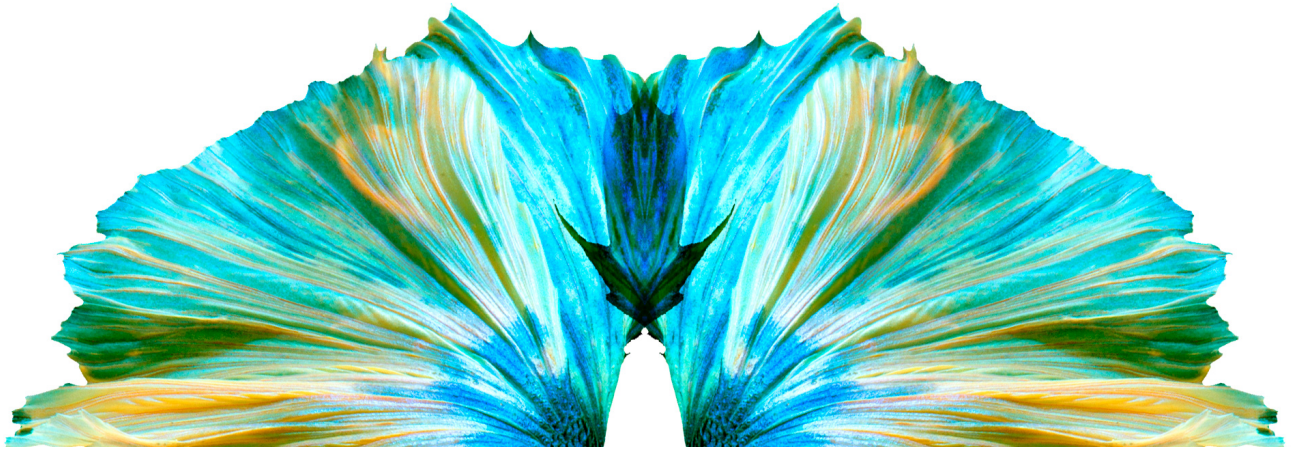


SLRC
TRIMESTER 1
MODULE 8



PRACTICE GUIDE

Orgasm Practices



THE TANTRIC INSTITUTE

OF INTEGRATED SEXUALITY

Orgasm Practices

In these three practices, you will:

- Explore the state of orgasm in deeper ways
- Explore the geography of your body in a new way
- Use orgasm as nourishment, as something that supports and grounds your system

This will support your meta-journey to relate to your pleasure and your unique signature in a celebratory way, removing comparison, criticism, frustration, judgment and control.

The components of orgasm are like anything else: if you work on and explore them, you will expand them. So explore, get curious and celebrate... Your body is ALIVE, your orgasm is a living experience, and just like anything living, the more you celebrate it, talk to it, create a container where energy, feeling and experience are celebrated, the more it can thrive. Be an orgasmic explorer!

Keep coming home to the part of you that knows orgasm as one of the deepest universal experiences, no matter what particular flavour of pleasure or orgasm you have.

Biggest trick to orgasm:

- Orgasm doesn't come from focusing on it
- Rather, you want to encourage your body parts to be as orgasmic as you are, opening the space to the possibility of orgasm, and then stay present with the sensation
- Encourage and grow it, tend to your garden

The Three Orgasmic Ingredients

The pleasure component

Embrace your pleasure. Seek and follow it, to know what brings you pleasure, and to create the context of pleasure in your mind. Everyone is slightly different. But how you give yourself pleasure is so important. See if you can bring yourself MAXIMUM pleasure.

If you find it difficult to experience pleasure, use this as a time and space to explore what brings you pleasure. Explore visualization, different touch, different sensations and parts of your body.

What blocks pleasure?

- Limiting belief systems
- Certain sub-personalities that don't like pleasure
- Certain traumas or habit patterns inside the body
- A deep imprinting inside that pleasure isn't safe
- Other emotions and sensations, such as rage, fear, sadness
- Our culture's resistance to pleasure, and female pleasure especially

Open up to pleasure, and systematically go through the parts that block your pleasure and don't let them stop you anymore. The more you build pleasure, the more you have available for your orgasmic experience. You can think of your pleasure like gold, and bringing that delicious gold into your system.

The Expansion Component

You can only start to expand when you have built up enough of something: in this case, pleasure. Pleasure + expansion = a shift in mind state.

Expansion means allowing the pleasure to flow and move.

What supports expansion?

- Consciously relaxing
- Letting parts of your body relax
- Identifying where pleasure is not flowing
- Mentally inviting the expansion into that part of you and allowing relaxation

Many women block expansion and movement in the solar plexus, so consciously relax that whole band of your body and let:

- Your power, will and vulnerability shift, move and grow
- Your ego surrender to the power of sexual power - a huge bridge to make

This expansion happens not only in your physical body - it is also a psychological expansion, which leads to psychological shifts that can be deep and profound.

The Mind-shift Component

Combine pleasure and expansion and you get the mind-shift, surrender!

Surrender happens when:

- The everyday reality, personality, judgment, right/wrong, control RELAXES
- You surrender to the experience of the moment

Two biggest components of surrender

- Deep, full, connected breathing
- Intention! "The willingness, openness"
 - Give yourself over to the experience
 - And because it's an art...practice!

Approach surrender with grace, open yourself up to it. Give yourself over to the experience. It is like jumping off a cliff and flying through the experience and sensation, and whatever will happen, feel your body without control. It is surrender that gives that sense of obliteration, that mind-blowing experience.

Geographical Orgasmic Exploration

There are infinite types and locations of orgasms!

This exploration is meant to:

- Get you curious
- Open you up to possibility and celebrate all aspects of your body
- Explore every single part...

Blended pleasure

When you train your body to experience pleasure in a “new” place, it is great to use blended pleasure. This means that you stimulate a part of your body where you easily feel pleasure - for example, the clitoris - and at the same time, stroke your g-spot to help your brain associate pleasure in the g-spot. This helps activate the pleasure in the new body part.

You will visit each and every erogenous zone of your body and encourage pleasure, expansion and surrender to whatever experience you are having in that part.

If you are pre-orgasmic:

- Visit all your body and keep encouraging expansion and pleasure

OR

- Keep doing healing work in those parts of the body

This is a sexual adventure into your own body, and you use time and focus to train your nervous system to sensitize and become orgasmic in these new areas. So exciting!

Orgasm as Nourishment

As women, we are heavily conditioned to give away all our good stuff! We give, give, give. It's the same when it comes to our sexuality. In the patriarchal society, female sexuality exists to attract others or has been the sole value of a woman. We still feel the residue of this, in that our sexuality and pleasure belong not to ourselves.

But - we can shift this into making our sexuality for ourselves, to feed ourselves, nourish ourselves and vibrate for our own good.

In this practice, you will learn to do that by building your orgasmic pleasure and using that vibration to nourish your own body. You will harness it, take it into your body and let it feed you! Also, orgasmic energy feeds into energy body work, as you will build and mature your energy body to tolerate more energy and change the baseline level of your energy over time.

This practice is really good for women who:

- Feel depleted from orgasm
- Have low energy
- Experience feeling hyper-sexualized
- Want to build up sexual energy from the inside out

Enjoy your unique orgasmic journey!

Layla Martin