs could be divorced. Just imagine if that were to still be in practice today!

In ancient times, and even in some cultures today, men were also often allowed the luxury of sex outside of their marriage through legal mistresses or prostitutes. Women weren't given this "luxury" since their bodies were only for the pleasure of their husbands.

From a religious standpoint, sex was given their strict functions and restrictions. Most religions such as Judaism, Islam and Christianity would only sanction sex between a man and a woman who were married. Religion was so powerful in dictating what is "right" and "proper," that they hardly ever addressed the issue of pleasure.

In the 1800's, most of the same rules still applied to sex. But with the advent of technological advances, people were starting to learn more about what goes on "down below" when people have sex. Western society as a whole started to be more open to the fact that sex isn't just for making babies! They realized that they missed out on centuries of sexual pleasure!

Here's an amusing bit of trivia for the 1900's:

Vibrators were known to help soothe certain “female illnesses” such as hysteria. At first, only doctors were allowed to use vibrators on their patients. But after a few years of popular use, women could purchase their own vibrators to help soothe themselves. In fact, once the vibrator became publicly available, it beat out the vacuum cleaner and electric iron as a staple piece of electrical equipment in a typical home!

The popularity of the vibrator fell when it became shameful to buy them at the shops. Maybe men thought it was a threat to their manhood. Maybe women were shamed when they sought pleasure from a machine. Either way, the popularity of the primitive vibrator died down. But something more revolutionary was in the works that would change the views on women’s sexuality once and for all...

The Sexual Revolution

The sexual revolution lasted from the 1960’s to the 1980’s. Those who revolted fought for the wider acceptance of different sexual behaviors. During this time, more and more people became open to the ideas of homosexuality, premarital sex and sexual freedom of expression.

The Women’s movement of this time also helped to redefine women’s sexuality and brought to light issues like desire, sexual satisfaction and even orgasm....

This movement publicized the idea that sex isn’t just for the pleasure of men. It wasn’t just for the creation of children. In fact, they emphasized just how important it was for women to have pleasure during their sexual encounters.

In addition to this, women then were more confident in voicing out their sexual needs to their partners. Because of this movement, men and women were slowly becoming equals in the bedroom. The man’s pleasure was no longer the top priority, because more men saw that pleasing their ladies made their relationships feel more heartfelt and connected.

That said, even though this revolution took place, it’s important to note that women largely still do not experience the kind of pleasure they are designed for (I’ll go into this more in this chapter and the following chapters).

So... yes... women have spoken up, yet it's important to note that this does not mean that women as a whole feel "equal" or sexually satisfied. A lot may have changed since the 1960's and a lot hasn't.

Blending of Cultures

The world has become a melting pot where different cultures are free to interact with each other. Of course, this would have a huge impact on sexuality as it allows people to know more about what other cultures think about sex.

In recent times, Tantric sex has become one of the biggest successes when it comes to blending the western openness to sex and the eastern mysticism surrounding the wonders of sex.

Tantric sexuality is basically getting to know the subtle energies in one's sexuality and sharing this with your partner during sex. Not only does this make sex more pleasurable, but it can also cultivate a stronger bond with your partner and with spirituality. In later chapters, you'll see an in-depth discussion of what goes on when you incorporate the principles of Tantra into your lovemaking.

Technology's Impact on Sex

Of course, we can't talk about the history of sexuality without touching on the subject of technology...

It's because of technology that we learned how to use birth control, how to avoid sexually transmitted diseases, and how to incorporate sexual pleasure into a healthy relationship.

We learned that sexual pleasure isn't just about letting a man ejaculate, but instead we learned the importance of the clitoris, the g-spot, the prostate and numerous other erogenous zones.

Studies conducted on the mind also brought other sexual behaviors to light - with psychologists and sexologists who are intent on learning more about the mental aspect of sexual pleasure, we've unearthed some groundbreaking discoveries...

- ✿ We learned we can achieve pleasure through different non-sexual activities like indulging in fetishes, role playing and even imagining erotic scenarios...
- ✿ We've learned about how the orgasm can be both a mental and physical affair.
- ✿ We've even learned how we can use our minds to achieve more pleasure.
- ✿ We've learned how foreplay deserves as much importance as penetration and orgasm.
- ✿ We've learned how to achieve pleasure by having a healthy mindset about sex.

These and other teachings about the wonders of sexual pleasure and how to achieve it will be discussed in later chapters.

In today's fast-paced and modern world, sex is everywhere...

It's on TV, in books, in music and even in public billboards. In fact, sex no longer has to be limited to physically touching your partner. With more and more people toting camera phones and high-speed internet connections, sex has also transcended into the realm of cyberspace.

When two people who are far apart want to get sexual pleasure from their partner, what do they do? Here comes the internet to the rescue!

Of course pornography and technology go hand in hand, and both men and women are watching more and more of it. This is not to say that all men watch porn or all women. I know men who do not like porn, as I know women who've never watched it. Unfortunately most porn is the worst representation of sex. Porn is largely disconnected, unfeeling and soulless - and we wonder why women and men don't know how to connect on a deep intimate level!!

Sex and the Modern Woman

Most women today are no longer as afraid as they used to be about what they want when it comes to sexual pleasure. Casual sex, a colorful sexual history and indulging in

unconventional sexual activities can be associated with women as they are with men. More and more women are more open about what they want, and they're more assertive when it comes to getting it.

However, there are still plenty of women out there who feel judged when they're confident about their sexuality. They do their best to keep their sex lives private, and to give off that virginal aura in order to not be cast in the less desirable side of the "virgin vs. slut" dichotomy.

It's because of so many people who are quick to judge the actions of women that despite previously finding sexual liberation, we may still feel cautious about divulging too much information about what we do behind closed doors...

There's the dilemma of knowing what you want and how to get it during sex, and yet you may still feel afraid to express exactly what you want during sex, for fear of being judged.

On the flip side, there are also women who are headstrong, goal-oriented and dominant both in and out of the bedroom. These women know what they want and they're not afraid to ask or even command it! There are women who seem to be able to "have sex like a man", without attachments and without a connection of the heart. You'll learn more about this in the chapter, 'Feminine Flame'.

Where Does This Lead Us?

With all these advances in the field of sexual pleasure, you'd think people would have more similar ideas when it came to having sex.

We, as a culture, now know that sex is no longer just an act of creating a baby, and yes, no kidding, we've known that for a while!

We also know that women deserve as much pleasure as men when it comes to sex. But in today's world, people still have remarkably different reasons for having sex. We may have become more liberated when it comes to voicing out our sexual needs (or not), but have we also become confused as to why we're having sex?

If most women don't express what they really want in bed, it would strongly indicate that women are still worried about being judged by their sexuality – then was the sexual revolution done in vain!?

Why Do People Have Sex?

Everyone one has a sex 'Sex-Tactic' that drives them to enjoy great pleasure or keeps them away from great pleasure.

So why do YOU have sex?

This may seem like a silly question and you'd think the obvious answer would be – because it feels good!

The truth is sex doesn't always feel good all of the time to all people. Actually, some women never enjoy sex and will do anything to avoid it.

There are also women who love sex, yet they don't fully enjoy it because as per the previous points, their mind-gremlins; such as guilt or a cultural belief messes with their ability to confidently and whole-heartedly embrace their sexuality.

There are plenty of women having sex who'd prefer to not be. Instead of it being a spiritual and an energetic experience it's an experience devoid of intimacy and connection.

The behaviors that govern one's sexuality can be traced to their psychological mindset, cultural influences, their religion, and even their perceived role in society (hence why this chapter is so important and why it's imperative to define a sexually and spiritually supportive Sex-Tactic).

Sex is a physiological need. Humans are hard-wired to reproduce to populate the earth. But just because this is the biological function of sex, that doesn't mean it's the main reason people do it. In fact, many biological functions serve other purposes as well!

Consider the act of eating...

We **need** to eat to nourish our bodies, but is that always the reason we **want** to eat? I think not!

People eat to celebrate, to satisfy a craving, to cheer themselves up, or to share a bond with people in their company. Like eating, the act of having sex is governed by different emotions, thoughts, ideas, preferences and situations.

A study by psychologists at UT-Austin aimed to find out why people have sex. In order to study this, they asked over 1,500 undergraduate college students about their attitudes and experiences about sex. They were able to categorize the motives into four categories:

1. Physical reasons:

- a. To receive pleasure
- b. To consummate their attraction for another person
- c. To relieve stress
- d. To exercise
- e. To satiate their sexual curiosity (whether it's for a particular act in sex or for their partner)

2. Goal-based reasons:

- a. To have a baby
- b. To improve their social status (for instance, having sex to be popular, to fit in)
- c. To have their revenge

3. Emotional reasons:

- a. To express their love
- b. To show their commitment
- c. To show gratitude

4. Insecurity reasons:

- a. To raise their self-esteem
- b. To fulfill a sense of duty (for instance, their partner insists)
- c. To prevent their partner from looking for sex somewhere else
- d. To give in to pressure from their partner or from other people (for instance, being pressured into losing their virginity)

After reading the above four categories can you identify your motivations, intentions behind sex for you? Can you recognize your Sex-Tactic?

What gets you in the mood to get naked with a man and engage in a sexual union?

- ✿ If you typically have sex to reward your partner, you'll be more intent on giving him pleasure than the other way around.
- ✿ If you're having sex to feel loved, then it's not all about your pleasure, maybe you're looking for acceptance and validation.
- ✿ If you're having sex to have a baby, sometimes you'll try all sorts of strange positions just to make sure the sperm meets the egg!
- ✿ If you're having sex because you think you should then it won't be about pleasure, sex may feel like an obligation to you.
- ✿ If you have sex to orgasm then sex may feel unemotional and disconnected, and if you don't orgasm you may feel resentful, let down or unfulfilled.

Further to what was revealed in the study here is a list of similar and other 'Sex-Tactics':

To "get off"

To feel loved

To feel bonding/intimacy

To feel powerful

To feel alive

To be in control

To feel high

To dominate

In the above lists I left out two specific Sex-Tactics and the reason I left them out is that most people don't think about them and it's these two points that once recognised will change the way you make love forever!

If you want to transform your sex life, if you want to experience heightened levels of orgasmic pleasure then it's important to know that sex is an **energetic** union and a **spiritual** experience... these two "tactics" or intentions allow for a very healing experience.

If you engage in sex to be a loving, healing, energy building and spiritual experience you will automatically view sex in a different way and once your beliefs change around your Sex-Tactic, your feelings and behaviour will change too.

Exercise 1:

1) What has been the main reason you've engaged in sex?:

2) What do you want to gain from physical intimacy?

3) From today onwards what NOW drives you to have sex? What is your Sex-Tactic?

SOS ☼ *Highlights*

- Your Sex-Tactic is your understanding of your sexual mindset and how it affects your sexual behavior and sexual pleasure.
- History and culture have always been a huge influence on sex. Even the latest technologies change the way society views sex.
- Don't be blind; open your heart, mind and soul to a healthy sexual intention.
- From now on make sure you are clear about why you want to have sex. This is a **powerful** step towards unleashing your orgasmic self.
- Engaging in loving and healing sex can help you view sex differently, and can then change your beliefs and feelings about sex.



2 Orgasm Tightrope™

Are you on a tightrope and don't even know it?

Carla and Joel have been together for some years. They're both into art and music, and they have the same taste in movies. They have an active sexual relationship in which they enjoy exploring every aspect of each other's bodies. The problem, however, is that Carla feels some pressure when it comes to having sex with Joel. Most times she experiences orgasms with him, which is great, but there's still something missing.

Lately Carla has been finding it more difficult to orgasm because it's as though her feelings around sex and what really satisfies her has changed. Occasionally she feels guilty when she's too tired to keep going even if Joel hasn't reached climax.

For some reason sex no longer feels satisfying, it's more like she and Joel can scratch the itch yet rarely feel like the itch has been properly looked after.

Have you ever had a sexual experience where you want to orgasm, but it's not all about the orgasm? You want to feel a strong loving connection that an orgasm on its own does not necessarily bring with it?

Wouldn't it be great to have a sustained state of pleasure every once in a while, instead of racing towards that peak of pleasure? Don't you wish there was a way to just get that orgasm goal out of your head and have more emotionally and physically intimate sex with your partner?

For most women to even get remotely close to an orgasmic state, it's essential to start with foreplay. Now, this is something that many couples neglect. Three minutes of heavy

petting is not foreplay, and neither are a few kisses. It's important that you let your partner know how you want to be stimulated before you can be on your way to orgasmic pleasure. Later on, you'll learn a lot more about how you can make foreplay work for you and your partner.

Foreplay aside, the funny thing about orgasm is, the more you think about it, the more elusive it can become!

What's even more strange, is having an orgasm doesn't mean that you feel sexually nourished.

Also, you can be emotionally hell-bent on achieving the big "O", but if you're driven more by pressure from your partner or from yourself, than from actual excitement, you'll get nowhere fast and sex will feel tense and edgy instead of flowing, building and being beautifully intimate.

Let's discuss the orgasm itself; What is it? What does it do? Does it have a biological function?

The Science of the Orgasm

What happens when a woman has an orgasm?

First let's talk about what happens before an orgasm....

When you're turned on, blood is flowing towards your vagina and clitoris so they swell and become more sensitive to the touch. Oftentimes, you may reach a plateau of arousal.

By plateau, I mean a steady state of arousal that doesn't seem to be increasing or decreasing. This is perfectly normal and it's usually a transition stage between the time when you're just starting to get aroused and time when you're getting closer to orgasm.

Eventually, with some help from your partner or your own fingers, you'll feel like there's a knot forming near your genitals. More blood rushes towards the area. You start to feel a delicious tension forming, at the same time, your vagina will feel moist and your breathing has become more shallow. As you become even more turned on, your breathing

speeds up, your heart rate speeds up, and more blood is pumped towards your pelvic area.

In this crucial moment, you're on the verge of reaching an orgasm, which relates to what I call the 'orgasm tightrope'. In other words, you're teetering on the thin line between extreme arousal and the actual orgasm.

If your partner keeps going and you encounter no distractions, you'll start to feel some more nerve and muscle tension in your genitals, pelvis, and even along your butt and thighs. This tension is usually felt in the area that's getting the most stimulation, so it can be your vagina or your clitoris. Then, it will start to feel like your 'tightrope' is becoming pulled tighter and tighter, and if your *sexual stars* are all aligned, you quickly unravel into waves of pleasure in the vagina, pelvis and anus. Congratulations, you've just had an orgasm!

The average orgasm lasts for about five contractions at one-second intervals. But sometimes, when you're really aroused, your orgasm can last up to 15 contractions, and it may even lead to slight involuntary convulsions or nerve pulses along your thighs. During orgasm, women frequently feel the waves of pleasure reverberating throughout their body even after the final waves have hit their genitals.

The truth is the 'orgasm tightrope' is less about experiencing an orgasm and more about a woman feeling stressed about achieving an orgasm. Instead of relaxing into pleasure, into sharing her body, into her femininity, she's more outcome-orientated and therefore less orgasmic, less present and in the moment....

She's too highly strung and over-thinking how she can reach an orgasm – she's on an Orgasm Tightrope! Which leads me to my next very important point...

Peak Orgasm vs. Valley Orgasm

It's common for most sexologists to classify an orgasm into a clitoral orgasm and the vaginal orgasm. Though it's a logical way of categorizing them, the often *forgotten* classification, and one the most powerful ways to experience and orgasm is the peak and valley orgasm.

A peak orgasm is more like an adrenaline rush, an addictive hit; like sky diving or bungee jumping; whereas the valley orgasm is more like walking through the most beautiful park and coming across the most spectacular waterfall and then another, and then a pristine natural pool, then another waterfall.

As you are walking through this park the energy is magnificent and powerful, yet your body still feels peaceful, it's not uptight or mission orientated.

Have you ever had an intense sexual encounter where you and your partner just couldn't get your hands off each other? You practically tear off each other's clothing and fuse your bodies together into a culmination of pleasure....

You feel like as you gyrate harder and harder onto your partner, you're fanning a flame that's on the verge of becoming a white-hot explosion. And when you finally climax, the waves of pleasure extinguish the flame until you feel exhausted from climbing to the crest of your orgasm. If this scene is familiar to you, then you've experienced the searing heat of a peak orgasm.

Always striving for an orgasm, as I explained in the 'Orgasm Tightrope', you're so in your head that even a peak orgasm will slip away from your grasp. Before you know it sex is over, your body is screaming dissatisfaction, and all you really desire is a feeling of full-body complete pleasure, blissful pleasure.

So, regardless of what your situation is and whether you orgasm or not during penetrative sex, most men and women are not familiar with being orgasmic, they're too busy chasing an orgasm. Many women have resigned to the "fact" that their body is not able to experience an orgasm during sex.

Firstly, it's NOT A FACT. Just because you haven't yet, does not mean you can't orgasm or be orgasmic.

Being orgasmic is the secret to sexual fulfilment because the WHOLE BODY gets involved and this is when sex becomes an uplifting energetic experience. The valley orgasm simply allows you to change the way you go about sex, which ultimately brings far more pleasure to you.

What I want to make clear is:

A valley orgasm does not mean you don't orgasm at all. What it does is it takes the pressure off you and your guy and it builds intimacy, a safe environment and a relaxed platform for love-making. **This is how your body becomes powerfully orgasmic.**

When you or a man are striving for a peak orgasm you tend to lose your ability to be present, to connect, to enjoy the wonder of the healing, spiritual and energetic body.

If you are a woman who doesn't orgasm through penetration (or rarely does), then something has to change and being ORGASMIC is your secret tool to orgasmic bliss. It's that simple.

This journey type of sex allows you and your partner to experience the kind of sex that feels magical and heavenly.

Here is an example of a Valley Orgasm experience:

- ✿ There's no sense of urgency as you and your partner take great pleasure in each other.
- ✿ You explore each other gently and lovingly – slowly, slowly building up to penetration.
- ✿ You're able to receive your partner with your feminine energy while you mould into his masculine.
- ✿ When you're ready little bit by little bit he starts to penetrate your vagina, there's no race here, he slowly and gently enters you and it feels amazing, you don't want it to end.
- ✿ You're both feeling deeply connected, and even though this is the time in the past when you or he would want to speed things up, you know that your body isn't ready, your focus is to be present and to be orgasmic with him (to let go of insecurities and fears).
- ✿ You allow the energy to flow throughout your whole body while you also connect your energy with his energy. You are not two separate people on a mission to "get off", you are fusing together and energetically connected.
- ✿ Instead of pulsating tension and heat, you feel a series of refreshing gentle ripples of pleasure that gently goad you towards the apex of your pleasure.

- ✿ Instead of a static event like the peak orgasm, your pleasure is prolonged and it stretches on for far longer than a typical orgasm.
- ✿ And instead of feeling most of your sensations in your genitals, you feel powerful sensations throughout your whole body.

Does this sound familiar to you? If not, this is the valley orgasm. Not a lot of women have experienced this, but those who do say that it's far more fulfilling than the peak orgasm.

I remember my first experience of a valley orgasm. I was 21 and it happened by chance, hence the reason it took so long to relive it.

At the time I didn't know why sex this particular night felt so incredible. It really did feel like a godlike experience - a divine and spiritual meeting of two bodies that felt as though they had merged into one.

I had been at a dinner party that night with my then boyfriend. It was a big house with quite a few spare rooms and a few couples ended up staying the night, and Richard and I were on of those couples...

Until that night Rich and I had only had peak orgasm sex, except this night was very different and I did not want the sex to end...

The euphoric whole body feelings I had stumbled upon were sensational. I couldn't help but moan and say over and over again, "my goodness this feels amazing", "oh my god, wow".... I was breathing and moaning and in wonderland, it almost felt trancelike, but it wasn't a trance because we were both so present.

Every movement felt so beautiful!

The reason why it felt so good was because of the following: We were in someone else's home and we wanted to be super quiet, from the minute we started the sex was very loving and extremely SLOW. There was no race. We cared for each other deeply and I was planning on moving to London to live in a couple of weeks so we were savouring every moment with each other. There was this perfect mix of adoration,

emotion and being mindful of other people in the house - therefore the environment was spontaneously created to be ORGASMIC.

That night with Rich an orgasm was not even on the radar, this energetically electrifying and healing spiritual experience WAS so much more, it was out of this world.

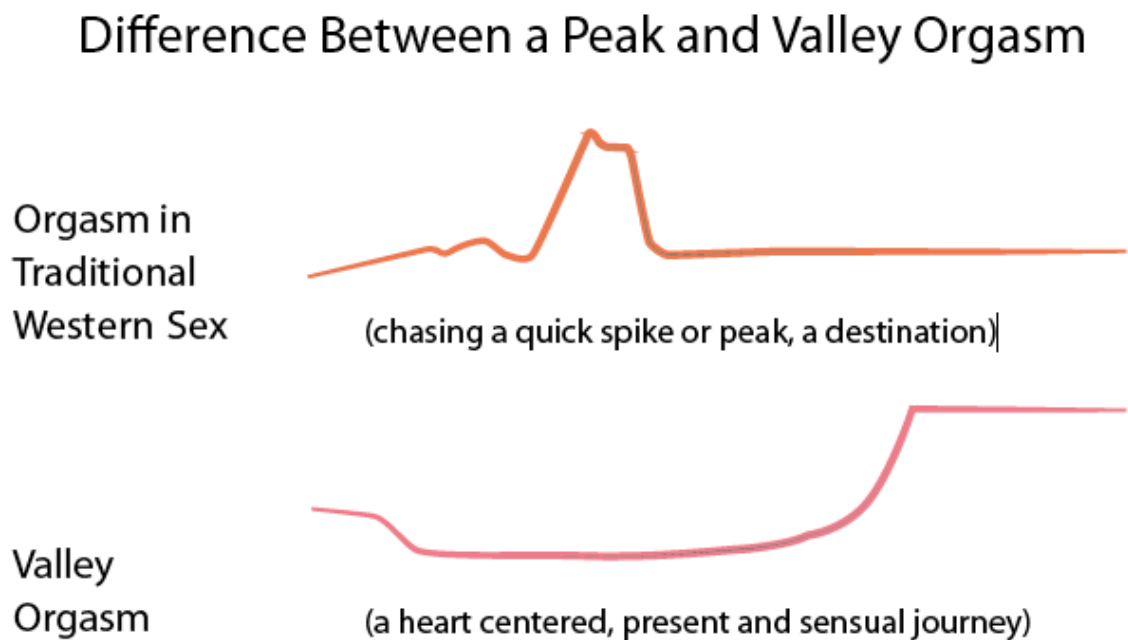
I felt orgasmic the WHOLE TIME and I kept feeling that my senses were so on fire that I was going to orgasm at any moment. So we kept moving slowly...

Magical!

For years afterwards I thought about this moment and pondered as to why it was ridiculously pleasurable. Now that I know - it all makes sense, but at the time I had no idea what had happened.

After reading my story are you getting more clarity between the differences?

This graph shows a clear comparison between the two:



In short, the peak orgasm is like a burst of fire, while the valley orgasm is more of a glowing flame. The peak orgasm is the rush of a waterfall, while the valley orgasm is the steady calmness of a vast yet powerful ocean. The peak orgasm is the wind atop a cliff that pushes you over the edge, while the valley orgasm is a soft summer breeze that beautifully glides over your skin, making it feel alive.

So let's discuss these two orgasms further....

To get a peak orgasm, you or your partner needs to exert quite a bit of effort by intensifying your stimulation by thrusting faster or by touching your clitoris more vigorously. The pleasure you feel is limited to your genital area since the flow of energy moves downward towards your genitals and outwards.

In doing this, you're increasing the tension until your pleasure explodes into a frenzy of delectably pleasurable waves. In terms of the orgasm tightrope, you're tugging at the tightrope in order to make it unravel.

The peak orgasm is definitely pleasurable and exciting, but it can only last for about ten seconds. It has a clear beginning and an end, and that end usually leaves you feeling tired and spent.

A lot of people think that sex is something they do to de-stress, to feel better, feel more connected and alive, except most people are not conscious of the fact that the peak type of orgasm, the "bumpy jumping" quick thrill type of release is proven to push couples away from each other instead of bring them closer.

It's largely a 'getting-off' mindset! This relates more to the way a man ejaculates, yet women can also experience the connect-disconnect feeling that can follow sex.

In contrast to the peak orgasm, the valley orgasm is more relaxed and languid. In order to have this type of orgasm, slower pelvic movements to encourage your energies to radiate into other parts of your body would replace the quick thrusts from your partner. Unlike the peak orgasm, a valley orgasm isn't an explosion of passion and pleasure, but moments of excitement followed by relaxation...

The energy in your body flows inwards and upwards, and it stays within the body to nourish your life-force. It's more conscious, more connected, more loving and far

more fulfilling (when you know how), and often the **intimate aspect** of a valley orgasm is the type of sex many crave yet fear, which is why some people shy away from it...

By slowing down your movements, you and your partner will be able to tap into an inner sensitivity that gives way to a state of “being orgasmic” as opposed to simply “having an orgasm.”

This orgasmic state can last for mere moments to a few hours since it’s a sustained state of cool yet magnetic excitement. There is no beginning or end, because it’s a state that you can be in, even after your post-coital glow has dispersed.

Let me explain another way...

The way most people “make love” is very peak orientated; it’s not overly LOVING! Even if you love the person you’re making out with... it still doesn’t mean that you’ relovin’ it up from the heart - from a place of deep intimacy and trust. Instead, sex is very GOAL (peak) orientated instead of Journey (valley) orientated. This is not to say that this is how it is all the time, yet this is how sex is a lot of the time and for a lot of people.

For example:

Have you even had a goal you wanted to achieve; like get a promotion at work, to finish your studies, lose weight, build a business, get a boyfriend or husband?

What happens is most people do not pay attention to all the things they achieve a long the way. They are so consumed by what they want at the END, that they do not value the stepping-stones that lead to the ultimate goal and because of this they MISS very important and valuable lessons along the way.

They’re largely unfulfilled until they get what they want. This is normally how day-to-day sex plays out. This is like the peak orgasm, not to say that you are actually orgasming - the stats would suggest that it may not be the case, yet this is what most people are aiming for – both men and women.

You can experience a peak orgasm by stimulation and practice. But to experience a valley orgasm, you and your partner need to be acquainted with the technique. This is what you’ll be learning more about in the next chapters.

The peak orgasm and the valley orgasm are two sides of the same coin. They can merge into each other, meaning you can have a valley orgasm and a peak orgasm in the same sexual encounter. Remember, having a valley orgasm isn't about NOT having your usual peak orgasm.

Instead, it's about opening yourself up to experience of having either one of them. It's about changing the way you approach both orgasms wherein you're relaxed, receptive and free from the pressure to climax. It hasn't been stressed enough that relaxation plays a huge role in prepping up your body to have an orgasmic experience.

You may not instantaneously achieve a valley orgasm during your first try. But you try to relax into it and not think about it too much. Just open yourself up to the experience and allow your body to feel each sensation.

Summary of the Peak and Valley Orgasm

<p style="text-align: center;">Peak Orgasm (Linear/Narrow)</p>	<p style="text-align: center;">Valley Orgasm (Lateral/Expansive)</p>
<p>It is linear and goal-oriented in that there's a clear objective for your movements</p>	<p>There is no demand to reach the peak as there is no definitive climax. This is a scared experience.</p>
<p>It requires more physical effort since you want to intensify the pleasure until you reach the peak</p>	<p>Instead of doing, it's a state of being, it's flowing (not force/goal)</p>
<p>The repeated movements build up tension and compress the energy in the genitals</p>	<p>There is avoidance of tensions, and more emphasis on expanding the energy and allowing it to expand</p>
<p>You're making yourself excited and stimulated in order to have an orgasm that lasts for a few seconds</p>	<p>You're making yourself relaxed and sensitive to achieve a sustained state of being that doesn't have a clear beginning or end (you may still</p>

	climax/orgasm, yet it will happen from an orgasmic place)
The energy moves downwards and outwards: the energy builds up in the genital area and is released when you climax	The energy turns inwards while expanding in order to maintain your orgasmic state
After the orgasm, you feel tired and less connected with your partner since the energy has been dispelled	It encourages vitality by strengthening the life force, and it can help build a deeper

Exercise:

1) What are some of the different techniques you have done to practically ensure that you have a peak orgasm?

2) Do you think you can manage having sex with your partner without both of you focusing on having an orgasm, and instead be in an orgasmic state?

3) How do you and your partner feel about having sex without reaching orgasm for you and without achieving ejaculation for him? Is this something you are both comfortable with?

Does the Orgasm Have a Biological Function?

You know that feeling right after you have an orgasm where you feel like your body is drained of energy? And yet, you feel like there's a buzz in your head and a delectable weakness in your knees?

You may think that an orgasm is all about pleasure, but it can also affect the brain. During your orgasm, your brain releases oxytocin into your system. This hormone is responsible for that feeling of intimacy with your partner right after you reach orgasm. In addition, studies have shown that higher levels of oxytocin can help strengthen the contractions in the uterus that help transport the sperm to the egg cells. It's quite possible that this could be the biological function of the orgasm: to help speed up the meeting between the sperm and the egg.

However, not everyone agrees with this theory. Women can still conceive even if they don't reach orgasm, so it's not crucial for the propagation of the species. Another theory is that a clitoral orgasm is just the female equivalent of ejaculating, only without the semen. Since men and women start off as identical embryos, the clitoris is just the female equivalent of the penis. Since the clitoris and penis have almost the same amount of nerves, the clitoris can be stimulated the same way a penis is stimulated until it builds up tension and an orgasm is reached.

As of today, scientists are still not clear about why women orgasm. It just goes to show that even if you have no idea why you have orgasms, you can still enjoy them!

The Orgasm Hormones

You've probably already heard of the sex hormones like oestrogen, testosterone and progesterone, but there are also other hormones that show up as a bodily response to sex.

The human body often feels a surge of additional hormones whenever you orgasm, yet most of us are not aware that this is actually happening. You may feel changes, yet not know what they are. In a way, your orgasm can be a form of hormone therapy, or not!

Here are three other powerful hormones that are released during peak orgasm sex:

- **Dopamine**

This hormone has been long regarded as the reward hormone because the brain releases it whenever we're doing something rewarding like eating a delicious meal, doing a fun activity or having sex. A hug or a kiss from your partner can cause a rise in dopamine levels.

So just imagine how much dopamine we're getting when we have a full-blown orgasm! In this sense, having pleasurable sexual encounter can cause dopamine levels to rise and give way to more positive feelings towards your partner. However, like with everything else, too much or too little dopamine in our bodies can have negative side effects.

Low dopamine levels are associated with depression, low libido and decreased interest in social interactions. Dopamine levels that are much too high, on the other hand, can fuel sexual addictions, a reckless thrill-seeking attitude or even aggression.

- **Prolactin**

Prolactin is known as the hormone responsible for allowing female mammals to lactate. In addition, whenever we reach orgasm, a surge of prolactin is immediately released. This leads us to feel like we're up on a cloud of pleasure a joy for about an hour, and we slowly drift back down to earth.

However, if the release of prolactin is too often and too much, it can lead to you becoming used to being up on a cloud. That's to say, you may not get as much of a kick from it as you originally would.

- **Oxytocin**

As mentioned earlier, this is the hormone responsible for making us feel like cuddling and bonding after sex. From a more scientific standpoint, oxytocin leads humans to bond when the woman's egg is fertilized so that both parents would cooperate in order to ensure the survival of their child. In addition, oxytocin helps reduce the effects of the hormone cortisol, which is associated with fear, stress and increased sensitivity to pain.

Don't get me wrong, having orgasms that encourage the production of these hormones is not a bad thing. Although, when these hormones are released it can create an addictive type of hormonal high and low and instead of bonding couples together, the after effect can spike a disconnection between a couple. Not ideal.

This is why in sacred Tantric traditions they teach men to climax without ejaculating. This provides a uniquely powerful platform for an unbreakable bond between man and woman. Even though this ebook is not about teaching men how to do this, it's important to mention, and I encourage you to seek further information about this technique.

That said, the last thing I want you to do is worry about this too much, just be aware of it, and may this information further inspire you to tap into the full body bliss I have been sharing with you.

To further clarify, a peak orgasm is a thrilling ride, but having a deeper, fuller valley orgasm is also important. Aside from feeling incredible pleasure, a deep satisfaction occurs because the travelling journey of orgasmic sex is what awakens a powerful spiritual and energetic interchange. This allows you to feel less drained from the effort of achieving a stress body climax, and it also helps you connect with your partner on a deeper and more emotional level. Satisfy all of your senses!

So would it be safe to say that having too many orgasms or too strong an orgasm all the time can lead to very high levels of these hormones?

In a way, that's true. And this is one of the main reasons the proponents of Tantric sex stress the importance of feeling the pleasure but not necessarily aiming for an orgasm all the time. In the later chapters, you'll read more about how you can transition from simply "having an orgasm" to the more flowing "orgasmic state."

Exercise:

1) Have you ever felt the effects of any of the above hormones? Have you felt like you're being rewarded because of dopamine? Do you feel euphoric because of prolactin? Do you feel the need to cuddle with your partner due to a surge of oxytocin?

2) In contrast, have you ever had sex and afterwards you felt as though you don't want to be touched, that you want space? Or have you felt a man pull away from you and not want to touch you for a while after he ejaculates?

SOS ☼ *Highlights*

- There are two types of orgasms: the peak orgasm and the valley orgasm.
- The peak orgasm is the effect of sequential actions that lead to a buildup of tension in the genital. With constant stimulation, it then unravels into waves of pleasure.
- The valley orgasm is a state, and not an event that happens. It's a constant state of heightened pleasure that lasts much longer than the peak orgasm.
- The next time you masturbate or are getting hot and heaving with a man see if you can try and adopt a more orgasmic valley approach. Instead of your body tightening up when getting turned on and excited – try to do the opposite and relax your body.



3 Pleasure Blockers

Are you blocking your own pleasure and don't even know it?

*H*ave you been in a situation where you were highly aroused before you started engaging in sex? You were 100% in the moment, then something derailed your ability to build your pleasure and to feel the connection you were hoping for?

Before you start worrying about why you don't always orgasm when you're having sex, here are a few statistics that you should know:

- ✿ Up to 30% of women have trouble reaching orgasm through sex. For some, masturbation is the sure fire route to an orgasm.
- ✿ Of the women who do reach orgasm through sex, 80% of them find it hard to orgasm through vaginal intercourse alone. In fact, stimulating the clitoris is the more common route to having an orgasm.
- ✿ Even though 85% of men think their partners had an orgasm during their last sexual encounter, only 64% of the women actually had one. Faking an orgasm is a double-edged sword, but we'll talk more about later in this chapter.
- ✿ Experiencing your first orgasm with your partner can take time, practice and heart centred patience. If you've only been with your man for a few weeks, there may still be a lot you need to teach him about how he can pleasure you.
- ✿ Orgasms get better with age. 61% of women aged 18 – 24 experienced an orgasm during their last sexual encounter. This percentage goes up to 65% for those in their 30's. And it goes even higher to 70% for women in their 40's and 50's! Maybe

it has something to do with knowing your body better. But this little factoid definitely gives us something to look forward to!

So why aren't these statistics in the higher percentages? One way to explain this is the presence of a number of overriding orgasm blockers that keep women from reaching the big "O."

Most of the time, these blockers are all in the mind. And since a woman's orgasm is a balanced affair between physical and mental arousal, having thoughts that get in the way of your pleasure can be a huge orgasm blocker!

There are lots of little and big factors that prevent women from reaching an orgasm...

In this comprehensive list, I'll be presenting some of the most common reasons a woman may not be able to orgasm. However, if you believe the reason you can't orgasm is due to past trauma or a physical condition, I heartily advise you to seek professional assistance to be able to deal with your unique history and challenges.

If you don't address this stuff it can carry with you for years, even decades or a lifetime and it doesn't need to be that way. There is a solution for every challenge or hiccup.

A challenge offers an opportunity to develop and grow, also overcoming challenges can be empowering, freeing and liberating. I suggest you read this program word for word... write notes if needed, sit with the secrets I share and be raw, honest and realistic about your emotional awareness and well being.

Moving ahead...

Being orgasmic involves being open, real and vulnerable... and the following shall reveal some of the blockers that may be standing in your ORGASMIC WAY:

Religious and Cultural Beliefs

Around the world, there is still a lot of opposition about women who are able to OWN their sexuality and take pleasure in having sex. There are still cultures where women who are open and more vocal about their sexuality are considered "loose" and immoral.

In many patriarchal societies, a woman's sexuality is deemed untamable and dangerous, and must therefore be suppressed to do just two things: to give pleasure to a man or to create children as per our earlier chapter.

In many major religions, sex is often exclusively viewed as a means of reproduction. However, there are also those who may believe in their religion's doctrines, but choose to have a more advanced view: they believe that other than for reproduction, sex can be viewed as a means of consummating the love between two people who are joined in holy matrimony.

A woman who was brought up in a patriarchal society may often believe that sexual needs are secondary to a man's needs. Often, those who are very conservative in their beliefs may only get their primary and most influential "sex education" from their mothers (or perhaps their fathers), who have also subscribed to the patriarchal view of female sexuality. These women don't try to find out what is pleasurable because they may not believe that pleasure should exist in sex in the absence of a man, a husband.

They may not know that there is a lot of pleasure to be had during sex...

The beliefs they were brought up with have typically been deeply ingrained in their minds for years. It would take a good dose of courage, determination and a significant mind shift before they can fully realize that the years of suppressing their sexual desires can be put in the past to make way for a sexual reawakening.

This is one of the many reasons women may feel inhibited in the bedroom. They're too focused on pleasing the man, and they're not fully aware that taking pleasure in sex should be their right! I'm not suggesting a woman picks up any man she wants and has her orgasmic way with him. This is certainly not the message I am trying to impart - although there is no good reason for a woman to not express her sexuality with confidence (of course appropriately).

This cultural and religious 'Pleasure Blocker' may be the reason why many women finds it exceedingly awkward to take their man by the hand and show him what makes her feel good.

Exercise:

1) Are religious and cultural beliefs one of your pleasure blockers? What beliefs do you think prevent you from having pleasure through sex?

Past Sexual Experience

Your sexual experience or lack thereof may also play a huge role in the pleasure you receive from sex...

For those with little to no prior sexual experience, it's common to believe everything you see in books, movies and even porn. Those whose only glimpse into sex is popular culture, may turn out to have a cookie-cutter view of sex: the man and woman kiss, then they get naked, they have sex and it all ends when the man finishes.

For those who have had some sexual experience, the block may be due to the way that you've been having sex all these years. It's a shockingly common belief in women to think that they simply can't orgasm because they're not wired that way...

If you haven't had a lot of pleasure in your past sexual encounters, it's easy for you to think that maybe sex just isn't all that pleasurable, and that you should just learn to get used to it. This is a highly erroneous notion that may actually stop you from actively seeking out pleasure during your sexual encounters with your partner.

The old excuse of "this is how we've always done it" should be thrown right out the window!

Try to find out what feels good by exploring your body and realize that just because sex hasn't always been pleasurable for you, it doesn't mean you'll never find pleasure ever (of course you can).

Exercise:

1) Do your feelings about your sexual past prevent you from reaching pleasure through sex? What experiences do you think have the most effect on you?

Feelings of Vulnerability

If you aspire to developing a great sex life, you have to allow your barriers to come down a bit or a lot. You must be able to let yourself be vulnerable.

Being naked in front of your partner may already give you a semblance of vulnerability, but you will also need to feel it in your heart and mind. You may fear judgment or even though you desire vulnerability, it may still feel too scary, too raw, too exposed, too uncertain.

Both men and women experience this fear of being too vulnerable with their partner. Because of this, your body shuts down and becomes less responsive; sex becomes detached, numb, or very "sexual", lacking a heart connection. Being sexual does not mean you are sensual.

I don't know of anyone who does not experience some level of insecurity or fear from time to time. For some people self-doubt can be very prevalent in their lives, for other people these little niggles only surface from time to time.

Also, there are plenty of 'internal gremlins' that we can have running that we're not even aware of. Often we're not conscious of the impact these energy and pleasure zappers have on not only our sexuality, our lives in general...

You may fear that you're not perfect, fear that you're doing something wrong, or fear that you won't be accepted. This type of fear is something we can all overcome and it shouldn't stop you from being able to open your heart to love or your body to a new experience.

Sometimes, you need to practice allowing yourself to be vulnerable in order to be open to new physical and emotional experiences.

One of the key reasons why someone won't show vulnerability is they fear the outcome of what may happen as a result of a self-reveal. The thing is... that's all about self-worth... and gets you nowhere!

If a person doesn't "get you" or they're not on the same page as you then it's better to know this now, why take it as a personal attack or that it means something "less" about you.

When we're excessively concerned about what others think we can block flow and intimacy by being; confrontational, running away, freezing or pleasing... we compensate our fear by acting inauthentically.

Exercise:

1) Are you afraid of being vulnerable when you're having sex with your partner? If so, what are you so afraid of?

2) If you did show your vulnerability what would that look like? What would you like to say or do?

3) If you were to do these things, what would be the worst things that could happen as a result of expressing yourself in an authentic and vulnerable way?

Your Insecurity

A woman may appear secure in who she is and how she looks, but when it comes to revealing her authentic self with her partner all that confidence can melt away. Having sex can make you feel vulnerable and insecure because you're not completely sure if your man likes the way you look, the way you feel, the way you smell or the way you taste.

There are tons of products and procedures out there that can easily convince the less-than-secure woman that her vagina should be as pink and pretty as a rose and smell just as sweet. Or that perhaps a man will turn his nose up that your right breast is larger than your left. But even if you're comfortable in your own skin, it can sometimes take just one comment to make you question what you love about your body.

With your mind asking if you look hot enough or if your vagina looks okay or if your belly looks big (unhelpful 'Sex-Imprint' see next chapter), it's hard to focus on the pleasure you're getting from sex...

You and your guy most likely would not be frolicking in bed if he didn't find you attractive in the first place. Besides, wouldn't it also bother him if he found out that the reason he can't seem to pleasure you is because you're too worried that you're not sexy enough?

Men simply DO NOT think like this!

Most men are not as discriminating and hard on women as women are with themselves and other women.

Woman waste so much energy worrying about the superficial. If you want to fire your sensuality and ignite the orgasmic woman in you, you've got to start accepting yourself for who you are today. Spend time being present and in the moment, not living in the past or the future... and stop comparing yourself to other women. We're all different and different things matter to different people. Different is a good thing.

Further to body insecurity, you may not feel secure about yourself in general. You may not think you're good enough for love. You may believe that you're not worthy of being adored and cared for. This will certainly impact how you feel about men, relationships and your sexuality.

Exercise: Loving Your Body

Try doing at least one of these each day so that you can learn to love your body and let go of those insecurities:

1. Know that men love women with all different types of bodies. There is not ONE shape of type of woman that men like. Look around you, love is everywhere and love has no superficial boundaries.
2. Embrace your imperfections. Every human on this earth has imperfections. Find yours and accept them. They're your keys to uniqueness. Each scar, love handle, stretch mark is part of you. Lovingly change what you can and accept what you cannot.

3. Don't let critics knock you down. There are times when women listen more to the discouraging words of strangers than to the words of their loved ones. Listen only to the opinions that matter. When you face criticism, decide if the information is of value or not. Maybe there is some truth in what someone says – if so, take it on board and be open to a healthy dose of humility that leads to change – then discard what does not relate to you.
4. Take care of your body. You don't have to go through expensive treatments or go to the gym every day. Listen to your body – sleep when you're tired, eat healthy clean food when you're hungry, and move around to sweat out the excess. Feeling well and being healthy should be more of a priority than your appearance. When you love you'll treat your body with love. Over eating is not loving you, nor is under eating. Once you face your insecurities and fears your body will organically start radiating confidence, love and sensuality.
5. Listen to your partner when he says that he loves your body and thank him. Rejoice in his compliments and learn to see yourself through his eyes.
6. List down 10 things you love about yourself, including what you love about your body. Keep your list in a place where you can see them often, such as on the fridge, on your phone or even by your nightstand.

Not Feeling Safe with Your Partner

Before you hop into bed with your partner, you have to establish some form of trust before you can go through with the act of love-making. This kind of trust is needed so you can feel safe both physically and psychologically.

Safety is one of the fundamental needs of all humans. It's hard to be able to let yourself go and revel in the pleasure of being with your partner if safety is an issue. This isn't just limited to thoughts that your partner may hurt you during or after sex. It can also be about health issues.

Some infections like Chlamydia, yeast infections or Gonorrhea can be easily cured, but illnesses such as HIV, Herpes and Hepatitis don't have a known treatment yet. If you're too caught up with the thought that your partner may have these illnesses, it would

greatly hinder you from fully experiencing the pleasure of sex because you'd be more concerned about your health.

Psychological safety, in a way, can also be related to physical safety during sex...

Grounded in trust, psychological/emotional safety can be compromised when your partner has lied to you or has hurt you in the past. In addition, you can also feel less safe with your partner if you don't have a clear understanding of your relationship.

For instance...

- a) You may find it harder to have pleasure and reach orgasm with a partner whom, after your encounter, may disappear even if he promised to call you or may talk about your encounter with his friends. If you feel unsafe with your partner, it's very hard to focus on pleasure.
- b) Another example is - you're with a man who you adore, he likes you, he may even love you, yet he's not committing to you in the way you want. These feelings can block a woman's sexual responsiveness.
- c) You've tried to communicate with him what you like, yet he doesn't seem to listen, remember or care. This over time can build resentment and a feeling of not being cared for which can, you guessed it... block blissful pleasure. And what's even worse, you have made some suggestions to him and instead of taking it on board he's reacted to it, his ego is bruised and sex had become distant, he may even have erection issues or avoid sex altogether. This may not allow you to feel safe.

Exercise:

1) Do you sometimes feel unsafe with your partner? Is this something that you can work out by talking?

2) If you can't work this out by talking about it, do you think that you should stay in a sexual relationship that you don't feel safe in? Why or why not?

Too Much Head Noise

There are tons of parodies out there of what women may be thinking when having sex. But we have to admit, that there are times when our minds wander off and think of something else...

For instance, during a super intense yoga-worthy session with your partner, you may still find yourself thinking about something someone said at work today, or something you saw on your way home.

And it's not just limited to things that are in our head. Sometimes, we can be distracted by the smallest things like the squeak of the bed, or a pillow falling to the floor, or even an unfamiliar splotch on the ceiling.

These little distractions take you away from being in the moment with your partner. In the worst cases, there can also be times when you feel like you're about to reach orgasm, but then a sudden unwelcome thought squeezes its way into your head and you have to start all over again!

You can also link your head noise or "unwelcomed thoughts" back to your Sex-Tactic...

Are you forgetting to focus on the moment and connect with your partner, are you too focused on orgasming, or do you believe that you can't orgasm, which YOU CAN. Or are you worried that he's negatively judging the way your bottom looks like in that position, and so on...?

Exercise:

Here are some ways you can try to get distractions out of the picture when you and your partner are getting hot and steamy:

1. One thing you can do to help eliminate this particular blocker is to keep all the distractions out of the bedroom. Get your phone out of your room or put your computer on mute. Make sure your pets are out of the bedroom, too!
2. Write down your concerns before you meet your partner. Writing them down allows you to keep tabs on the problems you need to work out. By transferring them onto paper, you're freeing some space in your mind for other things.
3. You can also mull over any other thoughts and concerns in your head and practice role playing effective ways to come back into your heart and into the moment, so they don't suddenly pop in when you're getting in the mood or you'll know what to do when they do (more about this soon).

Lack of Foreplay

One the biggest contributing factors as to why a woman and man do not feel connected sexually and are not able to engage in orgasmic sex is that they often forget the significance of foreplay. Both men and women love it, yet why is it so often overlooked?

With most men, it's easy to reach orgasm through penetration alone. But with women, it's a whole different story! Oftentimes, foreplay is something new couples do, yet let slide as time goes by.

Before the vagina is relaxed, warm and open (ready) to receive the penis, the clitoris, the vagina and the rest of the female body need some time to become alive with desire. The breasts need to be gently massaged before they can become more receptive to pleasure. Even the neck, the ears, the nape and the backs of the knees can be great places

to touch, caress and massage. Without sufficient foreplay, sex can feel soulless and disconnected. This can then set off alarm bells ringing in your head and leave you wondering if there's something wrong with your body! Nope, nothing is wrong with your body, you're just still "cold" - you and your lover both need to heat up your bodies, your senses.

And don't for one moment think this is just something that women need, men need this too! Men experience different stages of erection and they too need foreplay to warm up their; body, mind, heart and soul (more about this coming up). Remember sex is for two people to connect, bond and experience a spiritual connection. It's not a one man show (that is unless you are practicing and self-lovin')!

Exercises:

- 1) Think back to the last time you had great sex. What was the foreplay like? What types of foreplay do you generally enjoy?

- 2) If foreplay isn't a significant part of your love-making – what stops you from slowing yourself and/or your lover down to enjoy the magic of foreplay?

Abuse, Trauma and Medical Problems

Through some circumstances are out of her control, a woman may be a sufferer of physical, emotional or sexual abuse that may leave a long-lasting impact in her psyche. In some cases, the abuse can be overcome through therapy and support from her loved ones. However, in other cases, they may go unreported or untreated.

Women who have been through a traumatic experience may find it difficult to trust other people. In fact, she may even refrain from letting herself be alone with someone, let alone allow someone to approach her romantically.

Every woman's experience is different, and there is no single cure for helping her cope with the past. Each one can seek out the proper form of professional treatment in order to allow herself the pleasure of her sexuality once more.

Some women have never experienced an orgasm; some studies reveal it's 5%, others say that it's 10%. Either way much of this is psychological, yet there may be physiological /medical factors contributing, which should be looked into much like the following points. This can come in the form of anatomical barriers to pleasure, which require more effort on the part of the woman and her partner.

Dyspareunia is a medical condition wherein the woman feels pain or discomfort during sex. It can be caused by a number of factors such as an infection, a symptom of an illness (such as an ovarian cyst), surgical scar tissue from giving birth or overall vaginal dryness. Menopause can of course affect female pleasure and for a number of reasons. Rest assured, there are experts who can help with this and there are natural ways to do this also.

Other female sexual dysfunctions include a chronic lack of desire for sex, sexual aversion disorder, sexual arousal disorder, orgasmic disorder, vaginismus (vaginal spasms that prevent penetration) and non-coital sexual pain (pain in the genitals during stimulation).

These 'blockers' should be looked at by a medical professional in order to find out how they can be eliminated or at least reduced so that those who suffer from it may finally find

pleasure in sex once more. For most of the issues there is a solution and many of them will be addressed within the SOS program. That said, a medical opinion will be necessary benefit for some of these experiences.

Never be embarrassed about seeing a professional about this. And there are a whole variety of solutions available. If one technique of treatment did not work that does not mean another one won't. Keep at it.

Other Vaginal & Clitoral Desentizers

In addition to what I have already shared, following are a list of some sexual acts and behaviors that can impact your ability to receive great pleasure. This doesn't mean you should never use these following things to spice up your sex life, yet it pays to give your body a nice break and let *au naturale* sex take over and give you pleasure.

You can over stimulate the clitoris and the vaginal wall a number of ways. Of course there is the mental/emotional component, then there are the things you do with your body, or allow to be done to your body that can desensitise the vagina.

Some of the things that numb the body or affect your chances of orgasmic full body bliss are:

Sex Toys

Vibrators, dildos, little vibrating eggs or even electric toothbrushes are great for a titillating experience with your lover. They're also a useful way for you to get an orgasm even without a partner. However, it's easy to get hooked on sex toys because they don't require you to exert a lot of effort to be able to reach orgasm.

A peak orgasm addiction can even ensue when you just want to keep climaxing again and again. But once you're faced with a sexual encounter wherein you can't use your toys, achieving orgasm and attaining a pleasurable state may become difficult for you. You become desensitized.

I recommend you have a sex toy hiatus!

Cleanse yourself of the need to climax so quickly.

Lazy Lubricants

All sorts of lubes are available in many stores, ranging from the plain to the aromatic tingling ones. Lubrication is essential for allowing your partner to penetrate you without pain. But the vagina already has the ability to secrete its own lubrication. Piling on gels to make you wetter may make you skip the part where your body is naturally producing lubrication.

Relying on this too much instead of allowing your vagina to produce lubrication can make you bypass the foreplay process and disconnect you from the spiritual and healing aspect of love-making...

This is not to say that you won't ever use a lubricant, I understand that sometimes you will need to, just be mindful that you're not cutting orgasmic corners (of course women who have gone through menopause may need some extra help with this).

Never forget though - foreplay is what your vagina and whole body needs!

Pornography

This may not be something you rely on for erotic stimulation, yet more and more women are watching porn.

The thing is; pornography can be a major pleasure blocker. It can give you unrealistic expectations of what women and their genitalia should look like during sex and it can program you to think that *fast in and out sex* is supposed to be pleasurable.

Remember that pornography is meant to be taken with a grain of salt!

Most porn is very fast, vigorous and disconnected – it's about a man orgasming and a woman offering an orifice to make that happen. This is not an ORGASMIC experience.

This kind of sex can desensitize the vagina and will cause a women to protect herself by tightening up not only her vaginal muscles, her whole body will block the flow of

sensual energy. Generally a female's body needs to be relaxed to receive and unleash a full body blissful sexual union.

Also, aesthetically, women don't always have to look picture perfect. Women's vaginas don't have to be pink and hairless.

Lastly, just because a woman in porn **acts like** she can orgasm within two minutes of penetration, that is rarely the case for 99% of women!

Just because you don't achieve pleasure as the women in porn are portrayed, this doesn't mean there's something wrong with you...

Remember, every woman is unique in her sexuality and sexual responses. Do not compare yourself to a porn star or any other woman. **Learning something new is empowering, constant comparison is disempowering.**

Just focus on loving your body and unleashing the orgasmic you – free of judgment, “should's” or any other hogwash.

Kinky Play & Other Sexual Acts

Many couples like to participate in different forms of sex. There are tons of different sex acts that can *appear* to enhance pleasure in the bedroom.

Examples include; rough sex, spanking, whipping, strangling, auto-erotic asphyxiation, role-playing, “dirty” talk, bondage, anal play and all sorts of other acts...

When it comes to pleasure, remember that participating in one style of having sex too often can make you feel a little more immune to the act each time. In this case, some people like to do things to add variety and spice it up a bit.

The problem with that, however, is that relying too much on these acts can make other sex seem boring and dull... in fact most people have not taken the time to master the fundamentals of pleasure, hence they seek highly stimulating and at times extreme ways to ignite sensitivity.

You can get too caught up in the habit of rough sex or spanking or strangulation that there's hardly any room for you and your partner to connect emotionally during sex.

If a woman can't orgasm without role-playing, fantasizing or being suffocated – then her mind, her beliefs, her 'Sex-Imprint' are running the show (Sex-Imprint is coming up in one of the next chapters). Her mind-set is blocking her ability to experience; pure, intimate, loving and spiritual sex. Her pleasure is being controlled by a belief that sex is not good or satisfying unless it's a certain way.

I am not for one minute suggesting that experiencing some spanking or role-playing is bad or wrong. However, sometimes you have to take the play part out and allow yourself to achieve pleasure without them. You might be surprised at how spectacular some simple yet intimate and sacred sex feels like!

So... the good news is you can resensitize your vagina !

Alcohol and Drugs

Earlier I mentioned health and medical reasons why a woman may have difficulty experiencing pleasure. Some prescribed medication can certainly damper arousal and I suggest you speak to a medical professional about this. Sometimes a Holistic Doctor can work wonders, as they are more knowledgeable about alternative options to mainstream treatment.

What about other kind of drugs that can numb the body?

Alcohol is a huge issue. A lot of women and men drink alcohol or take drugs to boost confidence and to free themselves of inhibitions. Alcohol is particularly numbing. On a personal note I pretty much only have sober sex. If I have sex after drinking it's normally only after one glass of wine and a bit of time after I imbibed the drink – like 2-3 hours later.

Of course your body is different to mine, although you will find that this runs true for most women.

Some women may say that they like sex more so when under the influence. This is more about their confidence level and their ability to be present in the moment, than it is about feeling heightened sensations.

Some drugs are known to enhance sensations, this is true, yet in the long-term they dull your sensations because they diminish the magic of “straight” sacred sex. Therefore this plays with your mind and your body-response to sex.

If you feel the need to drink a lot of alcohol or take drugs then I would encourage you to seek some professional support to overcome past or present challenges. Drugs and/or alcohol are never a solution to emotional pain, and they do not make you happier.

Faking the Orgasm

If you’ve never faked an orgasm, you’d probably be wondering why anyone would bother doing this. Studies suggest that up to 80% of women have faked an orgasm at least once. Different women do this for different reasons, and among them are:

- ✿ To stroke their partner’s ego
- ✿ To get sex over and done with so that they can get back to doing other things
- ✿ To make their partner think that they’re turned on enough and their partner can now finish
- ✿ In order to orgasm

Hold on. You read that right. A study by researchers at the Temple University and Kenyon College surveyed 481 females who were not involved in a serious relationship. In their study, they found out the four main factors (ranked according to prevalence) women faked their orgasms:

- ✿ Altruistic deceit, meaning they fake it so they won’t hurt their partner’s feelings.
- ✿ Fear and insecurity, meaning they fake their orgasms to avoid feeling bad about the sexual experience.
- ✿ Elevated arousal, meaning they fake their orgasm in an attempt to increase their own arousal
- ✿ Sexual adjournment, meaning they fake it to end sex

The other three may not come as a surprise to those who have faked it for the same reasons. However, the ground-breaking information here is that some women actually believe they can pretend to have an orgasm in order to work up their arousal and reach a real orgasm...

It's like using the power of positive thinking! According to the participants of the research, it can work to increase arousal, but it doesn't happen as often as they'd hope.

The question on your mind might be, are faking orgasms bad? Actually, that's for you to decide...

On one hand, it can stroke your partner's ego and maybe even help you get a real orgasm. But on the other hand, it's still a form of deception that shows your partner that you can orgasm from what he's doing, this stops him from trying harder. Faking an orgasm has both good and bad consequences. But the root cause of this may not even be about sex. It might be about expectations.

Imagine this scenario: You're having hot steamy sex with your partner. You start to feel like your partner is close to orgasm so you moan louder and louder until you fake an orgasm to keep him from feeling bad about not making you climax. This can go one of two ways:

- ✿ He can get so turned on by your orgasm that he reaches his own, and you're left more tired from your charade than from an actual orgasm.
- ✿ He keeps going because he knows he's really turning you on, and you eventually reach a real orgasm.

If scenario two is a common fixture, then don't worry too much about it. You can try to come clean and tell him that sometimes you may **sound** like you've orgasmed, but you haven't quite reached climax yet. And this is actually true.

But what if scenario one is what always happens? The answer might be obvious, but there are a few ways to move past this.

1. Stop pretending and redirect you attention

Of course you can just stop pretending and try to merge what you learn here into your love making without too much talk.

You can decrease the amount of times you fake it and start encouraging him to make love to you in different ways. This is the time when you need to have the courage to really explore and discover what you like and know how to express these desires to him.

You can try it and see how you go.

2. Come Clean

If your partner is someone you see yourself being with for the long term, then these little sexual deceptions can make your man have a totally different view of your sexual relationship!

The best time to talk openly with him about this is when you're both relaxed and just about to have another steamy session, but you're both not too warmed up yet...

Some men have very fragile egos and may feel lied to and cheated. He may also feel like they have failed you in some way. If you do talk about then you've got to be careful how you approach it and be prepared for him to be upset...

Perhaps you can tell him that you've got something you want to share that's a little embarrassing for you (not him). Once he's done frowning his eyebrows and nervously fidgeting, you can get right to your point.

Tell him why you've been faking some of your orgasms. But also explain to him that it doesn't mean he's not sexy or that you don't like being intimate with him. You can say that the sex is still great just that you have trouble orgasming or you feel shy expressing your sexual needs.

You can promise him that you'll try your best to never fake it again. In fact, you can teach him a few new tricks to help him get you closer to climax.

With this talk, you may risk deflating his arousal. But at least you were honest enough to tell him. Besides, some bad habits take time to break. By letting your man off the hook

when it comes to your “climax,” you can start having a more honest, open, and genuinely sexually fulfilling relationship!

Exercise:

1) Can you name five things that you believe about yourself that may keep you from feeling pleasure during sex?

2) What role has your upbringing played in shaping your sexuality?

3) What are you willing to let go of or change?

4) Can you recognize any desensitizers you have used that could be numbing your vagina? If so, are you willing to stop using these things, which will allow you to experience more pleasure?

The reason why I have asked you to write down your thoughts and feelings around your sexuality is so much of how we think and feel about sex, our bodies, the past and the future, can be largely unconscious.

You may have some idea that you have certain thoughts and actions that are not particularly “positive” or pro pleasure. Unfortunately unless you uncover these thoughts they just keep breeding – meaning you will continue to reinforce and feed these pleasure blockers and won’t really know you’re doing it.

This is why I encourage you to go back and write your answers for the previous questions in the earlier chapters. If you have already done so then that’s fantastic, great effort! Please make sure you do the rest.

When you get your thoughts out of your head and onto paper – it’s much easier to be more objective and be able to change how you think and feel and how you experience sex and intimacy.

SOS ⌘ *Highlights*

- Lots of different things can get in the way of women getting pleasure during sex.
- Emotional and mental factors include your past experience, the culture you grew up with and your own thoughts and feelings about your sexuality.
- Physical factors that impede pleasure include a reliance on sex toys, special lubes, pornography and kinky play.
- Many women have faked orgasms in the past, and there are a variety of reasons for why they do this.



4 The 3E's

Cultivate these three key fundamentals to unleash magnetic sexuality

Now that we've gone over the main 'Pleasure Blockers' many women experience, it's time to introduce the three most powerful elements to your sexual success! But before we do this I'd like to share a little story with you that reveals the magic of the 3E's:

Anna was a client who came to see me about two main concerns; one was excessive drinking and the other were her fears with relating and connecting with men.

When she would go out socially she would drink to excess and on occasion hook up with a random man, although this was rare, it was troubling her. Outside looking in, Anna came across as confident and larger than life, BUT when she liked a man she'd become deeply insecure, submissive and was unable to openly communicate or ask for what she wanted. She'd become a ball of nerves and be anxious and uneasy.

When Anna came to see me she was in her late thirties and as we started working together quite a few other concerns started to surface...

At this time in her life she'd never had an orgasm with a man and even though she mostly enjoyed sex, she was exasperated. She could easily bring herself to orgasm, yet she was not able to orgasm during sexual intercourse.

For much of her life she had been greatly overweight, insecure, and full of self-loathing. She was adopted and had deep fears of being abandoned and rejected. Anna did not feel worthy of love and she did not believe a man would ever whole-heartedly love her and adore her.

As mentioned Anna was extremely charismatic and engaging and she attracted men with relative ease – yet she was miserable and finding it difficult to meet the right man for her. She lacked healthy boundaries for fear of being rejected and not loved.

As we worked together to overcome her fears of abandonment and rejection I started to link these issues to her sexuality and her orgasmic body. Because she was so terribly insecure about her body and didn't believe in herself, her body was closed off to pleasure. She was not connected to her orgasmic energetic system.

When she did have sex with men she'd never tell them what she liked because she didn't think they'd care and she was certainly not comfortable expressing what she liked – for fear of embarrassment and being rejected. This cycle went on for 18 years.

Then it all changed.

We worked intensively on her self-worth and value, and as she became more confident and at peace with herself, her life, her body and her past - she started to attract different types of men.....

Then one day she met a man (now partner and father of her children) who adored her! He loved everything about her - and because she was now at peace and she also loved everything about herself. She felt safe with herself and him, she was able to be present and in her body, she was free of judgment and fear and she was able to beautifully express both verbally and physically what she liked. And alas, the sexual connection was mind-blowing.

*Anna was the orgasmic woman she never thought she would be! She was now able to orgasm easily and she had never felt so good about **everything** in her life.*

So what does Anna's story have to do with the 3E's?

Anna was not able to become orgasmic until she mastered these three powerful and essential personal qualities.

So what are the 3E's? ...

The 3E's for Body Bliss:

The 3 E's are the foundations of sexual pleasure that allow women to feel empowered in their sexuality and in a way that's still feminine and harmonious with their partner.

They're three facets of a woman that allow her to feel confident in her desires and needs when it comes to sex. The 3E's are a powerful combination of skills that once you embrace you will certainly skyrocket your pleasure system.

What's important to mention is one's sexuality is not exactly about sex. Your connection and understanding of your sexuality transcends sexual intercourse. Anyone can have sex. Nevertheless, are you intimately aware and connected to your sexuality and how you express it?

When you master your three ZONES (or facets); your Esteemed Self, Exotic Self and your Expressive Self, you are then able to express your sexuality in a way that comprehensively and expansively supports you; the emotional, mental, physical and spiritual you.

The 3 E's are the Esteemed Self, the Erotic Self and the Expressive Self.

1	Esteemed Self	<ul style="list-style-type: none">• Confident in you• Loving you• Believing in you• Believing you are worthy• Knowing you are beautiful• Knowing you have value• Knowing you're deserving of pleasure• You have faith in yourself no matter what happens in life (you can deal with it)• At peace with yourself• Accepting of your past and who you are today
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		<ul style="list-style-type: none"> • Accepting of your body – face, arms, legs, scars, shape, size • Confident to face insecurities and fears • Open to change, vulnerability, humility
2	Erotic Self	<ul style="list-style-type: none"> • Comfortable being a sexual being • Confident in the power and magic of your sexual and spiritual energy • Allowing yourself to be receptive to pleasure • Letting your sexual feminine side shine • Connected to your creativity • Appreciating every part of you body allowing your erotic/sexual self to be seen • Know that every woman can embrace her erotic and sexual self, no matter what shape or size
3	Expressive Self	<ul style="list-style-type: none"> • Being comfortable in making noises/sound to express your sexuality • Using your body to show your partner what you like; physically guidance vs verbal direction. • Using words to express what you're feeling, like "Yes, there!" or "on my, that feels so good!", or "wow, the way you touch me like that feels amazing" or "you feel amazing" • Asking for what you like – "I'd love it if you could.....zxy" • Knowing what you don't like and creating boundaries around it pleasure • Being able to suggest new positions or techniques

So why do you need the 3 E's?

First of all, being able to love yourself and your body and being comfortable expressing your sexuality both physically and verbally is extremely important in finding pleasure in sex.

100% committing to developing the 3E's is an indication that you know you're worthy of great sensual and sexual nirvana. The 3E's prepare you for *sacred sexuality*.

Secondly, there are tons of women who feel some sort of guilt when they want something other than what their partner is giving.

For example: *If you want your partner to use a lighter touch or a more gentle touch, asking your partner may make him feel like what he's doing is wrong and that he's bad in bed. This is not true. Sexual satisfaction is a constantly evolving thing. The more men and women learn about their partner's bodies, the better the sex becomes.*

Thirdly, up to 90% of women aren't able to express what they truly want and desire sexually. It may be due to fear that the man may judge them for knowing what they want, or they're fearful of upsetting or bruising a man's ego – both of which are greatly ineffective mindsets, creating fruitless pleasure blockers.

The 3E's are your keys to taking your sexual pleasure to new heights!

Now, don't fret!

I created the 3E's to assist you to have clarity about the three factors that make for sexual transformation and PLEASURE!

You don't have to feel 100% confident or even know how to express yourself perfectly, or always be in touch with your erotic self, SOS is not about perfection! It's okay to fumble and stumble; it's part of learning and changing. Just keep building and building and you will arrive at the desired destination - Simple Orgasmic Pleasure!

To begin nurturing and cultivating the transformational 3E's, it's necessary to first address your specific areas that need some improvement, some TLC (tender loving care).

Try the following exercise to gain more insight into your 3E's: Be courageous, be honest and make the changes needed.

Exercise:

1) What are you committed to addressing or changing to engage your 3E's?

i.e. Do you need to work on my self-worth, your self-belief? Do you need to start addressing the negative self-talk you have running about you body or about your past?

2) What can I let go of and/or do to be more Esteemed?

3) What can I let go of and/or do to be more Erotic?

4) What can I let go of and/or do to be more Expressive?

SOS ⌘ *Highlights*

- Activate your 3E's to allow yourself to appreciate your body while also allowing your partner to know what you want.
- If you're not experiencing pleasure you can be sure that one of the 3E's is out. You're either; not expressing what you want, you're not feeling secure and safe, you're not owning and embracing your erotic self.
- Everyday focus on one thing you can do in one of the three zones – Ask yourself: Today how can I be more connected to my sexuality? How can let go of fear and be more confident? How can I be more expressive?
- You can practice these things in your everyday life – communicating with friends, the way you walk and talk. Your orgasmic self begins out of the bedroom. Learn to merge it.



5 Sex-Imprint™

Do you have an “imprint” that’s impacting on your sex life?

*H*ave you ever been in a situation when as things are just starting to heat up with you and your sexual partner, there’s that dreaded feeling in your body and mind, and you know you’re about to have “the same old routine sex” once again?

Or have you ever had doubts or misgivings about whether your partner thinks you’re sexy? Perhaps you believe that your physical flaws are so obvious, you wonder how on earth any man could find your body beautiful?

Or do you have negative thoughts during sex that make you think that you’re not tight enough, or not sexy enough, or plain old not good enough?

This may be a sign that your ability to have pleasure during sex is being blocked by your Sex-Imprint, which also links to your Sex-Tactic, Pleasure Blockers and the 3E’s.

What is a Sex Imprint?

A sex-imprint is the set of stories you tell yourself about yourself and sex - your beliefs, knowledge and past experiences shape your Sex-Imprint into what it is today.

Sometimes even ideas shared a few minutes before a sexual encounter can leave an imprint in your mind. A study conducted by two psychologists from the University of Washington shows this perfectly:

They learned that women who were exposed to stimuli (tape recordings of positive messages about sexuality) that encouraged a positive sexual identity led to them feeling more aroused while watching erotic films than those who were exposed to stimuli that had a more negative view.

Sometimes, even thoughts, beliefs and experiences with no direct link to sexuality can affect your Sex-Imprint. These thoughts, beliefs and experiences can be about gender roles, the way one dresses or even one thinks is attractive in a person....

Take this example:

Zia has been brought up to believe that a woman must be meek and submissive. This is exemplified by her parents, wherein her mother is very demure and proper and her father is very masculine and opinionated.

She is currently dating a man who seems strong and manly, much like her father. She, in turn, is very much like her own mother in demeanour...

One day, Zia and her boyfriend get into a heated debate about something. It was a friendly and enjoyable debate that ended in her yielding because of her nature. A few weeks later, she and her boyfriend are about to have sex, and she notices that her boyfriend is not as into it as he normally is...

They go through the motions and she feels like she's not pleasuring him. Her mind then goes back to the time when they had a debate, and she felt that she was too forward during the discussion. She then starts thinking that her boyfriend is no longer as attracted to her because she has broken her image of being the demure and meek woman.

Zia's belief is that a woman is supposed to be quiet and not challenge a man too much. And because she did that one time, she linked that to the reason why he was not as amorous. Instead of asking him if he was okay or guessing that he was tired or he just got off the phone from his mother about his sister who was unwell. She linked it to mean that it was because she showed some backbone.

There are a lot of other thoughts brought about by your history, your upbringing, sexual or not, that may affect your sexual landscape....

Some of these Imprints can be unfavorable and unhelpful towards your pleasure system, while others may bring about a positive effect on your sex life.

Here are *some* common Sex-Imprints that may prevent you from feeling the pleasure of sex:

Concerns about your partner:

- ✿ I shouldn't have to tell a man what to do, he should know.
- ✿ If I seem to into it, he might think I'm a too experienced or a tart.
- ✿ If I tell him what I like he may perceive that I've had too many partners.
- ✿ I feel guilty whenever I fake an orgasm, but I don't want my partner to think that he's bad in bed.
- ✿ I want him to touch me a certain way, but it's too embarrassing to ask him.
- ✿ A man should always instigate sex.
- ✿ Touching myself in front of a man is too personal.
- ✿ We haven't had sex in a while. He mustn't be attracted to me anymore.

Concerns about your own body:

- ✿ I don't orgasm from vaginal sex, something is wrong with me.
- ✿ I can't orgasm even when my man goes down on me.
- ✿ I think I'm too dependent on my vibrator to be able to orgasm.
- ✿ A vibrator is better than sex, why bother!?
- ✿ Sex always hurts, that's the way it is.
- ✿ All vaginas are ugly, how can a man like them.
- ✿ If I have pubic hair he will be turned off.
- ✿ I have sex with the lights off because I don't want him to see me naked!
- ✿ When I'm on top I can't relax because I think he's thinking my stomach and breast must look awful.

Concerns about what's "normal"/acceptable:

- * I don't orgasm (at all).
- * Casual sex is what sluts do.
- * Sex before marriage is bad.
- * If I instigate sex, it means I'm too sexual (perceived "negative")
- * Sex is for men, not women to enjoy.
- * Women shouldn't know too much about sex.

Other possible Sex-Imprints:

- * No man wants me once he's had sex with me
- * Most men don't want to date me they just want to have sex with me
- * I'm really terrible in bed
- * I'm just not a sexual person

Exercise:

1) What are your specific Sex-Imprints?

2) Do you think they have an effect on your sex life? Why or why not?

3.) Do you think they're affecting your sex life? Why or why not?

Through knowing your Sex-Imprint(s), which are essentially beliefs you have around sex and your sexuality, you can instantly tell just how much your mind affects your body. Of course your Sex-Imprint relates to the 3E's, your Pleasures Blockers, and your Sex-Tactic.

The way you live your life, the way you make-love, the way you think about yourself and relationships, and how you experience **everything** comes back to your thoughts and opinions.

You can't completely achieve sacred sexual pleasure if your mind is more focused on your inhibitions than owning your sexuality and being present. The mind is often considered one of the sexiest body parts. So instead of keeping you from achieving pleasure, it should instead help you move towards it!

Examples of Women Experiencing Problems Because of Their Sex Imprint -

I've been consulted by numerous women who are having problems with sexual pleasure because of their sex imprint. Though some are desperate for a cure, others have just

shrugged and thought that the flame fizzles out eventually or perhaps they'll never experience a "flame".

Here are some of their stories (name have been changed):

Claire:

Claire has been single for some time because she was busy with creating artwork for a gallery show. Now that her schedule has freed up, she has decided to enter the dating scene once again. She finally met Danny, who feels compatible with. And after a couple of dates, dinners and heartfelt conversations, she feels she is ready for a more intimate kind of relationship. One night they end up at his apartment and things start to get steamy. But due to years of not being intimate with anyone, Claire feels clumsy and awkward. They both try to laugh it off and enjoy the moment. After they have sex, she feels strange because she used to be confident in the sheets back in the day. She asks Danny how it was for him. He says he enjoyed it a lot, but she's still not quite convinced. She thinks that maybe all she needs is practice. But there's still that feeling that years of not being intimate may have made her "bad in bed."

Mandy:

Being married with two kids was a huge change for Mandy. Once she was svelte and slim, but after she gave birth to her two angels, her belly and thighs weren't as toned as they used to be.

Whenever her kids were fast asleep or sleeping over at their friends' houses, Mandy and her husband would have a romantic night that always ended up in a romp between the sheets. The problem, however, is that she sometimes can't help but feel her husband no longer finds her body as attractive as before.

One day, when changing in front of a mirror, she learned with alarming clarity that her breasts were no longer as perky, her hips felt a lot bigger, and her arms were no longer as slim. On top of that, she feels like her vagina is no longer how it used to be. In her mind she has decided that her husband must really think her body is gross, and she's no longer appealing in the bedroom. These thoughts would always go through her mind during sex, and her husband was starting to notice that

she was not the same. He'd reassure her that she's still gorgeous in his eyes and that sex with her is always awesome, but she won't be convinced. After many months of this Mandy and her husband are both becoming more and more frustrated, thus making their sex life strained.

Mariz:

Mariz and Brian have been together since college. Their relationships have had a lot of ups and downs in the ten years they've been together, but they're still going strong and have started to live together. Their friends would say that their relationship is absolutely perfect. But in Mariz' view, it isn't perfect at all. For most of their ten years, it was perfect, but now things are starting to feel a little dull. They still have sex often, but it's as if they have a template for it now. They'd start with kissing in bed, then they'd move on to a few minutes of foreplay before penetration. They'd switch positions once or twice on a good day, but it almost always ends within 15 minutes. Afterwards, they'd cuddle and chat for a bit and then they'd fall asleep. Mariz wants something different to happen, but she's too afraid to ask. She also thinks this is how Brian wants it because he's used to it and he can't be bothered to come up with new moves. Mariz doesn't want to take the initiative because she doesn't want to seem too forward. So instead, she just trudges through sex and fake orgasms, even if she's desperately hoping for things to change.

Can you relate to Claire, Mandy or Mariz? Do you have thoughts that stop you from having pleasure during sex? If so, then you may have a Sex-Imprint that's impacting your sex life and your orgasmic system. But don't worry, there are a few things you can do to remedy this.

What Can You Do to Change It?

Even if your partner is the most gifted sexual partner in the entire world, none of his skills and moves will matter if your mind is too preoccupied with thoughts that are keeping you from enjoying the moment.

With all these thoughts in your head about your insecurities, your concerns and your inhibitions, there's not much room left to actually feel the pleasure your partner can give

you. And some women can quite successfully enjoy sex in the moment, yet afterwards, feelings of regret, guilt or shame can seep in and nullify the intimacy that just took place.

Let's have a look at a great solution for this....

Mind Magic for Making Out™

What's the sexiest organ in the body? The breasts? The genitals? The bum?

Actually, it's the mind!

When your mind is turned on, your body follows suit. People always mistakenly believe that arousal is mostly a physical affair. But in fact, the mind has more to do with it than anything else. Other than sending your body signals like making your nipples erect, forming that knot in your belly or making your breathing faster, there are other ways your mind can make the magic happen.

'Mind Magic for Making Out' is a series of actions that you can do in order to keep your mind more focused on pleasure than anything else. It can help you get rid of unhealthy thoughts during sex, and it can also help you achieve greater pleasure through the power of your mind. There are 5 ways you can use your mind in order to become more attuned to arousal:

1. Acknowledge. Your sexual imprint can be a huge block to achieving pleasure. Changing your sexual imprint starts with identifying which sexual imprints can be causing the problem. Which sexual imprints do nothing to improve your sex life? Is it the ones where you feel ugly or fat or too inexperienced? Do you feel inadequate? Do you feel like your partner's silence or lack of sex drive is stemming from a lack of attraction? Get to know your unhelpful sex-imprints and write them down. Don't let any of them slip into your subconscious and muddle everything up. When your imprints are brought to the surface, that's the perfect time you can learn to deal with them. (see previous exercise)

2. Reverse. Now that you know what's bothering you when you're trying to achieve pleasure, try to do a reverse. Try to find ways to prove that these imprints may not be true. For instance, you can try using these statements:

- ✿ **I think my partner thinks my body is ugly** -How is that possible if he regularly tells me I'm sexy and he still manages to get an erection when I'm naked in front of him?
- ✿ **I feel ashamed that my lady bits aren't pretty**- How come my partner seems to like going down on me then?
- ✿ **I might squish my partner when I'm on top during sex because I feel so heavy** -So far, he still seems to keep asking me to be on top. I can ask him about it too.
- ✿ **I want to have more heartfelt intimate sex, but he's worried about losing his erection**- We can always try prolonged foreplay so we can bring our climaxes closer together, let him know that you don't want to focus on the erection or orgasming, you would love to enjoy being present with him,
- ✿ **It takes him so long to finish, that I feel like I'm really bad in bed!**- He did mention that it takes him a while to come, even when he's masturbating. Maybe it's just the way he is. I'll try and guide him to connect with me more.
- ✿ **Something must be wrong with me because I can't orgasm**- I realize that this thought alone has been hindering my ability to be orgasmic? If he's up for it, I'd really like to try new stuff to spice things up.

These updated statements may sound far removed from your starting point, yet the chances are there's a huge possibility that they're closer to reality. It's incredible how our mind can play disempowering tricks - affecting how we experience pleasure and most of the time they're inaccurate and unhealthy.

According to the scientific method, you can't conclude something if you find evidence of the contrary. That's exactly what the statements above are doing. You've found proof that your original statement may actually be inaccurate or distorted. Keep these in mind, record it on your phone or write them down. Repeat them to yourself over and over until your mind forms new neural pathways to finally eliminate these unhealthy imprints.

Remember the study where the participants were more aroused when they heard positive sexual affirmations? By doing a reversal, you're imprinting your mind with new positive affirmations to help you achieve a more pleasurable sex life.

3. Focus. It seems like an easy task, but a lot of women find focusing difficult. Try to draw all your attention towards the sensations your body is feeling, where he's putting his hands, how he feels inside you or how fast he's going. Whatever you do, keep your thoughts centered on the act, and push out thoughts about anything else. This can take a lot of practice, but each time you successfully put more mental effort into keeping your attention on each sensation, you're getting better at keeping other thoughts at bay. You can also practice focusing even when you're not having sex. Try focusing on each activity you do, such as doing the dishes or washing the car. Train yourself to keep your thoughts on the activity and resist the urge to let your mind wander.

3. Breathe. Breathing techniques help you focus and they're also a great way to keep you in rhythm with your partner. It works as a form of meditation where you can use your breath to send sexual energy to your partner and to receive it in turn. You can do some breathing exercises like inhaling and exhaling at the same pace or taking turns inhaling and exhaling... *more about this coming up in Part 2.*

4. Talk. Maybe the only way you can get rid of those nagging notions is to confront them head on. If you feel like you're no longer as attractive, as energetic or as tight down there, open up and ask your partner about it. Tell him what's bothering you and ask him if he feels the way you think he feels. Sometimes all it takes is a little assurance to let you know that there's nothing to worry about. Maybe he's just really tired, that's why he couldn't orgasm. Maybe he hasn't even noticed a difference in how perky your breasts are. Maybe he only seemed uninterested because you seemed so distracted during your last encounter.

Changes in your thoughts, beliefs, opinions or your physical appearance shouldn't keep you from having all the pleasure you deserve during sex. When you've freed yourself from a disempowering "imprint", you can go forth and explore the wonders of your sacred sexuality. You can feel all those delightful sensations you've deprived yourself of because of what's running through your mind. Lastly, you can appreciate your partner and the sex you're having even more!

Exercise:

1) Remember how you were asked to list down the things that are keeping you from achieving pleasure during sex? Now, I want you to write down five more specific concerns that you have in relation to your Sex-Imprint.

2) With these in mind, can you do a reversal of these thoughts? Try your best to do the reversal as shown earlier in the chapter.

*** Now, read these reversals again and again.

SOS ☼ *Highlights*

- The Sex-Imprint is a culmination of your beliefs, knowledge and past experience about sex.
- Your Sex-Imprint can be formed by your views about your body, about men, about what sex is all about or what you believe “proper” sexual behavior should be.
- Your Sex-Imprint can help you achieve pleasure, but it can also get in the way of your pleasure. This depends entirely on your thoughts about sex and sexuality.
- The ‘Mind Magic for Making Out’ can help you rewire your mind in order to get rid of any orgasmic blocking sex-imprints.
- Regularly repeating your new reversed Sex-Imprint. Use your Mind Magic Mantra over and over again. Look at yourself in the mirror, look into your eyes and say these orgasm empowering thoughts. You can even lovingly touch your body at the same time.

Part 2

Putting The Orgasmic You into Practice



6 Feminine Flame

Knowing Your Archetype: The Masculine and Feminine Side

In the previous chapters, we discussed the Sex-Imprint's ability to keep you from achieving pleasure through sex. Now we're going to discover how femininity is a huge contributing factor towards the level of pleasure you experience.

Many women do not know how to engage their femininity during sex in a way that will heighten their physical senses – also great sex begins out of the bedroom! Meaning; flirtation, attraction, bonding and desire and even foreplay is present in many shapes and forms.

Therefore, learning to engage your femininity in the way you communicate, interact and move through life will allow you to more easily engage your female pleasure system in the bedroom.

And when it comes to attracting the right mate for you, it's extremely important to take notice of how and what you present to others...

For example: If you're moderately direct, tough or hard-hitting in the way you speak, or your voice is particularly low, often heavy or authoritative, and you tend to control conversation and lead or pursue, then you may be more masculine in the way you connect with others.

Being an alpha female may work perfectly for you and this is more than okay if feel that you're truly happy and at peace this way. Although if the alpha in you is tired and you feel like you're overworking, and deep down your heart knows that you'd like to soften a little and connect with the feminine within, then this chapter is for you.

(***Also, if you think of yourself as feminine, yet you feel like a pushover, you don't feel seen, or perhaps you feel that people take advantage of you, then this is also going to be a great chapter for you too. More about this later.)

The reason you may find yourself more masculine could be:

- ✿ You like to be in control
- ✿ You want people to know not to mess with you
- ✿ You present this way to protect yourself
- ✿ You think this is how you need to be to be taken seriously
- ✿ You don't want to appear weak or vulnerable
- ✿ Fearful of being rejected

If you can relate to any of the above then you'll tend to "do" masculinity from a place of fear, not love. And further to what I said above – you may also attract or be attracted to a man who's even tougher than you. Instead of being in a loving, heart connected relationship, you may find yourself in an almost constant state of battle; a battle of the egos, for control, to be right, or to lead. Conversely, you may also attract the opposite type of man; a man who likes to be controlled and pushed around.

When fear drives behavior, we end up with more of what we **don't want** than what we **do want**. If you *don't want* an aggressive ego maniac partner or a man who let's you drive and take responsibility for most things, then it's time to step more into your femininity, which allows a man the room to step into his masculine.

It's time to let down the guard and embrace the woman in you, and when you do this you'll be able to intimately (both emotionally and physically) share this divine part of you with a man. I'll further delve into the sexual aspect of femininity in a moment, although to get started let's have a deeper look at femininity in a more general sense...

In the story we discussed earlier, the story of Zia, the girl who was brought up to be the epitome of femininity: Though there are lots of women like her, there are also women who have traits that would traditionally be called masculine. This includes being opinionated, overtly/fiercely independent or being very mission or goal-oriented.

In today's society after the sexual revolution and the introduction to women's rights and equality, some women have progressively taken on more masculine qualities, and some men have become more feminine. Our gender roles are less defined, which is wonderful in so many ways, yet largely women and men are unconscious to the subtle (or not so subtle) changes they've made that are working against them instead of for them.

Instead of being more empowered, some women have become unwittingly disempowered, even worn-down by the disconnection to their feminine self. This suggests that women are largely confused and find themselves bewildered as to why they're not getting the love, intimacy and sex they desire.

Now of course the way you are is a combination of nurture and nature; conditioned ways of being as well as genetic influences. What's important to recognize is, we can all change and improve for the betterment of not only our sex life, our sanity and relationships in general.

So.... everyone has a mix of masculine and feminine traits. They can either be in healthy synergy to each other, or one set of traits may dominate the other.

A female in touch with her masculine side doesn't mean she looks masculine or "butch" – it means that she has personality traits typically attributed to men. On the other hand, a female in touch with her feminine side doesn't necessarily have to be a "girly-girl" who loves all things pink and frilly.

Take these examples of completely different women:

✿ **Wendy** is the owner of a cupcake store in a busy part of town. Despite being surrounded by very feminine décor and lots of pretty cupcakes, she has a steely persona that no one would want to mess with. She can effectively lead her team to meet baking quotas, and she's highly capable of being single-mindedly focused on her business. Her mind is filled with objective standards and metrics. She always wants to back up her hunches with established facts before acting on them. In her social life, she's seen by friends as someone with confidence and a go-getter attitude. Although she can sometimes intimidate men, even fellow women find themselves a little on edge around her. She's matter of fact, she lacks warmth (even though she sells beautiful cupcakes).

✿ **Nadia** works in the advertising business. She's an account manager who finds and communicates with clients on a daily basis. Despite the dog-eat-dog environment in the advertising world, she still manages to look past the competition and delve more into cooperation. She leads her own team, but instead of single-mindedly focusing on the goal, she values open communication and teamwork. She is understanding of mistakes and isn't selfish when it comes to dishing out advertising tips and tricks to her team members. Even if she's always in a power suit with killer heels, people are not intimidated by her presence because she's genuinely very approachable and open to the team's suggestions and comments. She's highly valued and she gets her work done quickly and more effectively than the other account managers at the firm.

I bet you can tell which one of these ladies would be considered as the more feminine one. But there's more to masculinity and femininity than meets the eye. In fact, some of these traits may not be easily seen by others.

Are you curious to know if you've got more masculine or feminine traits?

The Masculine vs. Feminine Traits Quiz

Do you know if your masculine or feminine side is more dominant? Have a look at the list below and check the statements that describe you to find out which side, if any, is more dominant.

Column A	Column B
<input type="checkbox"/> I place a high value on myself and the things I can accomplish. <input type="checkbox"/> Money and material objects are very important.	<input type="checkbox"/> I place a high value on community and togetherness. <input type="checkbox"/> Healthy relationships and a good quality of life are very important.

<input type="checkbox"/> I pride myself on being in control of my own life.	<input type="checkbox"/> I pride myself in my ability to let go of controlling others.
<input type="checkbox"/> I am rarely afraid to voice out my opinions, though they may sometimes offend others. <input type="checkbox"/> I can sometimes be considered selfish by those who don't understand my motivations. <input type="checkbox"/> I want to stand out in society. <input type="checkbox"/> I want to work independently of others. <input type="checkbox"/> I always set out to succeed whenever I do a task. I'll only hesitate if there is a possibility that I will fail. <input type="checkbox"/> I command attention when I walk into a room because of my confidence. <input type="checkbox"/> If needed, I will resort to resolving conflicts through force. <input type="checkbox"/> I am often guided by reason and logic. <input type="checkbox"/> When doing a project, reaching the prescribed goals is what matters the most. <input type="checkbox"/> When it comes to relationships, I know	<input type="checkbox"/> I always make sure to voice out my opinions in a way that will avoid offending other people. <input type="checkbox"/> I'm willing to give help to those in need, and I am considered to be very giving and unselfish. <input type="checkbox"/> I want to blend into society. <input type="checkbox"/> I prefer to work in groups. <input type="checkbox"/> It's okay to fail at a task from time to time; what matters is that I did my best and learned from the experience. <input type="checkbox"/> I can easily be approached by people because of my open aura. <input type="checkbox"/> When faced with conflict, I would rather go through negotiations. <input type="checkbox"/> I am often guided by intuition and emotions. <input type="checkbox"/> When doing a project, I am more concerned about the process than the end product. <input type="checkbox"/> When it comes to relationships, I prefer to

what I want and I ask for it in order to get it.

go with the flow and I rarely ask for anything.

If you checked more statements from column A...

Your masculine side may be more dominant than your feminine side. Most masculine traits would centre on the strength of self, wherein you are able to assert yourself and act with confidence. Your strength is based on the value that you place on yourself and your accomplishments. These accomplishments are what drive you and guide you to do things, whether it's part of your job, your relationship or your hobbies.

You feel a strong sense of control within yourself, and this is what allows you to feel confident and capable of complete independence in the things you set out to do. You can be a leader when you need to be, and you can direct an entire team of people towards one goal.

In relationships, you feel a deeper connection with your partner when you are having a physical relationship. To you, the physical presence of your partner is what primarily translates to availability, intimacy and togetherness. Adventures and conversations are great, but being able to physically touch and hold your partner makes you feel closer to him. In fact, great sex is also a huge factor when you're considering your compatibility with your partner.

When it comes to your sexual relationship, you're also not afraid to take the initiative in the bedroom. You're sure of what you want and how to get it...

You're not afraid to take the lead and tell your partner where to touch you, how to touch you and how to make you feel good. However, there may be times when your goal-oriented personality can affect how things are in the bedroom. You may sometimes find yourself seeking an orgasm against all odds. You forget to connect with your partner, because you're more focused on the orgasm goal.

This kind of sex may feel good at the time, yet afterwards it may not feel fulfilling or rewarding. You may not know what's missing, but you know something is. Having an orgasm is undoubtedly awesome, it's also important to enjoy the journey instead of being too focused on the destination.

When we're caught up on the goal we lose the heart and soul of the experience.

If you checked more statements from column B

You're more in touch with your feminine side. Instead of focusing on strength and accomplishments, you focus more on the value of other people, your love for them and how much good they can bring the community. You have an open personality and you are willing to accommodate those who need your help. You're unselfish and giving, and people find you approachable. You're often guided by the need to build a stronger bond among people within the community, whether it's at work, at home or even in your own relationship.

Instead of focusing on how well you can control yourself and others, you instead encourage people to freely express themselves. You don't want to direct or manage their every move, as you want them to find their own path and their own purpose.

When it comes to speaking with others, you tend to choose your words carefully so that the ones you're speaking to will not misunderstand your intentions and they won't be offended. You are patient and responsive, and you keep in mind the needs of concerns of everyone involved when you're making a decision.

In relationships, communication is very important. You feel a stronger bond with your partner whenever you're sharing stories, opinions, and thoughts. Instead of focusing on the material and tangible evidence of your relationship, what matters the most to you is that you are both emotionally available and open to each other. You like to be able to cherish memories instead of objects.

When it comes to intimacy, the emotions activate the desire to become more physical with each other. A sexual relationship springs from a strong emotional connection. When you're meeting a guy for the first time, you want to completely get to know him. You feel that sharing your body should only come after he has opened himself up to you.

Though you value communication, it may sometimes feel difficult for you to be completely honest with what you want in bed. You know what you want, but you're afraid that your partner will judge you for liking certain things in the bedroom. You don't want to be seen as someone with too much sexual experience, leading you to sometimes

struggle to find a way to tell your partner that there are some things you would like to try in the bedroom.

Exercise:

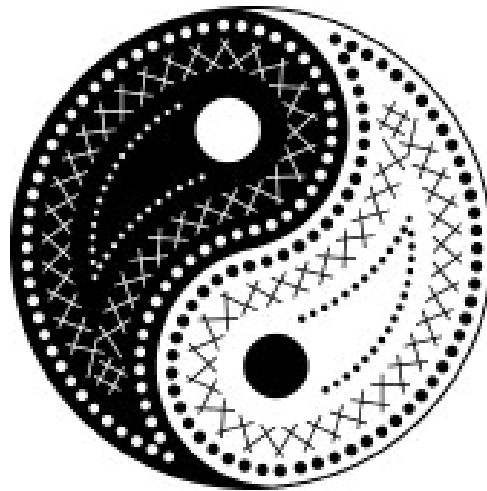
1) What traits do you have that feel masculine to you?

2) What traits do you have that feel feminine to you?

3) Do you think your masculine traits are healthy traits to have? What about your feminine traits?

Reaching a Balance of the Masculine and Feminine Traits

Balance can come in many forms. But in the case of the masculine and feminine traits, you're not aiming for a perfect 50-50 split. Instead, you're looking to make the best out of your own mix. That means you don't have to really change too much about your own mix of masculinity and femininity. Instead, you'll have to find a way to keep the two archetypes in harmony with each other.



You may be wondering why your masculinity is more developed than your femininity or vice versa. As I already touched on, some is of it's conditioned through your environment, parenting, schooling, and some of it's biological, you're born a certain way.

At times, your hormones can also be responsible for how your personality turns out. You may simply have more testosterone or estrogen in your body, and this sways the way you think and feel.

There's an easy trick for finding out if you've got more testosterone or more estrogen with the use of your hands. Lay your hands on a flat surface with all five fingers of each hand close together. Now compare the height of your pointer fingers and your ring finger. According to some studies, if your ring finger is taller than your pointer finger you may have a lot of testosterone in your body.

But it's hardly ever that simple when it comes to the complex human personality...

- ✿ Some women were raised to believe that family and togetherness matters above success.
- ✿ Other women may be raised to learn to be independent and goal-oriented at an early age.
- ✿ Some women grew up with brothers and as a result became more boy-like, while some women had tough parents, who didn't approve of emotional expression and were taught to harden up (one way or another).
- ✿ Others were told to be obedient, never ask questions, always do as you're told, always help others, don't express your opinions.

Exercise:

1) Can you pinpoint which lessons you learned in childhood that contributed to your personality now?

Why Is It Important to Get in Touch with Your Feminine or Masculine Side?

Wouldn't it be great to have the best of both worlds? Your feminine side deals primarily with being more accepting, more open, and more communicative. Your masculine side is more concerned with reaching goals, finding the facts and getting things done.

By balancing these sets of traits, you can switch and get in touch with both sides of the spectrum without completely changing your personality. You may be all about business, statistics and objectives when you're at work. But at home, you can be more flexible, communicative and open to your family's thoughts and opinions.

However, you don't even have to change the setting to be able to get in touch with both your masculine and feminine side.

For example: In the office, you may be highly concerned about getting the project done, but you're still open to suggestions and feedback from those you work with. When you're with your husband and kids, you can be the cool mom who is willing to listen to how your kids justify their actions, but you're firm when you say they can't do certain things like have dessert before dinner.

The masculine and feminine side of you can be in perfect harmony even if one is slightly more dominant than the other. It's the way you optimize these traits that matter. You can get in touch with both sides without feeling too girly or too manly, and you can still be secure in your personality.

Rekindling Your Feminine Flame

Getting in touch with your feminine side is a whole different picture. These days, there are lots of women who are afraid of being too feminine or too open with their partner.

They feel like their femininity is a weakness that entails vulnerability, clinginess, submission and sentimentality, whereas masculinity may feel like a form of protection from pain or a means of asserting your wants.

There's more to feminine energy than what meets the eye. But sometimes, it can dwell into the dark side...

The Dark Side of Femininity

Often, the dark side of masculinity and femininity can stem from an imbalance of the two archetypes. Those who are lacking in feminine traits may delve into the dark side of masculinity, and that's when a person's motivations are so self absorbed that he doesn't care about others' feelings.

It may be tempting to step into the dark side of your persona, but this won't allow you to build a healthy relationship with your partner. Women who have fallen into the dark side of masculinity may seem goal-oriented and very driven, and further underneath that persona, there can lie a person who's willing to get what she wants even if she's hurting others.

With femininity, however, the dark side doesn't necessarily have to stem from a lack of masculinity. In fact, they can be likened to being two sides of the same coin. The dark side of femininity has more to do with the distortion of its softer, more conservative counterpart. While the light feminine side is warmer and angelic, the dark feminine side is a warped version of this...

I once met a friend of a friend who seemed like the modern-day version of Marilyn Monroe. She was oozing with sensuality and she knew how to use it to her advantage. But sadly, she never seemed to be with a man for too long...

She would fawn over her latest beau, but she would always get into a jealous rage when he had female friends, or he was busy, or not showing her enough attention. When she felt insecure she'd get all dressed up and be overtly seductive to lure him back, when their relationship would go through a rough patch she'd lose touch of what was perceived as her light femininity and she'd jump into the black, the noir female. In a way, it was like she loved being with him, but she didn't really feel a deep, loving connection. It was more about playing an emotional tug of war between her dark and light feminine.

She's the perfect example of a dark femininity. She knows she has allure and she plays with her man's desire to get what she wants. She desired love yet she wasn't authentically loving - up to a certain point she could become excessively jealous and

overbearing. She was receptive to his charms, but her motives seemed to stem from a place that's not love, more insecurity, fear of vulnerability and manipulation.

Femininity entails softness and gentleness. The feminine energy allows you to be nurturing, receptive, and genuinely loving. But when it reaches the dark side, your nurturing manner feels like clinginess and some women can lose their sense of self by giving too much or not asking for what they truly want.

In the dark feminine a woman's receptivity becomes passivity, laziness, and submission. Your loving nature turns into a smothering need to be the center of your lover's world. Your sensuality can be misinterpreted into untoward seduction.

As with all things, having too much of one thing can be disastrous. You need a balance of both archetypes, and you also need to come to terms with their dark sides in order to achieve harmony within your persona and your relationships.

This is why getting in touch with both the masculine and feminine sides of yourself allows you to back away from the dark side and into the lighter and healthier means of achieving a true connection. And by achieving a true connection that you feel within your heart, you can feel a sort of security enveloping you, allowing you to be your true self when you're making love to your partner.

Here is a chart to help you remember the light and dark side of the masculine and feminine side:

	Light	Dark
Masculine	<ul style="list-style-type: none"> Goal-oriented Finds strength in oneself Secure in own abilities Confident Can take risks 	<ul style="list-style-type: none"> Selfish Manipulative Doubtful Feels the need to show off Afraid to try new things
Feminine	<ul style="list-style-type: none"> Nurturing Giving Receptive Loving Expressive of her feelings Has a softness Follows intuition Has inner strength 	<ul style="list-style-type: none"> Smothering Passive Submissive Jealous Emotional Weak Paranoid Holds grudges

Unraveling the Masculine and Feminine Side of You

In the bedroom, your masculine and feminine energy may sometimes be playing a tug-of-war.

Your masculine side may be yearning to tell your partner what would work in order to give you pleasure.

But your feminine side wants you to be more receptive and loving in his efforts... To guide him instead of ordering him.

This is not to say that engaging your masculine is “wrong”, as you know I don’t like what the word “wrong” implies. Therefore, being more assertive or dominant in bed from time to time is absolutely reasonable. Although, if you tend to be more masculine and you’re not feeling feminine or looked after, you would like a man to lead more, you’d like to feel sensual, engage your sexuality and to heighten your orgasmic senses - then I encourage you to STEP INTO THE FEMININE LOVER ROLE.

Femininity engages the woman in you allowing you to be more open to a heart-connected experience, allowing the man to engage his masculinity.

Also, being receptive and feminine with your sexuality will allow your emotional and physical barriers to melt away.

Mastering Your Feminine Prowess

If you feel like your sexual energy is tipped too much towards the disempowered feminine side (the darker side) - I’ll be giving you some quick tips on how you can take the lead and be more assertive about what you want in bed while still remaining feminine. This allows your man to organically move into his masculine.

1. Knowing what you want:

The first step to telling your partner what you want is to tell yourself what you want. Many women simply hope that the man will know what to do once they’re physically engaged. Women are then disappointed about the experience because he didn’t work it out, AGAIN.

Some women even think their bodies have a problem. If you’ve learned anything from the previous Sex-Imprint chapter, then you’ll know that you’re not always responsible when things go skewed in the bedroom. So how can you know what you want?

Experiment by yourself, first. Get to know your body; find out what works and what doesn't work for you. Express it out loud to yourself. When you've learned about what turns you on, then it's time to share this with your partner.

Note: Knowing what feels good when you explore yourself is not always as easy to express to another, hence why I suggest you express what you like out loud as though you're with someone and telling them what to do.

2. Your Feminine Desire Expressed

Imagine you're lying in bed and you've decided that tonight you're going to be courageous and share with your man what you truly desire...

You know what position you would like to be in, you know that you'd like him to start by touch and playing with your just-washed mane of locks, then you want him to kiss your neck ever so gently, then you'd like your man to slowly run his fingertips along the silhouette of your body, lightly lingering around your breasts. You know asking him to sweetly tease you and to take his time will set your senses on fire. You know what you desire. But.... you're confused....

There are a couple of ways you can go about it...

A) Do you say...?

- "I want you to touch me like this, not like that"
- "I don't like it when you bite my nipples like that"
- "I'm over you putting your penis inside of me without exciting me first"
- "I wish you would think about what I wanted"
- "stop, that feels terrible, touch me like this"
- "I want you to lick me now"

B) Or do you say...?

- "Baby... I love being touched gently right there... wow, that feels amazing"

- “you’re so sexy, I love watching you as you gently touch my body all over, it drives me wild”
- “Hmmm, let’s go slow, I would love to feel you slowly enter me, millimeter by millimeter”
- “Tonight, can we play a game where I get you to touch me exactly how I want to be touched, and then you can ask me to do the same... hmmm, this will be fun”
- “You’re so good at “X”, and I’d love you to do “Y.” (I used the word “and” to link the direction, don’t use the word “BUT”, it negates what you said before it and he will feel dismissed).
- “I love it when you use your mouth to excite me”
- “It feels incredible when you pull my hips close to you, it’s so sexy”

Which set of verbal examples do you think is more encouraging (and feminine)? A or B?

“A” is more direct, the language was largely “wronging” and the direction is more aggressive. This is more masculine. Version B is far more appreciative encouraging and intimate... and FEMININE... which does what?

It allows the man to be MASCULINE, therefore allowing the yin and the yang to compliment.

Once again femininity to me is not about being dominated or being submissive - it’s about flow, not force, it’s about trust, not control; and the way the world is these days, with so many people are stressed, anxious and depressive, embracing the feminine within is desperately needed.

Being feminine won’t make you weaker. It will make you resilient and more at peace. A woman does not need to be masculine to be taken seriously or to be respected. Self-respect and being real and authentic with yourself and having healthy boundaries is what’s attractive!

Another way to get your man to excite you, tantalize you and touch you in a way that feels pleasurable is by adding in some of the following tips:

C) Instead of talking you can communicate through non-verbal guiding...

- If he's not touching a part of your body that you want him to touch, guide his hands to that place, you can smile as you do this or give me a sexy look.
- If he's moving too fast hold his hips and guide his pelvis and slow him down.
- Gently touch his head, hold his gaze, and engage in intimate eye contact (without staring him out).
- If you want him to move in a way that stimulates your clitoris, wrap your legs around him and keep him close to you. Make some noises that indicate something feels good.
- Change positions, but do so in a flowing feminine way, not so much in a dominating way.

Graceful confidence is so important when it comes to love-making. If you're tired of disconnected, unemotional sex, then chances are he is too, whether he knows it or not; men desire deep intimacy also. Poking a penis in a vagina is not going to do it for him - men do love a heart connection too.

Your feminine vulnerability is the strength needed to transform average sex into a sexual wonderland.

If you don't trust that a man is not going to treat your body with kindness and love, then perhaps you give him a chance to connect with you when you're coming from a more feminine place. If you've tried this to no avail then maybe it's time to find a more loving partner or see a therapist.

For a woman to be orgasmic she must find a way to relax in bed. Her vagina needs to be receiving, open and ready for a loving penis... that's right, a LOVING PENIS.

A loving penis is gentle; a loving penis understands that a penis can hurt the vagina if not treated with mindfulness and care. The Relaxed Vagina and The Loving Penis are the ultimate combination for feel good, receptive loving.

3. Overcome Embarrassment & Judgment

Communication is sometimes the barrier that keeps you from having great sex. In step one you've rehearsed in your head and out loud what you would like your man to do and how you'd like him to do it... you're "in the moment" yet the words escape you, you're too shy or you're afraid of what your partner might think of your request.

You revert back to the dark and disempowered female. Instead of enjoying yourself you're once again frustrated and feeling unfulfilled.

These are the main reasons why women don't speak up:

- They're worried about what he will think
- They're concerned that a man might get a bruised ego
- She's slow to embrace her sexuality for fear of being seen as less than pure (i.e. promiscuous, a tart, slut or whore)

All of these above points are a huge problem because they all block the feel good vibe your body is so very capable of - and this point also links to your Sex Imprint.

Let's face it...

Unless you're 18 to 22 - the chances are you've have some sexual experiences. You're probably not a virgin and even if you are, who said a 35 year old virgin can't explore her body and what she desires.

If a man is going to judge you about your openness and your ability to express what you like - then the man has some ego issues to contend with and these issues have nothing to do with you. Follow the points above and learn how to express yourself from an empowered female place. You have every right to express what you like without feeling as though someone might judge you.

No woman should ever feel embarrassed to know what you she likes! It's your body and of course you should know what it likes. If you don't, keep exploring, uncovering and discovering your wonderland.

4. Keep it Real

No role-playing, no fantasy... just loving connection.... I have written about role-playing, fetishes and many other topics in some of my other books and all of these things have a place. Although the truth is; unless you're connected to the heart of you and the heart of a man then you're missing out on the fundamentals for true bliss. I don't want you to reply on role-playing or fantasy to feel pleasure.

Exercise:

1) Express Your Desire with Femininity

Practice writing down some of the things you'd like to express to a man in a feminine way?

Rekindling Your Feminine Flame

So how do you really get in touch with your sensual feminine?

So far we've spoken about expressing yourself in a feminine and empowered way – now we're going to explore how a woman encourages a man to step into his masculine side while you allow your body to be more receptive to the masculine vibe?

Once you grasp this you'll be able to skyrocket pleasure!

These days, there are plenty of women who are afraid of being too feminine or too open with their partner. They feel like their femininity is a weakness that entails vulnerability, clinginess, submission and sentimentality, whereas masculinity may feel like a form of protection from pain or a means of asserting your wants.

If you feel like your feminine side is your weakness, then your feminine energy may be stemming from the darker side - the insecure, not good enough, not sexy enough, needy, fearful, embarrassed aspect of the distorted feminine.

You have to guide yourself towards the light side in order to truly feel the flow of feminine energy within you and to achieve the untold powers that it has over your pleasure.

Instead of thinking too much about the physical aspect of pleasure, try to channel your feminine energies to feel a more fulfilling and more connected type of pleasure. Open your heart, your mind, your body to your partner and let your energy wash over you like a wave of softness, of love, of gentleness.

All women have a feminine side that some would choose to hide. But why hide such a powerful aspect of yourself if it allows you to become more orgasmic?

Now you may be asking, "The feminine energy seems great, but how do I channel it?" Just try out these simple exercises in order to tap into that feminine power:

Step One: Engaging Your Feminine Power Out of the Bedroom

1. Morning Ritual

Once you wake up, fill your mind with healthy thoughts and healthy touches. Express your love for yourself by being loving to yourself and saying encouraging statements every morning like:

✿ Hey, gorgeous!

✿ I am amazing and a beautiful day has just begun!

✿ Radiantly smile to yourself while looking at the mirror.

✿ I love my whole body. Everything about me is beautiful.

✿ My body deserves the best, and I find pleasure in keeping it healthy and beautiful.

✿ I deserve body-tingling pleasure!

- ✿ I am uniquely me.
- ✿ I am magnetic.
- ✿ I am a sexual goddess!
- ✿ My scars are part of me and make me gorgeously unique.

Look at your body in the mirror and accept all of it. Make it a normal ritual to touch your body in a way that's loving and appreciative. You can do this as you describe each part of you that you love. Feel the love you have for yourself and for your body and carry these positive feelings with you as you get up and throughout the day.

2. Wear more dresses.

Whenever you can, ditch the pants and jeans for a little while and embrace the flow of your sensual free femininity with skirts, dresses, colour and even frills. If you need to wear pants or slacks, pair it with a feminine top in a girly colour like reds, pinks, purples and peaches. And even if you need to wear dark-coloured power suits, you can still choose to wear a skirt with a feminine cut or pair it with some cute accessories.

3. Do some breath work.

Meditative and conscious breath is one of the most powerful ways to connect with the feminine in you. You can do this with or without a candle. Breath work can be a ritual or a new way of living. Coming up I have dedicated a full chapter to this very topic.

4. Move your body.

Get your heart pumping, shake your hips, revel in your female form, get oxygen circulating through your body. And this isn't just about exercise. The hips are the centre of feminine energy. By moving it, you're clearing up the feminine energy and allowing it to

move up the spine. Think of dances along the lines of belly dancing, Latin dance or even the cha-cha!

Put on some healing, feminine music and let yourself go... dance from the heart, from love, engage your sensuality, remain connected to the earth, calm the mind, no judgment.

5. Connect With Women.

Go out and see your girlfriends or your sister or your mum. Many women are exposed to so much masculine energy at work and/or in their everyday environment. Because of this women do well by engaging with those who exude female energy. By being in the presence of female energy, you can absorb some of their softness, their gentleness and their feminine nature.

6. Strength & Surrender Dance

Learn how to pivot between quiet strength and surrender. Be firm in your beliefs, but be receptive to the thoughts and feelings of others. Learn when to say no, and when to be more flexible to the needs of others. Learn to connect with your graceful strength.

7. Play and sparkle with the world.

Feminine energy allows you to have a radiance that permeates the body and mind. Let this energy guide your movements by moving gracefully, posturing your body in a more open and approachable way. Best of all, smile and let it brighten up others' day.

8. Radiate joy and love.

Consciously welcome and embrace joyful and loving energy into your life. Genuinely love who you are what you've been through. Accept that the challenges you've been through have made you a stronger woman who has strength of character.

Step Two: Engage Your Femininity in the Bedroom

If you're currently in a relationship or physically involved with someone, you can now try the same points listed above in a more intimate and sensual way.

1. Sexual Imprint Reversal

Remember when we talked about reversing your negative sexual imprint? Repeat those statements to yourself whenever you can. Accept that your partner loves you for being you. He loves what he sees and he's turned on by your body.

2. Slip into Something Comfy... And Sexy

Wear something sensual from time to time. Not only does it give your man quite a sight to see, but looking sensual can also make you feel a lot more confident in your body and with your sexuality! Go for sensual not sexy... it's okay to be sexy, that will come naturally, although I would rather you focus on wearing clothes that feel sensual, more so than sexy.

3. Do the Body Bliss Breathing Techniques.

Practice some breath work with your partner. You can breathe in tandem or you can breathe alternately. You'll learn more about this in the Body Bliss Breathing chapter.

4. The Art of the Sensual Swivel

Swivel, shake and circle your hips when you're getting intimate with your man. Show him where your sexual energy comes from and let it guide you through orgasm. You can do

this when you're in any sexual position that allows you to move freely. When you're on top, you can swivel your hips in circles. Not only does it keep your partner's penis deep within you, but this can also help stimulate your clitoris at the same time. When your partner is on top, you can also do this by lifting up your hips and meeting his thrusts with circular hip movements.

5. Find the Strength in Your Erotic Self

Strength in the bedroom doesn't need to feel masculine. Your strength can be in your ability to communicate your needs, to teach your partner what you want or to guide your partner to do what makes you feel good. Surrender in the bedroom, on the other hand, is not passivity and just letting him go at it while you're left high and dry. This means surrendering to the pleasure, to his movements and to the waves of orgasmic energy washing over you.

6. Open Your Esteemed Self to Pleasure

Become more sexually receptive. Allow yourself to accept the love, the pleasure and the connection you have with your partner. Push away other thoughts, insecurities, sexual imprints and whatever else that can get in the way of your pleasure. Be in the moment and open yourself up to the experience of sex. Focus on the valley orgasmic experience as opposed to the peak experience. This will take the pressure off and allow you to ignite your feminine flame.

SOS ⌘ *Highlights*

- Your feminine side is a huge factor that contributes to how much pleasure you can achieve during sex.
- Engaging in your feminine side allows you to be more open and receptive while still exhibiting a quiet strength.
- Balancing your masculine and feminine side can help you become more at peace and at ease with yourself, both in the context of sex and outside of it.
- An imbalance in your feminine side can lead you to have a dark feminine side where you may use your feminine qualities to hurt or manipulate others (ultimately hurting yourself).
- You can rekindle your feminine flame through a series of exercises that help you be more in touch with your femininity.



7 Energy Ecstasy

Tap into your energy system for love-making magic

In this chapter you're going to find out how you can connect with your energy system and how it's directly linked to physical pleasure! The power of the Chakras!

If you have never heard that you have an energy system or energy centers or you're wondering what on earth this has got to do with orgasmic sex then my personal story is going to shed some light....

Many years ago I made a decision that changed my life forever...

It was about 13 years ago; a time in my life when I was rather unwell and very much concerned about my physical health and my future.

Due to my extremely poor energy levels one of the only forms of exercise that I could manage was a gentle walk, and on one particular day I met up with one of my dearest and most special girlfriends for a walk.

Towards the end of the walk she told me about a psychiatrist she had started seeing who had taught her a technique called the two beat drum...

... my ears pricked up really fast and I wanted to know more...

What was interesting was even though this therapist was a doctor she had stepped away from the typical clinical psychiatry model and over time opted out of working with clients who were taking prescribed medication. This interested me even more as she was not all about diagnosis and pills...

By the end the walk I was dying to meet this woman. I knew I didn't have a major mental health issue, yet I was unwell, feeling down and out and I knew I needed help.

I went to my first appointment and I was hooked! I knew that this knowledgeable holistic type of therapist was going to assist me to change my life.

Now what you need to know is that prior to meeting Dr. D. I had had some experience with someone in my life who suffered from some mental health issues. This person claimed they were very spiritual, they had read all of the best books about personal development and they were very well versed in the art spiritual talk, yet they were not very good at the spiritual walk – so anything that was remotely spiritual would bring out the sceptic in me.

So when Dr. D. put a crystal in hand and asked me what I was feeling in my body... I had a moment of... “Oh no, here we go, not this stuff!” Yet, something deep inside of me knew that I was *exactly* where I needed to be and instead of balking I embraced this gift!

Dr. D. taught me all about my energy system, my energy centres, and even though there were moments that I kicked and screamed (figuratively speaking), I kept at it, I removed layer after layer and I finally understood the immense power and beauty of being connected to the all of me.

So why is this so important for me to share with you?

It's important because if you truly want to overcome your fears and insecurities, if you truly want to connect with your feminine and with a man in a way that lifts you up and makes you shine and sparkly from the inside out, then this “stuff” will change your life.

Most people are not grounded and are running on auto pilot and this is ever so present in the way people make love and the way we express our physical bodies with a lover (and even with ourselves).

Most often men and women are not connected, they are not intimately intertwined and journeying together... either one person wants to emotionally and physically connect and the other doesn't, or both people have no idea how to.

There are seven main chakras we all have, that once working together in a synergistic kind of way will allow your sexual energy to move through your whole body. This will activate the valley type of orgasm.

The reason why you may find pleasure inconsistent or almost impossible is you are either overactive or underactive in one or more of your seven energy centres...

Let's have a look at what could be happening for you and how you can change this in a way that allows you to engage and activate your pleasure system whenever you feel like it.

But... before we move on, let's recap on what we're covered thus far:

To experience full body, toe curling orgasmic pleasure it's vital that we marry everything together:

1. **Sex-Tactic** - *Being clear about your purpose for sex*
2. **Sex-Imprint** - *Addressing your underlining thoughts that are disempowering and unhealthy for orgasmic love-making.*
3. **Mind Magic for Making Out** - *New ways of looking at your sexuality and how the mind plays a huge part in your ability to achieve blissful pleasure*
4. **Pleasure Blockers** - *Recognising all the things that block orgasmic pleasure.*
5. **3E's** - *Once you confidently connect you to your emotional self, your erotic self and your expressive self then it will be easier to navigate orgasmic pleasure.*
6. **Femininity** - *Connect with your femininity, the receiving, the gentle, the loving part of you.*

Now we're up to your magnificent energy centres and how they tie into everything I've shared thus far and about to share...

The Seven Chakras

Have you ever felt listless and restless, but you don't know why? Are there times when you feel like you have the will to do things, but your body feels like there's not enough energy coursing through?

Even if you haven't been working too much or you haven't exerted a lot of effort, there may still be times when you feel like you're blocked from doing the things you want like being more productive, coming up with creative ideas, and most of all, having great sex.

The source of these problems may be an imbalance in your chakras. But what is the mystical chakra? And how can you maintain balance in order to have a more fulfilled life? Do you need crystals, medallions and mystic chants in order to put them back to their healthy state?

Actually, you may already be in touch with your chakras, but you just don't know it!

Your chakra is a wheel of energy that's constantly revolving and rotating in order to give you the life force or the energy to keep your body balanced and healthy. The body has seven chakras, which work as energy centers in order to allow energy to flow the entire body. Each chakra has a unique function that relates to the way you love, the way you accept others, the way you express yourself and more.

Let's get to know the seven chakras that keep your mind, your body and your spirit clear and healthy.

Firstly, let's have a look at the following diagram before you read the more detailed description of each chakra that I have provided.



- CROWN CHAKRA** - Spiritual Connectedness, Knowing, Bliss, Oneness
- THIRD EYE CHAKRA** - Psychic Abilities, Intellect, Intuition
- THROAT CHAKRA** - Self-Expression, Inner Voice, Truth, Healing
- HEART CHAKRA** - Compassion, Giving and Receiving Love, Hope, Forgiveness
- SOLAR PLEXUS** - Honors Life Force, Self Will, Self Confidence and Esteem, Mental Functioning, Free to Be Oneself, Control
- SACRAL CHAKRA** - Creativity, Sexuality, Procreation, Emotional Balance
- ROOT CHAKRA** - Instinct, Safety, Family, Connections, Grounding

Exercise: Chakra Awareness

While using the below diagram as a guide, for a moment try and feel into each of these sacred areas. I would like you to do this before you read about the individual chakras. This is a good way to see what your awareness is like without the knowledge of what they mean. If you do have knowledge about your chakras then still do this exercise.

1. Set aside about 5 minutes for each energy center – about 35 minutes. I suggest doing this in a seated upright position (in a chair that's not too comfortable).
2. Start by placing both feet on the ground, hands can be resting on your thighs – then gently breathe into each one of the seven chakras. Try starting from the base/root chakra.
3. If this is the first time you have done something like this it may seem strange or you may not be sure what you are feeling. No expectations, no force. You are not supposed to feel anything specifically. Just breathe in and out and notice if you have any feelings in one, two, three or all chakras.
4. Afterwards you can take notes of what you felt and where. If you felt any feelings or emotions coming up in a particular area. Take note where you feel active or inactive. i.e.
 - ✿ I couldn't really feel my base chakra it felt a little numb. I noticed my self getting annoyed that I couldn't feel anything.
 - ✿ My sacral area felt active, buzzy,
 - ✿ My solar plexus felt knotted, like I was anxious
 - ✿ I felt a heavy tightness in my chest.
 - ✿ My throat area was feeling constricted at first then as I was breathing it became softer
 - ✿ My third eye was very busy, like I was racing.

It's your turn now to put words to your experience and the feelings that arise:

1. Root/base

2. Sacral

3. Solar Plexus

4. Heart

5. Throat

6. Third Eye

7. Crown

1. The First Chakra is the Root Chakra

It's found at the very base of the spine, between the anus and the genitals. This chakra holds the most basic of **human needs such as survival, security, and safety**. It holds your drive to trust and feel secure within your social relationships and most of all, your partners during sex. The body parts associated with your root chakra as your lower back, you hips, your legs, and your sexual organs.

The root chakra allows us to let go and feel safe within our lovers' embrace. It helps your feminine side become more trusting in your experience with your partner.

If there is an imbalance in your root chakra, you won't feel a sense of security and safety with your partner. You may often feel unsafe, despite seeing that your partner only has the best of intentions. Because of the imbalance, you may become constantly fearful, paranoid and suspicious of others to the point that it keeps you from sharing your energy with your partner. And since your sense of security is vital for allowing yourself to achieve pleasure, the blockage in your root chakra has to go if you want to have great sex.

2. The Second Chakra is the Sacral Chakra

It's found about right between the root chakra and your navel. This chakra holds **our need to have sex, to be creative and to use our intuition**. It allows us to be friendly, to share ourselves with others and to get in touch with our emotions. The body parts associated with your sacral chakra are your reproductive organs, the kidneys, the bladder and the large intestine.

The sacral chakra helps us become more accepting towards our sexuality, while also helping us to forgive ourselves for past sexual misdeeds (even though there is really no such thing). For instance, you may feel regrets about having sex with someone or you may hurt, used, annoyed or upset a particular sexual encounter. The sacral chakra helps you accept that it has happened. It can help you keep a difficult sexual experience from being ingrained in your sexual imprint.

Those who feel shame and guilt when they try to engage their sexuality or sensuality, may have an overactive or under active sacral chakra. Your reluctance to be open to your

partner may mean that you're experiencing an energy block in your sacral chakra, and in turn, it can also be a huge pleasure blocker.

3. The Second Chakra is Your Solar Plexus Chakra

You can find your solar plexus chakra two inches below your breastbone. It's associated with **power, passion, anger, and strength**. It's the chakra that helps you have the willpower to achieve what you want and to feel confident in our own skin. It also allows you feel in control of your life and in your relationships.

Women who feel empowered are those who have a healthy solar plexus chakra. In the bedroom, they are not necessarily dominant, but they feel secure in their own bodies, and they don't let too many issues bog them down. As we talked about earlier in femininity and masculinity, women whose solar plexus chakras are balanced can have its own quiet strength without being too domineering.

On the flipside, those whose solar plexus chakras are imbalanced may have lower self-esteem associated with less confidence. They allow their sexual imprint to take control over their pleasure, thus leading them into a spiral of helplessness and paralysis when they can't articulate what they want.

4. The Fourth Chakra is the Heart Chakra

The heart chakra is located right between the shoulder blades. It's the centre for **compassion, love, and devotion**. It helps us create a deep and meaningful connection with others that is centred on genuine love. It allows us to both give and receive love.

If your heart chakra is in balance, you feel secure in your relationships. You are not afraid to give a part of yourself to another person because, in association with your feminine side, you can be nurturing towards others. You know you can cultivate a meaningful relationship with others because you can feel empathy and compassion towards another person.

Your ability to love and be loved is what stems from the heart chakra. It helps your sexual relationship feel more meaningful because you feel genuine devotion towards your

partner, and you also feel like your body deserves the pleasure it can get through heartfelt, connected sexual encounters.

5. The Fifth Chakra is the Throat Chakra

The throat chakra can be found in the middle of your collarbone, at the base of your neck. It primarily deals with your **ability to communicate and to express your thoughts and feelings**. It gives way to positive expression, whether it's verbal or non-verbal.

A balanced throat chakra entails the ability to express yourself with words or with actions. When you're with your partner, you don't feel like your ability to communicate is blocked. You can tell him what you want or you can show him. You allow yourself to be creative when you're having sex with your partner, whether it's through experimenting or just jazzing up your sexual routine a bit.

If your throat chakra is blocked, then this would also block your ability to communicate with your partner effectively. You may feel like there are some things you want to say, but you're afraid to say them. By being unable to express yourself, you may be seen as passive and bored, and this can really make your sex life become dull.

6. The Sixth Chakra is the Third Eye Chakra

The third eye chakra is located in the middle of the forehead. It's the centre for **higher intuition and the elimination of negativity and selfishness**. The third eye chakra allows you to be in tune with your Higher Self. It frees you from attachments to material possessions and it helps you feel like you are the master of your own fate.

A balanced third eye chakra allows us to trust our intuition and to forge a strong bond with our partner. The connection we share with our partner can go way beyond the physical connection. The third eye chakra can help you maintain a dynamic flow of energy between you and your partner, thus letting your bodies feel in tune and in harmony with each other.

A blocked third eye chakra, on the other hand, can prevent you from feeling the flow of energy between you and your partner. It keeps you from attaining a higher level of intimacy that goes beyond the physical realm. This can lead you to the dark side of

femininity wherein your sexuality is only used for your own pleasure and not for building a deep connection with your partner.

7. The Seventh Chakra is the Crown Chakra

This chakra is located at the top of the head. It's the centre of **spirituality and enlightenment**. It allows us to take in wisdom and to feel connected to a higher being. It contains the essence of our divinity and our connection to all life on earth.

If we keep the crown chakra open and unblocked, we're allowing ourselves to feel orgasms that extend beyond the physical body and into our consciousness. Your orgasmic experience can even extend towards our partner where your energies blend to help you achieve intense, harmonic pleasure.

The crown chakra, when blocked, can prevent you from feeling ecstatic release in any form. With an imbalance in your crown chakra, you may feel like there's no joy in the things you do. You feel frustrated, destructive and disconnected from everything.

Clearing the Chakras for Climax

Each chakra deals with a specific aspect of our being. They're like invisible parts of our bodies that can become blocked or healed. Though you may not be able to physically see what happens when your chakra is blocked, you can still feel its effects.

For example, a blocked heart chakra can make a heartbreak feel like there's a physical pain within your chest. A blocked throat chakra can feel like there's a lump in your throat that's keeping you from saying what you want to say. A blocked solar plexus chakra can feel like you're holding back when you're being intimate with your partner.

Chakras spin in order to spread the energy or life force throughout the body. If they can't spin, the life force can't reach your entire body, thus making you feel like there's something wrong, but you can't put your finger on it. You may feel like your sex life is going downhill, or your body just can't respond to your partner's touch.

Here are some ways you can deal with a blocked chakra:

Affirmations that Help You Have Great Sex -

1. Affirmations for your root chakra:

Imagine a glowing red light coursing through the base of your spine, and imagine it moving freely as you say these affirmations:

- ✿ "I feel safe with my partner."
- ✿ "I feel that my partner cares for me and will do no harm to me."
- ✿ "I am safe within my own body."

Exercise: What makes you feel safe when you're with your partner? Why do these things make you feel safe?

2. Affirmations for your sacral chakra:

Imagine a bright orange light coursing through your belly, and imagine it moving freely as you say these affirmations:

- ✿ "I accept my sexuality."
- ✿ "I forgive myself for past unpleasant sexual experiences."
- ✿ "I can feel and learn without fear."

Exercise: How are you able to freely express your sexuality with your partner? Do you demonstrate, guide or tell him what you want?

3. Affirmations for your solar plexus chakra:

Imagine a clear yellow light coursing through your solar plexus, and imagine it moving freely as you say these affirmations:

- ✿ "I appreciate my sexuality."
- ✿ "I appreciate the sexuality of my partner."
- ✿ "I appreciate the pleasure that my sexuality can bring."

Exercise: What aspects of your sexuality do you like the most? (i.e. I am not afraid to say what I want, I clearly know what feels good for me, I love my body, etc.)

4. Affirmations for your heart chakra:

Imagine a vivid green light coursing through your heart, and imagine it moving freely as you say these affirmations:

- ✿ "I can give and receive love."
- ✿ "I am not afraid to forgive and ask for forgiveness."
- ✿ "My heart is open to giving and receiving unconditional love."

Exercise: Reflect on a time when you had your heart broken. What have you done in order to forgive those who have hurt you?

5. Affirmations for your throat chakra:

Imagine a clear blue light coursing through your throat, and imagine it moving freely as you say these affirmations:

- ✿ “I can express myself in a positive way.”
- ✿ “I can express my sexuality in a positive way.”
- ✿ “I can say what’s in my heart and mind to my partner.”

Exercise: In what ways would you like to express your sexuality? What things would you like to tell your partner or a future partner?

6. Affirmations for your third eye chakra:

Imagine a deep purple light coursing through your forehead, and imagine it moving freely as you say these affirmations:

- ✿ “I can feel connected to my partner.”
- ✿ “I feel harmony when I’m with my partner.”
- ✿ “I can feel our energies flowing together during sex.”

Exercise: How often do you trust your intuition? Reflect on a time when your intuition led you to a good decision? How might you trust your intuition more with your sexuality, your desires?

7. Affirmations for your crown chakra:

Imagine a bright purple light coursing our through the top of your head, and imagine it moving freely as you say these affirmations:

✿ “I can feel a sexual connection with the divine.”

✿ “I can feel my sexuality moving between the physical and mental realm.”

Exercise: When do you feel most connected to your spirituality? What do you do in order to maintain this connection? How might you engage this while engaging in orgasmic sex?

Healing Exercises for Your Chakras

Affirmations may not always work for everyone. So you may need to do some actual physical exercises. As sex starts out of the bedroom, these exercises can be done when you're going about your day.

Your chakras can be blocked by a number of things like stress and anxiety. By regularly clearing your chakras, you're preventing these blockages from affecting different aspects of your life, from your relationship with yourself to your sexual relationship with your partner.

1. Mind your posture.

Remember how the chakras are spinning wheels of energy aligned at the centre of your body? All that energy flows together throughout your body. However, the way you position your body can also affect the way the energy flows through your body.

When you're hunched over, slouching or lying in an uncomfortable position, your chakras become misaligned. Of course, you can't always be in a position where your chakras are aligned, but it helps to keep those areas as open as often as possible.

Practice sitting up with your back straight and your chin parallel to the floor. Roll your shoulders back and take a few deep breaths. If you've slouched all your life, this position can be a bit awkward. But if you regularly try to sit this way, you'll notice a tremendous tension being lifted from your chest, your shoulders and your back.

When you're in the bedroom, however, try to go for positions that keep your chakra areas clear and comfortable. When you're on top, try to avoid hunching over and instead, arch your back. Not only does this release physical blockages in your chakras, but it also gives your partner a great view of your body!

2. Softening your chakras.

Mastering the art of softening your chakras can be done with just your mind and your intention, or you can touch the area around a chakra with your hand in order to soften it. You can do this in combination with your affirmation whenever you feel like your chakra is blocked. Clear your mind beforehand, and take deep breaths as you do this!

3. Movement therapy.

Have you ever heard of Pilates? Well, they've got a great selection of yoga-like exercises that can help clear your chakras. As your sacral chakra is where the root of your femininity is found, these exercises can help clear any blockages that prevent you from getting in touch with your femininity:

Below I have described each step of two fantastic exercises for the sacral area. To make the exercises easier to follow I created a private video for you so you can see exactly how to do both of these exercises. You will need your HYHL Members Area password to access the video - the steps below are not that easy to follow without the visual guidance.

VIDEO LINK: <http://www.simpleorgasmicsecret.com/sacralvideo>

Exercise 1 – Sacral Opening Movement Exercise

1. Lie down with your legs bent and your feet flat on the ground at about a foot apart.
2. Let's start with your left leg. Allow your left leg to drop to the side while maintaining contact between your heel and the floor.
3. Then stretch out your left leg with the outer side of your foot touching the floor, but don't tug at your hips.
4. When your leg is straight, roll your foot on your heel until the inner part of your foot is touching the floor.
5. Then pull it back in to the original position.
6. When you've gotten the hang of the movements, do it slowly and deliberately.
7. Repeat this several times for each leg, and make sure your hips remain as still as possible.
8. You can put on socks to make sliding your feet easier.

Exercise 2 – Hip Opening Exercise

1. Lie down on the floor with your feet touching each other at the soles. Place your hands on your sides and gently support your thighs as your knees point outwards.
2. Then bring your knees together.
3. Lift up your legs and draw them towards your body as your spine rolls off the floor.
4. Pull your knees to your chest using your hands, and you can also choose to slightly roll side to side.
5. Slowly let go to let them rest on the floor again.
6. Repeat this a few more times until you get used to the movements.

Exercise 3 - Moving Your Sexual Energy

Sexual energy flows through our bodies even when we're not aware of it. It's just there, lying latent until that time when we become aroused and excited by something. You may think that your sexual energy is within your vagina, clitoris and breasts, but that's not the case.

Your entire body is the home of your sexual energy! From the top of your head down to the tips of your toes, your sexual energy flows within you. So how can you harness this energy without just focusing on the genitals and breasts?

The first step you can do is to clear the energy blockages within your body. This can be achieved through a relaxing massage or some chakra-clearing exercises (more of which will be discussed in Chapter 7).

Then, when you're exploring your body on your own, you may often build up the tension within your genitals, stomach, legs, back, shoulders, breasts.

In this exercise, I advise you to do **the opposite**, just to see how you can build up the energy within your body to help awaken your Tantric nerve.

Lie flat on your back, and visualize a thin ray of light that moves from your clitoris up towards the back of the top of your head, and then frontwards and downwards through the front towards your cupid's bow. Now imagine that this ray of light carries your sexual energy. Imagine it as it slowly and steadily moves up through your belly, through your throat, back towards the top of your head and back down towards the top of your lip.

By awakening your Tantric nerve, you're letting your sexual energy travel all throughout your entire body, even without focusing on your usual erogenous zones. Each part of your body can receive pleasure for a full body bliss experience.

As you can see in this image, the energy spirals upwards. As explained above try starting this exercise from behind (the rear of your body) and then allow the energy to spiral or move upwards from the base chakra, up the spine as you connect each energy center together in a fluid and flowing way.



Bring this energy up over the head connecting into source, god and the divine and then move the energy down the front of each chakra.

Some people find it easier to start from the front and connect and work with the energy that way.

If you try to get it “right” you will most likely find this challenging. Focus on being present and care less about doing it properly. The moment your Sex-Tactic get’s too caught up in an outcome you’ll become unstuck.

Make sure you have a very pure and clean Sex-Tactic....

Your intention is to overcome fears, tune into you, awaken your orgasmic body and to explore the joy of your whole energetic system working together and merging with another. You can try this when simply holding hands or kissing. Make simple touched sacred too!

Also, you can do this on your own by making this a lovely meditation. You can also feel into the energy spiral while self-pleasuring. If you start to feel dizzy then try opening and feeling into the base chakra so that you are more grounded and present in the moment.

SOS ☩ *Highlights*

- The seven chakras are wheels of energy within your body that keep you “balanced” and at peace both mentally and physically. If you feel stressed, sad, fearful, angry, doubting your instinct, over giving, etc. - then one or more of these energy centers are underactive or over active.
- Each chakra has a specific function. Feel into your chakras regularly. Reread each of these points to help you gain more and more awareness.
- When you’re engaged in foreplay make sure you focus on circulating the energy building in your genitals to the rest of the body. From the base to the crown and back down and around again. Keep the energy moving. Relax your body instead of building tension and stress. Breathe, relax, and receive.



8 Body Bliss Breathing

Use the power of breath to bring harmony and sensory flow

Breathing and great sex may not seem like two directly related activities, but you'd be surprised at how breathing techniques can influence the way your body feels. Breathing itself allows oxygen to travel throughout your body in order to make way for better blood circulation. And as you know, getting the blood pumping to the right spots is already a good sign of arousal. After all, it's the oxygen that puts the "O" in orgasm!

Passionate mind-blowing sex can take really your breath away. But you don't always have to gasp for air every time you're getting down with your partner. In fact, taking it slow with some deep breathing techniques and exercises can allow you to experience more pleasure while also building a stronger connection with your partner.

By practicing breathing techniques and then trying it out with your partner, you can make the energies in your bodies flow with harmony. Your feminine energy and his masculine energy can flow until your bodies resonate together, even when you're not thinking about it!

With the Body Bliss Breathing Techniques, you can find your rhythm for better sex.

Why is a Breathing Technique Important for Sex?

Imagine a typical woman having sex and reaching orgasm. Usually, her breaths become shallower and shorter as she achieves orgasm.

Remember how we talked about the orgasm tightrope? The time when her breathing is short and shallow is the time when the tightrope becomes tauter as it builds up more tension. And then finally, when she achieves orgasm, the tension unravels and her breath also becomes longer and drawn out.

Now, see the difference between her breathing when she's experiencing tension and when she's coming back down from her orgasm. The shallow breathing actually helps build up the tension, whereas the deeper breaths allow her to experience the pleasure of the orgasm. Wouldn't you prefer to a more drawn out orgasmic experience?

Well, it's not that it's "drawn out" – more so, you use your breath to EXPAND and circulate healing and spiritual energy.

These breathing techniques allow you to feel more orgasmic, as opposed to just having an orgasm. They make your body more sensitive to sensations and they can allow you to feel more.

And this isn't just about your genitals, but your entire body can benefit from long deep breaths that send oxygen throughout every organ.

In fact, these breathing techniques can help you feel renewed and revitalized, whether or not you're having sex. Furthermore, when you use them when you're physically engaged with your partner, you can turn a regular sexual encounter into tidal wave after tidal wave of orgasmic pleasure!

To me this is whole point of sex – to feel safe, to be present and to consciously connect with another! Breath work is the key to this kind of connection. Breathe with the intention to connect with all of your body and with your partner to help you let go of disempowering thoughts (unhelpful Sex-Imprints) and assist you to consciously connect to the divine, to god, to the art and the wonder of your sacred sexuality.

1. Going Solo

A good way to master orgasm-enhancing breathing techniques is to try doing them on your own at first. Concentrating on your breathing can allow you to be more attuned to your

body. You can imagine the energy coursing through your body each time you breathe in and breathe out.

To practice the solo breathing technique, pick a time of day when you are free to relax without being disturbed for at least 30 minutes. Get rid of all the distractions by keeping your phone on silent and by making sure there's no noise in the room. Dress in something light like a nightgown or your underwear. It would also help to keep the temperature in the room at a comfortable level to keep you from getting distracted by the heat or the cold.

1. Start by placing one hand on your abdomen while breathing deeply through your nostrils.
2. Make sure your breaths are slow and deep enough for you to really feel the air coming in and out of your body.
3. Repeat this a few more times until you feel yourself getting more relaxed. The oxygen you're breathing in may allow you to feel lightheaded, but this can be likened to the feeling of clearing your head from noise.
4. Then, imagine that with every inhale, you're "sending" breath into your erogenous zones, like your breasts and your genitals. Instead of breathing only through your nostrils, imagine the breath that you're drawing is coming from your genitals.
5. Imagine your breath as a ball of soft light touching your erogenous zones and filling them with energy. This awakens these areas and infuses them with energy, while also increasing blood flow and sensations in that area.
6. Imagine that with each breath travelling from your genitals to your nostrils, it invigorates all the other organs it passes through, such as your belly, your breasts, your heart and your lungs.
7. Keep going and imagining the energy building up in your erogenous zones, until you feel your nipples getting taut, or for feel a tingle or slight buzz, you will also your genitals getting more sensitive. You'll feel like you're slowly getting more and more aroused...

8. You can also bring awareness to the skin over your body. As you breathe imagine that every part of your body inside and outside is sensitive and responsive. Feel it too... let your thoughts translate into feeling it.

The solo breathing technique works wonders as a great prelude to masturbation, or as a way to get yourself completely aroused while waiting for your partner to come to bed.

This technique is a great start to beginning the journey of the orgasmic self. Tune into your whole body.

2. Breathing Together

Now that you've experienced the power of deep breathing, imagine if you and your man are able to do them in tandem! Synchronized breathing with your partner may seem like a silly activity, but it may just be the added spice you need for your lovemaking sessions. Not only do breathing techniques allow you to relax and catch your breath, they're also powerful techniques that help strengthen your bond with your partner. This technique only takes about five minutes and can be done before, during and after sex.

1. To start, invite your partner to lie in bed on your sides while facing each other. Lie about a foot apart so you don't touch each other.
2. Look deeply into each other's eyes while becoming aware of each other's breathing pattern. It's best to take deeper breaths so that you can clearly see, hear and feel each other's breath.
3. Try to match your inhales and exhales with each other until your breathing is in synch.
4. Continue doing this for about ten more breaths in order to get your bodies to completely match each other's breathing pattern.

This would then allow you to feel like your bodies are moving as one, which can really amp up your sexual harmony.

3. Sensual Circles

Circling your breaths refers to the opposite of breathing together. But it also allows you and your partner to be more in sync with each other. If you often feel like your partner finishes even before you've gotten completely aroused, you may use this technique to slow down his sexual energy while speeding up yours. Potentially, this can also allow you to reach orgasm in tandem!

This technique is akin to exchanging energies. You're sending your sexual energy to him, and he's sending his sexual energy to you. This builds a deep connection with your partner because you can feel yourself giving him a part of your energy, while you're receiving a part of his.

1. To get started on the sexual circles, ask your partner to sit as you straddle his lap and gaze into his eyes. This is a very arousing position, but try to hold off getting too steamy until you're done with the breathing technique.
2. Take deep breaths through your nostrils and feel the air going in and out of your body. Ask him to do the same, but try to match his every exhale with your inhale. It may take a while to get used to the sensation. Eventually, you'll get the hang of it.
3. As you circle your breaths, imagine your partner's energy entering you. You can assign a color to his energy, if you like. This allows you to visualize his masculine energy entering you. At the same time, ask him to imagine your feminine energy entering him.
4. For each breath you draw in, a part of him enters you as well. Now imagine his energy moving towards your erogenous zones, and as you exhale, you're sending that energy back to him. In turn, as your partner breathes in, he must imagine your energy moving from your erogenous zone into his.

This allows you to feel like your erogenous zones are filled with your combined energies, so they can act as one. The circling technique can also help you visualize how your body is slowly taking in your partner's energy and slowly getting aroused with each breath you take in. Repeat the cycle a few more times until you feel like your bodies are awakened and in harmony with each other.

4. Sensitizing your Sensory Body

So far we have established that greatly satisfying sex is not just about your vagina. You're whole body is your sensory system and the ALL OF YOU should not be neglected by you or anybody!

Sometimes there's too much focus on the vagina and not enough on a woman's or a man's arms, head, neck stomach, side torso, belly, abdomen, lower back, center of back, shoulders, feet, ankles and underarms - basically any part of the body can activate your senses and your orgasmic system.

The truth is many women are not ready for the type of penetrative sex a man wants to engage in. Normally when she's not ready, she's not warm enough or not hot enough yet! Most often she's about five paces behind where her husband, lover or partner is, or they may not be on the same page at all.

What's interesting is...

When a man is introduced to slowing down and engaging his own sensory system (and his partner's), which allows for a heart connected interaction with the female, he will no longer have such a strong desire to quickly or abruptly penetrate a woman with senseless abandon. He will lose the need to perform, and he won't be concerned about his erections, his abilities or his ego. He will love connecting and exploring with you.

This is not to say he doesn't want to passionately and deeply physically connect with the vagina, it's beautiful to feel ravished by a man, and he can do this in a way that is orgasmic.

What this means is his 'Sex-Tactic' will have changed and once that changes, the way a man makes love changes...

The same applies to you of course. Once you are clear about your real and raw sexual desires (your Sex-Tactic), you will more easily communicate your sexual needs with a man and in a way that he can understand and embrace.

When a man feels emotionally safe with a woman, typically he will be open to expressing and exposing his vulnerability, allowing him to engage with his masculine and your feminine and join you in the magic of blissful sex.

Here are some techniques to help with stimulating your entire body. This technique will naturally excite and open the receiving element of the vagina.

These exercises can also be done with the vagina and breasts, although I wanted to start this exercise by making a clear point that it's important to engage all parts of the body to engage the orgasmic system.

Think of this as a meditation... conscious breath, conscious touch...

Touching the body in this way, allows the vagina, the feminine to welcome the penis, the masculine.

***** Important Note** –This exercise should be performed without having the goal of an orgasm. To begin with this exercise is about connecting with the wonder and magnificence of the orgasmic body (for both men and women). This allows the body to relax and enjoy, allowing the barriers to melt away, allowing you to be receptive and to engage your femininity. This exercise will powerfully help you to become tuned in to your senses.

Exercise – Releasing Your Sensual Vibrations

1. Time

If you are doing this exercise with a partner then set aside about an hour. This exercise normally takes 10-20 minutes for each person and if you'd like to have sex afterwards then set aside a couple of hours or more to really enjoy the experience. If you are doing some solo self-exploration then 30 minutes should be enough.

2. Body Spot

Choose a part of the body that you would like to pay attention to or have your partner/lover pay loving gentle attention to. You might like to choose a part of your body that doesn't normally get a lot of attention. – i.e. your lower back and side torso.

You can of course choose your vagina, specifically your clitoris or the more intimate g-spot. You can also choose your breasts. Many woman are under the elusion that they're breasts are not sensitive or that they don't like them to be touched – that aside, a woman's breasts are highly linked to orgasmic pleasure and when touched in a way that feels good to her, they have the power to engage the vagina.

Some men have a habit or biting or pinching the nipples in such a way that a woman may find irritating. Men can also roughly grab or touch a woman's breasts in a way that may feel good to him, but not you. I have definitely had this experience and all I want to do is push their hands away.

This breast-handling experience can result in a woman believing that her breast lack sensitivity or that being touched does nothing for them. This is your opportunity to explore your breasts either on your own or with a man that does actually feel good. Be specific about what feels pleasurable. Express it with encouragement and with warmth in your voice.

What you might not know is your breasts are directly linked to your orgasmic energy system and vagina; therefore this is one erogenous zone that will greatly benefit from being caressed and loved in all the right ways.

Unfortunately too many women feel great insecurities about their breasts. You may wonder - are they too big, small, droopy, old, soft, uneven in size, or is the areola too big or dark? Blah, blah, blah. Did you just get tired reading that list?

It saddens me the way women view one of their most powerfully erogenous and beautiful feminine attributes?! This kind of insecurity and self-doubt prevents a woman from enjoying being touched and caressed – which undoubtedly hinders a woman to feel into the strong and powerful bond that the breast have with her vagina.

If this relates to you and how you feel about your breasts then I suggest you start embracing them, loving them, massaging them and also enjoy them being touched. You can do this by recognizing your Sex-Imprints associated to your breasts and replace these thoughts and feelings with some pro-breast Mind-Magic - LOVE YOUR BODY, ACCEPT YOUR BODY.

3. Objective

The objective is to have no objective. Remove any expectations. There is not one way or a right way to do this exercise. Simply focus on tuning into what feels good and bring awareness to sensations and rising emotions.

4. Vocal Expression

It doesn't matter whether you choose; your breasts, clitoris, back, neck....

For example: Ask your partner to "make love" to your lower back and not in an overtly sexual way. It should not feel as though he's "fucking" your lower back. This exercise is designed to be slow, sensual and rhythmic. He can lick, blow on your body, gently nibble you or lightly bite you, he can massage you and run his fingers along the area. Maybe what feels good to you is just having the warmth of the palm of his hand placed at the small of your back, no movement just supporting you. This is your opportunity to express what you like or desire and to feel good doing so.

So... how vocal are you? Do you feel comfortable telling a man what you like, what feels good, what you prefer?

Some women make no noise at all, while others make a lot of pleasure sounding noises - yet this does not mean they specifically ask for what they would like. Either way this is your time to release sound in both its forms. Work with your breath to do this.

This is a great exercise to build your vocal confidence and to learn how to guide and express yourself gently and openly.

5. Overcome insecurities

If you notice that you're not enjoying yourself or you're feeling tense then think about the chakras, notice your thoughts of judgment or check in with any fear that's presenting.

Consciously breathe into the areas of your body that feel tight. Soften the third eye, open the heart, relax the stomach, allow yourself to be grounded and present, tune into your sacral area. Allow the crown to receive the spiritual journey. Trust the process.

For example: If you have a scar on your lower back, you're feeling insecure about it, you think it's ugly. In that moment you have a choice, you can give into insecurity and wonder if he's looking at it or stress wondering what he thinks about it... or you can let all of that go. Bring yourself back to love, to the heart and let the fears and worries disappear and enjoy the gift of being touched, adored, appreciated. This applies to every part of your body.

Emotional Release **Important******

During any of these above exercises, it's not uncommon to experience grief, tension, sadness, anger and any other emotion. When you become more conscious, more present, it's more difficult to hide from your emotional self. This is a wonderful time to address latent, unaddressed or pent up feelings that may be unfavorable impacting your sensory orgasmic system.

I suggest that if you are feeling particularly challenged it is extremely important that you engage a professional to assist you to address your presenting emotions and feelings.

It's more than natural for uncomfortable feelings to rise. Processing them is easy for some people, for others, particularly those who have not done bodywork or emotional work before it can be an overwhelming experience. It will either feel like a healthy release or it will feel like you're confused and you don't know what to do with the information/feelings/thoughts that are arising. If you try and ground and center, consciously breathe, open your heart and relax and you still feel challenged then don't deal with this on your own.

Crying and expressing emotion or anger can be therapeutic for you. In an intimate relationship it's important that you feel safe sharing your depth of feelings and so on, sometimes the depth of feeling is something that a partner does not have the necessary skill to help you (be it boyfriend, husband, lovers). If this happens I suggest you be gentle and loving with you, take a break from the exercise, speak about it with your partner and also seek immediate professional help.

Please give each of these exercises a chance to start working. This is your moment to start merging all of the tips and tools I have shared thus far. If you don't feel something in your breasts straight away, give it time and keep at it.

Success with breathing techniques requires some patience and practice. Practice the Going Solo technique whenever you can, and encourage your partner to practice the other techniques with you.

When I first started dedicating some time to conscious breath and connecting with my energy centers it was not like I instantly felt a connection - some areas took time. My base chakra was particularly slow to activate for me, I kept the practice up and in time it all changed.

When you've incorporated the Body Bliss Breathing Techniques into your love routine, you're sure to feel more fulfilled and more satisfied in the bedroom!

There are no expectations. Be patient and self-loving. It's the only way.

SOS ☿ Highlights

- Breath work is orgasmic gold. The way you breathe greatly affects the way blood flows to your body and your genitals. Don't forget to breathe. You can practice and focus feeling into your body, any part at any time.
- Be present and use breath work to engage your partner.
- Use conscious breathe to assist you with activating or softening your desired chakras
- You can practice your breathing techniques alone before you ask your partner to join you. Practicing breathing techniques with your partner can help your bodies be at harmony when you're engaging in sex.
- These techniques can help you achieve full body pleasure, without the pressure of having to orgasm. That's just a very pleasurable side effect 😊



9 Slow Siren

Slow it down to skyrocket full body delight

Have you ever been with a guy who loves slow sex? The sex feels sensual, loving and connected. The slow movements make the act feel more intimate and connected, and as your senses are heightened, you start to feel euphoric?

Your nerve endings become more sensitive and tingle with every touch. You start to become more aware of every little sensation you feel within your body. Every touch lingers and leaves a lasting impression on your skin that it's almost electric.

You become so connected to him that you could just lie there all day, bathing in sensual bliss as you touch and kiss and look into each other's eyes. And as you move, each gesture is languid and leisurely. It's like the whole world is in slow motion as you and your partner bask in sexual ecstasy.

Doesn't just reading about it make you crave this kind of sex with your partner?

Some women have experienced the joy of slow sex, but many have not. Maybe amidst the fumbling and tumbling with other partners, they have experienced this only once or twice in their life. If they only knew that going at a languid and sensually slow pace can be the perfect way they can express their feminine side during sex!

If you haven't experienced the magic of slow sex, you can quickly turn that around!

Or maybe you've tried slow sex and thought that it wasn't your thing. Perhaps you rather; fast, detached or vigorous sex? Or maybe you want to like it slow and sensual, but you feel physically and/or emotionally vulnerable being so intimate.

To prepare for your ecstatic journey into the world of slow sex, there are six things you need to do first:

- ✿ You have to genuinely want to have slow sex. Maybe for the variety, or maybe just to know what it's like, but your desire for it must be genuine.
- ✿ You have to want to go on a journey of valley orgasm... Not just having an orgasm, but being in an orgasmic state.
- ✿ You have to embrace your femininity in order to open yourself up to the experience of slow sex. You can work on this with your man.
- ✿ You must be ready to overcome your fears of vulnerability, insecurity, and skewed beliefs about sex.
- ✿ You must practice getting out of your head and feeling the sensations throughout your body through the Mind Magic for Making Out and the Body Bliss Breathing Techniques.
- ✿ As slow sex can last for some time, you have to be prepared to stay in bed for hours on end! Well perhaps not really hours all the time. At least set aside 2-3 times longer than you normally have sex, i.e. If sex is normally a 10 minute affair – try for 20-30mins and then build from there. If 30 minutes is the norm, go for 60-90mins. Of course you could also set aside the whole morning or an evening, just in case you start having loads of fun!

Now, before you get into the techniques for enhancing your sexual pleasure through slow sex, there are a couple of really important points I have to make....

As I had mentioned earlier, there are some women who love hard, rough sex in order to climax. In some instances, I've met men who have reported to me that sometimes their partner would ask him to suffocate her during sex. In other cases, it's smacking, spanking, or biting. Others want to be called "slut" or "bitch" while talking really dirty. Some women are just more into emotionless fucking, and some women are used to a wham-bam-thank-you-ma'am sexual interlude!

To each their own. Everyone has his or her own little quirks. But the point is some men are often more in tune with their sexuality and sensuality than women are. Though you may not be the type who would like to do the things I mentioned above, you can still see a

stark difference between the way many people have sex and the power of taking it nice and slow.

If you want to have heartfelt, loving and connected sex, then this chapter is definitely for you. Not only will you marvel at the physical sensations you can get from slowing things down, but you'll also see how you can feel more in sync with your partner in an emotional and sensual way. This is when sex becomes deeply healing and spiritual.

You know those romantic scenes you see in movies where the leading man and his leading lady are making sweet love by candlelight? You can have that and more!

The Advantages of Slow Sex

In this fast-paced world, it's a wonder why so many people forget the many benefits of taking it slow...

- ✿ Slow sex allows you to feel more sensations, and to be more sensitive to them. Tempting as it may be to go right at it, a gradual increase in arousal allows you to really keep your mind on the sensations you're feeling. There's a sort of delightful and exciting anticipation that comes with restraint.
- ✿ Slow sex gives you more time to connect with your partner. In hurried sex, you're focused on heightening your arousal until you reach climax. With slow sex, you have more time to look in to each other's eyes, to breathe in tandem, and to kiss as you feel each other's bodies come together.
- ✿ Slow sex is great for those who are tired from work or any other physically and mentally strenuous activity. It's relaxing and exciting at the same time because you're focused on pleasure, but not so much that you race to reach climax. You're not pressured to endure stress building intercourse; instead, you can take turns with your partner slowly teasing and coaxing each other's arousal.
- ✿ Slow sex lasts longer, of course. You have more time to try new positions and feel each other's bodies from different angles. You can also take little breaks and just hold each other close before you resume your lovemaking.

- ✿ Did you know that when you're having rough sex, your partner may hit your cervix, which happens to be right where your sacral chakra is. If you remember, your sacral chakra keeps the energy flow for your sexuality. When it's hit, it can be quite painful! But other than that, it can also lead to your body shutting down and being less responsive to sex.
- ✿ Slow, deep lovemaking can actually stimulate the cervix in a way that can be surprisingly pleasurable. The cervix is the core of a woman's receptiveness, and it can produce waves of orgasmic pleasure when your partner strokes it. Through slow sex, your partner can gently touch the core of your femininity with his manhood. This is why slow sex is so important when sex is too fast you lose the sensations and things that can feel pleasurable with slow sex, can be damaging with fast sex.

If you think you'll have problems convincing your man to take the leisurely route to pleasure, tell him about the advantages he can get when he gives it a try:

- ✿ Slow sex is perfect for men who may sometimes struggle with premature ejaculation. As climax approaches, men tend to go faster and thrust harder. If they put it on hold or take a break with some breathing exercises or by lying still, they can continue for longer.
- ✿ When men reach orgasm, they have to go through the refractory period where they recover the energy and semen they expended during sex. So you'll have to wait a while before you can go again. With slow sex, however, you can maintain all the sensations you'd feel if you were to have sex three times in a row, without the diminished arousal you may feel when your partner is still recuperating.
- ✿ Men can experience a more powerful climax when they take it slow. Think of it as delayed gratification where they can delay their climax to increase its intensity when it happens. As men don't normally have the capability for multiple orgasms in one session, then they may want the stronger orgasm that slow sex can provide.

How to Have Slow Sex

Finally, here's how you can get started on having slow sex with your partner. If possible, set aside at least an hour for this. Also, it may help to put on some soft music and maybe dim the lights. Make sure your phones are off or on airplane mode to avoid distractions... And you may want to keep your windows closed in case you make some sultry noises.

When you've got the room prepped and ready, here's what you can do.

1. Let your expressive self tell your partner of your intention.

It's hard to just stop your man when he's getting all hot and bothered. The best time to engage in the conversation about slow sex is when you're not in the sexual setting just yet. Ask him if he likes it slow or if he's ever tried it. Tell him that you'd like to try it sometime. Refer to the advantages in store for him if he needs a little more convincing.

If you like, you can give him some sexy details of how you want to do it. Who knows, he may get so aroused by the mere suggestion that he'd want to try it right then and there!

2. Practice the look of love.

It may sound cheesy to some, but it does wonders for fostering a deeper connection with your partner! Start by sitting together in bed while facing each other and gazing into each other's eyes. Then try to breathe in tandem with your partner. To intensify the experience, put your right hands onto each other's chest with your own left hand covering your partner's. Do this for at least five minutes.

The look of love enhances the deep connection you're creating with your partner. It helps melt away issues and separateness as you blend into each other, both physically and spiritually. It's a form of acceptance and surrender that you can do within and without the context of sex.

3. Increase your arousal with non-sexual touches.

Nothing makes you look forward to making love more than the feel of each other's bodies and having to wait for it. These touches can start off innocently enough with a caress of the arms or touching of the face. Then you both can move to touching the more sensitive spots like the inner arm, the thighs and the ears. Think of it as your fingertips strolling through the landscape of your partner's body. Then things can get a little heated up...

Move on to the more sensitive parts like the tops of the legs, the chest and eventually to the genitals. You can spice this up by turning your teasing caresses into a massage, complete with warm aromatherapy oils for enhancing arousal. Try out lavender to help you both relax, or ylangylang for enhancing your sexual energy.

4. Set the pace with foreplay.

Make each movement as slow as possible. I'm not saying you should move like sloths, but try to deeply appreciate and savor the feeling of each other's bodies. When you're moving your hands over his body, really feel each groove and crevice of his body and encourage him to do the same with you as per my previous suggestion in Chapter 7.

But don't let your hands do all the feeling... Feel each other with your thighs, your mouths, your breasts. When you kiss, try to replace the forceful passion with a more playful and loving caress of the lips and tongue. If he's starting to get too ardent, remember to connect with your breath, remember the look of love and try to go back to it to reset your pace.

Erotic Taoists teachings mention how you and your partner can get sufficiently worked up to get even more pleasure from sex. Here are some of the things they suggest when it comes to foreplay.

- ✿ A man has four stages of erection, and in line with this, women also have varying stages of arousal. With both men and women, the sexual act wouldn't be as pleasurable if you both get started without foreplay. Not everyone goes through the stages of arousal at the same speed. Some take time, and others can manage to get aroused in a snap!
- ✿ Foreplay is not just about touch, arousal can begin with body language and verbal communication . The way you both undress each other can be very erotic. The look you give him as your lift his top over his head or undo his buttons. Scent, candles, music = part of foreplay.
- ✿ Foreplay is crucial for a woman to receive her man in her feminine and for the man to engage his masculinity. Following are the 9 steps to female sexual readiness and sexual building. This list is provided by a sexual consultant of the Yellow Emperor of China - "The Mystery Lady" describes these stages in the following manner:
 1. CHI is in her lungs when her breath is fast.
 2. When the woman kisses the man tenderly, her energy is in her heart.
 3. She embraces the man: her energy is now in the spleen.
 4. Her vagina is moist: her energy is now in the sexual organs and kidneys.
 5. She moves her pelvis and bites the man gently: her energy is in her bones.
 6. Her feet surround the man: her energy is in her muscles.
 7. She caresses the man's penis: the energy has reached her blood.
 8. She kisses the man with great passion: the energy has reached the flesh and the skin.
 9. She abandons herself and moans: she is now ready to receive the man.

Reading through this list is quite eye opening, well it certainly was for me, hence why I presented it to you as is.

As I've mentioned a couple of times; men are foreplay lovers too (even if they don't know it YET)... and you will notice this by the varying level of erotic arousal in their erections.

A man's erections are not all the same – he will have varying degrees of hardness and fullness and this is dependent on foreplay and how aroused he is. A man also needs to harmonize the yin and yang, he needs energy in the blood, which then needs to reach his bones, followed by warmth!

When you know this it makes sense that *foreplay is sex, foreplay is love-making*, and orgasmic intercourse can rarely thrive without it. This is why I mention foreplay several times throughout SOS. Foreplay is your orgasmic friend.

✿ When you're getting hot and heavy in the bedroom, the caress is the most important thing you must learn. Your caresses must be gentle enough to glide across each others' skin, but firm enough to leave a tingling sensation. You and your partner can start moving from one zone to the other. You can start with each others' faces, then onto the neck, the shoulders, the arms and so forth. Each touch awakens parts of your body to give you a full body sensual experience.

✿ Keep your movements fluid. Remember how I discussed syncing your touch with your breath? Make sure your hands don't remain static in one area for too long as this may desensitize that area. Roam around and try to maintain contact with your partner's body as often as possible.

5. Take the lead.

Maybe your man needs a little reminding of your desire to take it at a more leisurely pace. What you can do is to be in a position when you're in control, like with the girl on top or reverse cowgirl position. Then slowly ease him inside of you. Your man can just lie back and enjoy as you pleasure both you and him with each achingly slow thrust.

6. Take a break.

The beauty of slow sex is that you're in no hurry to reach climax. The focus here is all about pleasure, pleasure and even more pleasure!

Feel free to stop and lie still when one of you is tired. Insert a few minutes of doing breathing techniques, when you're catching your breath. You can refer back to the look of love to maintain your connection.

You can also dedicate some time to pleasing each other by moving on to oral sex or using your hands... and then going back to penetration. Take turns, change positions. Use your hands and mouths. Just remember: take it slow and enjoy each sensual second of pleasure!

7. Sex-Tactic.

Be mindful that this is a 'valley' full body orgasmic journey. The minute you focus on having an orgasm, you run the risk of breaking the flow. Have a look at your Sex-Tactic here, bring yourself back to your intention – i.e. is it to bond or to get off? Are you having sex because you want to or you think you should?

8. Sex-Imprint.

Your insecurities or old beliefs may surface during slow sex. This is a powerful time to release insecurities. For example, if you start wondering what he's thinking about your body, notice the thought and then let it go.

So when you're engaging in slow sex think about the Aesop Fable, 'The Tortoise And The Hare'. Who won the race? The slow and steady tortoise won the race!

Stop rushing and start being present and enjoy the sensuality, the vulnerability and the love that slow sex allows for.

SOS ⌘ *Highlights*

- Slow sex helps you foster a deep and meaningful connection with your partner that doesn't rely on orgasm to give you pleasure.
- When you take time to build your sensations, to feel get out of your head and feel into your body and to breathe in an orgasmic circulating way - then euphoric sex happens (it's difficult to do this with fast sex)
- You can feel tingling sensations throughout your body if you take the time to practice have sex slowly and sensually.
- Before you engage in slow sex, it's important that you and your partner are open to the idea. Make sure you have the time and the venue to do this.
- With more focus on each sensation and less focus on achieving orgasm, you can fully open yourself up to the wonders of the valley orgasm.



Sensory Elevation Formula™ (SEF)

To become orgasmic it's imperative to elevate your senses and to do this you've got to know what your sticking points are. The 'SEF' is a combination of some of the key points in S.O.S. and ONE other essential ingredient that I didn't go into in great detail earlier in the preceding chapters...

Please read the entire SOS eBook before you continue with this formula

A. Know Your Starting Point

Dissolve Your Sensory Blocks

***Review Chapters; Sex-Tactic, Sex-Imprint, Pleasure Blockers, 3E's (all of Part 1)**

Recognizing YOUR starting point is the fundamental key to orgasmic pleasure and elevated sensations. Some women are comfortable being sexual, yet don't experience the pleasure they want. Some women are happy with their body yet not comfortable with their sexuality or with their erotic selves.

Now that you've read SOS, you must now be able to recognize your sensory blocks, for example:

✿ Maybe you have a belief that you'll never orgasm = Sensory Block

- ✿ Maybe you have sex too soon, before you're emotionally or physically ready = Sensory Block
- ✿ Maybe you're not in touch with your 3 E's. You haven't embraced your erotic self, your expressive self, or you're lacking self-esteem = Sensory Block

These three examples will certainly contribute to desensitizing your body. Before moving onto the next step, please make sure you've identified the things that are standing in the way of your SENSORY ELEVATION.

Your beliefs are ways of thinking that over time create neural pathways, and these beliefs can be subconscious and conscious ways of thinking. If you would like to elevate your senses then you've got to create some new healthy neural pathways that support your sexual life. Repetition will be your greatest friend in creating new ways of thinking that'll train your brain and body to think differently and respond accordingly. Follow the instructions provided in the previous chapters.

B. Pre-Sex-Arousal → NEVER MISS THIS = SENSORY ELEVATION

Plump it up (Engorgement)

Your engorgement indicates whether your body is actually ready to engage in penetrative sex, or not.

So what does it mean to be engorged?

In female arousal the body responds by becoming tumescent, which means to become swollen as a key response to sexual arousal (nice and plump). In fact, women are not too different to men. Women have erectile tissue that transforms during arousal and sexual play.

Tumescence or engorgement of your sexual tissues include your; nipples, clitoris, expansion of your vaginal walls, vaginal lubrication, elevation of the cervix and uterus, change in shape, color and size of the labia majora and labia minora and pupil dilation.

Also mental stimuli (such as your Sex-Imprint or Sex-Tactic) and physical stimuli such as touch, and the internal fluctuation of hormones, can influence sexual arousal.

How many times have you had sex without being aroused? Maybe you or your sexual partner just grab some lube and then go for it, yet your mind and body are not ready.

Genital responses are noticeable and necessary for consensual and comfortable intercourse. Your genitalia will swell and butterfly open and glisten beautifully when your body is preparing for orgasmic pleasure. Your labia will become darker, more purple and alive...

If you've never taken notice of this change in your body, then take a look at yourself with a mirror before arousal and then take a look after arousal. You should notice a marked difference.

I suggest you let your partner know about this...

You can tell him that you didn't know that women, just like men, also have erectile tissue. He should find this largely unknown fact very interesting, and this is a great way to get him involved and interested. You can share more about women's sexual transformation in an open, interesting and non-threatening way.

If you or you and your sexual partner have spent time engorging you and you still find it difficult to stay aroused or connected to your partner then I would suggest you have a deeper look into your mental arousal. What kind of thoughts or "noise" do you have running that could be blocking orgasmic pleasure? Perhaps it's time to get your hormone levels checks with a medical specialist.

What's the best way to become engorged?

Many experts will say that it begins with the clitoris, though as you will know by now, orgasmic pleasure certainly begins with your mind (hence Part 1 of SOS). Your clitoris will tend to follow after the mind. The clitoris is a cylindrical, erectile organ with three parts: outermost glans (head), middle corpus (body), and innermost crura.

During arousal, the smooth muscles of the clitoris relax and the arterial walls dilate. This dilation causes an increase in blood flow, leading to tumescence and extension of the glans clitoris

Oral sex, very gentle touching of your clitoris, and light digital stimulation of the vagina and g-spot, with some gentle kneading of the labia majora and minora, are all great for plumping you up. Of course, caressing of the breasts, kissing of the neck, and other touching will multi-stimulate your senses.

For example, some men cannot easily orgasm though basic fellatio (oral sex), though many of those men will find it easier to climax if they themselves or their partner do the following:

A) Once they stop thinking they won't orgasm and instead allow themselves to be present and truly enjoy the experience and be open to the possibility – they may then orgasm.

B) A man will tend to climax through oral sex if you multi-stimulate his erogenous zones. You can touch his nipples or gently massage his balls while you work your magic with your mouth. Or you can alternate. Ask him what feels best too. You can also use your hand to hold the shaft of his penis and move your hand up and down while you look after the head of his penis with your mouth.

A woman is no different. You may not want to orgasm through oral sex (or perhaps not every time), though the multi-sensory stimulation of a man touching your clitoris, maybe digitally stimulating your g-spot and also caressing your breasts will certainly ELEVATE your senses.

Embrace your body swelling and getting moist and ready for euphoric love-making. Some women can find themselves embarrassed about this visual change in their body. Love it. It's a beautiful thing.

If a man isn't touching you in a way that feels good then follow my advice in SOS.

C What's The Rush

*Review chapter 'Slow Siren'

The third part to the Sensory Elevation Formula is to STOP RUSHING and slow the heck down. I've written a whole chapter about this so please reread it.

You can control this, and your man will love it. Men deeply crave deeper intimacy and when you and a man are moving too fast it's almost impossible to achieve the kind of intimacy that feels nourishing and heart-felt.

If both of you're focused on the experience versus the outcome, the slow sex will bond the two of you, your intention, or your Sex-Tactic will be to bond and energize your body, mind and soul.

And don't just go slow for the first minute or two; keep your love-making slow, and close, and deep and fulfilling 😊

In a nutshell – elevate your senses by following this FORMULA →

S.E.F.

1. Embrace Your Sexually With A Supportive Mindset

+

2. Plump It Up (Engorgement is the key to readiness)

+

3. Slow Down (slowly build your love-making)

=

Sensory Elevation Formula

Enjoy it!



SOS - Sexual Health Note

Your body is a temple that deserves to be loved, respected and treated with kindness. Whenever you engage in a sexual relationship with your partner, there's something even more important than having pleasure and building a connection. You should also be concerned about your sexual health.

Taking risks with your sexual life can lead to serious consequences. So it's always important to keep your health and safety in mind when you meet someone new, or when you're trying out a new sexual experience. Sometimes, it's so easy to get swept up in the moment that you forget that you're putting yourself at risk.

To help you out, here are some important reminders:

- ✿ Always use condoms. Not only will they help prevent unwanted pregnancies, they can also help guard you against many sexually transmitted diseases. There's no shame in carrying a condom around in your purse when you're going out. It's better to be safe than sorry! (just remember that condoms are not foolproof, tests and a condom is even better)
- ✿ Many sexually transmitted diseases don't show obvious symptoms. In men, some diseases like Chlamydia don't even show any symptoms. Always get yourself tested, even if you have been going steady with your partner for a long time.
- ✿ Not all sexually transmitted diseases are actually transmitted through sex or sexual activities. Viruses like Herpes can be spread by getting into contact with a person with cold sores - your partner can touch their mouth and then touch your genitals and they can transmit the virus. The AIDS virus can be transmitted through the sharing of needles - you do not know someone's sexual history or life history. This

is why getting tested on a regular basis is important. Not only do you get to know if you have a disease so you can get treatment, but you can also prevent passing it on to your partner.

- ✿ Never ever have unprotected sex with someone whom you do not trust. Even if they try really hard to convince you that they don't have a disease, ask for proof. No proof means no sexy time! Do not believe someone when they said they had tests last month and that they are fine. Get tested again and physically see the results. Do not just take someone's word for it.
- ✿ Some sexual activities may seem like fun in theory, but they're not in practice. It's okay to try new things from time to time. However, you and your partner should know that either of you have the right to say stop when something is making you uncomfortable. If you're no longer comfortable with this, tell your partner immediately! Don't just bear the discomfort and pain. You have every right to seek pleasure and to stop activities that you don't want to participate in. Remember sex is supposed to feel pleasurable. It's supposed to be orgasmic.
- ✿ Always take care of your body. Eat well, move your body through exercise, avoid habits that can damage your health and learn to treat your body with love.

Reading the above points may seem to put a dampener on free flowing orgasmic sex - I encourage you to view it another way:

In the early chapters we spoke about feeling safe in a relationship, and how feeling safe is one of the most important aspects to expansive sensuality. If a man refuses to have a test then that's not something you should view lightly, this does not allow you to feel emotionally or physically safe. If you value an open and loving connection then how is that open and loving behavior?

Be smart with love, your heart and your beautiful body.

I have asked my partners to have tests and none of them have said no. In fact, they race to get them done. Why would a man not agree to check his sexual health?

If either one of you comes back with a positive result this does not mean you cannot have a healthy sex life. This means you must be properly informed about the presenting issue - research it together, consult a medical professional and take the right precautions.

Some STD's can be dealt with quickly with medication, others can be a little trickier, by and large, every thing has a solution.

Be transparent with each other and work it out. Simple.

You have every right to confidently revel in the wonders of your body and the pleasure it can give you and another. Explore and embrace your sexuality. Just remember to put your health and safety front and center!



Summary

Throughout the chapters you may have come to the conclusion that oftentimes there's a huge gap between what our sex life HAS BEEN like and what it CAN BE.

Even if you've got a great emotional connection with your partner, the sex may not be so great. On the other hand, there may also be times when you're have wonderful, orgasmic sex, but you would like a little more in the heart-to-heart department.

An orgasm can occur even if you don't have an emotional connection with your partner. You can even have one when you're alone or when you're with your trusty vibrator! But when it comes to achieving an orgasm, sometimes the climax itself doesn't satisfy.

Don't get me wrong, having an orgasm is a fantastic feeling! But there's much more to sex than just having an orgasm. Sex can help build a deep connection with your partner; it can give your entire body tingling waves of pleasure. Changing your views about sex can actually turn a boring sex life into a wonderful, orgasmic, magnetic and blissful sexual journey!

Let's have a look at what we're covered together:

Your sex-tactic doesn't have to be your sex-tactic forever. It can change, evolve, improve and develop over time. Your Sex -Imprint also doesn't have to remain permanent. That's why the Mind Magic for Making Out is such an effective tool: it changes the way you think about yourself and the way you do things in order for you to find more pleasure in intimacy.

Your femininity will always be within you and it's a powerful source for finding the sensual, receptive and nurturing side of you. Use your feminine side to be softer and more

sensitive. Allow it to complement your partner's masculine side. Try out the exercises I've outlined and watch as your feminine flame warms and softens each touch, each kiss and each caress you share with your partner.

Within you are the seven chakras that maintain the flow of energy within your body. By keeping them clear you're also helping to improve your health, and subsequently your sexual satisfaction and your level of intimacy will transform. Turn to affirmations to help clear them regularly. If you want more, then try the chakra clearing exercises that focus on how you use your energy to express your sexuality and receive pleasure. Remember, practice is key!

Sex can definitely knock the breath out of your body, but there's more to breathing techniques than just getting enough oxygen to get it on! Your Body-Bliss-Breathing Techniques not only regulate the flow of energy throughout your body, they can also help you stay synced with your partner. Just be patient, and remember to practice. It may take a while for you and your partner to get used to the idea of breathing techniques. But I assure you, the practice will be well worth it!

The final technique I've discussed in this book is the art of slow sensuality, or slow sex. Slow, languid and relaxed sex may just be the most rewarding sexual experience you'll have. Forget about kinky toys, costumes and rough play. Sometimes some loving foreplay and slow sex is all it takes to bring you and your partner back to the most basic and most glorious state of sexual arousal. By slowing down your pace, you can really sense that deep connection as tingles of pleasure sweep all throughout your body. It really is a wonderful experience that every woman should try at least once in her life.

Your sexual experiences shouldn't just be left to the hand of your partner. Take the reins and steer it in the direction you choose. It may feel awkward and strange at first. But when you've gotten the hang of taking control of your own pleasure and allowing yourself to feel each sensation, you'll experience that long-awaited sexual reawakening!

When you put down this book and waltz into the bedroom with your lover, keep these tips and techniques in mind. Explore, enjoy and relish each sensation with a healthier outlook and with soaring sexual confidence!

Fulfilling sexual intimacy begins with deeper emotional awareness. This is when you'll be able to unite emotional and physical intimacy together, creating a pleasure bonfire.

If you are single and looking to attract the greatest love and also the greatest sexual connection – I can assure you that when you engage and practice everything I have shared in SOS, you will be able to attract to the kind of man who wants exactly what you want. When we work on tuning into the *energy we give out and receive* we are then far more noticeable and alluring to someone who's resonating on a similar frequency.

Give it all you've got, it's worth it! Practice and then see and the feel the changes happening within you and around you!

May you experience the most orgasmic, heart warming and full body sexual bliss.

With love,
Nadine Piat

P.S. Please let me know how you go with implementing 'Simple Orgasmic Secret'. I would love to hear your experiences and feedback so please email me at: support@healthyyouhealthylove.com

