

De-Shaming the Lotus

Brought to You By: Kendal Williams & Kim Holden



The Goddess Pleasure Palace - The Lotus

That's correct; we are shining a high beam spotlight on the almighty incredible vagina (yoni, pussy, twat, etc.). It's something that no matter who we are we are interested in it even if we cringe and giggle or say no that is for private talks and only for child bearing. No matter how ashamed we are of adoring it or having one, or wanting one we still find lots of time thinking about this wonderful pleasure palace between a woman's legs. Given the amount of time we focus on it, you'd think we'd know EVERYTHING about this attention-getting organ's intricate design, yet most men and even women don't know the labia from the vulva.

The following over-view explains a few things you might still be wondering about, like the secrets to finding the nerve-packed hot spots that make sex feel so AWESOME and how to get from un-orgasmic to Orgasmic bliss.

Most people call the whole sensual area between a woman's legs the "vagina" but the essence of visible outer parts is technically the "vulva". Meant to keep dirt and bacteria out while providing a welcoming environment for worthy lovers, the vulva is like a king's court where the clitoris is "the sensual, sexy dancer that catches the on looker's eyes with her erotic ways. The labia majora (outer lips) are a protective layer of fat covered by the skin and hair, the job of the labia majora is to keep sex comfy even if your pelvis is bonier.

Within the protective layer of the labia majora (though sometimes extending beyond them), the labia minora, or inner lips, act like a pair of swinging doors guarding the entrance to the vagina and the urethra, the tube that leads from the bladder. It is important to know that the labia minora are much thinner than the labia majora and even more sensitive. Plus, they contain erectile tissue, made up of clusters of tiny blood vessels, which means they become slightly stiffer (though not as stiff as the clitoris) during arousal. The area between and including the inner folds of the labia minors is called the "vestibule."

The Lotuses Secret Cooling Agent

Hiding just below the skin of the labia and the clitoral hood (called the prepuce) are hundreds of small glands that secrete oil and sweat to protect those delicate areas from friction and overheating. The inside of the vagina also stays moist to maintain healthy tissue, but as you've no doubt noticed, it gets wetter when your turned on. Which is why you want to make sure to take the time for FOREPLAY.

That's because the lining of the vagina fills with blood during arousal, causing the salt water in blood plasma to push through the vaginal wall. The Bartholin's glands – on either side of the vaginal opening – also pump out a few beads of slippery mucus. In missionary position, most of this fluid collects in the back of the vagina and fails to lubricate the opening, making sex uncomfortable. Unfortunately in some women lubrication occurs for only a few moments then stops. In either case, coconut oil or a water-based lubricant (spit does the job very well too) is key to ensuring a smooth and welcoming entry. It is VERY Important in lovemaking to stay present though, because a woman's body can stop producing lubricant even when she aroused it is one of the most important things to stay aware of so that the thin tender layers of skin of your vulva and vagina don't tear causing pain for days (up to a week) after one love making session.

Under the Ruffles

The vulva and the vagina feature a variety of textures. Most of the vulva is smooth, but some women's labia minora have a ruffled appearance. Labias come in all shapes and sizes as do vaginas and breasts (ALL are perfect).As for the texture inside the vagina, it's full of bumpy ridges called rugae. The rugae stretch and retract to accommodate objects ranging from a cock to 10lb baby.

The Clit or Wishbone

All these hardworking organs and then there is the clitoris which is party central – it does nothing but party. It's the only part of the human body whose sole purpose is for pleasure. But unlike most parties it appears smaller than it really is. Beneath the visible pink button, called the glans, lies a wish-bone shaped structure comprising a shaft, which extends about an inch up towards the pubic bone, and two three inch arms called crura that reach down and back toward the pelvic bone in an inverted v-shape. Though the shaft and crura send pleasure signals to the brain during sex, the glans is more sensitive.

Two bulbs of erectile tissue run alongside the crura. Many experts, including Berman and Dr Helen O'Connell, an urologist at Royal Melbourne Hospital in Australia and the first person to map the clitoris using magnetic resonance imaging believe that this tissue is part of the clitoris too. In studies, Dr O'Connell found that the clitoris is also connected to erectile tissue surrounding the urethra and extending up to the front wall of the vagina - where the enigmatic G-spot has been known to pop up. Recent research has shown that the the clit extends to the anus as well.

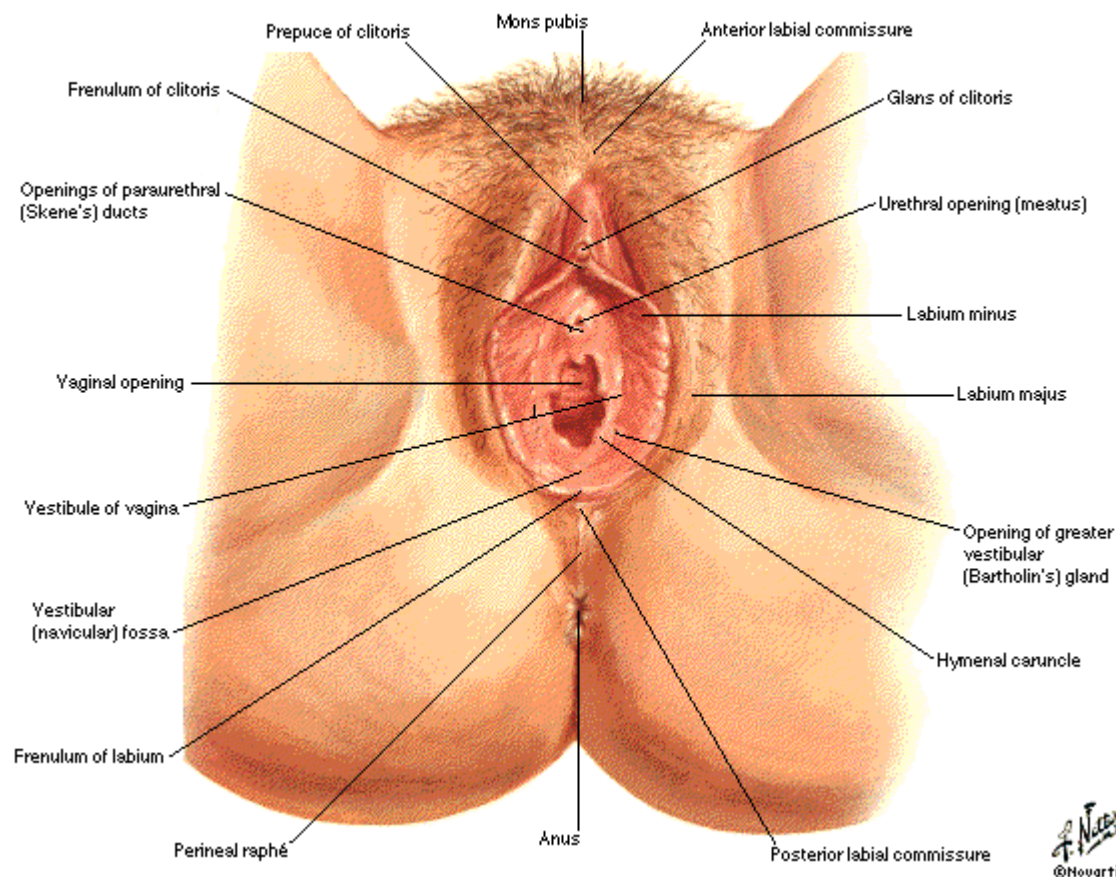
The G- spot

While the vagina is nowhere near as responsive to touch as the vulva, it does contain hundreds of nerve endings. If a woman were lying on her back with a clock placed upright inside the lower part of her vagina (don't ask how it got there), the most sensitive area would be at 12 o'clock, right behind the urethra. In a 1982 study of more than 400 women, Rutgers University sex researcher Dr Beverly Whipple, found that when this area was stimulated after a woman was already sexually aroused, a bump of tissue speared and

could sometimes trigger an orgasm. She named the area the G-spot after Ernst Grafenberg, the German doctor who first documented it in 1950.

Further examination of this spongy tissue found it identical to that of the male prostate gland, a well-established pleasure zone. Some doctors believe the G-spot should be renamed the female prostate. Supporting that belief is a study showing the similarity between the fluid expelled by women through their urethra during G-spot orgasm (aka female ejaculation) and that produced by the male prostate.

Perineum and External Genitalia of Female



Top 3 Secrets Every Woman Should Know About Her Pussy:

Secret #1: The Vagina's Experiences can and do on the level of biology, boost women's self-confidence; can help unleash female creativity, or present blocks to this creativity.

These experiences can contribute to a woman's sense of the joyful interconnectedness of the material and spiritual world or else to her grieving awareness of the loss of that sense of interconnectedness. They can help her realize a higher state of being, an almost mystical experience of life or they can have her longing in a state of always feeling like there

should be more to life. This latter experience can lead to not only a lack of desire for sex, but also be the drop of poison in her life that brings her to a state of what can only be called existential depression or despair.

What this breaks down to: If you are a woman or know a woman who seems to just be in a constant state of not feeling connected, disillusioned, lacking desire for life in general, may seem to always have “health issues” that no doctor can find a reason for, is taking anti-depressants, is in a relationship that is comfortable but not leaving you in passionate connection, has a weak immune system, feels lost in your life, life is about duty not living, full of fear and regrets, then your vaginal experiences have led you to the latter above. If this is you or you know someone like this then there is hope. Through education and positive vaginal experiences, you can release the traumas and blockages and find a new vibrant TurnedOn life. Full of abundance joy, happiness, desire, love and fun.

Secret #2: Every Woman REALLY is wired differently!

It's all in a woman's neural wiring. Some women's nerves branch more in the vagina; other's women's branch more in the clitoris. Some branch a great deal more in the perineum, and some more at the mouth of the cervix.

So our culture tells us that we should flick our bean, that we should vibrate the hell out of the clit, that guys should take the guaranteed orgasm stride and go for the clit. Society also tells us that there is this wonderful G-Spot and that will make a woman hit the ceiling with pleasure. Often though, these societal ideas are not reality for many. Some women love anal sex, some find it painful. Some women believe that they cannot have a vaginal orgasm while others have pain if their bean is being flicked.

Now, emotions do play a role, many things can contribute to helping a woman open up and become more orgasmic in many ways. And as we spoke of before there can be trauma and other vaginal experiences that can block a woman's ability to feel pleasure. Matter a fact a woman's vagina can actually make her feel pain or great discomfort if her vaginal experiences are not positive or she has blocked emotions in her womb and vaginal canal. But there is this vital point to remember as well. All women are wired differently! An emotional healed woman who is open sexually will be more likely to be multi-orgasmic and able to experience pleasure in many ways but she may still have one spot that is far more pleasurable than another.

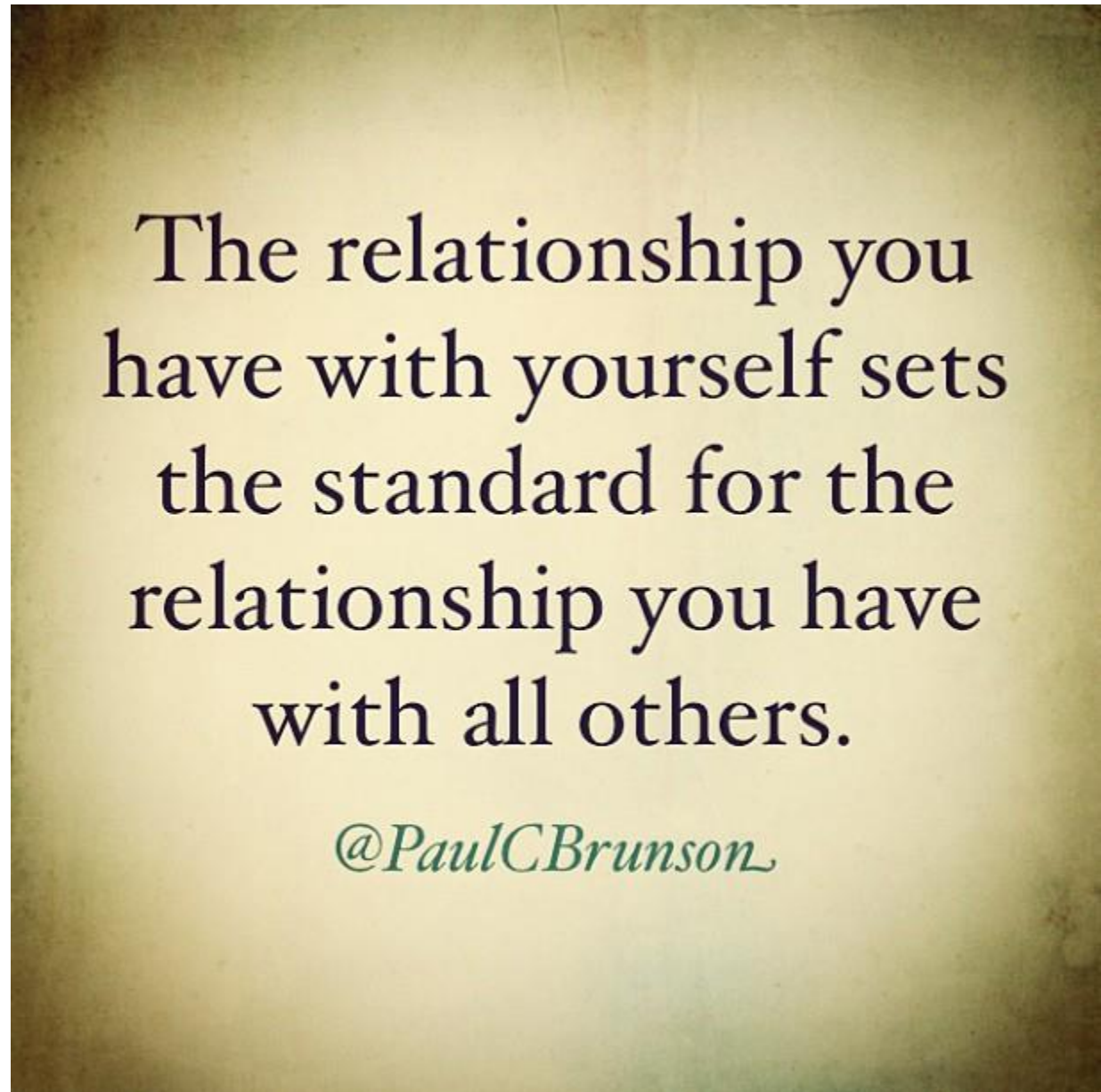
How can you help your wiring? Keeping a healthy spine is #1 in sexual health and feeling. Nerves can get pinched and vertebra's can start to deteriorate and apply pressure, causing a loss in sensation or even pain during sexual relations. Do yoga, this helps with body awareness and helps keep your muscles strong to support a healthy spine.

Secret #3: Make love to her mind first!

Okay so I know that you have all heard this before, but this time you need to take it seriously. Making love to a woman's mind is indeed the ticket. It's not about telling a woman what you think she wants to hear, its not even about always being a gentleman. What it is about is that women simply CANNOT get into a state of orgasm if they feel a bunch of negative stress. A woman's mind MUST be relaxed, her stress level must be low, she must feel safe.

Making love to a woman is a constant.

When it comes to actual sex, It is important to stimulate, sensitively and skillfully, whatever combination of a woman's clitoris, vagina, G-spot, labia, perineum, rectum, and mouth of the cervix that really makes her happy. This can change with the time of the month, her mind state which does affect her body. A woman may want soft lingering lovemaking one time and the hard, powerful sex another. This may even change during one sex event. As a woman's partner it is most important to stay in the moment, being present and always supporting her, encouraging her to speak what she needs. As a woman, it is important to get familiar and comfortable with asking for and knowing what your body needs in each moment.



The relationship you
have with yourself sets
the standard for the
relationship you have
with all others.

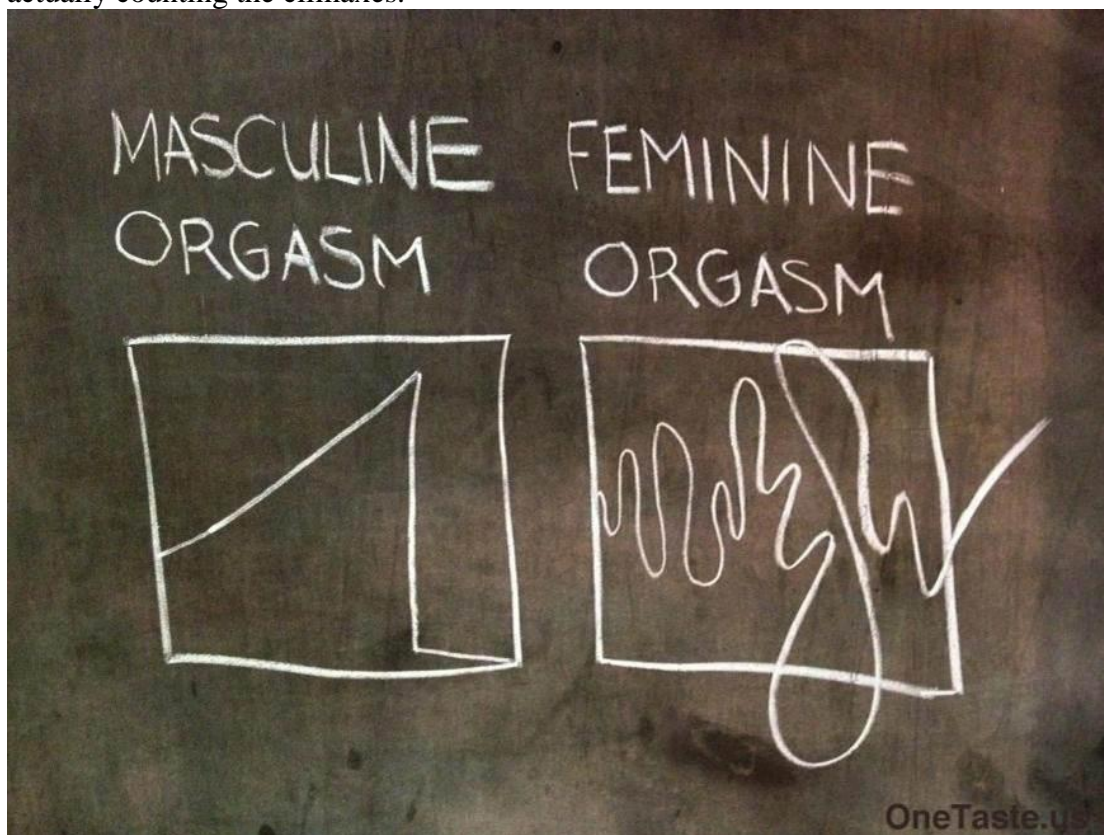
@PaulCBrunson

Orgasm and Climax - Do You Know the Difference?

A woman's orgasm is all over the place. It is like the ocean. We will have peaks and lows, we will feel warm and fluid and light and floaty. We will feel full and we can feel empty. Orgasm may experience a climax but it does not always happen.

A Climax on the other hand is more similar to a masculine Orgasm or what we are taught is a masculine orgasm. It is a climbing in sensation and intensity and then we hit an edge and drop. This is a climax.

A woman **ONLY** has **ONE** orgasm ever! When we say, "Oh I had 3 orgasms last night," we are actually counting the climaxes.



Health benefits of Orgasm: Explore these Articles to learn more!

[Genital Massage for Cardiovascular Health](#)

[Not Just a Sexy New Fad - Orgasmic Living is the Answer for Men & Women Alike](#)

Let's Talk About Orgasm's !How Many Orgasm's Can A Woman Have? - Personally I have explored at least 13 - Learn about the [Elusive Female Orgasm HERE](#)

How Can Deep Cervical Orgasm Remove Lodged Trauma and restore Feeling and Desire for a Woman?

Trauma, regret, pain, any suffering, and remorse can get stored in our genitals. Just like when your stressed about something and you remain tight in the shoulders or neck you feel the pain lodged in these muscles. When it comes to emotional trauma or sexual trauma it stores in the genitals. It can prevent feeling or cause over sensitivity in certain spots such as the clitoris, G-spot or cervix. even a woman's nipples can become over sensitive or numb from this. Through vaginal massages a woman can actually start to release the stores emotions and clear these spots restoring feeling and desire. Often women will say that they experience pain during intercourse or feel limited or nothing, deep vaginal orgasms and cervical orgasms can literally clear out the blockages through reigniting nerve passages and clearing out tension in muscle tissue. When a woman is healthy in her sex, she will naturally hunger for intimacy and sexual relations.

Women are built to be f*cked, women are designed to be f*cked open deeply. Our pussies once re-opened to the pleasure, energy, healing and joy of orgasm are quenchless.

It is high time that we wake up and realize that what we think we know about female sexuality and arousal is simply out of date. Women NEED sex. A healthy woman wants and enjoys it, deeply. She eagerly opens into its raptures of orgasm and she goes deeper than her clit can take her after just a few moments of stimulation. She understands that through her sexing she can heal the trauma of her vagina and overcome such epidemic issues as depression, weight gain, irritability, irregular painful menstrual cycles, fatigue, chronic migraines and headaches, stress related issues, lack of clarity and INSTEAD boost immune system and become a creative muse full of desire for life, direction, love, forgiveness, passion and empathy.

How to Make Your Pussy Orgasmic - Q: How often do you find yourself FORCING orgasm? Notice right now how tight your pussy, butt and hips are. Take a complete breaths, now release and relax. Now how do you feel in your pussy?

Your pussy is absolutely magnificent. Yes, she is. She is like a magician. She can make gold out of anything.

She can be tight, hot and on fire or she can be relaxed, tired and ready for bed.

She can be completely dry like the Sahara Desert or she can be as wet as the blue pacific ocean.

She can be as quiet as a mouse or loud and up front.

Your pussy has many different personalities and you deserve to love and embrace every damn one of them. Your yoni deserves to be respected and admired. She deserves self love and self care. She deserve to be cherished and caressed!

Your yoni deserve the pleasure she so longs for.

Your pussy will receive pleasure from anything you choose as long as it is coming from a relaxed and loving place. Your yoni will receive the most amazing, out of this world pleasure if she can stay in a relaxed state.

When your yoni is tense and full of tight energy then you will receive short & tight orgasms (or none at all).

When you allow your pussy to be open, flowing, allowing and full of releasing energy then this is exactly the type of orgasm you will receive. Long, head to toe, mind relaxing orgasms. A whole body orgasm that last for what seems like hours. When you can relax your yoni then you can relax your whole body and mind.

Your pussy is made for pleasure.... not just the clitoris (although this is made for pure pleasure), your whole yoni is made for pleasure as well.

If you are tense and constricted when your lover tries to enter you then the sex will feel tense and constricted. If you are relaxed and peaceful then when your lover enters you you will receive burst of beautiful orgasmic energy and the more relaxed you can be the better these orgasmic energies are.

Next time you have sex, fuck or make love relax your pussy, relax your mind and relax your body.

I promise you will feel completely transformed as a sexual being. You will feel connected, you will feel sensational and you will feel like you have finally reached the land of sexual satisfaction.

Relax and love your yoni ... she deserves it!

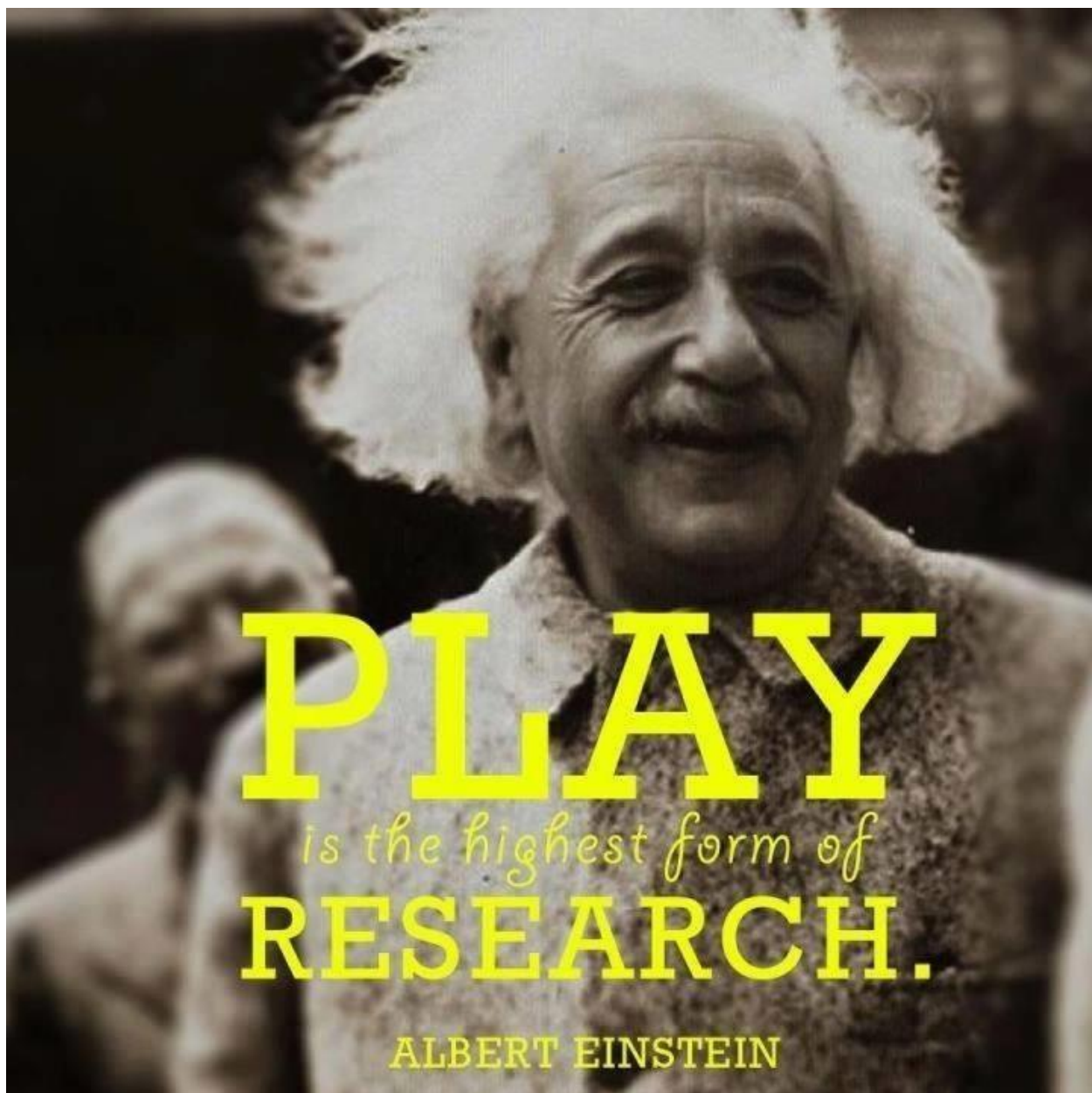
Focus Points of Empowerment:

- **How do we heal from shame?** We all carry some level of shame about sex, our bodies and their functions and especially our pussies. We are critical of them in every way possible and we feel as though our partners may be as well. This is all because of the programs we are raised with. So how do we start to release shame? We start by creating a practice. Conscious Masturbation helps to do this. Through daily practice or at least weekly we can learn to love ourselves again. We can gain confidence in touching ourselves and learning that pleasure is a good thing that every human being deserves and needs for health and wellbeing. Start a conscious masturbation journal and write in it your desires. Write in it about the sensations that you felt when you masturbated and write down the thoughts that you had. Good or bad, write them down. Then breathe into them apply the law of gratitude. Start to recognize one thing each day that you appreciate about yourself. Write this thing down. At the end of a year you will have at least 365 things that you appreciate/love/like about yourself. Now that is not bad at all! Now READ these 365 things every time you want to condemn yourself.
- **There is an epidemic among women in our time.** I refer to it as being Under Fucked, but it is not really a lack of sex in itself, rather a lack of connective, open full-body sex and even more so sex that lasts long enough for the woman to release her mental holds and accept her Orgasm. [Read more on it HERE](#)
- **Take responsibility for your Orgasm!** Conscious masturbation teaches us just this. So many women have a difficult time having an orgasm with masturbation. Others have a tough time having an orgasm with a partner. Both of these issues come back to releasing into orgasm and allowing one's self to fully experience themselves. They both require a person to SURRENDER. When we are with a partner we have to trust them and just relax. We have to be willing to release control and feel our partner in order to orgasm. When we are alone and self-pleasuring we are in control yet the true trick is still to SURRENDER. Here we surrender ourselves to pleasure itself and have faith that the universe will guide us to greater sensation. We must trust ourselves and not get caught in our minds, in worry or shame. We have to just relax and again feel fully in order to orgasm. Either way it is up to no other than ourselves to orgasm. No lover no matter how skilled, connected or loving they may be can ever get us to have an orgasm. They cannot give us an orgasm, only WE can do that for ourselves.
- **You heard us touch on the power of orgasm to help us create our dream lives - Law of Attraction and Sex** - but do you truly understand the power of creation and attraction to the things we desire outside of sex that resides between our legs? And how to harness this energy? Start your understanding here with (And keep your eyes open for a future class on this very item as it is a KEY to Tantric Sex and Why we do What We Do.)

[THE MYSTERY OF SEX TRANSMUTATION](#)

How does sex relate and how can it help us in our lives outside of the bedroom as well? How can we use our conscious masturbation practices to help us become stronger, empowered, more stable women? Here are four areas to focus on and to work on in the bedroom and see how our practice can change our everyday experiences for the better.

- **Noticing/Awareness** - pay attention to sensation, flow, desires that may come up. Emotions that rise. What turns you on in the bedroom? What turns you on outside of the bedroom?
- **Exploring Boundaries** - We do not know what our boundaries are until we press up against them or run over them. This can be scary and painful. Sex allows us to explore our boundaries and teaches us that ways of expanding them and respecting them.
- **Authentic Yes/No** - Many of never learn how to say yes or no authentically. We tend to be people pleaser's more concerned about the judgments and how our responses and desires will effect someone else. We believe that we are responsible for someone else's happiness, joy or confidence. Nothing is farther from the truth. Only we, ourselves are responsible for this. We are in power of our own feelings, views and thoughts. There is great empowerment in getting good with stating our authentic yes/no and allowing it to just be. Sex allows us a perfect play zone to explore just this and GROW as a conscious human who respects and honors themselves and others.
- **Asking for adjustments/vocalizing**- Conscious Sexing allows us great opportunity to explore asking for what we want and communicating it in a healthy fashion. Explore vocalizing your fantasies to develop your creative energy and explore new areas of your desire as well as learning to shamelessly embrace yourself in love.



Fun Add On's For Play & Growth:

- Vibrators - Everyone knows that I am pretty much anti-vibrator but every now and then we can make use of them to add a little zing to our play. If you are a woman who NEEDS a vibrator to have a climax then stop using your vibrator until you heal your body ad nerve endings and learn to reconnect to yourself. Otherwise make use of a vibrator every now and then just to change things up.
- Ben-Wa Balls - These wonderful balls are great for sexercises (kegels) but they can also enhance your masturbation play when they are inserted and kept in during your masturbation practice. Try stimulating yourself with water or fingers externally while squeezing on these balls.

- Jade Eggs - These are one of the most ancient and sensual practices known to women. The practice of using jade eggs during sexercises for sexual health and well being plus increasing sexual satisfaction goes back an easy 5,000 years. Use jade eggs for exercises and even during love making. To learn more about the How Too's and Benefits Come to My [Vaginal Weight Lifting Class](#) and get a Free Jade Egg as well.
- Dildo's - Any dildo is wonderful play. I do love real life looking and feeling ones, ones with suction cups for water-play time (see below) but my all time favorite is Glass Dildo's. They have just enough weight, they are easy to clean, last a life time, do not mess with the fragile ph level of the vagina, and make accessing the G-spot easy. They can also be used vaginally or anally and all they need between is hot soapy bath. (Need resources for this wonderful toy, let me know I actually carry these for sale.)
- Anal Beads- The anus has so many nerve endings and even though it is a taboo place to play many women once they open up to the sensation and get over the programs enjoy intensive orgasms this way. Anal stimulation is a great way to explore yourself and anal beads are a great place to start. Or a Glass dildo! :)

Conscious Masturbation Techniques:

Getting in the mood

First, set up a comfortable and relaxing environment for yourself – be it the bedroom, a warm bath, or the shower. If you are going to use sex toys as masturbating aids, then place them, and a good quality lubricant, close to hand. Set the mood by reading an erotic story, or watching a naughty film. Or just simply fantasize some. Or think of a past sexual experience that really turns you on. Now slide your hand around and over your pussy. Apply some gentle firm pressure and just hold her. At the same time take your other hand and place it on your heart with equal pressure. Breathe deep 5 or 6 times, allowing your full tummy area to expand. In this moment practice your kegel exercises and start a rhythm of kegel squeezes and inhales and exhales. Now opening her petals and start to massage each layer of her. Slowly and consciously. Really allow yourself to feel. Take your time and focus on sensation and your heart.

Ocean Breath for Orgasm- You emit a sound during the Ocean Breath — the sound of an ocean breeze. You stay in your chest and fill your lungs from the diaphragm upward. To stay inflated, your lungs rely on a vacuum like action inside your chest, and then you push out a full, deep, and complete exhalation through your nostrils.

Follow these steps to practice the **Ocean Breath**:

1. **Stand or sit comfortably with your spine straight.**
2. **Place your arms on your chest with the fingers of your right hand tucked into your left armpit and the fingers of your left hand tucked into your right armpit.**
3. **Close your eyes or gaze straight ahead with your windpipe open, your jaw and mouth relaxed, and your chin pointing gently downward.**

- 4. Inhale to a count of six to ten, engaging the sipping muscles in the back of your throat as if you're sipping through a straw, and feel your ribs opening and your breath filling to the top of your lungs.**

Inhale to whichever count you can manage best.

Pay attention to the tip of your nose as you inhale. It enhances the sensation of filling your chest all the way up.

- 5. Gently, but with some commitment and determination, exhale steadily through your nostrils until the exhale is complete.**

Feel your breath passing from the back of your throat, across the roof of your mouth, and out your nostrils. You hear a hissing sound, something similar to the sound of a hose when you turn it on and the water begins rushing out.

Never push too hard; this breath is dynamic, but never forced. Feel yourself releasing the air. When you push the air out, your abdominal muscles come into play a bit more. The exhale is something like a volcanic eruption that begins at the diaphragm and rises with increasing strength.

Stimulating your clitoris

Us girls are very lucky, we have a clitoris. The clitoris has no function in life other than to please us sexually – so use it more and stop missing out on the divine pleasures of such a glorious heaven-sent gift.

To stimulate your clitoris use your hands, fingers, knuckles, shower head, running water, or dildo. The clitoris exists purely for our sexual pleasure. Nothing else. This is something totally unique to women. So enjoy yourself ladies!

The majority of women are unable to orgasm unless their clitoris is stimulated in some way. Some women prefer clitoral stimulation when aroused or 'turned on', since the clitoris is so sensitive. Whereas other women can find clitoral stimulation ineffective for bringing on orgasm and they'd rather seek out the g-spot. Remember, we are all fabulously different. So try different things and experiment with yourself.

Getting down into the Lotus

Using your fingers, rub, stroke, or pinch your clitoris and also smooth and caress the area surrounding it. One very effective masturbation method is to hold the skin around the

clitoris between your thumb and forefinger and rub together. Also try sliding a finger or two just inside your vagina entrance from the top, and pressing down on your clitoris as you do so.

The clitoris is a mini penis, though much more sensitive. So play with it, stroke it, caress it, excite it. When you feel the urge (and believe me, you will) start rubbing a little more vigorously, especially from side to side, and give your now eager clitoris a gentle slap with your fingers every now and then. Don't be surprised if your love juices are flowing freely by now.

The shower head can be a wonderful masturbation aid too. A head where you can adjust the stream of water from a steady gentle stream and then to a more powerful jet spray will be the most exciting. Just be careful to not blast strong streams of water up into your vagina for a long period of time because it can cause an air embolism. This is not nice.

Vibrators are something I try and discourage in general and especially for conscious masturbation. We tend to be too vibrator happy and we have actually become dependent on them for orgasm and climax. This is not good. This addiction has caused nerve damage to our vulvas and vaginas and is a main reason why so many women I work with need sex coaching, bodywork and pelvic release. So stick to non-vibrating toys for your conscious masturbation practice.

Stimulating your vagina

Sometimes you'll fancy nothing more complicated than full vaginal penetration. This means it's time for a dildo. There are many types and styles of dildo available and are great for when you crave basic and simple penetrative pleasure, enhanced by deep thrusting. For times like this I love to get out my favorite dildo, lube it up and slip into a warm bath for a serious pleasure-giving session. (Try penetrating yourself with a dildo while letting the bath tub water pour down on your clit or use a massage head on a shower faucet to tease your clit while playing with a dildo for penetration). You just can't beat it. For really intense and deeply satisfying masturbating, insert and thrust with a dildo while holding a mini vibrator or bullet (a water-proof one for the bath or shower) to your clitoris with your other hand. Simply mind-blowing. A word of warning though... if you are standing up, this WILL make your knees weak and wobbly.

Stimulating your G spot

There are many sex toys on the market specifically made to seek-out and stimulate the g-spot. Glass dildo's are my favorite toy for this, but then again they are my favorite toy in general next to natural rose quartz, jade or obsidian **shakti wands**. Not only are glass dildos clean, hygienic, very slippery when wet, and safe to insert into yourself, they are also particularly effective for g-spot masturbation, mainly because you feel fuller and particularly well penetrated. However, if you know how to find the G-Spot and can manipulate and stimulate it with your fingers, then by all means do so...although most women I know find it easier to use some form of masturbating aid.

With that please NOTE:



Finger stimulation of G-Spot can be easily done by taking your thumb and placing it on your clit then inserting your ring finger and pinky into your vagina. Try to connect the ring finger and thumb now. Here you will find your G-spot. Stroke.

Stimulating your anus

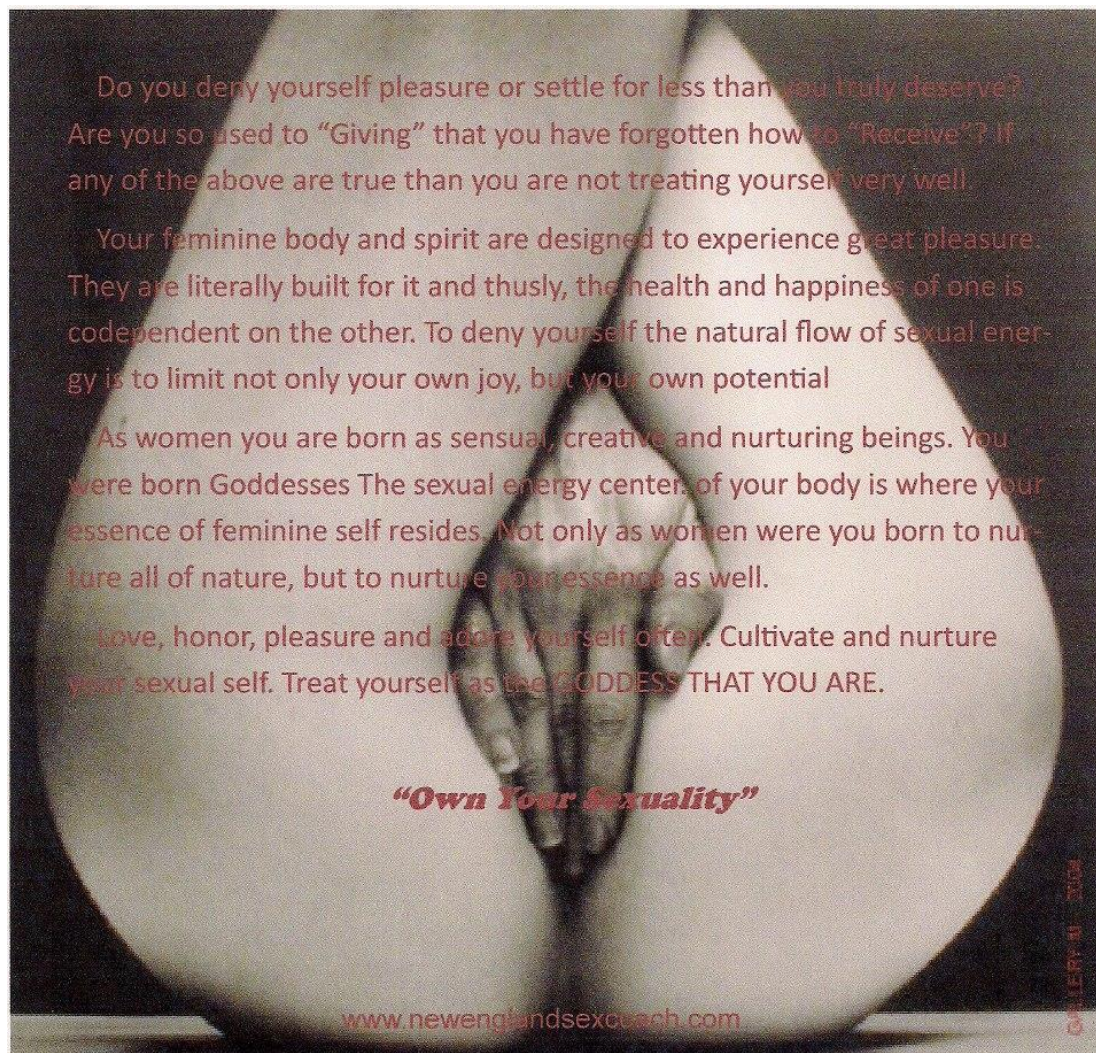


The anus is an extremely sensitive area of your body with literally thousands of very sensitive nerve endings. It's not as 'hardy' as your vagina and holds a lot of muscle tension. Please be careful with your bum. Get it wrong and anal penetration can be associated with injury, pain and misery. However, when given some loving care and attention, it can take sexual pleasure to a whole new level.

Explore the area around your anus. Gently probe with a finger by rubbing or tickling. When you're happy you can take a finger, try slowly inserting a small anal sex toy. Use LOTS of lubricant. Unlike your vagina, your anus does not produce its own lubricant.

For safe anal play, ALWAYS use a slippery sexual stimulator (like a glass dildo) that also has a distinctly flared base.

“A good orgasm is satisfying, but a great orgasm can be a revelation of your deepest being, unfolding the truth of who you are.” David Deida

A photograph of a woman's hands touching her perineum area, with text overlay. The text is in a reddish-brown color and is arranged in several paragraphs. The background is a soft, out-of-focus image of a person's body.

Do you deny yourself pleasure or settle for less than you truly deserve? Are you so used to “Giving” that you have forgotten how to “Receive”? If any of the above are true than you are not treating yourself very well.

Your feminine body and spirit are designed to experience great pleasure. They are literally built for it and thusly, the health and happiness of one is codependent on the other. To deny yourself the natural flow of sexual energy is to limit not only your own joy, but your own potential

As women you are born as sensual, creative and nurturing beings. You were born Goddesses The sexual energy center of your body is where your essence of feminine self resides. Not only as women were you born to nurture all of nature, but to nurture your essence as well.

Love, honor, pleasure and adore yourself often. Cultivate and nurture your sexual self. Treat yourself as the GODDESS THAT YOU ARE.

“Own Your Sexuality”

www.newenglandsexcoach.com

GALLERY 41 2004

Grounding for Life Harmony and Balance after Conscious Masturbation

- **End of Practice Grounding:** At the end of your Conscious Masturbation place your right hand on your heart and your left hand cupping your pussy. Play with the pressure on both and see what feels the most supportive, releasing and grounding to you. Hold this position for 1 minute and breathe deep into your stomach.

Natural Healthy Support for Your Pussy & Life: The items below are things that each of us do on a daily or weekly basis to help maintain a healthy body, mind and pussy.

- Take 1 olive leaf supplement pill a day
- Add chlorophyll to half your water that you drink daily
- Drink half your weight in ounces of water daily
- Stop using traditional deodorants try instead Tibetan Salt Stone deodorant
- Instead of a douch try a cucumber! Yes a cucumber. I personally do this monthly. It helps to maintain a healthy pH level in the vagina, as well as providing soothing healing agents. If you feel dry, itchy, or just not right down there or have had too much sex or perhaps not enough, may be getting over or coming down with a bug or vaginal infection then a cucumber can help. Purchase an 8 inch cucumber. Peel about 6 inches of it and leave yourself 2-3 inches of peeling on for a handle. Then insert into your pussy and twist. Allow yourself to absorb its healing agents for a minimum of 10 minutes but up to 30 minutes. You can even use it during your masturbation play if desired.
- Yeast Infection Cure - Instead of the toxic, messy white creams of borax and who knows what else try a simple garlic clove, peeled and poked a few times inserted into the vagina like a tampon. You can tie string around it or use a needle and thread to make a pull or you can use some cotton mess for wounds to place it in for easy pull out. Insert the garlic at night before sleep and allow it to remain there all night then remove in the morning. Do this for 3 days and no more infection. (NOTE: This remedy only works at the beginning stages of a yeast infection. If you have let it progress to far you will most likely need more to relieve the infection and balance the flora again.)
- Every day for EVERYTHING Coconut Oil - Yes we use this for just about everything! Make sure to purchase ONLY Organic, unrefined extra virgin coconut oil. You can use coconut oil as a lubricant, face cream, skin moisturize, make-up remover, for cooking and so much more. We encourage you to take a spoon full a day as well as love your body with it in a daily self-care massage.

All Natural Lubricant Recipe:

In an 8-12 ounce bottle mix:

3 parts organic coconut oil

1-2 parts organic aloe vera gel

1-2 parts organic olive oil

5-10 drops of essential lavender and/or ylang-ylang oil

By adding 5-10 drops of these essential oils to your natural lube, you can naturally create the experience of commercially available and usually very toxic "warming lubes." Both oils bring warming to the genitals increasing blood flow, circulation, and thus sensation in that area.

Recommended Reading for Group:

Shameless by Pamela Madson

Vagina a Biography by Virginia Wolf

Slow Sex by Nicole Deadeon

Shake Your Soul-Song by Devi Ward (A book focused on Conscious Masturbation for Women)

Additional Empowerment Education, Healing and Growth to Do:

- **Vaginal Weight Lifting Workshop**
- **Orgasm Camp's –these are offered twice a year**
- **Gourmet Living for Great Sexing – Learn about foods, sexercises and how to harmonize your hormones**
- **Succulent Tantric Workshops – A 101 Tantra Workshop**
- **Orgasm Coaching for Women**
- **Tantric Pelvic Release**
- **OM – Orgasmic Meditation Practice (Local meetings held in Dallas, inquire with Carmen for a TurnOn event schedule)**
- **Tantric Bodywork – Yoni Massage**
- **Sexual Transmutation Workshop – How sex plays role on the Law of Attraction/Abundance**

Connect with Your Teacher's:

Kendal – (469)288- 5009 tantrictransformation@gmail.com

Carmen – carmen12.phillips@gmail.com