

---

# Orgasmic Flow

---



#1 ~

After running your hands across your body and connecting with your nadis -- your energy channels - what did you feel? Describe any kinds of sensations, and be specific about which areas were more sensitive than others. If you didn't feel anything, please note that too!

#2 ~

What in your life makes you feel orgasmic? This means: Anything that makes you feel so deeply satisfied in the moment; not necessarily something that actually sends you into full-body orgasms...but it could be both, if you'd like!

#3 ~

What elements of your life feels like the opposite of “orgasm” to you? For example, what feels as if it is robbing you of life energy and deadening you? What is strangling your vibration right now? (This can be anything — work, certain relationships, a bad living environment, a negative emotion, etc.)

#4 ~

Pick one item from #2! How can you embed this item more into your life?

#5 ~

Pick one item from #3! How can you limit your interaction with this item in your daily life? And if you absolutely cannot find a way to limit it, how can you transform your mindset surrounding it, so that it does not continue to suck your energy away?

**EXPAND**

---

# Orgasmic Flow

---



## SOME TIPS:

To start moving energy and bringing that orgasmic flow throughout every area of your life...

Look at the thing you picked in #2.

As you find ways to embed it into your daily routine, be total with it.

Don't multi-task. If your thing is to be in nature more, just be in nature. And try not to read or talk on the phone or do anything else, while you're there. Just be with it. Be aware, and notice any sensations that come up.

Doing this will help you to be more sensitive to the energy of your body.

If being in nature brings out an orgasmic kind of joy in you, and you sit with that in total awareness, it can only expand.

Also:

You know that thing you chose from #3? The thing that feels the opposite of orgasmic?

Try and cut it out of your day-to-day, as much as you can.

If you can't ('cause maybe it's a job that you depend on for your livelihood: I totally get that), then you've got to change your mindset surrounding it.

Ask yourself: How is this my teacher right now? What is this experience teaching me?

Because every experience, good or bad, is necessary for our growth and our evolution.

Sometimes it's not realistic to just walk away. Sometimes it's about relaxing our muscles so that we stop trying to resist the reality before us. Sometimes we must realize that, either consciously or unconsciously, we've chosen these situations in our lives, and we've got to shift our perspective a little and accept them. Then, when it's truly time to move on, we're ready for it!

**EXPAND**