

# Orgasm unleashed



Your guide to pleasure,  
healing and  
*power*

Eyal Matsliah

# Orgasm Unleashed Your Guide To Pleasure Healing And Power

**Alan Cross**

## **Orgasm Unleashed Your Guide To Pleasure Healing And Power:**

**Orgasm Unleashed** Eyal Matsliah, 2015-09-20 A practical guide to deepen and expand your orgasmic experience by yourself Based on ancient Tantric teachings modern sexology and tons of experience Orgasm Unleashed is filled with inspiring ideas and powerful practices that will transform your sex life It might even change your life     **Sex Positive** Dr. Kelly Neff, 2020-02-11 Offering a new take on the psychology of human sexuality Sexpositive integrates modern day themes such as technology and the use of social media with self help This is the book that millennial s will turn to in order to rewrite the story of their love lives Life on this planet would not exist if it weren t for one thing sexual intercourse Developing our understanding sexual consciousness defined as an awareness of each other and ourselves as sexually conscious beings is key if we want to see humanity evolve and thrive through our energetic awareness of one another The SexPositive movement has its roots in this founding ideology It is a social political and philosophical movement that promotes and embraces sexuality and sexual expression with an emphasis on safe and consensual sex Never before has there been a stronger cultural narrative about the awakening of our sexual consciousness and the crucial importance of building SexPositive relationships For the first time ever Dr Kelly Neff offers readers a ground breaking self help book that fuses scientific sexology research psychological theorizing Eastern Western philosophies and stories from around the world all in the context of the world s massive social and political shifts surrounding sex love and identity The first part of the book address our personal growth as sexually conscious beings in our current cultural climate unpacking the constructs of gender and sexual orientation social conditioning via mass media whilst exploring non monogamous relationships the Techno sexual Revolution as well as looking at sex as an energetic experience The second part of the book takes a more practical approach providing tools tips and exercises to help create and maintain SexPositive relationships

## **How to Self-Publish for Under \$100**

**Cinquanta Cox-Smith**, 2017-05-16 Write your own success story with this practical comprehensive guide that covers everything from outline to marketing plan No one understands the world of modern self publishing better than author and entrepreneur Cinquanta Cox Smith Now she shares all her tips and tricks to finding success as a self published author without spending a fortune From the benefits of beta readers to landing great endorsements Cinquanta offers practical detailed advice on every aspect of launching your own book Going beyond ISBNs covers and word count you ll learn about Vanity publishing Hybrid publishing Secrets to successful categorizing SEO Search Engine Optimization Discounting Blog tours and endorsements Self publishing on Amazon The growing scene outside of Amazon     **Open Wide** Melissa Ambrosini, 2018-03-06 Rocking relationships with your family and friends A soulmate who gets you on the deepest level And the best soulful sex of your life Anything is possible with Melissa Ambrosini by your side From the bestselling author of Mastering Your Mean Girl Open Wide is the definitive guide to fulfilling and intimate 21st century relationships delving into everything from cultivating self confidence to unleashing your inner goddess to forming lasting friendships and even to experiencing toe curling orgasms on

Called a self love guru by Elle magazine Melissa is a voice for the modern woman Rather than the preachy tone that plagues many relationship guides she's your supportive best friend sharing her wisdom in a way that makes your journey fun and simple Full of electric insights deeply personal stories and genuine aha moments Open Wide serves up real tools and relatable advice that you can put into action immediately for lasting results A powerful life altering read Open Wide gives you practical tools you can start using immediately to rewrite your future create authentic connections and experience heart bursting love **Forthcoming Books** Rose Arny,1997 *Awakening Women's Orgasm* Pala Copeland,Al Link,2013-05

Women have a capacity for orgasm that is truly awesome It is a power of pleasure that ranges from sweet to sublime to superlative and it is one that almost every woman can unleash You simply need to learn a few new things and unlearn a few old ones In this eBook you will learn about the many different types of orgasm a woman's body is waiting to give her You will understand that sex is more than physical it is also an emotional and energetic experience Exercises for mind heart and body help women open up to their sexual selves on their own and with their partners For example Identify and Shift Your Sex limiting Messages Getting to Know your Body and How it Responds Pelvic Lifts and Bounces for flexibility and increased sensation The Big Draw for powerful orgasms There are explicit tips for lovers on how to make love to a woman For example What are the hot spots and when and how can you find them How to give an extraordinary genital massage for pleasure and healing What are the best intercourse techniques for maximum pleasure Table of Contents Introduction A Cornucopia of Orgasms Personal Responsibility Permission Becoming Sex Positive in a Sex Negative World Cultivate a Pleasure Attitude Body Image Learning to Love Your Body Female Sexual Anatomy Yoni Empowerment Yoni Power Vaginal Exercisers Letting Go Of Control Grounding Becoming Connected Feeling Safe Following and Initiating Taking Receptive and Active Roles The Importance of Love Sexual Abuse Partner's Role Time Kindling Desire Sex Is More Than Intercourse Foreplay Moving from the Outside In Being Present Breath Breasts Focus Building Desire Moving Energy Sexual Fire Breath Passion Pump and other Secrets Self Pleasuring Masturbation More Tips for Partners Intercourse Thrusting Techniques Positions for Pleasure Yoni Massage Permission Time Summary Sex Toys and Lubricants Stimulants and Aphrodisiacs A Note on Safer Sex Resources Books about Body Image Female Anatomy and Women's Health Body Movement Breathing G Spot Orgasm Info More Orgasm Books Tantric and Taoist Approaches Inspirers and Trailblazers Betty Dodson Annie Sprinkle Mama Gena Nina Hartley Aphrodisiacs Resources for Sexual Abuse **The Orgasmic Effect** Tat O'Per,2013-06 To access and switch on your Orgasmic Energy keeps your body energized on the mental emotional and physical levels It's the most direct way to empower yourself on all levels and give yourself that feeling of well being on a daily basis Reading this book will provide you with many insights for a more energized healthy and successful you Will give you tips on maintaining a great body and considerably slow the aging process And gives direction in your life for Natural easy ways of lasting longer in the bedroom for men How to have multiple orgasm experiences for women Tips on Sexual Health maintenance Maintaining healthy Relationships Discover

Sexual Energy as the Healing Power inside you Art of Seduction how to please a woman Drop Weight Fast and correct your health Steps on connecting to the Healing Power inside you Dreams and how their meanings impact your life For men it increases their bedroom pleasure and gives them longer staying power with their partner For women it enables them to have far greater orgasms than they ever thought possible Learning to gain control of your energy is achievable for most people well into their 70ys The Lasting Power method has energizing effect and gives you an overall daily boost to your vitality and energy [www.theorgasmiceffect.com](http://www.theorgasmiceffect.com)

**No-Bullshit Guide to Orgasm** The Sex Collective, 2024-10-15 Are you ready to discover the secrets to earth shattering toe curling orgasms that will leave you gasping for more No Bullshit Guide to Orgasm isn't just a book it's your ticket to becoming a master of your own pleasure If you're tired of faking it frustrated by the same old routines or simply craving the kind of orgasm that makes your whole body shake then this guide is exactly what you need This isn't some basic watered down manual this is the explicit no holds barred deep dive into everything you need to know to take your pleasure from ordinary to extraordinary We're breaking down the entire orgasmic experience how it builds how to intensify it and how to make every moment a rush of pure electrifying sensation It's about time you knew what your body is really capable of From mastering the magic of the clitoris to unlocking the mysteries of the G spot and prostate we reveal the techniques that will transform you into the lover you've always wanted to be Want to feel multiple rolling orgasms that leave you trembling in bliss We've got you covered Curious about how to use your fantasies to set your body on fire This guide will teach you how to turn your imagination into your most potent aphrodisiac Whether you're going solo or making your partner beg for more No Bullshit Guide to Orgasm shows you how to elevate every encounter Discover how to harness the powerful chemicals like dopamine and oxytocin that your brain floods your body with during climax learn to own that pleasure amplify it and use it to create the most intense sexual experiences you've ever had It's time to unlearn the lies and myths that have held you back This guide teaches you the real raw truth about orgasms from anatomy to fantasy ensuring that every touch every thrust and every moan becomes a pathway to the deepest pleasure you've ever felt You'll uncover the secret techniques to make your body and your partner's scream in ecstasy as you explore everything from clitoral orgasms to anal stimulation and beyond This is your permission slip to become the best lover both for yourself and others that you can be Sexy explicit and loaded with detailed tips you won't find anywhere else No Bullshit Guide to Orgasm is the only book that promises to transform your sex life leaving you craving that next pulse that next shudder that next mind melting release Ready to unleash your ultimate pleasure potential Grab this guide your best orgasm is just a page away

**Awakening Women's Orgasm** Al Link, 2005 Beautifully erotic tastefully explicit Downloadable PDF and LIT Formats Internet Interactive Edition with more than 50 Color Photos Line Drawings Easy to navigate with 110 Internal Links 145 External Links Women have a capacity for orgasm that is truly awesome It is a power of pleasure that ranges from sweet to sublime to superlative and it is one that almost every woman can unleash You simply need to learn a few new things and unlearn a few old ones In

this eBook you will learn about the many different types of orgasm a woman's body is waiting to give her. You will understand that sex is more than physical, it is also an emotional and energetic experience. Exercises for mind, heart, and body help women open up to their sexual selves on their own and with their partners. For example, Identify and Shift Your Sex Limiting Messages, Getting to Know your Body and How it Responds, Pelvic Lifts and Bounces for flexibility and increased sensation, The Big Draw for powerful orgasms. There are explicit tips for lovers on how to make love to a woman. For example, What are the hot spots and when and how can you find them? How to give an extraordinary genital massage for pleasure and healing, What are the best intercourse techniques for maximum pleasure.

**Orgasm & You** Judy Amara, 2021-04-28

The Potential of Female Power was especially written from me to you as a guide for your journey to find the orgasm you may be missing out on. As they say, it's about the journey not the destination. In this case, I hope to help you with both. Having an orgasm is not just about the end result. It is about the exploration and the care and love you give to yourself during the process. It is about allowing yourself to feel the sexy, alive, and vibrant woman you truly are. In my book, I share with you the things I have learned along the way to achieving my own orgasm. It is an ever-evolving journey that even while writing this for you, I learned and discovered new things for and about myself. Each one of us is unique in what we want, what we feel, and what turns us on. I have provided many options for you to explore so that you can find what works for you. But don't let your journey stop there; continue to explore and learn what will unleash the full power and potential of your own orgasm and enjoy your sexuality the way you were always meant to.

**Intense Orgasmic Healing** Bp Editions, 2023-08-23

In the wonderful journey of life, we discover that sexuality goes beyond simple physical act. It is a deep link with our essence, a source of vital energy and a powerful holistic healing tool. In this book, we venture into a fascinating journey to the world of intense orgasm, a sacred and mysterious territory that houses innumerable secrets for our physical, emotional, and spiritual well-being. Sexuality as a source of sexual holistic healing is a work that invites you to understand the depth of our sexuality and how to hug it as a path to healing and fullness. Through these pages, we will explore intense orgasmic sexual holistic and reveal its benefits for our health, releasing endorphins and strengthening our immune system, thus showing us its undeniable therapeutic power. We will understand how intense orgasm can become a bridge for connection with our energy centers, how to unlock and harmonize our chakras to improve our intense orgasmic healing, and how to free ourselves from taboos and limiting beliefs that have overshadowed our sexuality. Throughout these pages, we will immerse ourselves in the wisdom of ancestral traditions that valued orgasms and used this intense energy as a sacred tool to heal and achieve greater spiritual elevation. We will explore how intense orgasm can be a source of emotional healing, releasing traumas and accumulated tensions and transforming emotions through sexual expression. We will address how the power of intense orgasm unfolds in our relationships, strengthening the connection, intimacy, and overcoming challenges that occur along the way. They will find tantric techniques and practices that will guide us towards healing through intense orgasm, exploring the spiritual dimension.

and meditation as accessories for a full and healing experience We will discover how intense orgasm becomes a medicine that transcends physical barriers and is integrated as a complementary treatment for certain medical conditions In this self discovery and expansion trip each reader will find a guide towards a more conscious full and empowered sexuality Sexuality thus becomes a path of personal growth connection with our deepest being and a door towards holistic healing I hope that this work is a lighthouse of light on the road to a sacred and transformative sexuality and that at the end of this journey each reader finds a deeper connection with himself and discovers the immense wealth that is hidden within the intense orgasm Together let s open our hearts and mind to embrace this powerful and sacred dimension of our existence and thus we flourish in a life of fullness health and love

### **Intense Orgasmic Healing 3 - Tools To Heal Through Intense Orgasm**

Bp Editions,2023-08-15 In the vast and complex universe of human sexuality there is a powerful and transformative source of holistic healing the intense orgasm Throughout the centuries sexuality has been a subject of mystery and taboo but in this book we will bravely explore it and understand how it can be a way to achieve integral well being in body mind and spirit Intense Orgasmic Healing is a work that invites you to abandon prejudices and limitations imposed on sexuality and embrace it as a healing and liberating force In this book you will embark on a journey of self knowledge and growth exploring the richness of orgasmic pleasure and how it can enhance various aspects of our lives We will begin by diving into the foundations of this holistic sexual healing From the concept of Intense Orgasmic Sexual Holistic to the deep understanding of its healing power each chapter will bring us closer to the essence of this revolutionary approach We will discover the fundamental principles that guide holistic sexual healing applied to intense orgasm and how the latter becomes a valuable ally in our physical emotional and spiritual well being The health benefits that intense orgasms offer us such as the release of endorphins and the strengthening of the immune system will connect us with an ancient wisdom that has often been ignored We will explore how intense orgasmic healing can be a source of vitality and rejuvenation overcoming myths and challenges associated with midlife and menopausal sexuality Through specific techniques and practices we will approach sexuality from an inclusive perspective recognizing the transformative power it has on people with disabilities and in non monogamous relationships The journey does not end there Delving into the complexity of the menstrual cycle we will understand how intense orgasm can interact and enhance the experience of menstruating people We will also discover how sexual healing can be achieved through fantasy and imagination releasing accumulated stress and transforming negative beliefs and patterns This work also explores the complementary use of intense orgasms as a treatment for certain medical conditions opening the door to innovative and complementary therapeutic approaches Intense Orgasmic Healing is a transformative and enriching journey towards wholeness guiding us through the understanding and healing power of sexuality Throughout these pages you will find knowledge practices and reflections that will help you embrace your sexuality as a source of healing and empowerment invite you to immerse yourself in this holistic journey and discover the unlimited potential that lies within you

waiting to be awakened through the magic of Intense Orgasmic Healing     **Intense Orgasmic Healing Volume 1 - Intense Orgasms For Integral Well-Being** Bp Editions, 2023-08-14 In the wonderful journey of life we discover that sexuality goes beyond the simple physical act it is a deep link with our essence a source of vital energy and a powerful holistic healing tool In this book we embark on a fascinating journey into the world of intense orgasm a sacred and mysterious territory that holds countless secrets to our physical emotional and spiritual well being Sexuality as a Source of Holistic Sexual Healing is a work that invites us to understand the depth of our sexuality and how to embrace it as a path to healing and wholeness Through these pages we will explore intense orgasmic holistic sexuality and reveal its benefits for our health releasing endorphins and strengthening our immune system thus showing us its undeniable therapeutic power We will understand how the intense orgasm can become a bridge for the connection with our energy centers how to unblock and harmonize our chakras to improve our intense orgasmic healing and how to free ourselves from taboos and limiting beliefs that have shadowed our sexuality Throughout these pages we will immerse ourselves in the wisdom of ancient traditions that valued orgasms and used this intense energy as a sacred tool to heal and achieve greater spiritual elevation We will explore how intense orgasm can be a source of emotional healing releasing accumulated trauma and tension and transforming emotions through sexual expression We will address how the power of the intense orgasm unfolds in our relationships strengthening the connection intimacy and overcoming challenges that arise along the way You will find tantric techniques and practices that will guide us towards healing through intense orgasm exploring the spiritual dimension and meditation as complements for a full and healing experience We will discover how the intense orgasm becomes a medicine that transcends physical barriers and integrates as a complementary treatment for certain medical conditions In this journey of self discovery and expansion of consciousness each reader will find a guide to a more conscious full and empowered sexuality Thus sexuality becomes a path of personal growth connection with our deepest being and a door to holistic healing I hope that this work will be a beacon of light on the path towards a sacred and transformative sexuality and that at the end of this journey each reader will find a deeper connection with himself and discover the immense richness that is hidden within the intense orgasm Together let us open our hearts and minds to embrace this powerful and sacred dimension of our existence and so let us flourish in a life of fulfillment health and love     *The Multi-Orgasmic Woman* Mantak Chia, Rachel Carlton Abrams, M.D., 2006-08-08 Now any woman can dramatically increase her pleasure with this holistic guide to female sexuality that combines the sexual wisdom of the East with the best of Western medical research The book brings together the secrets of an Eastern spiritual master Mantak Chia the leading teacher of Taoist sexuality and the health knowledge of a Western physician Rachel Carlton Abrams MD Through a series of tailor made techniques and exercises that will increase chi or life energy readers will learn how to reach intense prolonged whole body orgasms This is a book to help all women reach their true sexual potential and discover a more blissful and fulfilling way of living in their bodies     Living an Orgasmic Life Xanet

Paillet,2018-08-15 A simple guide to empower women to reclaim their desires and overcome whatever challenges they face with sex so they can enjoy it Living an Orgasmic Life is for those who find sex challenging and are uncomfortable with their sex life Women who are alienated from their erotic side due to sexual abuse or trauma will find healing balm in these pages Women who can't surrender into pleasure can't sustain intimacy or want to reclaim and feel empowered in their sexuality will greatly benefit from this book Challenges with sexuality are common and infrequently discussed Sex and intimacy coach Xanet Paillet explores the reasons that cause women to disconnect from their sexuality including shame body image issues sexual abuse and trauma physical wounding and fears of intimacy She provides practical advice and tools to help women awaken to their sexuality in a healthy way and reclaim their libido According to the National Survey of Sexual Health and Behavior 20% of married couples are only having sex once a month a sexless marriage And the number of reported sexless marriages has quadrupled in the last twenty years Living an Orgasmic Life is filled with lessons and practical exercises to take your sex life from non-existent or mediocre to fulfilling Learn Why it's so hard to talk about sex in a world where everything is about sex How sexual trauma can occur and how to heal it How to reignite your libido Perfect for readers of Sex Rx Urban Tantra Come as You Are or Womancode

**The Woman's Book of Orgasm** Tara Barker,2004-06

This complete guide to everything women have ever wanted to know about the Big O and how to make it work for them is packed with information from how an orgasm works to what women wish men knew about the female body and the female orgasm Throughout the book women talk openly about how they reach orgasm what works and what doesn't for them and describe in detail how their orgasms feel Illustrations

[The Science and Therapy of Orgasm](#) Alan Cross,2025-03-11

Unlock the Transformative Power of Pleasure Orgasm therapy is more than just an indulgence it is a scientifically backed holistic approach to mental emotional and physical well-being Grounded in neuroscience psychology and holistic health this revolutionary book explores how orgasms can enhance mood reduce stress improve relationships and even support longevity For centuries society has overlooked the profound impact of sexual pleasure on health Now cutting edge research is proving that orgasms play a critical role in reducing anxiety boosting immunity regulating emotions and strengthening intimacy Whether you are looking to enhance your personal well-being deepen connections with your partner or explore the latest breakthroughs in sexual wellness this book provides practical techniques and evidence-based insights to help you harness the full benefits of orgasm therapy Inside You'll Discover The science behind orgasm and brain health how pleasure enhances neuroplasticity memory and emotional resilience The role of orgasms in reducing stress anxiety and depression offering a natural way to boost mental health Holistic techniques including breathwork meditation and mindfulness to elevate sexual experiences How orgasm therapy strengthens relationships fostering deeper trust emotional bonding and intimacy The future of orgasm therapy with AI driven sexual wellness tools biofeedback and VR assisted pleasure experiences Ways to overcome stigma cultural taboos and personal barriers to embracing pleasure as an essential part of well-being This book is a

paradigm shift in how we view sexuality not just as an act of pleasure but as a fundamental pillar of health and self care If you re ready to transform your relationship with intimacy reclaim your sexual confidence and explore the true potential of orgasm therapy this book is your ultimate guide Your Pleasure Your Health Your Power It All Starts Here **Pathways to Pleasure** Robert W. Birch,Cynthia Lief Ruberg,2000 Written by a male Sexologist Adult Sexuality Educator and a femal Relationship and Sexuality Therapist this adult self help book is for women who have never experienced orgasm for women whose orgasms have been difficult to reach for those women wishing for orgasms that are more frequent and intense Based on over 45 years of combined clinical experience the authors address issues of early messages about sex body image self exploration the role of fantasy effective modes of communication issues of menopause the sexual concerns of women with disabilities and much much more The book contains an extensive Appendix of homework assignments self awareness exercises and a comprehensive list of written visual and online resources **The Ultimate Guide to Orgasm for Women** Mikaya Heart,2011-08-01 Owning our desires should be neither embarrassing nor uncomfortable Nor should they be subject to anyone else s moral judgment of what is right or wrong good or bad normal or abnormal Combining communication and information is the key By shrugging off the taboos against talking about our preferences and experiences when we re being sexual we will take the first and most important steps toward ensuring our own fulfillment The Ultimate Guide to Orgasm for Women is an unflinchingly honest responsible and thoroughly comprehensive exploration of female sexuality Topics include The physical types of orgasm such as electrical flying pounding deep waves and blips orgasm as an emotional release the elusive orgasm and why some women have difficulty having one how often we fake them and why masturbation multiple orgasms the male female dichotomy penetration and the G spot defining the erotic and the joy of sex toys **The Multi-Orgasmic Woman** Mantak Chia,Rachel Carlton Abrams,2006-08-08 A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential Reprint 20 000 first printing

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