

Orgasmic Flow

For your homework today: I want you to be mindful of when your body is not aligned with the principles of Orgasmic Flow.

So today, I want you to do some masturbation/self-pleasuring.

And in the act of this, I want you to do a few things...

1. Do the shaking exercise, beforehand, for at least 10 minutes.
2. Now, find a place quiet and private place to pleasure yourself. Start out with your Deep Orgasmic Breathing (inhaling down below the navel, and exhaling back out, through the mouth), as you touch yourself.
3. And as you do all this, make sure your body is the absolute height of relaxation. Try not to hold tension anywhere in your body. And any time there is tension in your body, I'd like you to release it.

Like maybe your hand is too tight while you're touching yourself. Or your leg muscles are clenched. Or your neck is really stiff. I want you to zero in. And when you feel anything like this happening, right away, I'd like you to imagine yourself drawing a deep breath in to wherever this tension is. And then exhale and imagine that breath is melting the tension. Got it?

4. Finally, as the sexual sensation/orgasm builds in your yoni/lingam, I want you to try something for me. Try to feel your entire body melting into the center of that feeling. You can keep touching yourself or you can let go, and just focus. Like you're meditating and bringing your presence to the orgasmic feeling. Just drop everything and surrender to it. Let it be what it is. Don't yearn for anything more. Just be with it, as it is.

What will happen is: It will naturally start to expand and feel even more orgasmic to you. Be spontaneous and ride that wave, no matter where it takes you. That is, if you're ready...

Got it?

Then get to it.

Let me know how it goes for you!