



Sofia Sundari

# Your Orgasmic Guide

9 STEPS TO SACRED ORGASMS  
THAT CHANGE LIVES

FOR  
HER & HIM

# Sacred Orgasms

**Bill DeMain**



## **Sacred Orgasms:**

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      **Sacred Orgasms** Kenneth Ray

Stubbs, 1992-08-01 Presents four ancient paradigms of spiritual sexuality in which the flesh is a temple of the soul and a means for achieving higher awareness In a lyrical almost poetical style Stubbs takes readers on a journey through their own potential for spiritual wisdom through orgasm while exploring Tantra Taoism Quodoushka and contemporary meditation

**Exploring Sexuality and Spirituality**, 2020-10-20 The wide spectrum of links and interrelations found amongst the diversity of human sexual expressions and spiritual practices around the world constitutes one of the most fruitful grounds of scholarly research today Exploring Sexuality and Spirituality introduces an emerging academic field of studies focused on the multiplicity of problematizations intersecting spirituality and sexuality from eroticism and ecstasy embodiments to inner spiritual cultivation intimate relationships sex education and gender empowerment This collection of essays addresses

subjects such as prehistoric art Queer Theology BDSM Tantra the Song of Songs la petite mort asceticism feminist performative protests and sexually charged landscapes among others Through varied methodologies and state of the art interdisciplinary approaches this volume becomes highly useful for readers engaged in the integration of scholarly and practical knowledge

*Orgasmic Bodies* Hannah Frith, 2015-06-30 *Orgasmic Bodies* explores how bodily experiences of orgasm are worked up as present absent complicated straightforward too slow too fast fake or real in the doing of masculinities and femininities Engaging with both science and popular culture it examines the meanings given to orgasmic bodies in contemporary heterosex

**Sex, Tears, and Orgasms** Lawrelynd Bowin, 2024-05-10 *Sex Tears and Orgasms* is the true story of an African Canadian woman's journey to become whole several decades after suffering the trauma of female genital mutilation cutting FGM C and sexual violence as a child in Guinea West Africa Although Lawra Linda seems to be happy as a young mother and content in her marriage she struggles to find meaning in her life and a sense of belonging Now living in Vancouver she frantically searches to find something anything to feel alive again Believing she found it in another man she teeters on the edge of losing the most important people in her life her sons and husband Brutally honest about her feelings missteps and sexual encounters Lawra Linda takes readers on her path to find redemption through God and the Catholic Faith and physical healing through a clitoral reconstruction In doing so she illuminates the truth that both wholeness and holiness are necessary for a woman to thrive and champions the right of all women especially victims of FGM C to be happy and have a meaningful sex life

**Songs of the Dead** Derrick Jensen, 2009-03-01 A serial killer stalks the streets of Spokane acting out a misogynist script from the dark heart of this culture Across town a writer named Derrick has spent his life tracking the reasons political psychological spiritual for the sadism of modern civilization And through the grim nights Nika a trafficked woman tries to survive the grinding violence of prostitution Their lives and the forces propelling them are about to collide Derrick's current project is a book called *Possession* which asks the ontological question of who is responsible for the culture of domination that's destroying the earth Who actually benefits from a dead planet the endgame that's fast approaching What if the answer is something way bigger than humans Meanwhile with motivations opposite to Derrick's the serial killer is asking much the same question of the women he kidnaps as his final act of possession and Nika is next Derrick's metaphysical explorations suddenly take on more urgency as visions both terrifying and sacred begin to intrude and past and future collapse without warning All Derrick knows is Nika's name and her impending death The only person who believes him is his partner Allison a woman with both strengths and scars whose past has led her to a commitment to justice no matter what the cost As the visions intensify and the killer draws nearer Derrick and Allison are compelled to act making themselves the next targets Derrick must learn to negotiate a world of spirits and demons living and dead before it's too late And what hangs in the balance is not just their lives but also the fate of life on earth With *Songs of the Dead* Derrick Jensen has written more than a thriller This is a story lush with rage and tenderness on its way to being a

weapon      *Pronoia Is the Antidote for Paranoia, Revised and Expanded* Rob Brezsny,2009-09-22 Readers were instantly beguiled by Rob Brezsny s new approach to the humble horoscope when his Free Will Astrology column first appeared in 1996 Instead of the generic one size fits all style of similar columns Brezsny used witty parables tender rants cultural riffs pagan wisdom and lively rituals in his playfully positive readings He brings that same sensibility and the same message of a smiling universe to this self help book for people who may be skeptical about self help books Brezsny persuasively advises readers to go along with the universe s good intentions but his rejection of cynicism and a bleak view of human nature isn t rooted in denial On the contrary he makes a case for a cagey optimism that requires a vigorous engagement with the dark forces He asks us to rethink life as a sublime game created for our amusement and illumination The book is a chameleon of a tome You can read it straight through slowly and surely or else pick it up and open it at random for tasty hits of inspiration as the spirit moves you You can even start at the end and weave your way backward Brezsny has substantially updated this edition he added nearly one hundred pages by expanding various sections adding more than a dozen new pieces and a new chapter and providing readers with a number of playtime activities and exercises that let them participate through their own writing and drawing Brezsny s horoscopes are like little valentines buoyant and spilling over with mischievousness They re a soul prognosis The New York Times      **True Sexual Morality** Daniel R. Heimbach,2004-11-09 Daniel Heimbach examines the biblical teachings on sexual morality as well as four counterfeit views that have crept into our sexually revolutionized society He gives us an in depth look at the moral relativism that has spread through our culture and opens our eyes to the effects that nonbiblical sexual choices have on individuals the family the church and the culture      **Male Multiple Orgasm** Somraj Pokras,2007-09-28 With its easy to follow program this book allows any man to master the technique of male multiple orgasm Doing so will increase his own sexual enjoyment while making him a better lover who can provide his partner with greater pleasure      **The divine merger through tantra yoga** Richa Golvis,2018-10-09 The divine merger through tantra yoga is not just a book on tantra yoga it s a wholesome experience to give you a depth in all aspects of life 23 chapters to make this happen to you and give you an incredible depth of life Tantra is a possibility to higher realm of consciousness The awakening of authentic sexual energy The process of surrender in tantra yoga with your partner Explore the process of igniting your sexuality to experience intense and deep orgasm Being aware of the rising of your sexual energy in you and your partner The depth of sexual intimacy Turn on the qualities of intense love making through tantric process What you must never do while doing tantric sex Explode in bliss through tantric sex The tantric foreplay Tantric process to create an explosion of orgasm in all your senses The transcendence to higher planes of consciousness Letting go of fear through intense tantric merger Healing emotional wounds through tantric sex Energy healing through tantra yoga Tantra yoga to attain orgasmic meditative state Sex creates bondage but tantric sex liberates you How to know whether you are bonded or liberated The progressive healing and awakening of inner bliss through tantra yoga Experiencing sexual bliss The tantric

process to blend sex and merge with your higher being Igniting the higher centers within Healing guilt through tantra yoga

**Sex Magic** Laura Berman,2025-06-24 Curate your sexual reality and disrupt everything you think you know about sex with this bewitching guidebook for better intimacy Learning how to tap into your sexual power first requires an undoing From New York Times bestselling author Dr Laura Berman Sex Magic shows readers how to challenge their beliefs about their sexuality their self worth and their potential for healing meaningful intimacy In this innovative ultra modern guide Dr Berman reveals a refreshing new way of approaching pleasure Combining metaphysical wisdom with practical tips Sex Magic will gently steer readers to bring excitement back into the bedroom From deepening your orgasmic potential to building a sexual connection with your partner Dr Berman uses her 30 years of experience as a sex therapist to empower readers to stop settling for good enough sex You have the power to create the sex life you ve always wanted In Sex Magic Dr Berman shares techniques and exercises that teach you how to Connect to your energetic body to master the pleasure that is available to you Confidently create deeper arousal and pleasure in yourself and your partner Build more sexual energy and desire within and between you and another Apply accessible strategies for improving emotional and physical intimacy Remove the blocks of trauma and inhibition standing in the way of maximum pleasure Move pleasurable sensations throughout your body to achieve mind blowing orgasms Use ancient techniques for sexual healing and manifesting your dreams Are you ready for your sexual awakening Call beautiful sensual love into your life turn up the sexual intensity in your relationship and create the reality you desire in and out of the bedroom

**Gay Witchcraft** Christopher Penczak,2025-02-03 Gay Witchcraft is an opportunity for queer Witches to claim our rightful place in our own magical practices without sacrificing who we truly are as well as just being a solid introductory book on the Craft For queer Witches of all stripes this is our history these are our stories and this is something for us to treasure from the foreword by Storm Faerywolf When Christopher Penczak was introduced to Witchcraft he found a spiritual path through which he could honor and embrace his homosexuality In Gay Witchcraft Penczak s clearheaded theory and practice combine to create a classic book of Witchcraft focused on the perspective of the gay community Penczak s writing has made it much easier for gay lesbian bisexual transgender and queer people interested in practicing any form of Witchcraft His willingness to share his own personal journey and the foundations that made the Craft accessible allows readers to find their own ways of practice This book explores the history of Paganism and offers a compendium of spells meditations ceremonies and affirmations that will enrich both the novice and the experienced practitioner seeking out new views of myth ritual and healing This new Weiser Classics edition replaces a previously published edition The Weiser Classics series offers essential works and foundational texts from renowned authors and spiritual teachers as well as introductory guides on an array of topics by contemporary writers and practitioners Weiser Books esoteric and occult teachings since 1957

Cannabis and Sexual Ecstasy for Men Cliff Dunning,2022-03-08 Details how to awaken the prostate using internal massage techniques intention

and microdosing with cannabis Examines the importance of the prostate as a sex organ and why maintaining its good health is vital for overall wellness and longevity Explores the ability of particular strains of cannabis to increase sexual pleasure sensitize the genitals and trigger potent orgasms The secret to multiple male orgasms has been discovered At the root of this multi orgasmic pleasure is the prostate gland the male G spot as well as cannabinoids a group of chemical compounds found in cannabis that relax the mind and body sensitize the genitals and arouse the prostate gland In this step by step guide Cliff Dunning details how to awaken the prostate or P spot using internal massage intention and microdosing with cannabis in order to experience powerful multiple orgasms He examines the importance of the prostate as a sex organ why maintaining its good health is vital for overall wellness and longevity and the role the prostate plays in sexual satisfaction as well as why men need regular orgasms Examining how cannabis can act as an aphrodisiac the author explores its ability to increase sexual pleasure lower inhibitions enhance blood flow open neural pathways sensitize the genitals and trigger potent orgasms through the endocannabinoid system of the human body He investigates the cannabis strains developed to induce high states of arousal and explains how to use this plant medicine as a sexual sacrament to activate pleasure centers and open the door to multiple orgasms He details techniques for successfully stimulating the prostate to nonejaculatory orgasm with internal massage including specific recommendations for prostate massagers He also discusses the many health benefits of multiple orgasms including not only reproductive health but also psychological balance personal development and new levels of consciousness Offering a road map to multiple male orgasms and sexual wellness this guide reveals the prostate and cannabis as the keys to a lifetime of sexual pleasure

Female Ejaculation and the G-Spot Deborah Sundahl, 2014-04-21 The first edition of Female Ejaculation and the G Spot was meant to raise awareness about the phenomenon of female ejaculation and resurrect a now lost wonder as well as the mystery surrounding this aspect of female sexuality It empowered women who already ejaculated and taught women who wanted to The second edition of the book promises to do even more through its mindful approach to awakening the sensations of the G spot and in offering a gentler and safer method that Deborah developed to enable a woman to have more control over her ability to ejaculate The revision also includes more testimonials from workshop participants an interview with a sexual healer and an expanded list of outside references resources product makers and tantra teachers Sundahl summarizes and explains new information that has come to light regarding the G spot paying special attention to the renamed and researched PC muscles and new find see and feel techniques for ejaculating with a partner She has also added new information to her section on men s role in female ejaculation updating findings on men s sexual tastes Finally this edition includes new illustrations and links to online video clips With its new features meant to enhance Sundahl s original empowering and healing message regarding female sexuality the second edition of Female Ejaculation and the G Spot helps readers appreciate the wonders and healing potential of female ejaculation

**Personal Stories of "How I Got Into Sex"** Bonnie Bullough, 1997 The whimsical title belies the serious content within this collection

of 48 autobiographical essays sharing the lives and loves of sex educators researchers therapists prostitutes criminologists and clergy The contributors stories examine childhood sexual discovery and tragedy teen struggles **In Their Own Words** Bill DeMain,2004-09-30 The interviews included in this fascinating collection of discussions with popular songwriters focus on the craft itself and as such they are of interest to both music fans and to budding songwriters What inspires songwriters Where do their songs come from What is their process What do they do when they get stuck In this book readers will hear from a vast range of well known successful songwriters many of them performers as well revealing the nuances of their skill how they write their songs from conception to finished work The book discusses both song history and style The songs discussed have defined eras and culture Full of trivia wisdom and fascinating revelations from such figures as Tori Amos Burt Bacharach David Bowie Sarah McLachlan Billy Joel and John Mayer In Their Own Words shines a light on what is often and inherently lonely craft It gives readers a glimpse into a mysterious process and offers rising songwriters a wealth of advice from those who have spent decades successfully sharing their work with the public Exploring the Dimensions of Human Sexuality , The Mystical Pleasures of Chocolate Pharaoh,2000-12 Since I have been a lover and student of chocolate since birth I have looked at the seductive high gloss covers for books dedicated to the use of chocolate for desserts What has drawn me to those books has been the eye arresting graphic designs lettering and rich provocative dark and milk chocolate jackets Since my book explores the metaphoric and symbolic quality of chocolate women then the analogy works perfectly on multiple levels of meaning For example according to chocolate connoisseurs chocolate was the food of the mythic gods of the Mayans and Aztecs Moreover the sun played a dynamic role in the germination of this plant that eventually became the rage of Europe and then America Like chocolate chocolate women come in a spectrum of flavors colors textures sounds and scents Moreover gentlemen who have made it their life s work to know the spectrum of chocolate tend to become chocolate connoisseurs Hence my meditations celebrate the spectrum of chocolate women who are works of art **Womb Awakening** Azra Bertrand,Seren Bertrand,2017-08-15 Rediscover the lost ancient mystery teachings of the Cosmic Womb 2017 Nautilus Silver Award Explains how each of us has a holographic blueprint of the Womb of Creation our spiritual Womb Offers practices to help awaken your spiritual Womb experience the Womb of God within and activate the Womb s sacred magic of creation and manifestation Looks at the power of the moon and its connection to sacred Womb Consciousness Explores how the lost Womb mystery teachings were encoded in folk and fairy tales the legends of the Holy Grail and the traditions of Mary Magdalene and Sophia Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation where everything was birthed and dissolved through a sacred universal Womb Within each of us whether female or male lies a holographic blueprint of this Womb of Creation connecting us to the Web of Life By awakening your spiritual Womb the holy of holies within the temple of your body you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love Drawing on mythical and spiritual traditions from



almost every culture Dr Azra and Seren Bertrand reconstruct the moon based feminine mystery teachings of a lost global Womb religion tracing the tradition all the way back to the Neanderthals and beyond They explore how these teachings were encoded in the symbolism of folk and fairy tales the legends of the Holy Grail the traditions of Mary Magdalene and Sophia the maiden queen and crone archetypes and the teachings of alchemy and the chakras They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood The authors look at the power of the Moon and its connection to sacred Womb Consciousness offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world they show how as we reawaken the powerful ancient path of the Womb Mysteries we help return our world to harmony with the wild untamed creative flows and cyclical rhythms of the cosmos

**Sensual Love Secrets for Couples** Al Link, Pala Copeland, 2007 Is it possible to stir up passion after the flames of romantic love die down How can one maintain a loving relationship that satisfies and stimulates year after year Sensual Love Secrets for Couples offers one simple solution for stoking the fires of lifelong intimacy awakening and uniting the Body Mind Heart and Soul These four freedoms the essence of human nature have the power to transform a lusterless partnership into a divine union sparkling with limitless pleasure and unconditional love Featuring over one hundred exercises and fun activities this practical guide helps readers explore the physical senses establish trust cultivate emotional intimacy achieve sacred sex embrace commitment pledge selfless intentions and build spiritual bonds to last a lifetime

Uncover the mysteries within is enigmatic creation, **Sacred Orgasms** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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