

# Orgasm *unleashed*



Your guide to pleasure,  
healing and  
*power*  
Eyal Matsliah

# Orgasm Unleashed Your Guide To Pleasure Healing And Power

**Vivienne Cass**



## **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 **Sexo positivo** Kelly Neff, 2021-09-23 Sexo positivo ofrece una nueva visi n de la psicolog a de la sexualidad humana al tiempo que integra temas actuales como la tecnolog a y el uso de las redes sociales con la autoayuda Este es el libro al que recurrir n los milenials para reescribir la historia de su vida amorosa LA ERA DIGITAL EST MARCANDO EL COMIENZO DE UNA REVOLUCI N SEXUAL POSITIVA La Dra Kelly Neff reformista milenial cree que se est produciendo un cambio radical en nuestra vida amorosa y sexual El movimiento del Sexo

Positivo es una ola social política y filosófica que impulsada por el desarrollo de la tecnología y los cambios en las creencias culturales promueve y acepta la sexualidad y la expresión sexual poniendo el énfasis en la seguridad y el consentimiento. En este innovador estudio sobre la sexualidad moderna la Dra Kelly Neff explora este nuevo movimiento cultural y examina temas LGBTQI el MeToo el orgasmo femenino el aumento de las relaciones no monógamas y las parejas sexuales robóticas entre otras muchas cuestiones políticas que surgen como parte de los continuos cambios sociales y políticos en torno al sexo el amor y la identidad. Redefinir el sexo y el amor como una experiencia constructiva y armonizadora es una parte crucial de cómo avanzamos como colectivo humano. No es un movimiento solo para mujeres sino que puede aplicarse a todos los géneros y estilos de vida. El sexo positivo es intrínsecamente inclusivo y ese es el tono que adopto en este libro.

**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 demand 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)      *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      **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.

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      *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 **Divine Orgasm Secrets** JADEVERETT.

MAYHORN,2025-02-12 Reclaim your sacred power and experience fulfillment like never before Divine Orgasm Secrets is a transformative guide that merges spirituality self love and the journey to deep personal connection Rediscover the sacredness of pleasure and the role it plays in your emotional spiritual and energetic empowerment In this book you ll uncover The connection between pleasure power and self love Techniques to tap into your sacred energy for emotional fulfillment Tools to heal empower and reconnect with your divine self This is your invitation to embrace your inner power and live with greater passion and purpose Your journey to sacred fulfillment begins here **Healing with Pleasure Medicine**

Betty Louise,2014-05-08 Discover your ability to experience pleasure by recruiting the untapped power within through tips from Certified Professional Co Active Coach and radio personality Betty Louise Follow Betty s simple concepts to build courage confidence and grace by understanding your inner beauty sensuality and sexuality Accessing the mind s powers of self healing and exploration is a skill that brings inner wisdom to a conscious level Betty s actionable steps will help you create your own path to discovery and fulfillment while discovering the health benefits of sex and how your energy impacts and influences others Identifying the positive forces within your body opens new ways to love yourself Join Coach Betty as she leads you on a journey of self discovery releasing your inner magnificence while lowering stress and experiencing the joy of vibrational healing **Squirting: It's Easier Than You Think** R. Leigh,Jeffrey Wolf,2014-12-22 Do you already

understand what female ejaculation is yet wonder how you can achieve it Have your past attempts at squirting been unsuccessful Then this book is for you Squirting It s Easier Than You Think is a quick book of useful tips and information to help any woman learn how to experience female ejaculation It doesn t waste time with explaining what female ejaculation is but instead focuses on providing the best most useful tips to encourage your body to unleash its flood The author R Leigh began experiencing female ejaculation later in adulthood before she even knew what it was or her body could do it Her sexual past included rape molestation a physically abusive relationship and few sexual experiences which were enjoyable nor included a focus on her pleasure Her first experience with female ejaculation lead to a several year journey into understanding her own sexuality where she embraced pleasure and developed an immense amount of knowledge about the squirting orgasm and how it s accomplished As she learned more and became much more comfortable with her body as well as accepted the fact she deserved pleasure she learned more about the role a holistic view plays into sexuality Her goal is to



share knowledge of female ejaculation with others particularly woman to help them understand the strong connection a healthy mind body and spirit has to pleasurable female sexuality A healthy sex life is not only crucial to strengthening the connection with your partner but it s also beneficial to a woman s physical and mental health      **The Ultimate Guide to Orgasm for Women** Mikaya Heart,2011 From A to Z everything you need to understand about women s orgasms what works what doesn t and why      **The Elusive Orgasm** Vivienne Cass,2008-03-03 Are you one of the thirty percent of women who has difficulties with orgasm Do you want to experience greater sexual satisfaction In easy to read language The Elusive Orgasm provides a full overview of women s sexual pleasure covering sexual triggers stages of arousal the power of mind and how women differ from men Longtime clinical psychologist and sex therapist Dr Vivienne Cass reveals all the causes of women s orgasm difficulties and how to remedy them In The Elusive Orgasm you ll learn What an orgasm is How the clitoris is much more than a little button The stages of a woman s arousal The five types of orgasm difficulties The twenty five causes of those difficulties Self awareness via quizzes and questionnaires Sexual and non sexual changes to help you orgasm Step by step plans to help you and your partner An extraordinarily thorough all inclusive exploration of every possible reason why women have orgasm challenges The Elusive Orgasm gives you the tools to discover the source of your own orgasm difficulties along with straightforward remedies      **Sex That Works** Wendy Strgar,2017-06-01 Awaken Your Erotic Life Making sex work embracing your erotic soul and deepening the intimacy in your life is both a consequence of deep presence and its gift Healing our selves in our deepest erotic space can only be a deliberate act and the doing of it miraculously seems to heal everything else Tapping into the courage to know your own deepest sexual thoughts and feelings and offering them with your whole being is both a life work and lasting gift that will be long remembered Wendy Strgar Sex That Works If you and your partner have lost that special spark here is a book with the power to save your sex life and your relationship Sex That Works invites you to experience a new level of feeling and a new level of freedom in your sexuality Wendy Strgar offers healing insights potent practices for you alone and with your partner and guidance drawn from her marriage of over 30 years and her work with thousands of people to encourage the full awakening and expression of your erotic life Nine core topics include Freedom Taking responsibility for your sexual evolution Healing our harmful behaviors Claiming erotic freedom Overcoming silence Giving yourself permission Finding forgiveness Pleasure Pleasure as a medium of communication Restoring our humanity Orgasm Relaxing our judgments about sexuality The many benefits of self pleasure Owning the pleasure response Calling pleasure by its true name Transcendent orgasms Broadening our sexual vocabulary Pleasure as a fountain of youth Finding your normal The universal uncertainty Bridging the erotic with the rational Putting sexual health in context The Sexual Identity Grid The malady of sexual dysfunction Trusting our erotic nature Beyond right and wrong Courage The gift of choice Growing up sexually Living well with risks Befriending our fear The four attributes of courage Desire as courage Daily practice Becoming who you really are Healing erotic wounds Letting our erotic self teach us

Curiosity Overcoming sexual boredom Filling in the gaps of our sexual education Exploration as the leader Sensory intrigue Opening as a creative act Awakening to life sexual and otherwise Sensation Awakening the senses Out of the head and into the body Trusting erotic impulses Building a vocabulary of scent and taste The healing language of touch Erotic connections Making noise Negotiating shared sensations Mindfulness Falling into the body Fantasy Eliciting arousal through stories Witnessing your fantasies Fantasies as charged erotic fuel The space between witnessing and enacting Inner erotic landscapes Uncovering the subconscious source of pleasure Expressing desire Submission and domination Attention Listening Making the time A radical leap Creating a love container Sustaining an atmosphere conducive to intimacy Showing up vs coexisting Compassion as a way to connect Sourcing from our center Committing to something bigger than our selves Gratitude Letting go and receiving Grateful sex Healing through kindness Receiving abundance The importance of sexual freedom revisited A simple gratitude practice A passionate love affair with your fleeting life      **The Everything Orgasm Book** Amy Cooper, 2009-12-18 Giving great orgasms receiving really great orgasms and everything in between You will find all the pleasure tips you need in this guide Clinical sexologist Amy Cooper shows you how to Achieve multiple orgasms Self pleasure with more satisfaction Harmonize with your lover Find erogenous zones Sustain longer lasting orgasms Talk dirty give lap dances and perform stripteases Use sex toys props aphrodisiacs and erotica With something for everyone this book is the definitive guide to extreme pleasure between the sheets This book will have you experiencing the Big O as you never have before

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

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