

Energy Orgasms

*How To ACHIEVE HANDS-FREE
ORGASMS AT WILL*



Hello again, and welcome to another episode of “*Erotic Encounters*”!

This week’s *Erotic Encounter* has been sponsored by “*The Tantric Touch*”, my most advanced sex education program all about tantra.

Remember! As an “*Erotic Encounters*” member you receive a 70% discount when you order your copy of “*The Tantric Touch*” today.

To download your copy, just click the button at the bottom of this page after you finish watching or listening to this week’s episode, or go to

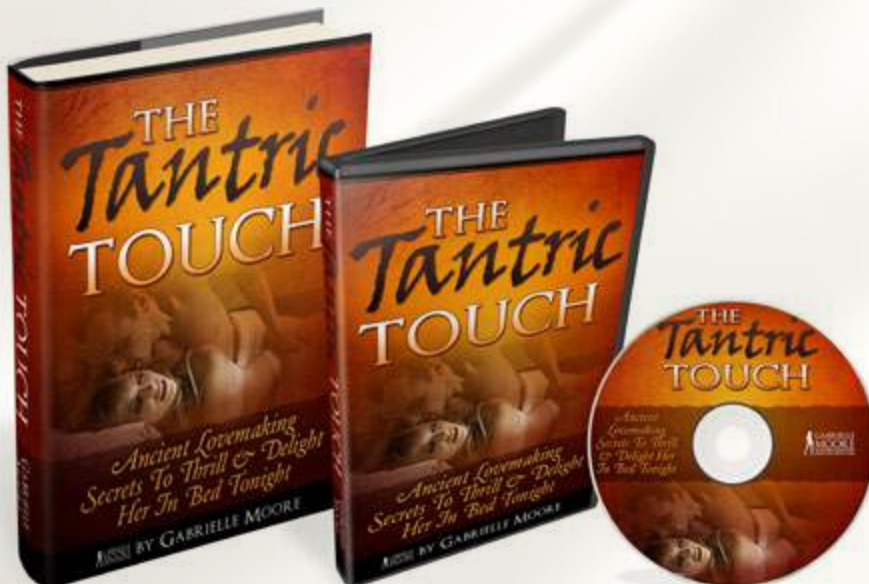
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Are you ready to embark on your *Erotic Encounter*?

I WANT YOU to close the door, make yourself comfortable, relax and get ready...

... because today I will teach you some of my most exciting and intimate secrets about erotic energy.

Are you ready? Let’s do it!



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How To Achieve Hands-Free Orgasms At Will

It may sound like something out of fantasy, but the hands-free orgasm is a reality for many women and men as well, with science eager to record evidence of this amazing phenomena. Teachers of energetic orgasm in the neo-tantra movement are popping up all over the globe, bursting with excitement to share the gift of "Thinking Off" with the world.

Indeed, it is a wonderful gift for any couple struggling to improve their sex lives or intimacy levels, to reach deeper levels of connection, to improve their health, to expand their orgasmic experience, and to take ownership of their bodies.



DRAWING DOWN ORGASMIC ENERGY

There are several ways to experience orgasmic energy. Another day we'll talk about the body's "fires" and how to "raise up" orgasmic energy. Today we are going to draw it down, get outside your head, bring all your ideas, beliefs, words, feelings, instincts, desires and needs together as one inside your sex and share that with a partner who has done the same! Sound complicated? I promise it's not.

The italicized areas are meant to be listened to as a guided meditation. For your first practices, it may help to increase the levels of intimacy if you read the meditation aloud to each other. The first time, go from step one all the way to step seven in a row by reading them to your wife. When she has reached step seven and is ready to come down, have her read the steps to you.

In future practices, you may want to practice doing one step at a time and then switching off. You can also take the steps in sections. Try this – step one and two, switch, step three, switch, steps four and five, switch, steps six and seven together (one or both

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reading and both of you participating). Experiment with different routines. You will find that when you have it down, recording it can be very handy, so that you can both listen to it and focus carefully on performing the actions together in an entwined sexual position instead of far enough apart to fit a book between you...

IN PREPARATION

As with any tantric rituals, you should be clean and calm, relaxed and ready to experiment. If you are stressed out about your day, feeling tight, sore, cranky, hungry, whatever... don't let it get in the way of enjoying yourself! Sit or lay comfortably somewhere and take some deep breaths. Quiet your mind. Follow your breath, in and out. When you find your mind drifting to other things, and it will, simply bring yourself back to your breath. Find the stillness in your mind. Do this regularly, at least once a day, even if only for a few minutes. Preparing yourself for longer, deeper meditative work will allow you to increase and improve your orgasmic experience at a much greater rate, giving you the opportunity to perfect the simple skills of meditation on your own time, making your work with your wife that much more potent and effective. While most of who you might have heard about or seen on TV or the internet able to experience hands-free orgasms are women, don't be dissuaded. Many men have learned as well!

PREPARING YOURSELF FOR LONGER, DEEPER MEDITATIVE WORK WILL ALLOW YOU TO INCREASE AND IMPROVE YOUR ORGASMIC EXPERIENCE AT A MUCH GREATER RATE

CAUTION

If you or your lover has suffered sexual trauma in the past, you may find this meditation difficult. It may trigger memories of these abuses and can bring about feelings of fear, sadness, guilt, anger, despair, panic, pain or even violence. While tantric work can be very healing for victims and survivors of sexual trauma, the work should be undertaken with the aid of a professional sexual abuse counselor, many of whom can be found and contracted with online from your own home. Don't dive into



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the deep end of a dark sexual history unprepared. You may not be able to handle what you find there.

SEVEN STEPS

As with many tantric systems, we will be working with the seven chakras as a method for conceptualizing the body's energies. This is all about visualization and the power of the mind and body as a single co-operative unit. Allow the system of organization to expand your mind.

STEP ONE: OPEN YOURSELF

The first chakra in this sequence is the *crown*, which is located at the very top of your head and extends out into the world like a radiant halo. This archetypal energy has been described in many ways – the collective unconscious, the holy guardian angel, the higher mind, the observer. This is that silver thread which connects you to the Universe and to everyone and everything else in the world.

THIS ARCHETYPAL ENERGY HAS BEEN DESCRIBED IN MANY WAYS – THE COLLECTIVE UNCONSCIOUS, THE HOLY GUARDIAN ANGEL, THE HIGHER MIND, THE OBSERVER.

Above your head is a brilliant white light, almost too bright to look into directly, full of a rainbow of colors. The light pulsates and glows, twinkles and thrives. Feel its white-hot flame heating you from above. Inside this light is all of the knowledge and wisdom of the ages. The sexual healers and mystics from the past thousands of years all exist here.

Breathe deep and feel this brilliant white light lower down into your crown, resting on the top of your brain. As it drops into the crown of your head, see the brilliant light turn to a deep violet as it comes to rest in your mind. Allow it to bring along with it images or feelings of the deep sexual history of human kind, all the billions upon billions of orgasms that humans have experienced since the dawn of our species.

Open your thoughts to new ideas and concepts of sexuality. Consider that life could be different! Let go of all that you once thought you knew and open yourself to something else, something bigger, something better, something that could change your world forever. Expand. Breathe in and feel your mind expand. Breathe out and feel all your negative thoughts and worries float away freely as if on a breeze. Breathe in and feel the top of your skull begin to open like a delicate flower, blossoming to new possibilities. Breathe out and send that flower's pollen into the breeze as well. Breathe

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in and allow your mind to be penetrated by the energy of the world, and of your partner. Just breathe.

STEP TWO: BELIEVE IN YOURSELF

The second chakra on this downward journey is the *third eye*, the one which you may already know. It rules your intuition and your sense of timing, your memory and nostalgia, and all your subconscious yearnings and desires. Dropping down into this area allows you to believe in yourself and trust in your intuition, to know that your ideas are worthwhile. Being in this space can also help you to process your memories and past experiences in ways that help you to rewrite a painful history into a productive present narrative that recognizes your gifts and blessings.

The purple light from your crown begins to descend and as it does it gets darker, until it is a nearly black shade of deep blue. This color rests at your brow, fully inside your skull now and radiating out from between your eyes like a brilliant black jewel. Know that all which you believe to be true about yourself inevitable will be true. In order to be an orgasmic master, you must believe in these abilities! Trust in your body and its pleasure. Trust in your partner. Trust in love. Conjure up all the images of love and sexual pleasure you have stored in your mind. Allow them to wash over you in a wave of bliss. Remember every orgasm, every moment of ecstasy, every touch that sent a shiver down your spine, every kiss...

Give yourself over to the knowing. Reprogram your self-talk. Whenever you bring up a memory from your past that is associated with a negative, tragic, victimizing story, reframe that memory. Instead of thinking about the damage caused to you by the incident in your memory, think about all the ways



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it molded and shaped you into the person you are today. What good has come from it? What did it teach you? Who have you been able to help because of it? Let go of your victimization. Grab hold of your true sexual self, free of inhibitions and preconceptions!

STEP THREE: MAKE SOME NOISE!

The third chakra drops down to the throat, the place of words, of community and communication, of sound and expression. Are you noisy during sex? Do you communicate with groans and grunts, moans and mews, or do your words tell the story? In this space we begin to express pleasure out loud, give a voice to all the thoughts and images we bring down from the Universe. In the throat chakra, it's time to let loose all those inhibitory constraints and make some noise.

IN THIS SPACE WE BEGIN TO EXPRESS PLEASURE OUT LOUD, GIVE A VOICE TO ALL THE THOUGHTS AND IMAGES WE BRING DOWN FROM THE UNIVERSE.



The deep indigo light of the third eye now slowly begins to descend, as it lightens in color, like a sky clearing after a violent storm, until it reaches a gorgeous bright sky blue as it settles in your throat. The bright blue pulsing, swirling light in your throat brings on the urge to make sound. Start with a deep sigh. Bring down all those sexual memories and collective experiences and allow them to be expressed through your throat. How do they sound? Gentle sighs or deep, guttural sounds? Low moans, high-pitched squeals of delight? Gruff growls, thick and lusty words?

What words need to be said to your lover right now? Let them float down from your mind with the bright energy and find space for expression in your throat. Let go of judgment, fear, anger and pain. Let the truth of your pleasure come out and fill the air between you. Share your words of love, desire, hope and happiness. If you find your words dwelling in fear or negativity, let go and come back to your stillness. Turn the story around and come back to speaking in the blue light of the clear day.

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STEP FOUR: LOVE

The fourth chakra is the heart chakra, in the upper chest and associated with our ability to love, to have compassion, to feel empathy, to understand and open our arms to hug and give comfort, to open the door of our home wide and to love through our body and our actions rather than just our words. How do you show your love to your partner, during sex and during the rest of your life together? Can you commit to finding more opportunities to express your love nonverbally?

The bright blue light at your throat begins to sink even deeper, along with your awareness, opening up into your chest and expanding wide around you as its color deepens as well to a brilliant emerald green. The light is verdant and alive, twisting and swirling, expanding and contracting with each breath, pulsing with each heart beat. Focus on your heart.

Feel your heart. Breathe deeply into your heart space. Bring all the ancient wisdom, intuition, and words of love you have with you down into your heart and just let it sink in. With every breath in, feel your heart expand just a little bit wider, just a little bit deeper. With every breath out, feel your body relax and let go of any walls you have built up to protect you from love.

Love is scary and we often try to block it out. Begin to pull the first bricks from this wall, feel it fading, opening and allowing more love in. Feel the love that surrounds you in your life! Let love flow freely to your heart and from it in a continuous flow with your lover and with the Universe. Feel the strength of all the love that has been felt throughout the ages, the compassion and beauty of lust and desire. Feel with your heart what so many other hearts have held dear throughout our ancient history. Breathe in love. Breathe out love. Breathe.

HOW DO YOU SHOW YOUR LOVE TO YOUR PARTNER, DURING SEX AND DURING THE REST OF YOUR LIFE TOGETHER? CAN YOU COMMIT TO FINDING MORE OPPORTUNITIES TO EXPRESS YOUR LOVE NONVERBALLY?

STEP FIVE: BREATHE

The fifth chakra down is the *solar plexus*, the storehouse of your body's vital energy. It is the energy of your digestive fires, your inner organs and your core strength, your ability to construct and deconstruct cells to extract energy and built matter. It is your own personal sun.

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The vibrant green of your heart begins to sink lower again, warming your body as it travels with your blood closer to your extremities. Its color becomes lighter as well, like the golden sun that lights up the green world, and when it arrives just above your navel, the fiery yellow ball of energy seems like a furnace burning fuel. How hot are its flames? Toss into this furnace the fuel of love, of words, of memories, of ancestors and biology. Throw into the fire all that which you bring to your sexual relationship. Shovel into the flames all that which sustains you, all that which maintains you.

*What sustains and maintains your personal body? What about your relationship? Where do you get the energy required to make love work, and work well? What feeds your fire? Breathe in deeply and let the oxygen fuel your fires. Remember that they should burn hot enough to keep you warm, but not so hot that you become uncomfortable! Tending your personal energy requires self-awareness. Breathe into this space of self-awareness. Breathe your love, your words, your memories and your ancient past into the space of self. What self-identities can you leave behind? What labels and identities serve to make your sex life better? **Who do you want to be today?***

STEP SEX ... I MEAN SIX!

The sixth and second last chakra is located deep in pelvic cavity, the ruler of the internal sex organs which regulate hormones and are responsible for the process of creation. What do you create in your life? As we get closer to the point of drawing down orgasmic energy into the lower sex orgasm where orgasm is



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experienced, you may feel the energy change, intensify, grow more urgent. Follow the feelings and your own intuition.

If you are practicing this meditation together with a recording in the background, feel free to begin touching each other rather than simply touching yourselves during this step. **Stay away from genital touch!** This is about invoking the sensations of seduction and engaging the entire body. Stroke the skin gently, touch the hair, kiss very lightly, but try to stay with the meditation rather than getting distracted by the physical bodies. Use your very subtle touch skills to bring about the mind's ability to project that sensation further and expand upon it.

DON'T JUST SEE YOURSELF THERE, BE THERE WITH ALL OF YOUR SENSES. HOW DOES IT LOOK, TASTE, SMELL, AND SOUND?

The bright yellow light of the solar plexus once again is on the move, this time getting darker and growing even more fiery, like the orange base of a massive fire. This orange glow comes to rest deep in the sex organs, the (ovaries and uterus / testes) which are responsible for your creative potential. Draw down with this energy all your personality, love, words, thoughts and inspirations. Imagine all of these incredibly complex things swirling around in the orange fire, combining and recombining to create the perfect offering, the most beautiful you.

What do you see in this space? What does your most blissful and orgasmic you look like? What are you doing and how does it feel? Allow yourself to experience this orgasmic moment fully. Don't just see yourself there, be there with all of your senses. How does it look, taste, smell, and sound? What does it feel like in your body? Breathe deeply and allow the feelings of pleasure to wash over your body, bringing them from your imagination into reality. Touch your skin, clench your pelvic floor muscles, tilt your head, brush aside your hair, and lose yourself in the sensation.

STEP SEVEN: ROCK AND ROLL

The fire is getting hotter now, so hot you can't get too close. Beneath the leaping, licking flames are the bright red embers which keep the whole system running. Your orgasms feed these embers, giving you fuel to work with for a few (hours, or days, or maybe even weeks)

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so you can focus on other maintenance work. If these embers are strong and hot all the time, they can become a bright burning fire with just the slightest breath.

Take a deep breath. Feel the orgasmic energy that has built in your pelvic walls. Begin a slow, rhythmic pulse of your pelvic muscles, gently fluttering the internal controls for all your sexual organs. Let the orange light drop lower until it beams out from inside your sex, your groin burning up with desire. Breathe into this desire. Allow your pelvic pulsations to come quicker. Flutter, breath in, flutter, breath out. Quicken the pace again.

Draw down your creativity, personality, love, words, thoughts and inspirations into the pleasure center of your sex. With each pulse, feel it fill up more and more with all these aspects of your sexual self. Like a balloon, feeling it filling up and stretching its boundaries, filling and filling, like your desire, getting closer and closer to reaching its limits. Breathe in and let it fill up. Breathe out and let it fill more. Stretch the balloon until it can stretch no more. When you are at your absolute capacity, simply let go.

COME DOWN

Let go. Let go of the rhythm and let the fluttering muscles take over. Let the shiver follow from your sex up the base of your spine, let it fire up your creativity, empower your life force, fill your heart, explode from your mouth, roll your eyes and blow your mind. Even if it doesn't feel exactly as you expect it to, go through the actions. Curl your toes! Clench your thighs, tighten your tummy, arch your back, moan out loud, roll your eyes and lift your head up high as all the excess energy shoots from your crown and cascades down around you like fireworks falling to the ground.

You may not experience a "typical" orgasm the first time you try this, but with plenty of practice anyone can make this meditation work for a hands-free orgasmic experience. Keep trying and enjoy!



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling ... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about tantra go ahead and download my "*The Tantric Touch*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to www.The-Tantric-Touch.com/eroticoffer to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

Sensually yours,
Gabrielle Moore

