



THE HEDONIST'S GUIDE TO THE GALAXY

THE PATH TO ULTIMATE PLEASURE



RELAX



LET GO



LET THE PLEASURE TAKE
CONTROL

The Guide is dedicated to Pleasure and to love,

*to the Ascetics, Gurus, Monks, Mystics, Nuns,
Prophets, Sages, Shaman, Teachers, Yogis, and all
other original thinkers that dedicated their lives to
exploring Pleasure, consciousness, and love, and
passed on their knowledge through the ages,*

and of course, to the Goddess

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ABOUT THE GUIDE

Pleasure, is nice.

It can be really nice.

We'd all benefit from having more Pleasure in our lives.

But what's the most Pleasure you've ever experienced?

Eating the most incredible meal of your life? Going on your dream holiday? Finally kissing that person you've had a crush on for months? Making love with someone, knowing that you're both deeply in love with one another? Holding your newborn child in your arms? That time you took ecstasy with your friends in Ibiza, when Paul Oakenfold was playing and you danced through the sunrise? The best orgasm you ever had?

How about bliss? Is bliss different to Pleasure? What's the most bliss you've ever experienced?

What about ecstasy? What about euphoria?

In reality, there are levels of Pleasure that far exceed anything most people have ever experienced, in intensity, in duration, and in the otherworldly way that they feel. Some go beyond what words are capable of describing. They need to be experienced to be believed, let alone begin to be understood.

This is where The Guide comes in.

Taking techniques from the Sex Positivity and Prostate Play Movements, Classical Tantra, Neo-Tantra, Yoga, Buddhism, Ecstatic Dance, and more, The Guide contains easy-to-follow instructions to awaken abilities capable of generating these levels of Pleasure in everyone.

The Guide is designed to be used at home, to take little effort and to generate results quickly. It can be incorporated in busy modern lives very easily as it does not require you to commit to hours of meditation, breathing or chanting exercises every day, or to go to group classes or lengthy retreats, or to become spiritual or religious, and definitely does not require you to abstain from masturbation or sex.

The Guide is written in a non-spiritual / non-religious style but it can be incorporated easily in most spiritual systems and religions without

compromising their core tenets and principles. There is nothing in The Guide that could be considered blasphemous or sacrilegious in any way.

That said, The Guide does contain graphic descriptions of sex and drug use, and there are some naughty words. Should that offend you, please refer to Pg 1 – relax, let go, let the Pleasure take control. This is not some cheap slogan, it is a set of instructions for a path to extreme Pleasure and for a happier, more fulfilling life – so go fix yourself a nice drink, put on your favourite music, treat yourself to the finest cannabis money can buy, and join the party – everyone is invited.

The pdf of The Guide will always be free to download on the website www.thehedonistsguidetothehalaxy.org. The author developed The Guide with the intention that it reach as many people as possible, so feel free to send the pdf to anyone, post it online, print and distribute it as-is¹, teach classes based on it, and spread awareness of it in any way you like. The only things the author requests are that costs / profits of any taught classes or retreats be kept to a minimum to broaden access, and most importantly, that no abuse of any sort is involved.

Additional techniques may be included in updates to The Guide in future, but as the brilliant Douglas Adams wrote in his budget travel-focused Guide, *“The Guide is definitive. Reality is frequently inaccurate.”* Please remember this always.

¹ Permission is not granted to print and sell The Guide as a book

ABOUT THE AUTHOR

The author was born in the United Kingdom in the 1980s and had a conventional, happy upbringing. He studied Maths and Physics at university, where he immersed himself in the nightlife and party culture of the time. Music, recreational drugs, dancing, and long conversations about life sparked a curiosity that would evolve over the years into something deeper.

After graduating, he travelled extensively through India, Southeast Asia, Australia, and Latin America, chasing adventures and new experiences. On his return, he qualified as a chartered accountant in London then moved to Australia a few years later, on an international assignment. There, he fell in love, first with surfing and then with a girl. They are now married and live in Australia with their two children. He is still an accountant, but balances this with being a Hedonist, a soul surfer, a dad, and a boy in love with a girl.

Although the author was educated at a Church of England school, like most of his friends, religion and spirituality played almost no role in his early life. His interest in the pursuit of Pleasure began in earnest at university, growing as he partied, experimented with mind-altering substances, travelled, and surfed. His life-changing moment came in 2015, when he experienced his first full body orgasm, and from that came a self-guided ascent through new dimensions of Pleasure, consciousness, and connection.

The author is not affiliated with, nor does he receive any compensation from Aneros, Mindgasm, NJoy, WeVibe or any other companies or organisations.

The author would like to thank all the contributors that have provided suggestions, edits and support in the development of The Guide, and any volunteers that might support The Guide in the future.

SOME GUIDELINES

- 1) The Guide is a reference guide not a novel.
 - a) You will find it very boring and repetitive if you try to read it in one go, so please don't do this.
 - b) Instead, pick it up when you want to learn a new technique, remember the details for an earlier one, or plan a session.
- 2) The Guide is designed to be completed sequentially.
 - a) You need to have experienced full body orgasms (Stage 1) and to be able to initiate them consistently and multiple times in a single session, before attempting any of the techniques from Stage 2: Energy Orgasms.
 - i) Ignoring this will confuse you and likely cause progress to stall.
 - b) Most of the Stage 2 energy orgasm techniques should be experienced before attempting Stage 3: Soul Orgasms. The key ones that you must be proficient at are:
 - i) The Energy Raising technique (Section 2.7)
 - ii) The Expanding Energy Beyond the Body technique (Section 2.8)
 - iii) The Good Vibrations technique (Section 2.10)
 - c) If you can already have full body orgasms consistently (lucky you!), you can start Stage 2: Energy Orgasms immediately. If you have had some full body orgasms already, but are not able to have them consistently, or you're not able to have multiple orgasms in the same session, completing Stage 1 is recommended.
- 3) Have fun, enjoy every experience and take your time.
 - a) With the correct preparation and technique, you should be able to experience your first full body orgasm in a matter of weeks.
 - b) There may be a temptation to "find out what's next" immediately, but you should spend the next few weeks or even months practising what you've learned, before moving onto the other techniques described in Stage 1.
 - c) Rushing quickly into energy orgasms is not recommended. Six months to one year of once-weekly practice should be enough to become proficient at the full body orgasm techniques in Stage 1; at this point, when you move on to Stage 2, the principal energy orgasm technique should work on your first try.

- d) Another six months to one year of once-weekly practice is recommended to become proficient enough at the energy orgasm techniques in Stage 2, to then be able to move onto the soul orgasm techniques in Stage 3 easily.
 - e) Once you move onto a new stage, please remember to go back and enjoy the type of orgasms you were practicing in the previous stage(s).
- 4) This is not a competition.
- a) The techniques discussed in The Guide are derived from other spiritual systems, but they are not superior or inferior to them, they are just designed to be easier, quicker and more pleasurable for people with busy lives to attain.
 - b) Please try not get into arguments with other people about which system is better, especially if they insist that “only their way leads to x, y, z” or “x, y, z must be achieved in a certain way or it is not valid”; if other people are not willing to engage with you with a positive mindset, it is better to disengage from the conversation.
 - i) It is for this reason, that The Guide avoids using the same naming conventions that other systems use.
 - c) Some people will awaken their abilities very quickly and others more slowly. This is normal – getting results quickly does not make you superior in any way, nor does it mean that you will have stronger abilities over time, not that that matters. If you’ve been lucky enough to get results quickly, help others by explaining your techniques to them.
- 5) The instructions in The Guide are not dogma.
- a) They were written to give as many people as possible, the highest chances of generating their intended effects, but there are other ways of generating the same effects, so feel free to change or adapt your approach if you think other methods might work better for you.
 - b) Ultimately being able to achieve each effect is what’s important, not the method used.
- 6) Please do not put any undue pressure on anyone to start The Guide or continue with it if it’s clear they don’t want to.
- a) That said, if there’s a point at which people are most likely to give up and do need encouragement, it’s before they have experienced their first full body orgasm. This first step is the most difficult thing to achieve in The Guide because it’s so different to what people have

experienced previously – after achieving this and finally becoming aware of the Pleasure that your body can create and how to create it, all the other techniques in The Guide should be relatively easy to achieve with practice, especially if you complete them in order.

- 7) The Guide is for all adults, but anyone at risk of health problems associated with vigorous exercise should proceed carefully.
 - a) People younger than 25, whose brain development is still progressing, should use cannabis responsibly due to a potentially higher risk of cannabis psychosis.
- 8) Do not under any circumstances, use the techniques and abilities in The Guide to abuse, cheat, control, manipulate or create any kind of suffering for anyone else.
 - a) Any involvement in this type of behaviour will be exposed and will result in legal consequences.

STAGE 1: FULL BODY ORGASMS

Let's begin.

The purpose of Stage 1 is to teach you how to have a full body orgasm for the first time and then get good at them – to have them consistently every time you desire, and most likely, multiple times in the same session.

It also includes some techniques which will increase your skills and ability to have full body orgasms with slightly different effects, and some tips for full body orgasmic sex with other people.

All instructions are for women and men, and anyone that doesn't fit neatly within these labels – i.e. all sexes and genders.

It is believed commonly that only women can have full body orgasms and multiple orgasms. This is not true. Men are just as capable as women of having full body orgasms, it's just that most men don't know they are able to have them.

But what are full body orgasms and how do they differ from “normal” orgasms?

It's easiest to explain in men, because male anatomy and sexual Pleasure are simpler and more homogenous than women's.

Men experience a “normal” orgasm as follows: they have a big old dong swinging between their legs, they get aroused sexually, the dong gets hard, they pump the dong furiously, and then when a threshold of arousal is reached, the dong spasms and ejaculates thick ropes of cum. At the same time as the ejaculation, a pleasurable wave of energy shoots up their spine and explodes like a firework in their brain. Then they feel euphoric and immediately want to fall asleep. There are some slight variations on this, but essentially this is it for almost all men.

Please note that the ejaculation is not actually the orgasm; the orgasm is the pleasurable wave of energy.

Some men practise “edging”, the process of stimulating the penis almost to the threshold of orgasm then stopping, then repeating again and again – it

feels nice, but it is definitely not the same as having a full body orgasm or multiple orgasms.

Full body orgasms for men are very different than “normal” orgasms:

- 1) They are not initiated by stimulation of the penis – it is the prostate and / or the anus that are stimulated, either physically or mentally.
- 2) They typically involve a much slower and more subtle build-up of Pleasure, in the whole of the pelvic region, especially in the prostate, bum and base of the penis, rather than in the shaft of the penis or glans.
- 3) The Pleasure often manifests first as a ball of sexual energy in the pelvic region, then moves slowly up the spine, out into the chest, arms and legs as a growing wave of energy, finally exploding out of the top of the head upon climax.
- 4) The climax of a “normal” orgasm for a man might take 5-10 seconds from reaching the threshold of orgasm to ejaculation, whereas the climax of a full body orgasm, once the threshold has been reached, can easily last for 5-10 minutes, longer with training.
- 5) The Pleasure associated with the climax of full body orgasms is much more intense than the climax of “normal” orgasms – if a “normal” orgasm can be likened to a single small firework exploding in the brain, a full body orgasm might be a massive firework, or a whole display of massive fireworks if it’s a long orgasm. Full body orgasms are usually physically explosive too, with strong body contractions and spasms, rolling around, heavy breathing, moaning etc.
- 6) Full body orgasms for men typically do not lead to ejaculation, in fact unless it’s being stimulated, the penis is normally not even erect.
 - a) Because of this, once composure has been recovered, another orgasm can be had immediately, and this can be done repeatedly for hours. My normal sessions are 2-3 hours long, but I’ve had some lasting 4-5 hours.
- 7) Because full body orgasms are so pleasurable, last so long, radiate through the whole body, generate strong feelings of euphoria during and after climax, and can be done multiple times, an evening of full body orgasms feels more similar to taking recreational drugs like ecstasy or MDMA, than it does to having a single “normal” orgasm. Mild visuals and out of body effects are possible and with practice, can become interactive.

For women, this difference between “normal” and full body orgasms is less clearly defined than with men because there is more variation in their anatomy.

Differences in the positioning and size of the glans and hood of the clitoris, the extent to which the clitoris extends into the vaginal walls, the shape and positioning of the rest of the clitoris, the concentration and positioning of the nerve endings inside the vagina, the shape and angulation of the vagina, and other factors, create significant variability in orgasms.

Some women are similar to men in that the orgasms they get from clitoral stimulation only, are similar to “normal” orgasms for men, and through vaginal stimulation they are able to have full body orgasms like those described above. However, other women are able to have full body orgasms from clitoral stimulation only (i.e. different to men).

Some women are able to have full body orgasms, but they need clitoral and vaginal stimulation. Some women have not been able to have full body orgasms (yet), no matter which techniques they have tried.

The instructions for awakening full body orgasms in Stage 1 of The Guide are based on the hypothesis that the nerves inside the vagina are homologous to those in the prostate, and therefore the same types of stimulation and focus that men need to awaken full body orgasms, are also needed to awaken full body orgasms in most women that haven’t already experienced them. This is backed up by experiences documented by women and men in the sex positivity, neo-tantra and prostate play movements, and by the female collaborators that helped in the development of The Guide. For this reason, all the techniques in The Guide are applicable for all sexes and genders, bar a few sex-specific instructions in Stage 1.

1.1 Preparation

These are the materials you’ll need for your first full body orgasm awakening session:

- A Kegel training app / video or the Mindgasm app / video
- A sex toy

- See Sections 1.3 Toys for Boys and 1.4 Toys for Girls for more details
- Lubricant (especially important for men)
- Some cannabis and a way to smoke or vape it (if cannabis flower)
 - See Section 1.5 Cannabis for more details

Before your first attempt(s) at awakening full body orgasms, please go through the following preparation steps:

- 1) Begin to understand and control the two main muscle groups in your pelvic floor. *[Approximate time needed: 2-4 x 20-30 minute sessions over 1-2 weeks]*. These are:
 - a) The PC (Pubococcygeus) muscle – this is the muscle which controls the flow of urine.
 - i) Pushing it downwards / outwards, pushes urine out.
 - ii) Contracting it, pulling it upwards / inwards stops the flow of urine.
 - b) The anal sphincter muscles – these are the muscles that control the flow of faeces.
 - i) Pushing them downwards / outwards, pushes poos out.
 - ii) Contracting them, pulling them upwards / inwards pinches off a poo / closes the anus.
- 2) Practise the following techniques a few times:
 - a) Contract both sets of muscles inwards, hold for a few seconds, then push them outwards, holding for a few seconds.
 - b) Repeat (a) but try different strengths of contraction and pushing – for example, try starting at a 1/10 strength contraction, increasing to 5/10 and holding for 5 seconds, increasing to 10/10 and holding for 5 seconds, then decreasing to 5/10 and holding for 5 seconds.
 - c) Then practise contracting and pushing them independently of one another, and at different strengths.
 - d) Generate waves in your pelvic floor by first contracting your anal sphincter muscles, then your PC muscles, then relaxing your anal sphincter muscles, then your PC muscles, then starting over.
 - i) Try them forwards and backwards.
 - ii) Try to generate circles as well as waves.
 - iii) Try contracting then pushing, not just relaxing the contraction.
 - e) There are other ways of moving and controlling these muscles – get creative and think of your own. Visualise the movements you are

making the muscles make, and the effects they're having on your vagina or prostate / anus. Let the visualisations get you horny.

- f) Notice any pleasurable feelings or sensations that are created. If you can, focus / concentrate on them and encourage them to grow. Notice how increasing the strength of the contraction or push does not increase the Pleasure, only mental focus and "letting the Pleasure grow" does.
 - g) There are a number of Kegel strengthening apps which replicate the exercises above, but in my opinion, by far the best is the Mindgasm app / videos. It is designed to teach people to have full body orgasms and energy orgasms, through guided instruction and music. The first 3 lessons are all you need for this preparation step.
 - h) Please note: it's fine to strengthen the pelvic floor muscles a little, but the focus here isn't strength, it's control. In fact, strengthening these muscles too much can result in pain.
- 3) When you have good control of both of your pelvic floor muscle groups, it's time to feel what it's like with a sex toy inserted. *[Approximate time needed 1-2 x 30-60 minute sessions]*
- a) Ladies – go ahead and pop your chosen toy into your vagina – you may need a little lube, but probably not much (see 1.4 Toys for Girls for more details).
 - b) Gentlemen – time to lube up your botty! Use lots of it inside and on your chosen toy, then insert the toy gently and slowly into your anus. It should feel nice and make you feel horny. If it feels painful or it won't go in, take it out, use more lube and insert it slower (see 1.3 Toys for Boys for more details).
 - i) It is best to lie on top of a towel just in case any lube leaks out.
 - c) If your toy vibrates, rotates or does anything else funky, switch it off. Only your muscles and your mental focus are needed to awaken your first full body orgasm – vibrations etc. are distracting.
- 4) Repeat some of the PC and anal sphincter contraction and pushing exercises from step 2 above for 30-60 minutes.
- a) The feelings should be similar to when you were practising the exercises above without a toy inserted, but more intense and much more sexual.

- b) Try to visualise the movements you are making the toy make, and the effects it's having on your vagina or prostate / anus. This should start to increase the level of horniness you're feeling.
 - c) Notice any pleasurable feelings and encourage them to grow by focusing on them mentally.
- 5) If during the course of these exercises, the nice feelings start to turn into distinct feelings of sexual energy, remember Pg 1. Do not tense your body and do not increase the strength of the contractions. If you feel the energy spreading beyond your pelvic region and the Pleasure levels increasing, keep the focus on it, stay relaxed physically and mentally, let go and let the Pleasure take control.
- 6) When you're finished, take the toy out and clean it (especially important for men).

If the toy doesn't feel good or sexy when it's inserted, then repeat steps 3-5 until it does. If the initial toy still doesn't feel good, try another toy – potentially smaller or with a different shape.

1.2 Awakening Full Body Orgasms: The Relaxation Technique

Now that you can control your pelvic floor muscles independently and maybe can generate sexual Pleasure with them already, and you've felt how nice and how hot it feels to have a toy inserted, it's time to try to awaken your full body orgasms.

Until you've experienced your first full body orgasm, practise alone, ideally somewhere where you won't be disturbed for a few hours. Having someone else in the room will distract you and make it much more difficult to have the first orgasm.

Even after you've experienced your first full body orgasm, it is recommended to have a few more practice sessions alone to build consistency and start to incorporate a few different techniques, before involving anyone else.

There are a number of different techniques for full body orgasms in The Guide, and hopefully everyone can find one that works for them. In my opinion, the most effective and the easiest is the relaxation technique.

The detailed instructions for this technique are given in full below (5 pages!) – I hope this isn't too overwhelming, but I wanted to provide a complete explanation of the method and the sensations you're likely to feel as you practise it, to give as many people as possible the best chance of having their first full body orgasm. This first step is the most difficult thing to achieve in The Guide – after this, everything else should be relatively easy to achieve, especially if you complete the techniques in order.

For those that are not detail oriented and want to just try it out, the simple version of the instructions below is as follows: wait until you're really horny → get naked → get stoned → insert toy → relax and focus on the pleasurable feelings → **DO NOT STIMULATE YOUR CLITORIS OR PENIS** → try to stay relaxed when the Pleasure grows or your vagina / bum spasm → full body orgasm(s).

Once you've had your first full body orgasm and ideally a few more for practice, you won't need to think these instructions through anymore, everything will just become second nature like it did when you first discovered masturbation.

The detailed instructions for the relaxation method are:

- 1) Start by planning your first session.
 - a) You should aim to have a bedroom to yourself for a few hours without being disturbed. If you can't get a room with a bed, a sofa or carpet on the floor should be fine.
 - b) It should be a day or evening when you won't be tired or stressed from work, family or anything else. Ideally, plan on having nothing to do the next morning as well.
 - c) It helps to be extra horny, so if you can, try to abstain from masturbation and sex for a day or two before the session.
 - i) There is no need to abstain from masturbation or sex beyond this.
- 2) Before starting the session, begin by setting the scene and by building anticipation, horniness and nervous excitement.
 - a) Dim the lights.
 - b) Put some music on. There are few different options here depending on your preferences:
 - i) Relaxing music to help you let go. Binaural Beats and Schumann Resonance music is particularly popular in the prostate play community. Also check out chilled out dance music.

- ii) Party music to energise you and get you feeling sexy. Most types of dance music are great for this.
 - iii) Your favourite songs to have sex to – hopefully they will trigger hot memories and fantasies.
- c) If you like porn, have a couple of your favourite videos ready to go.
 - i) Audio only works very well.
 - ii) Erotic stories about something you'd fantasise about are also good, particularly ones about other people's full body orgasm experiences.
- 3) Get naked.
- 4) Take the cannabis you procured in the preparation step.
 - a) This step is optional but it will increase your chances of having your first full body orgasm significantly (see Section 1.5 Cannabis).
- 5) Lie on the bed and insert the sex toy.
 - a) Gentlemen – make sure you're lubed up and there is no pain when you insert the toy. If there is, withdraw the toy, re-lube and insert it again slower and sexier.
 - b) If your toy vibrates, rotates or does anything else funky, switch it off. Only your muscles and your mental focus are needed to awaken the first full body orgasm – vibrations etc. are distracting.
- 6) The golden rule from this point until after your first full body orgasm – **DO NOT STIMULATE YOUR CLITORIS OR PENIS IN ANY WAY!**
 - a) You are trying to awaken a neural pathway which is present in your body, but that you have never used previously.
 - b) The clitoris / penis masturbation neural pathways are very strongly defined in your brain because you use them regularly and know the Pleasure they generate. If you give into temptation and stimulate your clitoris or penis, your brain will revert to the pathway it knows will generate Pleasure, which will overwhelm the more subtle Pleasure that is being generated in your pelvic region, thus resulting in a "normal" orgasm.
 - c) Furthermore, your body will start to associate the toy you have inserted, with clitoris or penis "normal" orgasms, and it will make it more difficult to have a full body orgasm.
- 7) Relax your body.
 - a) Breathe deeply from the diaphragm, feeling your stomach and chest expand and contract.

- b) Notice the energy each breath generates and feel it extending to your arms and legs.
 - c) Lift your arms and legs up one by one and let them fall onto the bed to relax them. Then do the same with your head.
 - d) If any parts of your body are not fully relaxed by this point, focus the energy from your breathing on them until they are relaxed. Some stretching might also help release the last little bits of tension.
- 8) As the cannabis starts to take effect, pay attention to how the energy moving through your body is starting to feel more sexual, and how your body is starting to feel heavier. Maybe you feel like you've sunk into the bed, or are floating just above the bed.
- 9) You should be very horny and full of nervous energy from anticipation by this point, but if you need to build more sexual arousal, think of your hottest fantasy, put on some porn or start to read an erotic story.
- 10) Start to focus your attention on the sensations in your pelvic region.
- a) Notice how with each deep breath inwards, as your stomach extends, your pelvic floor muscles push outwards, and with each deep breath outwards, your stomach pulls inwards and your pelvic floor muscles contract inwards.
 - b) Notice how this makes the toy move inside you and how it feels.
 - c) If nothing is happening, try a gentle contraction of your pelvic floor muscles and hold the contraction there for 20-30 seconds before relaxing.
 - d) Notice the sensations this creates.
- 11) When you feel Pleasure in your pelvic region, focus on it mentally and let it grow naturally.
- a) Initially, the Pleasure will probably feel like a ball of sexual energy in the whole of your pelvic region.
 - b) Try to keep your focus on the Pleasure energy – this will keep it at the same level or make it grow.
 - i) Taking your focus off the Pleasure energy will cause it to go away (this is one of the reasons why the first few times, it's best to practise alone).
 - ii) Another way to make the Pleasure energy grow is by “willing” it to grow bigger or visualising it growing bigger.

- c) Please note – you cannot force the Pleasure energy to grow by tensing your body or contracting your pelvic floor muscles strongly – this will cause it to dissipate.
- d) As the Pleasure energy grows, observe what it does rather than try to control it.
 - i) For example, it might start to pulse with your breathing or the natural movements of the toy inside you.
- e) At some point, the Pleasure energy will move beyond your pelvic region, up your spine, and into your chest, arms and legs as a growing wave of energy.
 - i) Stay relaxed and allow this to happen – do not tense your body.
- f) When the Pleasure energy reaches your head, it will probably feel like the peak of a giant wave before it breaks, then as it moves through the top of your head it will explode like a wave breaking – a wave of pure ecstatic Pleasure – this is the “point of no return” where the climax of the full body orgasm starts.
 - i) This may be accompanied by strong uncontrollable spasms in your pelvic floor, which will ripple through the rest of your body.
 - ii) It’s also possible that you will experience mild visuals and out of body effects during the climax. Enjoy them, they’re fun. With practice, they can become interactive.
- 12) If you lose your focus on the Pleasure energy and it dissipates, or if you contract or tense your muscles too hard and the orgasm stops before climax, don’t worry, another chance will come along soon. Just go back to Step 10 and repeat.
- 13) It is possible (and desirable) that your pelvic floor muscles could spasm uncontrollably before the Pleasure energy has moved out of your pelvic region, thus triggering a full-body orgasm (this is what happened to me during my first full body orgasm).
 - a) If this happens, stay relaxed, do not tense your body voluntarily or contract your pelvic floor muscles any stronger or faster – this will cause any pleasurable sensations you’re feeling to dissipate.
 - b) Small spasms can sometimes happen as one-offs and then the Pleasure energy goes back to the level it was previously.
 - c) Or a small spasm can trigger a series of rapid spasms, which grow in frequency and strength – if this happens, you have very likely gone past the threshold of arousal and are about to have a full body orgasm.

- d) A full body orgasm can only climax if you let it – it cannot be forced like a “normal” orgasm.
 - i) Try to stay relaxed.
 - ii) Do not contract your pelvic floor more strongly.
 - iii) Do not try to force the orgasm up through your body or your head by contracting your chest, neck, forehead or any other muscles.
 - iv) If you become conscious that any of your muscles are tensed, try to relax them, without losing focus on the Pleasure.
- 14) During the climax of the full body orgasm, try to stay relaxed, allow yourself to let go and let the Pleasure take control – if you feel yourself breathing deeply, moaning, rolling around on the bed etc., go with it. The more relaxed you are, the longer you can ride the climax of the orgasm and the more Pleasure you will have.
 - a) Ladies – please be aware that squirting is possible during the climax of the full body orgasm – if it happens, it will be very pleasurable but potentially quite messy, so lying on a towel is recommended the first few times until you know it’s something you do or don’t do.
 - b) Gentlemen – you might push the toy out during climax – lying on a towel should eliminate most mess from this.
- 15) After the climax of the orgasm, you’ll probably need 5-10 minutes to “come back to reality”.
 - a) You’ll have an overwhelmingly strong sense of euphoria, and you will probably feel very “high”.
 - b) You may also need some time to process what has just happened to you.
 - i) Laughing and even crying happy tears are common – don’t worry about it – go with the flow.
 - ii) As you get more used to having full body orgasms, these experiences will likely become less common or even stop completely, so enjoy them while they last.
- 16) When you are “back to reality”, and you feel you’d like to have another full body orgasm, go back to Step 10 and repeat.
 - a) Now you know what a full body orgasm feels like, it will be much easier to repeat.
 - b) Before repeating, try to make sure as much of the tension accumulated in your body from the previous orgasm has gone.
 - i) Stretching, yoga poses and dancing are all effective for this.

- 17) After you've had your first full body orgasm, you can now masturbate.
 - a) The climax of a "normal" orgasm (ejaculation for men), can initiate the climax of a full body orgasm, so both are enhanced.
 - i) Sometimes, full body orgasms can be triggered by the early stages of masturbation and you'll have to stop masturbating as they play out.
 - b) This does not normally stop the session continuing – you can carry on enjoying more full body orgasms, and more masturbation.
 - c) I normally start sessions with a full body orgasm then masturbate later in the session. It is possible to start a session with masturbation, but you need to be quite experienced to then be able to get full body orgasms afterwards.
- 18) When you're finished the session, take the toy out and clean it (especially important for men).
- 19) If you finish the session without having had a full body orgasm, do not masturbate at the end.
 - a) This will only reinforce the clitoris or penis masturbation neural pathways and take you further away from having a full body orgasm.

The day after your first full body orgasm, you will probably experience some after-effects – these could include the following:

- Pulsing sensations in your vagina, prostate, bum, or penis
- Sensations of "electric" energy flowing around your body and potentially a "buzzing" feeling
- Sense of still being "high" and feelings of euphoria
- Heightened sense of connection to people, nature and animals
- Feeling extra horny and a strong desire to masturbate or have sex
- Strong desire to have more full body orgasms
- Having a huge grin on your face for the whole day
- Restlessness

None of these after-effects should alarm you in any way – they're perfectly normal and should feel pleasurable. You have just used a neural pathway for the first time, and in a big way – your body and brain need some time to adapt to it. The after-effects will decrease naturally and should be gone after a day, maybe slightly longer for some people.

If you would like to make the after-effects go away faster, the following activities should help:

- Having sex or masturbating
- Exercising or doing sports, especially somewhere natural like a forest or the sea
- Eating a big meal
- Drinking alcoholic drinks

These activities will likely feel extra euphoric, so please plan ahead to give yourself the maximum chance to enjoy your first “day after”.

If the relaxation technique doesn’t work the first time, don’t dwell on it – try again. You hopefully still had a great experience being stoned, relaxed and experiencing a type of Pleasure you’d never paid attention to previously.

If you’re generating pleasurable feelings as described above, but not quite reaching orgasm, keep practising and you’ll get there soon.

If the relaxation technique isn’t generating any pleasurable feelings for you, it’s still worth repeating it at least 3-5 times before trying one of the other full body orgasm techniques in The Guide.

A few additional tips on awakening the first full body orgasm:

- 1) If the Pleasure energy waves rise to your chest, neck or head, but then get “stuck” or dissipate, stopping the climax of the orgasm, the most likely cause is that you’re tensing the muscles in those areas because you’re trying to force the orgasm upwards to your head. This is counterproductive – by doing this, you are actually blocking the energy from progressing upwards through your body.
 - a) Try to be aware which muscles you’re tensing, then try to relax whilst staying focused on the Pleasure.
 - b) If you’re finding it hard to stay relaxed, try some specific stretches to relax the areas which you think you’re tensing. The yoga poses “Downward Dog” and “Cobra” are particularly effective at relaxing the upper body and lower back.
 - c) Doing the Cobra pose, in full or in part, as the Pleasure energy wave is rising up your spine towards your head can be very effective at allowing the energy to go up to your head and trigger climax. A variation of this can also be done whilst lying on your back.

- d) If your first sessions end without awakening a full body orgasm, and you have the feeling that energy is “stuck” in your chest, neck or head after the session ends, or maybe you have sensations of “electric” energy in these areas, or any anxiety because of this, you need to relax your body around the areas where the energy is getting stuck – yoga, stretching and breathing exercises should get rid of this quickly. These sensations will disappear as you relax or when you have your first full body orgasm.
 - e) In very rare occasions, the climax to the full body orgasm is delayed until people go to sleep or the next morning. This may be surprising at the time but it is nothing to worry about. See Pg 1 – relax, let go, let the Pleasure take control.
- 2) Moving positions on the bed may trigger the climax for some people. Here are some different positions that have been successful for other people:
- a) Doggy style (on hands and knees).
 - b) Lying on your back with one leg straight, one leg bent.
 - c) Lying on your back pulling your knees up to your chest, feet in the air; this can also include stroking your bum cheeks and pulling them apart.
 - d) Lying on your back, knees raised, rubbing your feet slowly on the surface of the bed.
- 3) A great way to get a Pleasure wave to grow bigger is to focus on it mentally and try to get it to grow smaller in size or stop completely. Then when it’s suppressed, relax your focus, and the Pleasure wave should come back bigger and stronger than before, hopefully big enough to trigger a climax. This seems counterintuitive, but it works well.
- 4) Changing the toy might work if you’ve tried a few sessions and haven’t managed to awaken your first full body orgasm.
- a) If you’re comfortable with the size you’ve already tried, try going bigger, or maybe try a toy that could put more pressure on the areas of concentrated nerve endings inside the vagina or the prostate.
 - b) If you’ve tried many times with a manual toy, including with cannabis, and are ready to move onto another technique, try turning on the vibrations or rotations on your toy and repeating the steps above – it could make the difference for some people.

For the record, here’s how my first time happened:

I’d read an article on a men’s magazine website about the best sex toys for men, and there were a couple of prostate massagers on the list that

promised “stronger orgasms”. I’d always enjoyed the occasional “finger in the bum” during sex, so I went for a vibrating prostate massager.

I tried it twice, with the vibrations on, and masturbated both times. It felt nice, but nothing out of the ordinary – it definitely hadn’t given me “stronger orgasms”.

A couple of weeks later, I ate a cannabis brownie, which made me very horny, so I thought I’d try the toy one last time. Before I inserted it, I realised the battery was dead, so no vibrations this time. I put it in anyway and remembered that one of the other prostate massagers recommended on the website was manual, so I looked up the website of that toy to see if it had some instructions on how to use it. It did, and they included the golden rule about not stimulating your penis, which thankfully, I followed.

After around 15 minutes of being quite stoned, lying naked on my bed and reading stories about prostate orgasms, I began to notice unusual tingling sensations in my pelvic area that I’d not felt when I used the toy previously. These went away after a few minutes, so I went back to reading the stories, but then after another 5 minutes or so, they came back, and then a pulse of pink electric energy shot out from my prostate, radiating through my whole body. Ping! I couldn’t see it, but I knew it was pink. A few seconds later, another ping! Then another. Then suddenly lots of them, so close together they formed a buzzing field of pink energy that made my whole body and mind explode. After that, I vaguely remember rolling around on my bed with overwhelming sensations of Pleasure, and laughing in disbelief that my own body was capable of something like that.

“Stronger orgasms” my arse – this was a completely different experience than a “normal” orgasm and clearly none of the journalists who had written the article had ever actually had one.

I think it took me about 15 minutes to calm down and come back to reality; after I did, the sensations in my bum were still there, so I had another orgasm, just by focusing on the Pleasure. And after that another. A few attempts didn’t work because in hindsight, I was trying to force the orgasms up past my chest with muscle contractions, but over the next 2-3 hours on that first night, I think I had at least 5 big orgasms and 10 smaller ones.

My body felt weird the next day – like it was full of static energy flowing up and down my spine, in the back of my head and in my arms and legs, and a

pulsing every so often in my bum. It was a nice day though, so I went to the beach for a bit of a surf, and it felt great just being in the water, and I was so smiley and happy to be there. By the time I got home again in the late afternoon, my body felt more or less normal again, maybe with a few pulses in my prostate to remind me it had awakened.

And after that, I was hooked.

If you'd like to read other people's first-time full body orgasm accounts, there are plenty on the Reddit prostate and Aneros forums, and on the internet more generally. Interestingly, there are not many first-time experience accounts from women; most descriptions of women's full body orgasms are from women with lots of experience. Ladies – it would be nice to change that...

1.3 Toys For Boys

It's very easy to find prostate massagers / stimulators nowadays – they're even sold in high street chemists and supermarkets!

There are two main types, the hands-free wearable type and the non-wearable type.

The hands-free wearable type are the most commonly used, and in my opinion, the best for learning the relaxation method. Because they are hands-free, they can be kept in very easily whilst having sex, masturbating or dancing.

Aneros is the original manufacturer of the hands-free prostate toy, and still the most famous – deservedly so in my opinion. They have a number of different styles of manual prostate toy, and also some vibrating ones.

For beginners, Aneros' most popular toy is the manual Helix. If it's available where you live, it is an excellent first choice.

I've tried a number of prostate toys, and my favourite is the Aneros Eupho because it's small and has very flexible arms, so it can be worn for many hours without getting sore. It's also an excellent beginner toy for this reason.

A number of other companies also make prostate massagers / stimulators and many have good reviews. There are two important safety factors to check – firstly that they have a flared base, so they cannot get sucked up inside your bum and get stuck there – this could lead to an embarrassing visit to the hospital to get the toy removed. Secondly, that they're made of body-safe material (high quality silicone, plastic, glass or stainless steel). If they do not have both of these features, do not buy them.

Bigger toys can give stronger sensations of pressure, which many men enjoy, but you do need to be comfortable inserting them and be sensible about how long you keep them in. There should never be any pain inserting any toys, even the very biggest. If there is, your anus isn't relaxed enough and you need to stop trying to put something in it that's too big. If you do feel pain, stop what you're doing immediately, re-lube your anus and the toy, and re-insert it slowly. If you still can't fit it in, anal training sets and dilators are available, which stretch your anal sphincter slowly and make inserting larger toys much easier. If you still can't fit it in after this, please stop trying – it is not worth injuring yourself over.

When I use toys, I mostly use manual ones because I like to be very attuned to the energy flowing around my body and in sync with the music playing. I find that vibrating prostate toys disrupt this, because they're intense and on set vibration patterns that aren't in sync with my body or the music. You can make them feel more in sync with your body and the music, by setting them on a constant vibration and sitting or lying on them, then moving them around inside you, but there's still a somewhat "artificial" feeling to orgasm sessions with them. That said, if you want to feel like you are being fucked, and want intense, muscular full body orgasms, they do that very well. Just be prepared for your prostate to feel like it has taken a battering and needs a timeout for a few days afterwards.

If you do decide to buy a vibrating prostate toy, save up and get one with a remote control – they make it much easier to change the settings on them when they're inside you.

In addition to hands-free prostate massagers / stimulators, there are also hands-free anal stimulators. These do not stimulate the prostate directly, so are only recommended for men that are experienced with full body orgasms and ideally can have full body orgasms without a toy inserted. They give a slightly more "buzzy energy" / less muscular spasming effect than prostate

toys and are highly recommended for the advanced Hedonist. Some popular examples of this style are the Peridise and Tempo toys from Aneros, and the Pure Plugs from Njoy. I have the Tempo and love it – it’s especially good for sessions involving sex and dancing, and the energy orgasms discussed in Stage 2.

The non-wearable type toys are generally hand-held so are more suited to active techniques. They are often better to use with other people, although some have suction bases so they can be stuck to a wall, and some can be wedged in place easily with a pillow or blanket. There are even sex machines available, which thrust dildos in and out like a jack-hammer – they have dedicated fans but are very expensive.

The most popular of the non-wearable type toys in the prostate play community is the Njoy Pure Wand, then probably second most popular are the dildos with suction cups. There are lots of discussions about the best ways to use them in the Reddit prostate play, Aneros and gay forums.

Another note on safety – many dildos are designed for vaginal use and do not have a flared base, so please check before you buy and if in doubt, do not use them.

It has to be said, that anything inserted in the anus carries the risk of coming into contact with poo. Unfortunately, it just comes with the territory. But the risk can be minimised by planning ahead with these simple tips:

1. Do a poo a few hours before your session to clear out your rectum
2. Have a shower before your session and clean your anus / rectum
3. Eat a high fibre diet to keep your poos firm

Some people also use anal douches, which clean out the rectum with water, but many people, including me, don’t find them to be necessary. Another method to minimise mess is by using a sheath on the outside of the toy, which can be thrown away immediately if there’s any poo on it.

Again, there’s plenty of advice on this in the Reddit prostate play and Aneros forums, but the best sources of advice for how to minimise the mess from anal play are gay websites and forums, and your gay friends. My gay friends are experts at putting things up their bottoms and have been very generous sharing advice on how to minimise “leakage”. Be warned though, if you’re straight and you ask your gay friends about this, they will find it hilarious...

1.4 Toys For Girls

There is a huge variety of sex toys for women – the toys to look for when you’re learning to have a full body orgasm are the ones that stimulate the areas of concentrated nerve endings inside the vagina, but not the clitoris – a rabbit toy for example is not ideal, even with the clitoris vibrator switched off.

Most of the toys suitable for this are dildo-style toys, but there are some that are hands-free which are inserted into the vagina and can be manipulated just by the muscles in the vagina walls.

For those of you trying to have your first full body orgasm via the relaxation technique, the hands-free style of toy is recommended because they allow you to focus fully on the Pleasure occurring in your pelvic region, rather than having to think about moving the toy around with your hand or keeping it in exactly the right position.

Unfortunately, there are not very many hands-free toys, and only one that I know of which is manual and designed purely for full body orgasms – the Aneros Evi. Kegel strengtheners / toners, love balls, Ben Wa balls, love eggs and wearable G-spot toys are the next closest things, and there is enough variety in their shapes, sizes and weights that everyone should be able to find one that works for them. Many of these toys vibrate, and that’s a great function to have when you’re experienced with full body orgasms, but when learning the relaxation technique for the first time, it’s best to leave the vibrations off.

Most of the hands-free toys have a string or a tail to pull the toy out, and some (e.g. the Aneros Evi or the We-Vibe Jive) have an arm which loops round to the front of the vagina to make them secure and easy to remove. Hands-free toys without anything to remove them (e.g. undrilled yoni eggs), can be removed by muscular contractions or by hand, but it takes practice to be able to do this, so to avoid any unnecessary stress, these are not recommended for beginners.

For those of you trying to have your first full body orgasm via an active technique, both the hands-free style and the dildo style of toys will work. Google “best G-spot toys / vibrators / dildos” and choose one that you like the look of. One factor to consider with dildo-style toys is whether the toy

can be used hands-free by attaching it to a surface (e.g. a dildo with a suction cup on the base) or by wedging it against a bed or pillow (e.g. an Njoy Pure Wand or a Le Wand Contour). These will allow you to lie on your back or your front and control the movement of the toy inside you with your hips – especially good when you really let go and allow the music to control the dancing of your hips.

Once you're experienced at having full body orgasms, then you can use any toy you like. Even toys with clitoral stimulators are fine because your body will know how to amplify the Pleasure from your vagina into a full body orgasm.

While you should experiment with as many different types of sex toy as possible, please make sure that everything that you buy is made from body safe material (high quality silicone, plastic, glass or stainless steel). If not, do not buy it.

1.5 Cannabis

Hedonists have known for millennia that sex is great when you're stoned.

When it comes to full body orgasms, cannabis' power to increase sensory perception, induce states of deep relaxation, reduce anxiety, and enable users to imagine vivid fantasies and maintain concentration on them for a long time, all contribute to it being an incredibly powerful learning tool and an amazing Pleasure enhancer.

The Guide was not developed to be a promotional tool for cannabis use, but the fact of the matter is that experiencing a full body orgasm for the first time, is significantly easier with cannabis than it is without it. And for most people, full body and energy orgasm sessions with cannabis are more pleasurable, more varied, and last longer.

Please do not worry if you cannot access cannabis where you live, or if you cannot or do not want to take cannabis for any reason – all the techniques in The Guide work without cannabis, they will just require a deeper level of concentration and more practice. If you learn using cannabis, you may not feel the need to use cannabis anymore as you gain experience, or you may

prefer using only a very small amount. Or you might want to continue using it as you have been. Do whatever feels right to you.

With the spread of legalisation across the world, cannabis has become much more user friendly and much more consistent in quality, so if you used to associate it with a cheap, low-quality product used by teenagers and students, think again.

High quality cannabis can be found easily nowadays in the form of pre-packaged flower and resin, gummies, chocolates, drinks, pre-filled vape pens and many other types. Dry flower vaporisers and dab pens have eliminated the need to roll joints, and specific strains are available so you can pick and choose the type of effects that you're looking for. These innovations have made cannabis healthier on the lungs, easier to dose accurately, and almost hassle free.

If you're planning to try a full body orgasm technique for the first time with cannabis and you're not a regular cannabis user, please try it a few times at home before your first session, on your own or with your partner. Ideally, masturbate and / or have sex stoned. Start by taking a small amount (e.g. a 2.5mg or 5mg gummy, or 5 puffs on a vape), then increase it when you feel comfortable and want to get more stoned. Practise until you're confident that you're not going to have a bad experience on cannabis, then begin the preparation steps in Section 1.1.

Different strains of cannabis have different effects on the mind and body, and can make for quite different sessions:

- Indica strains in general, give a stronger body high
 - Recommended for experiencing your first full body orgasm
 - Likely to generate the strongest sexual and energetic sensations in your pelvic region
 - Better for full body orgasms with stronger muscular spasms
 - “Pair” best with a G-spot toy or prostate toy
- Sativa strains in general, give a stronger head high
 - Likely to generate the strongest sexual and energetic sensations in your mind and body
 - Better for energy orgasms with varied energetic effects and visuals
 - “Pair” best with an anal toy or without any toy

- Hybrid strains will give a mix of effects depending on their heritage and the way they've been grown

Other specific strain effects to look out for are the strains which give stronger “trippy” visuals, and the strains which create laughter attacks (orgasms initiated by laughter attacks are possible and are quite something!).

Other common recreational drugs do not seem to have the same ability to induce full body and energy orgasms in the way that cannabis does. There are some reports that document DMT, LSD and magic mushrooms initiating full body orgasms unexpectedly, but typically in high doses.

What other recreational drugs can do, is enhance sessions by providing specific effects that cannabis lacks. If you're an experienced recreational drug user, you'll know what these effects are and what you like. There shouldn't be any additional risk beyond that of your normal “activities”, so have fun experimenting...

1.6 Awakening Full Body Orgasms: Active Techniques

If you've tried the relaxation technique a number of times and it still isn't generating any pleasurable feelings for you, or if you've already had your first full body orgasms via the relaxation technique and you'd like to generate some different sensations, then maybe it's time to try an active technique.

Active techniques work in two ways – firstly by contracting the muscles in your pelvic region to increase the pressure on the areas of concentrated nerve endings inside your vagina or prostate and intensifying the sensations. Secondly, by causing your vagina or bum to spasm as your muscles become tired from maintaining the contractions or continuing the movements (in the same way your arm would start to shake if you held a weight out at arm's length for as long as possible).

Active techniques still require you to maintain a focus on the Pleasure like with the relaxation technique, but for some people, the additional physical stimulation is what they need to push them into a full body orgasm.

There are three main types of active technique, each with a number of variations:

- 1) Holding a contraction at a constant level
 - a) Variation 1: holding your PC and anal sphincter muscles at the same strength of contraction
 - b) Variation 2: holding your PC and anal sphincter muscles at different strengths of contraction (e.g. PC muscles at 3/10, anal sphincter at 5/10)
- 2) Moving a toy using muscle contractions
 - a) Variation 1: contracting the PC and anal sphincter muscles together to pull the toy inwards, then relaxing the muscles or pushing them outwards to move the toy outwards, then repeat – this should move the toy in and out repeatedly, stimulating your vagina or prostate
 - b) Variation 2: generate waves in your pelvic floor by first contracting your anal sphincter muscles, then your PC muscles, then relaxing your anal sphincter muscles, then your PC muscles, then starting over – this should move the toy in a circle motion over your vagina or prostate (this can also be done backwards)
 - c) Variation 3: hold your anal sphincter muscles at a constant level (e.g. 3/10), then move your PC muscles in and out to move the toy in and out over a specific region of your vagina or prostate (or the other way round – hold your PC muscles at a constant flex and move your anal sphincter muscles in and out)
- 3) Dilding techniques
 - a) Variation 1: move the toy with your hand
 - b) Variation 2: fix the toy in place and move your body around the toy
 - c) Variation 3: get someone else to move the toy for you

There are lots of variations on each of these, and the sensations and orgasms generated by each of them will change depending on the toy you're using, the setting, the cannabis strain, your body position, your partner, and other factors, so get creative and try as many as possible to understand their effects on you and which you like best.

If your toys have vibration or rotation functions, it is fine to switch these on using active techniques, since they already create strong sensations.

The method below is a general one based on holding your PC and anal sphincter muscles at the same strength of contraction – try it with any of the variations above or any of your own, and adapt it in any way that feels good, but please remember the golden rule – DO NOT STIMULATE YOUR CLITORIS

OR PENIS IN ANY WAY (until you've had your first full body orgasm, then you can stimulate them as much as you want!).

Please repeat the steps from Section 1.2 up to and including point 10 – you should be naked, horny, stoned and lying on your back with a toy inserted, then start the following:

- 11) Contract all your pelvic floor muscles to a strength of 5/10 to 8/10 and hold for 1 minute, then relax the contraction very slowly until you start feeling vibrations and sexual energy building, then hold the contraction at that point, whilst focusing on the vibrations, the energy and the Pleasure.
 - a) The first few times you try this, the sexual energy and the Pleasure might only last a few seconds, but with a little practice, you'll be able to sustain it and then it should start to grow beyond your pelvic region.
 - b) Please note – once you have found the right contraction level, you cannot force the Pleasure energy to grow bigger or grow faster by tensing your body or contracting your pelvic floor muscles strongly – this will cause it to dissipate.
 - i) To make it grow, you need to find the right strength or rhythm, and keep your contractions or movements constant, and keep your mental focus on the Pleasure energy.
 - ii) With practice, you'll find you can also make it grow by increasing the strength or rhythm of contractions very gently, as long as you maintain a strong focus on the Pleasure energy.
 - c) If you relax the contraction completely, or if you lose focus, the vibrations, energy and Pleasure will go away.
- 12) As the Pleasure energy grows beyond a certain level, it will move beyond your pelvic region, up your spine, and into your chest, arms and legs as a growing wave of energy.
 - a) As this happens, try to keep the contraction in your pelvic floor or the movement of the toy constant and try to keep the rest of your body relaxed.
 - i) This should be possible up to the point where the Pleasure wave has reached your chest, but once it reaches your head, you will probably not be able to hold the contraction anymore or be able to keep moving the toy, but it's ok – at this point, relaxing or forgetting about the contraction or moving the toy will not stop the climax that's about to come.

- b) When the Pleasure energy reaches your head, it will probably feel like the peak of a giant wave before it breaks, then as it moves through the top of your head it will explode like a wave breaking – a wave of pure ecstatic Pleasure – this is the “point of no return” where the climax of the full body orgasm starts.
 - i) This may be accompanied by strong uncontrollable spasms in your pelvic floor, which ripple through your whole body.
 - ii) It’s also possible that you will experience mild visuals and out of body effects during the climax. Enjoy them, they’re fun. With practice, they can become interactive.
- 13) If you lose your focus on the Pleasure energy and it dissipates, or if you contract or tense your muscles too hard and the orgasm stops before climax, don’t worry, another chance will come along soon. Just go back to Step 11 and repeat.
- 14) It is possible (and desirable) that as your pelvic floor muscles tire from holding a contraction or moving repeatedly, they could spasm uncontrollably before the Pleasure energy has moved out of your pelvic region, thus triggering a full-body orgasm.
 - a) If this happens, stay relaxed, do not tense your body voluntarily or contract your pelvic floor muscles any stronger or faster – this will cause any pleasurable sensations you’re feeling to dissipate.
 - b) Small spasms can sometimes happen as one-offs and then the Pleasure energy goes back to the level it was previously.
 - c) Or a small spasm can trigger a series of rapid spasms, which grow in frequency and strength – if this happens, you have very likely gone past the threshold of arousal and are about to have a full body orgasm.
 - d) A full body orgasm can only climax if you let it – it cannot be forced like a “normal” orgasm.
 - i) Try to keep your body relaxed whilst holding the contraction in your pelvic region or moving the toy in a constant motion.
 - ii) Do not contract your pelvic floor more strongly or more quickly.
 - iii) Do not try to force the orgasm up through your body or your head by contracting your chest, neck, forehead or any other muscles.
 - iv) If you become conscious that any of your muscles are tensed, try to relax them, without losing focus on the Pleasure.
- 15) During the climax of the full body orgasm, try to stay relaxed, allow yourself to let go and let the Pleasure take control – if you feel yourself

breathing deeply, moaning, rolling around on the bed etc., go with it. The more relaxed you are, the longer you can ride the climax of the orgasm and the more Pleasure you will have.

- a) Ladies – please be aware that squirting is possible during the climax of the full body orgasm – if it happens, it will be very pleasurable but potentially quite messy, so lying on a towel is recommended the first few times until you know it's something you do or don't do.
 - b) Gentlemen – you might push the toy out during climax – lying on a towel should eliminate most mess from this.
- 16) After the climax of the orgasm, you'll probably need 5-10 minutes to "come back to reality".
- a) You'll have an overwhelmingly strong sense of euphoria, and you will probably feel very "high".
 - b) You may also need some time to process what has just happened to you.
 - i) Laughing and even crying happy tears are common – don't worry about it – go with the flow.
 - ii) As you get more used to having full body orgasms, these experiences will likely become less common or even stop completely, so enjoy them while they last.
- 17) When you are "back to reality", and you feel you'd like to have another full body orgasm, go back to Step 11 and repeat, either with the same technique or a different one. You could also try a different toy or switch on the vibration function if there is one.
- a) Now you know what a full body orgasm feels like, it will be much easier to repeat.
 - b) Before repeating, try to make sure as much of the tension accumulated in your body from the previous orgasm has gone.
 - i) Stretching, yoga poses and dancing are all effective for this.
- 18) When you're finished the session, take the toy out and clean it (especially important for men).
- 19) If you finish the session without having had a full body orgasm, do not masturbate at the end.
- a) This will only reinforce the clitoris or penis masturbation neural pathways and take you further away from having a full body orgasm.

Active techniques are easy to practise on your own, but if you would like some extra help, the Mindgasm app takes a similar approach to the

instructions above and is guided, with helpful music. It is very highly recommended and definitely worth the small subscription fee. At the time of writing, lessons 1-5 focus on awakening full body orgasms, and lessons 6 onwards on awakening energy orgasms. Please do not start the energy orgasm lessons of Mindgasm until you have experienced full body orgasms and are able to have them consistently and multiple times in a single session – ignoring this will confuse you and likely cause progress to stall.

1.7 Full Body Orgasm Advanced Techniques

After you've had your first full body orgasm(s), you should spend the next few weeks or even months practising what you've learned, focusing on initiating orgasms consistently, having multiple orgasms in the same session, and relaxing through orgasm climaxes to ride them for as long as you can.

If you'd like to add more variety to your orgasm sessions, you can create different experiences very easily by changing the following:

- Toy
- Position
 - Lying on your back vs doggy style vs sitting on the toy vs standing vs dancing
- Cannabis strain or method of ingestion
- Music
 - Music has a huge impact on orgasm sessions, and it is much more immersive and powerful when you're stoned and euphoric from the orgasms, so experiment with as many different styles as possible, even stuff that you wouldn't normally like
 - Certain combinations of music, toy, cannabis and partner, if you let go completely and let the Pleasure take control, can make music feel like it has a physical form and it is making love to you, or can make you feel like you have actually become the music and it is controlling you, making you dance, make love and orgasm to its beat
 - My favourite combinations for full body and energy orgasms are:
 - Electronic music in combination with a strong trippy sativa, dancing with an Aneros tempo inside or lying on my

back with an NJoy pure wand inside me, hips dancing to the music

- Classic romantic / sex music (e.g. Barry White, Marvin Gaye, Charles & Eddie etc.), in combination with a heavy indica, a prostate stimulator inside, and making sweet love with my wife (also having full body and energy orgasms)
- Setting (room, lighting etc.)
- Partner

There are also some specific techniques which can add even more variety to your orgasm sessions and increase your skills:

- Visualising and controlling orgasms
 - As the energy waves and muscular contractions move around your body, ask yourself the following questions:
 - What shape are they?
 - What colour are they?
 - Do they have a specific “feel”?
 - What are they doing?
 - If the energy morphs into an image, what does it look like and what is it doing?
 - Does the energy feel feminine or masculine?
 - Then try to control the orgasms:
 - Can you make them change shape, colour or “feeling”?
 - Can you make them move to different parts of your body?
 - Can you make them change effect?
 - Can you change the images you’re visualising?
 - Can you make a feminine energy feel more masculine, or vice versa?
- Relaxing and contracting during the orgasm climax
 - As you gain experience, you’ll become more aware of how your muscles tense during orgasm climaxes
 - If an orgasm climax is muscular spasm-heavy, try to relax all your muscles at once to break out of the climax
 - If an orgasm climax is more relaxed, without strong muscular spasms, try to move the toy actively to create some additional energy waves

- Focusing stoned feelings
 - Many strains of cannabis are able to produce heavy-feeling energetic sensations in your body – with practice, you can focus these sensations on specific areas of your body and create Pleasure – this can be quite an effective technique to trigger a full body orgasm
 - Firstly, try focusing them on your vagina, bum or penis
 - Then try focusing them on other parts of your body – your nipples, your breasts, your forehead, the centre of your chest, your hands and your feet can all be very pleasurable and create new interesting effects
 - You can also make this energy dynamic:
 - Visualise it pulling you downwards into the ground like a gravitational distortion
 - Visualise it pushing you off the ground
 - Visualise waves of it flowing around your body
 - Visualise it pulsing inside your vagina or bum, or around your penis, then moving in and out
- Edging
 - Using the same principles as edging in masturbation – when you’ve built a large Pleasure wave that has moved up your body and is about to reach the point of no return, try to stop it progressing upwards and maintain it where it is with mental focus (i.e. without any muscular contractions)
 - Sometimes the energy wave will go back down to your pelvic region, sometimes it will disappear, sometimes you won’t be able to stop it moving upwards and you’ll have an orgasm; typically though, if you can maintain it where it is for a few minutes or more, it’ll start to feel different, and when you allow it to climax, it’ll have a different and normally stronger effect
 - Also on the topic of edging, you can also try masturbating in the middle of a full body orgasm session and then edging the masturbation – it is also possible to edge a masturbation-driven orgasm and a full body orgasm at the same time
- Breath holding
 - Start by lying on your back and breathing deeply with your diaphragm

- As you feel the air expanding your lungs, then your stomach, visualise the energy that this brings with it into your body, then move that energy into your stomach
- After a few minutes of this, the energy should start to crackle around in your stomach, like static electricity in a cloud before it discharges as lightning – the longer you breathe deeply, the more powerful the effect
- When you want to discharge the energy you've built, take ten fast breaths, breathing in as deeply as possible then breathing out as quickly as possible, then take one final large breath and hold it
- After 10 seconds or so, your whole body will naturally start to contract – let it
- As you continue to hold your breath, the contraction will grow stronger, and will initiate a full body orgasm
 - Either continue to hold your breath until you are in the climax of an orgasm and you cannot hold it anymore
 - Or breathe and relax the contraction consciously before you reach the point of no return
- Please note that this is a very powerful technique which can cause some people to black out momentarily, either from holding their breath for too long or simply from the enormous amount of Pleasure it creates – don't be alarmed if this happens – you'll be fine, just take some extra time to "come back to reality"
- This technique works best in the middle of a full body orgasm session, but it is also effective at triggering the first orgasm in a session
- Nipple orgasms
 - Because nipples are highly erogenous areas, it is possible to train your body to associate nipple stimulation with full body orgasms, so that the orgasms are enhanced or even initiated by nipple stimulation – it doesn't work for everyone (including me sadly!), but there are a lot of people that love the effects that nipple stimulation can bring to full body orgasms
 - The method is analogous to learning how to have full body orgasms in that you need to focus on the very subtle pleasurable sensations created by stimulating a body part that you wouldn't

normally focus on, then learning to amplify the Pleasure into something much bigger

- Allow yourself 5-10 minutes per day to explore your nipples and build neural sensitivity – you can do this watching TV or lying in bed or anywhere else – the only rule is do not stimulate your clitoris or penis
 - Try stroking, pinching, rubbing, moving them around – with your fingers or maybe with something soft like a feather
 - If you can, use lube, oil or saliva to make the sensations more erotic
- Try to focus on any sensations in your pelvic floor, chest or upper back created by the nipple stimulation – they may start off as very subtle tingling, but over time, can turn into Pleasure – if you get these first sensations of Pleasure, you should be able to have a nipple orgasm and should start practising longer
- At a certain point in your practice, you'll create enough Pleasure energy for it to start moving out of the area where it started (could be your chest, back or pelvic floor), into the rest of your body and up your spine – you know what to do from here...
- Cannabis and (manual) sex toys should accelerate this process
- If you'd like some additional help, there are several types of nipple stimulator available, even electronic ones, which could accelerate the learning process or allow you to stimulate your nipples hands-free while you're mid-session
- Hands-free ejaculation and hands-free clitoris orgasms
 - The goal of this technique is to ejaculate without touching the penis or have a clitoris orgasm without touching it, whilst having a full body orgasm
 - It's easiest to start this after you've already had a few orgasms in a session, then start masturbating your clitoris or penis as normal
 - When you get close to the point when you know you're about to cum, stop masturbating with your hand and instead, masturbate your clitoris or penis from the inside by moving your toy with your pelvic floor muscles and visualise masturbating them from the outside with the sexual energy you're creating

- For men, ejaculation should feel like your cum is being pulled out of your balls and being pushed out by your muscles at the same time
- For women, cumming should feel like the orgasm is being pushed in from the outside and pulled inwards by your muscles
- If the sexual sensations you've generated dissipate when you stop masturbating, don't worry, just start masturbating again and you'll get to the same point again quickly
- As you get better at this technique, you'll be able to stop masturbating earlier, or masturbate more gently; if you get really good, you may be able to ejaculate or have a hands-free clitoris orgasm without touching your penis or clitoris at all
- Another way of achieving these types of orgasms is by using active techniques that stimulate your vagina or prostate repetitively and vigorously (e.g. making a hands-free toy move in and out in a purposeful way, by fucking yourself with a dildo or by being fucked by someone else), and at the same time visualise masturbating your clitoris or penis from the outside with the sexual energy you're creating
- Please note – some people will naturally have these types of orgasm as they're learning to have full body orgasms
 - If you're one of the lucky ones that experience this, and you'd like to have a "pure" full body orgasm without hands-free ejaculation / a clitoris orgasm, simply don't think about your clitoris or penis in any way as you focus on building the Pleasure in your vagina or bum
 - Or, try a smaller toy that puts less pressure on your vagina walls or prostate

This list of practice techniques is not exhaustive – there are many other techniques on the internet forums for sex and prostate play, and in books on Neo-Tantra, various types of Yoga, Taoist sex and other methods.

It's also very worthwhile to experiment and create your own techniques – if you do, please tell other people about them!

1.8 No Toys

After my first full body orgasm experience, I had orgasm sessions every weekend for the next month, and after that, it was clear that I could initiate full body orgasms consistently.

The following Friday, I decided to take a break from the orgasm sessions and had a quiet night in, watching a film. I vaped some weed to enjoy the film more and about 30 minutes after the weed kicked in, I felt a familiar energetic sensation building in my bum. At first, I didn't pay too much attention to it because I was lying on the sofa in my lounge, fully clothed and without a prostate stimulator inside. I thought I was just a bit stoned, but there it was – unmistakable.

So, I focused on it mentally, and it grew quickly into a Pleasure wave which then became a full body orgasm. The muscles in my bum contracted slightly, I think from muscle memory gained in my first orgasm sessions, but other than that, all it took was a little mental focus – it was that easy!

The feeling is slightly different than with full body orgasms using toys – they feel like your vaginal or anal muscles are replicating the feeling of a toy, but because there is nothing inside, the pressure sensations are weaker, and then as the Pleasure waves move up your body, they are less physically intense. The climaxes to no-toy full body orgasms are generally not as explosive either, but they are still wonderful experiences.

It is possible to have No Toy full body orgasms without cannabis – it requires an advanced level of concentration, but it's a very worthwhile training exercise and will prepare you very well for Stage 2 of The Guide.

The No Toy techniques are the same as with a toy – you can either relax and focus on finding and then amplifying pleasurable sensations in your vagina or bum, or you can move the muscles in your pelvic floor actively and amplify any Pleasure when it arises. Lessons 1-5 of Mindgasm are great for the active approach.

In case you're wondering, even though cannabis is very potent at creating the energetic sensations that trigger full body orgasms, it doesn't mean that every time you take cannabis, you're going to have one. Don't worry about getting high in the cinema or with your friends, and then having a series of

massive uncontrollable orgasms – you always need to focus on the Pleasure to build it into an orgasm, and it's very easy to focus on something else and make the Pleasure go away. If you're overly concerned about this, try a practice run at home, stoned and without a toy.

The real danger is being high in public and thinking that because you're experienced, you can build Pleasure waves up to a sub-climax level and can maintain them there without going past the point of no return. From personal experience, I can tell you that this is ill-advised...

1.9 Sex And Sex Sessions

Sex when one or both partners are having rolling full body orgasms for hours on end is incredible – the sensations of touch and kissing, the exquisite feeling of being inside someone else or having someone else be inside you while your bodies are exploding with Pleasure, the emotion of experiencing this with someone else or even someone you're in love with – it is a pinnacle of the human experience.

There are no hard and fast rules for sex with full body orgasms, but here are a few tips:

- Be transparent with your partner that you have been having full body orgasms, and if you're a man, that you have been putting sex toys up your bum and rather enjoying it – if you don't tell them, it is very likely they will find out anyway and it could create a difficult situation
 - Explain to them how full body orgasms work and the sensations you feel
 - Encourage them to try it too and offer to teach them
- Plan in advance
 - Full body orgasm sessions are usually on the timescale of a few hours, so reserve the time together and plan to be tired the next morning
 - Gentlemen – if you're going to use a toy, make sure you're prepped and clean (see Section 1.3 Toys For Boys)
 - Get any materials you need in advance, and make sure you have some food and drinks handy

- Some personal favourites: chocolate, ice cream, fruit salad, boozy milkshakes, cocktails, rum
- Make a private space where you can move around naked, play loud music, dance, make food and drinks, lie down to relax and to have sex, watch TV etc. – I prefer the lounge to the bedroom
 - Change the lighting, the images on the TV and any else you can control to give the space the ambience you want (e.g. more intimate, more like a rave or any other effect)
 - Make it your own private club where you can lose all your inhibitions and dance in pure ecstasy
- Have a safe word
 - It's very easy to get carried away in the moment and confuse "don't stop" with "stop" or vice versa – safe words eliminate confusion
- Experiment and find what you love
 - Positions and activities you may not have enjoyed previously may take on new dimensions of Pleasure when combined with full body orgasms (e.g. anal sex, nipple play, rimming, 69s etc.)
 - Different types of music
 - Different toys and cannabis strains
 - Different types of porn
- Turn the evening into an elaborate fantasy
- Laugh and have fun together

It also helps to have a session kit and some supplies, so you have everything you need at hand:

- Lube
- Sheaths
- Cannabis / drugs / poppers
- Sex toys
 - If electric, make sure they and their remote controls are charged
- Lingerie / props
- Kitchen towel / wet wipes
- Towels (about the most massively useful thing a Hedonist can have)
- Waterproof sex blanket
- Sex cushions
- Harness / sex swing

You can of course, have spectacularly decadent sex sessions on your own. And you should – it's the ultimate self-indulgence and you deserve it. I'll normally have one or two sessions a month on my own and one or two with my wife. She also has them on her own, but less often than I do. I like to call them "solo orgies". They make us both very happy.

For the record, we both still masturbate and have sex as often as we always did. If anything, our "regular" sex lives have been better since we started having our "solo orgies" and "sex sessions".

1.10 Pegging

Hello!

Yes, pegging – of course we have to go there! There's something about the thought of being fucked by a woman with a strap on or fucking a man with a strap on, that makes some people very uncomfortable.

For others, this is what makes pegging incredibly hot.

My wife and I were in the "interesting, but probably not for us" camp until I started having full body orgasms and realised how good it would feel. We got over our remaining hesitancy quickly by telling ourselves that it would be no different than my wife using a sex toy on me, just instead of holding the toy with her hands, she'd be holding it in a harness and moving it with her hips.

If you'd like to try pegging, you'll need the following things:

- A harness
 - There are many options – check reviews to make sure they're stable enough for your needs – my wife has one that looks almost like lingerie and is very sexy, but isn't as stable as others, but because we wanted to use it with a strapless strap-on it was stable enough
- A strap-on dildo
 - These can have either a flared base which goes through a hole in the harness and sit between the body and the harness, or a specially designed base which attaches to compatible harnesses directly

- In my opinion, this style of dildo, made of soft dual-density high quality silicone feels nicest to be fucked with
- Or they can be the strapless style, which have a second end which is inserted in the vagina – these can be used without a harness, but are much more stable with one
 - These are less flexible and don't feel as nice to be fucked with, but the vibration functions they often have are great for the woman, and the extra sense of connection to your partner is also nice
- If you like the look of a strap-on but it doesn't have the vibration function you like, you can create similar effects by combining it with a wearable vibrating G-spot toy or a small clitoris vibrator designed for use behind a harness
- Ideally start with a short and narrow dildo, then work your way up to long and girthy if you feel you'd like more
 - Remember the saying "it's not the size of the wave, it's the motion of the ocean" though – it is especially true when pegging men who are experienced at having full body orgasms – they don't need much stimulation to get them to go crazy!
 - Sometimes dildos can be too long and be uncomfortable when they hit the sigmoid bend at the end of the rectum too hard – if this happens, buy a depth-limiting ring which will stop the dildo going in as deep (they look like donuts made of silicone)
- A warm-up toy or anal dilator, and extra lube
 - It can be difficult to insert strap-on dildos initially, so use a warm-up toy or anal dilator on yourself first to open yourself up
- Kitchen towel / wet wipes / sex blanket / sheaths
 - Pegging is probably the messiest of all the anal techniques because it's very vigorous, so make sure you stay clean and keep your furniture and sheets clean
 - Using a sheath on the outside of the dildo is recommended so you can get rid of any poo on the outside of the dildo very quickly and easily
- A sense of humour

1.11 Awakening Full Body Orgasms: Other Techniques

There are a number of other ways to awaken the sexual energy which underpins full body orgasms and energy orgasms (Stage 2).

Tantra (classical Hindu and Buddhist, and Neo-), Yoga (most famously Hatha, Kriya, and Kundalini) and other spiritual systems, all contain multiple techniques. Typically though, they require years of daily training to get users to a similar level to the methods described above.

If you're up for that, great – they have many benefits for mental and physical health, their historical, social, religious and philosophical contexts are fascinating, and there are communities of wonderful people around them.

There are lots of options to learn these techniques – books, online videos, public classes, one-on-one tuition, retreats etc. If you're going to take lessons or go to a retreat, please make sure you do your research. You need to learn from teachers that have awakened their sexual energy fully and are able to have full body and energy orgasms, so ask them about this directly – if they are not open about this with you, consider it a red flag. Even more importantly, check to make sure that there is no abuse or controlling behaviour happening, either from the teacher, the administrators or the other students. The techniques that spiritual systems teach are powerful and can be used to manipulate people very easily; unfortunately there have been many cases of serious abuse in classes and retreats, so please do your research very carefully.

There are some techniques however which can work quickly – two that I have tried and am willing to vouch for are the “Kriya Supreme Fire” technique from “Kundalini Exposed” by Santata Gamana, and the edging technique as explained in “How to Make Love All Night (*And Drive a Woman Wild: Male Multiple Orgasm and Other Secrets for Prolonged Lovemaking*)” by Barbara Keesling.

The “Kriya Supreme Fire” technique is similar to the breath holding technique in Section 1.7, but with a much longer breath hold and some additional body posture holds. I like it because it is not an overtly sexual method, which can be useful for certain types of meditation, and it is also very effective for initiating orgasm sessions or meditations without

cannabis. I don't know anyone that has used this method to awaken full body orgasms for the first time, but I do think it would work, as long as you're willing to do breath holding exercises for ~2 minutes.

The "How to Make Love All Night" technique is based on masturbating, edging the orgasm, using the sensations generated to cultivate sexual energy in the pelvic floor region, then amplifying that into a full body orgasm. Although it has "Male" in the title, the technique also works for women.

I was somewhat reluctant to include this technique here, because if not practised correctly or if not practised for long enough to get it to work, it can reinforce the clitoris-orgasm / penis-ejaculation-orgasm Pleasure pathways and diminish the vagina / prostate Pleasure pathways, and actually make full body orgasms more difficult to achieve.

But that said, for people that have tried the relaxation and active methods described in Stage 1 many times and cannot generate any Pleasure from them, it might be useful as a last resort.

1.12 Next Steps

You are now beginning to understand the incredible capacity for Pleasure that humans evolved to have, so let go and let the Pleasure take control. Let it run wild. Be the Hedonist you are meant to be.

Practise. If you're a cannabis user, practise occasionally without cannabis to really hone your technique. Perfect old techniques. Learn new techniques. Become an expert at creating Pleasure.

Explore. Develop your own techniques. Write them down and tell other people about them.

Help your partner(s) awaken their orgasmic abilities. Enjoy incredible Pleasure and connection together.

Tell your friends and help them awaken their abilities.

Bring more Pleasure into the world.

If you'd like to learn a new category of techniques which generates orgasms that are more mental / energetic and less physical / muscular, then move on to Stage 2: Energy Orgasms (please note that it is recommended to learn the No Toy technique in Section 1.8 before doing this).

1.13 Stage 1 Resources

Websites on awakening full body orgasms:

- www.aneros.com/pages/journey-to-the-super-o-principles
- wiki.malegspot.com
- <https://mindgasm.net>

Forums on awakening full body orgasms:

- www.reddit.com/r/aneros
- www.reddit.com/r/becomingorgasmic
- www.reddit.com/r/prostateplay
- <https://community.aneros.com/forum/>

Other useful forums and websites:

- www.reddit.com/r/askgaybros
- www.reddit.com/r/straightpegging
- www.reddit.com/r/sex
- www.reddit.com/r/TwoXSex
- www.peggingparadise.com

Books:

- “Loving the G-Spot: The Definitive Guide on the Secret Center of Feminine Pleasure” by Marcia Durante
- “Female Ejaculation and the G-Spot” by Deborah Sundahl
- “Kundalini Exposed” by Santata Gamana
- “How to Make Love All Night (*And Drive a Woman Wild: Male Multiple Orgasm and Other Secrets for Prolonged Lovemaking*)” by Barbara Keesling

Stage 2: Energy Orgasms

Disclaimer: do not start practising the techniques described in Stage 2 unless you can initiate full body orgasms consistently and can have them multiple times in a single session

During your full body orgasm sessions, you may have noticed that in some orgasms, your body stayed relaxed with very few or no muscular spasms, despite there being strong mental effects.

It's quite likely that these orgasms were energy orgasms or partial ones.

The difference between energy orgasms and full body orgasms is in the way they're initiated and then amplified. Full body orgasms are initiated by muscular contractions and spasms in the pelvic floor, and amplified by muscular contractions and mental focus. The resulting orgasms are usually physically explosive, with strong muscular contractions and spasms.

"Pure" energy orgasms are initiated by mental focus only. It's easiest to initiate them in the pelvic floor, but with practice, they can be initiated anywhere in the body or even outside of the body. They are amplified by mental focus and the resulting orgasms are normally quite relaxed physically, so they often last longer than full body orgasms. The mental effects during climax can be calm or they can be very intense and energetic.

An example of a calm ending I experience often is feeling like I'm floating in a cloud of stars and slowly coming down to Earth.

An example of an intense and energetic ending I've experienced a number of times is where I control the energy I've generated and visualise it dancing above my body, then when I go past the threshold of arousal, the energy morphs into a dragon or another creature which flies around and then up through my body, and then explodes out of the top of my head like a thousand fireworks going off at once.

It's very easy to blend energy orgasms with full body orgasms, for example, starting a full body orgasm using muscle contractions in the pelvic floor, then continuing the orgasm using energy orgasm techniques. Or starting an energy orgasm, then adding some muscular contractions mid-climax to give it a boost.

The energy orgasm technique is easy to learn if you're able to have full body orgasms consistently – once you've experienced it and understand how to control energy orgasms with your mind, a new dimension of techniques, abilities and Pleasure opens up...

2.1 Awakening Energy Orgasms: The Stabilised Flow Of Energy Technique

So how do you have an energy orgasm?

It's actually very simple – rather than using pelvic floor muscle contractions to build sexual energy, you do it with mental focus instead. You “will” the sexual energy and Pleasure to grow and move around your body, whilst keeping your body relaxed.

It sounds so simple that it's hard to believe it could work, but it does, and all you need to do is start doing it. Here's how:

- 1) Start a full body orgasm session as normal (i.e. naked, horny and lying on your back in a comfortable setting).
 - a) Toys are optional – to learn, it's probably better without one because then there's no temptation to squeeze with your muscles, but they could give the additional boost some people need.
 - i) When you're experienced, you'll be able to initiate energy orgasms whether you use a toy or not, but the sensations will change:
 - I find that energy orgasms feel “purest” without a toy.
 - Prostate stimulators often lead to “blended” full body orgasms and energy orgasms.
 - Anal toys (e.g. the Aneros Tempo) are closer to “pure” energy orgasms, but with an extra “buzzy” feeling in the bum (great for dancing and sex).
 - b) Cannabis is optional, but it will probably make initiating your first energy orgasm easier.
- 2) Initiate a full body orgasm to get the sexual energy flowing.
 - a) Use any technique.
- 3) When you've come “back to reality”, initiate a second full body orgasm.

- a) This time, use a weak muscle contraction with a strength between 1/10 and 5/10 to initiate the first sensations of energy and Pleasure, and hold it there for at least 10 seconds.
- 4) Grow the intensity of the pleasurable sensations by increasing the strength of your muscle contraction very slowly, up to the maximum muscle contraction possible (e.g. 3/10 → 4/10 → 5/10 → 6/10 → 7/10 → 8/10 → 9/10 → 10/10).
 - a) As you increase the strength of contraction, keep a strong mental focus on the Pleasure, and remember how it feels as it's growing.
- 5) Visualise the contraction increasing to 11 and feel the increase in intensity of Pleasure that this creates.
 - a) Use whatever visualisation works for you.
 - i) I imagine this as two energetic force fields, one on either side of my hips, which I control to put pressure on my prostate.
 - ii) My wife imagines this as a pulsing / expanding energy beam which puts pressure on her vagina from the inside.
- 6) Visualise the contraction increasing to 12 and feel the increase in intensity of Pleasure that this creates.
- 7) Keep increasing the visualised contraction to 20, 30, 40, 50 and beyond.
 - a) It should be obvious by now that there is no limit to the strength of contraction you can visualise, so go up to 100 or 1,000.
 - b) As you increase the strength of the visualised contraction, the rate at which you can increase it grows faster.
- 8) Be aware of any muscular tension in your body – should any arise, relax it, whilst maintaining mental focus on the visualised pressure on your vagina or prostate and the sensations it's creating.
 - a) You'll naturally forget about the muscle contraction in your pelvic floor.
 - b) Most body tensing will probably be in your stomach muscles, so be aware of this and relax them.
 - c) Minor headaches can happen if you strain too hard with your eyebrow or forehead muscles, so be aware of this and relax them.
- 9) If you lose focus on the visualised contraction or the energy it's creating, go back to a lower level, stabilise the pleasurable sensations for 5-10 seconds then start increasing the strength of the visualised contractions again.

- a) E.g. if you lose focus at a visualised contraction of 20, drop down to 11, stabilise the sensations, then increase the strength of the visualised contractions again.
 - b) Go however low you need to go to focus and generate the energy again, but try not to contract your pelvic floor muscles to re-initiate the energy, unless you absolutely have to.
- 10) After doing the strong visualised contractions for a few minutes (probably 1-5 minutes, likely not more than 10), you'll go past a threshold and it will feel like a jet of energy has been switched on in your vagina or bum, causing energy to surge through your body and out of the top of your head with almost no effort.
- 11) Maintain this state by visualising a "stabilised flow of energy" from your pelvic floor, through your body and out the top of your head.
- a) 2-3 minutes should be possible initially, but with practice you should be able to stabilise it for much longer.
- 12) This "stabilised flow of energy" state is an extended threshold of climax, which you can end in one of three ways:
- a) Calmly – by decreasing the intensity of the "stabilised flow of energy" (take your focus off it and relax slowly or quickly).
 - i) Relaxing slowly feels like drifting slowly out of the "stabilised flow of energy"
 - ii) Relaxing quickly ("snapping out" of the orgasm) feels like you're floating in the stars or a lake of energy, coming slowly back to Earth (this is a very versatile technique that can be used during most energy orgasm climaxes)
 - b) Energetically – by increasing the intensity of the "stabilised flow of energy" beyond what you can control.
 - i) You can increase the intensity of the visualised contraction as above or give it a physical boost with a contraction of your pelvic floor muscles.
 - c) Turning the energy into a different form e.g. by visualising the energy doing dance moves inside you.
- 13) As you progress, you won't need to start off with a full body orgasm, you'll be able to sense the energy in your pelvic floor and amplify it whilst staying completely relaxed.

A number of the contributors to The Guide learned energy orgasms in a structured way like this, and their recommendation is to plan the first

practice session well in advance and make it an extra-indulgent one – after they had reached the “stabilised flow of energy” state for the first time, they all experienced feelings of “levelling-up”, like in a computer game or an animé cartoon. If it happens like that for you, make sure you enjoy that feeling of accomplishment!

If you would like some extra help with this technique, lessons 6 and 7 of the Mindgasm app take a similar approach to the instructions above and are guided, with helpful music – they are exceptionally well designed and very highly recommended. If you are able to do most of the techniques in Stage 1 of The Guide consistently, you should be able to unlock energy orgasms on the first try of Mindgasm lessons 6 and 7.

There are many techniques to initiate and manipulate energy orgasms, to create different effects. The ones in the rest of Stage 2 are just a selection, chosen to create a strong foundation from which you should be able to use most other energy orgasm techniques from other systems, or create your own. All of them can be combined with other energy orgasm techniques and all of the full body orgasm techniques from Stage 1, to provide a lot of variety for your Pleasure. They are intended to be learnt in order, with each new technique building on the abilities developed in prior techniques.

Once you know how to initiate energy orgasms and control them, it’s very easy to get a full body orgasm to turn into an energy orgasm or a blend of the two – simply relax your body to stop the muscle contractions as much as possible, then let your mind and your visualisations take over – the possibilities are endless...

2.2 Dynamic Energy

Instead of visualising a contraction in your pelvic floor getting increasingly stronger, try visualising it being dynamic, for example:

- 1) Visualise energy moving in and out of you like you’re being fucked harder and harder
- 2) Visualise energy moving in waves through your vagina or prostate, getting more and more powerful

- 3) Visualise energy making other movements around or through your vagina or prostate and the rest of your body

When you are in a “stabilised flow of energy” state, these techniques can be used to create incredible effects, for example visualising you’re connected to the Universe by an energy field flowing through your vagina or bum, then being fucked by it and with every pulse of the energy field, a massive ejaculation of energy spurts through your body and out of the top of your head. All in time with the music that’s playing.

2.3 Controlling The Climax

Create a “stabilised flow of energy” as above, then make it end quickly. As the orgasmic energy waves move around your body, ask yourself the following questions:

- What shape are they?
- What colour are they?
- Do they have a specific “feel”?
- What are they doing?
- If the energy morphs into an image, what does it look like and what is it doing?
- Does the energy feel feminine or masculine?

Then try to control the orgasms:

- Can you make them change shape, colour or “feeling”?
- Can you make them move to different parts of your body?
- Can you make them change effect?
- Can you change the images you’re visualising?
- Can you make a feminine energy feel more masculine, or vice versa?

2.4 Re-Stabilising The Energy

During the final stages of an energy orgasm climax, the energy moves around your body for some time, before dissipating.

It is possible to get it to go back into a “stabilised flow of energy” state, which can prolong an orgasm considerably.

It’s difficult to describe the technique precisely, but you need to focus on the energy as it’s moving around your body and then remember the “stabilised energy flow” and how it feels, and sort of “pull” the dynamic energy back into the stabilised state by visualising the jet of energy switching on again. Your body needs to be relaxed to do this.

This is a difficult technique to perfect, so you’ll probably need to practise...

2.5 Edging

There are two places to edge the “stabilised flow of energy” state described in Section 2.1 – before and after the threshold.

Before you reach the threshold of the “stabilised flow of energy” state (i.e. before the jet of energy switches on), relax the visualised contraction and try to hold yourself at that point for as long as possible. Try to get as close to the threshold as possible without going over it. Going over the threshold shouldn’t result in an immediate climax, so it should be possible to go into the “stabilised flow of energy” state and bring yourself out again without climaxing.

To edge after the threshold of the “stabilised flow of energy” state (i.e. after the jet of energy has switched on), increase the strength of the visualised contraction slowly, up to the point where the “stabilised flow of energy” is becoming unstable and you almost can’t control it anymore, then decrease the strength of the visualised contraction. Keep doing this for as long as you can and get as close to the threshold of climax as possible – it’ll create some very interesting and very pleasurable effects.

Edging is a very versatile technique that can be used during all other “stabilised energy” states to provide extra variety.

2.6 Energy Focusing

In the “stabilised flow of energy” technique, you need to visualise the strength of the contraction in your pelvic floor increasing beyond the physical limits of your muscular contraction.

For an alternative version of this, try the following:

- 1) Lying down, put your arms by your sides and hold your hands about 20cm away from your hips, palms facing inwards
- 2) Visualise a force field coming from your hands, focusing pressure on your vagina or prostate
- 3) Move your hands towards your hips very slowly and feel the pressure from the force field increase on your vagina or prostate
- 4) Keep increasing the pressure on your vagina or prostate by moving your hands very slowly towards your hips until you reach the threshold where the “stabilised flow of energy” starts, or you climax immediately

As an alternative to using the palms of your hands, try visualising the force field coming from the tips of your index fingers.

This technique also works well if you’re trying to transfer energy to another person (see Section 2.12 Tantric Sex).

2.7 Energy Raising

This is an alternative technique for initiating energy orgasms, probably the technique I use most often to start sessions:

- 1) Start an orgasm session as normal, lying down or sitting cross-legged
 - a) Clothes are optional
 - b) Toys are optional
 - i) Different types of toy will give different effects – experiment to find out which you like best in different situations
 - c) Cannabis is optional
- 2) At all times during this technique, keep your whole body relaxed, especially your pelvic floor muscles, your stomach muscles, and the muscles in your eyebrows and forehead

- 3) Feel the sexual energy building in your pelvic floor and amplify it with mental focus
- 4) When it's big enough / strong enough, raise it up your spine to your stomach with mental focus
- 5) Let the energy grow in your stomach for a few minutes
 - a) Feel it expanding your stomach and the muscles around it
 - b) Feel the effects it has on the whole of your abdomen
 - c) Feel any tension in your abdomen dissolve away and be replaced with energy and power
- 6) Raise the energy up your spine to the centre of your chest and keep it there for a few minutes, allowing it to grow
 - a) Feel it expanding your lungs, your chest muscles, your back muscles, your shoulder muscles and your upper arm muscles
 - b) Feel the effects it has on your heart, your lungs, and the whole of your thorax
 - c) Feel any tension in your thorax dissolve away and be replaced with energy and power
- 7) Raise the energy up your spine to your throat and keep it there for a few minutes, allowing it to grow
 - a) Feel it expanding your throat, pulling air up from your chest and starting to expand into your head
 - b) Feel any tension in your throat dissolve away and be replaced with energy and power
- 8) Raise the energy up into the back of your head, allow it to expand across your brain and fill it entirely, then bring the energy to a focal point at the front of your forehead
 - a) Keep it there for a few minutes, allowing it to grow
 - b) Close your eyes and try to "see" without them, using the focused energy to "feel" your physical space
 - c) At this point, there might be some interesting visual effects and the Pleasure level might increase noticeably
 - i) The increase in Pleasure could cause some muscle contractions to ripple through your body, so try to stay relaxed
 - d) Minor headaches can happen if you strain too hard with your eyebrow or forehead muscles, so be aware of this and try to keep them relaxed
- 9) Raise the energy to the very top of your head and then move it above your head (often this last step happens automatically without any effort)

- 10) At this point, you can either create a “stabilised energy” state or you can let the built-up energy end immediately, either calmly or energetically
 - a) If you raise the energy up your spine slowly, it’s easier to get it to go into a “stabilised energy” state
- 11) The “stabilised energy” state created by this technique feels like a crown of burning energy above your head, and is very euphoric
 - a) With mental focus, you should be able to maintain this state for 5 minutes, longer with practice
- 12) This “stabilised energy” state is an extended threshold of climax, which you can end in one of three ways:
 - a) Calmly – by decreasing the intensity of the “stabilised energy crown” (take your focus off it and relax slowly or quickly)
 - b) Energetically – by increasing the size of the “stabilised energy crown” beyond what you can control
 - c) Turning the energy into a different form e.g. by visualising the energy turning into the spirit of a bird which then starts flying above your head

Sometimes it’s difficult to get the energy to stabilise or grow as you move it up your spine. Normally this happens when you raise it to the stomach or to the chest and you lose focus on the energy.

If this happens, start again from your pelvic floor – re-focus on the energy there and make sure that the ball of energy is bigger and stronger than it was previously before you move it up to your stomach. I normally have to do this two or three times to generate enough energy to be able to move enough of it into my chest, to then be able to move enough of it to my throat. Almost always, when I move the energy up past my chest, there’s enough to complete the whole process.

A few tips with this technique:

- To edge with this technique, bring the energy up to the top of your head, almost let it go above it, but don’t – play with it at that level as long as you can or as close as you can
 - If you go into the “stabilised energy” state slowly, it should be possible to bring yourself out again without climaxing
- If you get really good at this technique, you can apply it in everyday life
 - For example, if you’re sitting at a desk, just focus on the energy in your pelvic floor and raise it up your spine

- Because you're not in a special setting and without toys or cannabis, you probably won't get the full orgasm effect, but it will feel very nice
- Try keeping the energy in your stomach, chest, throat or forehead and getting it to grow as big as possible there without raising it further up your body
 - In my experience, the chest is the most interesting for this, but it might be different for you
 - Visualisation is important – for example, I like to visualise the energy growing in my chest as a flower made of coloured energy, with clearly defined petals
- Try ending the “stabilised energy” state by relaxing and bringing the energy back down your body to one of the locations specified above, then letting it dissipate from there
 - I prefer the chest for this, but it might be different for you
 - Again, visualisation is important – for an interesting exercise, try visualising something new
- Instead of using pure mental focus to raise the energy up your spine, use your hands or fingers with the Energy Focusing technique from Section 2.6
 - This technique also works very well with a partner

2.8 Expanding Energy Beyond The Body

While you've been practising the previous energy orgasm techniques, you may have noticed that sometimes the energy feels like it has moved outside your body.

With this technique, that's the explicit goal:

- 1) Lying down, initiate an energy orgasm and either create a “stabilised flow of energy” state (Section 2.1), or bring a large amount of energy to your chest (Section 2.7)
 - a) Sitting down also works but is more difficult
- 2) Expand the energy so that it fills your entire body
 - a) Push the energy down to your feet
 - b) Push the energy to the tips of your fingers

- c) Push the energy to the top of your head
- 3) Slowly, push the energy outside you, first from your sides, then from your back and front
 - a) I visualise this as a flat field of energy radiating from each side of my body, and a little bit from my back and front
- 4) This is a “stabilised energy” state which can be maintained for a long time
 - a) After a few minutes, you will start to feel like you are levitating
 - b) There are some interesting ways of playing with this state:
 - i) See how far you can make the energy field radiate from you
 - ii) Try to “feel” objects around you by “touching” them with the energy field
 - iii) Increase the intensity of the energy underneath you to make it feel like you’re being pushed further off the ground
- 5) Like the “stabilised energy” states discussed previously, you can end this in one of three ways:
 - a) Calmly – by decreasing the intensity of the energy field radiating from you (relax slowly or quickly)
 - b) Energetically – by increasing the size or strength of the “stabilised energy” field beyond what you can control
 - c) Turning the energy into a different form e.g. by visualising it turning into animal spirits flying around your body

This technique, because it creates energy orgasms that feel like they’re happening outside your body, encourages you to generate elaborate visualisations.

One of these is the sense that your soul (or your consciousness depending on your beliefs), rather than energy created by your body or mind, is dancing above your body in orgasm – it’s very special and very pleasurable.

2.9 Standing Up And Dancing

- 1) Start an orgasm session as normal, lying down or sitting cross-legged
 - a) Music has a big effect with this technique – I especially like slower / chilled dance music, or binaural beats / Schumann resonance music (look for tracks with a frequency specified in Hz)

- 2) After your first orgasm, stand up with your arms by your sides and either create a “stabilised flow of energy” state (Section 2.1), or bring a large amount of energy to your chest (Section 2.7)
 - a) You should be in an area in which you have enough space to move around and especially be able to move your arms freely
 - b) I like to face a TV so that I can see images or videos intermittently, or have some kind of dynamic lighting
- 3) Expand the energy so that it fills your entire body, then point the palms of your hands towards the floor and visualise energy radiating from your palms (think Iron Man)
- 4) Close your eyes and try to stand completely still
 - a) Visualise your body as an empty shell with a vortex of energy swirling down from your head within it – the rotational energy of this vortex will keep your legs and torso strong, and keep your body still
 - b) If you become aware that you’re swaying, either strengthen the energy vortex within you or radiate more energy from your hands to stabilise yourself
- 5) This is now a “stabilised energy” state which can be maintained for a long time, or exited / entered again easily

Once you have the basic technique sorted, there are lots of variations to play with:

- Go from standing still to dancing to standing still again – it’s very easy to move back to standing still by visualising the energy vortex again and pushing energy out of your palms
 - Start by dancing without moving your legs, then go back to standing still, then if you feel confident, dance with your whole body
- From standing still, relax your legs and body until you’re about to collapse, then bring yourself back to standing upright using the energy vortex and the energy radiating from your palms
- Try the same technique, but on your hands and knees
- Stand still and masturbate or receive oral Pleasure
- Stretch out your arms as wide as they will go, bring as much energy to your chest as possible, then project it outwards as a beam of energy (again think Iron Man)

- Stretch out your arms above your head and arch your back, then allow yourself to climax from this position
- Visualise creating a ball of energy with both hands, then blast it outwards like Ryu in Street Fighter or Goku in Dragon Ball Z
 - Start with a small ball of energy and grow it in a kung fu / tai chi style
 - This can be combined easily with other dance moves

These techniques are great for dance / orgasm sessions at home, with or without a partner. If you'd like to try them in public, join an ecstatic dance party or go to a psytrance festival – none of the shapes you'd throw would be out of place there and it's very unlikely that anyone would notice or care that you're doing your thing. Actually, if anyone does notice you, they're likely to compliment and encourage you...

2.10 Good Vibrations

- 1) Music / sound has a big effect with this technique
 - a) The types of music with the strongest effect are those that have a very obvious vibration rather than a beat – binaural beats and Schumann resonance music (look for tracks with a frequency specified in Hz) work very well, as can some religious or meditation chants
 - i) If you can, play the music extra loud so you feel the sound waves vibrating through you
 - b) With experience, you'll become able to identify and resonate with the background vibrations in all types of music and even be able to do this in silence
 - c) To get more interactive, try making your own vibrations, by humming, chanting or playing an instrument with vibrating sounds e.g. Tibetan singing bowls
- 2) Lying down, create a “stabilised energy” state where the energy is radiating from each side of your body (Section 2.8)
- 3) Using the energy radiating from each side of your body, “feel” the vibrations coming from the music / sound, then feel them vibrating through your body

- 4) Let go and allow the energy inside your body to start vibrating at the same frequency as the music / sound
 - a) After a few minutes, your body should feel like it is starting to dissolve into the vibrations and then you should feel like you've become part of the vibrational energy
- 5) This is now a "stabilised energy" state, and there are lots of interesting ways to play with it
 - a) Pulse the vibrations in sync with changes in the music / sound
 - b) Move the vibrations around your body and feel how they change as you do this
 - c) Expand the vibrations into the air above you and visualise / feel them vibrating like a living graphic equaliser
 - d) Experiment and invent your own...

2.11 Initiate Orgasms From Head

Up to this point in The Guide, all the techniques initiated orgasms by identifying subtle sexual and energetic sensations in the pelvic floor, then amplifying them and moving them out into the rest of the body.

If you have been able to complete most of the orgasm techniques up to this Section successfully, you should be experienced enough to be able to recognise those same subtle sexual and energetic sensations in other parts of your body, and experienced enough to know that the magic of energy orgasms comes from belief, mental focus and visualisation.

So try out the following – prepare for an orgasm session as normal (setting, music, cannabis etc.), and instead of feeling the subtle sexual and energetic sensations in your pelvic floor, sense them in your head and amplify them from there.

It helps to be at least a little bit stoned when doing this for the first time, but it's not necessary.

If you can't initiate the first orgasm in a session in this way, start the first one from your pelvic floor as normal, then initiate the second one from your head.

Note the feeling of the energy when orgasms are initiated in your head:

- Does it feel the same as the energy when it's initiated in your pelvic floor?
- Does it feel less sexual or more sexual?
- Does it feel more cerebral?
- Does it feel more feminine or more masculine?
- Is the way you visualise it different?
- Can you change the way it feels so that it is more like the feeling of the energy initiated in your pelvic floor?

When you can initiate orgasms in your head consistently, try initiating them from your chest, nipples, hands etc.

You'll get very good at this technique after just a few sessions of practice, so then challenge yourself with the following techniques:

- Initiate energy orgasms in your head and your pelvic floor at the same time, and then get them to meet in the middle of your body
 - Try to be aware of any differences between the two
 - When they meet, visualise them combining, dancing and making love (creating love energy)
 - If you're struggling to initiate two energy orgasms simultaneously, create one first from your head, then create a separate full body / energy orgasm from your pelvic floor with a quick muscle contraction in your vagina or bum
- Initiate an energy orgasm from outside your body
 - Sense the energy flowing around your body (externally)
 - Reach out with your mind and visualise the external energy becoming an energy orgasm
 - For me, the external energy feels like an amorphous moving field of energy around me, which I then "grab" with my mind and "solidify" it by making it take on a shape, and then it turns into an energy orgasm
 - Once the orgasm has been initiated and is proceeding as normal, you can pull more energy from outside your body and push it into the orgasm to give it more power
 - This technique can be combined in lots of fun ways with the standing up and dancing techniques described in Section 2.9

2.12 Tantric Sex

Contrary to the popular belief that Tantric sex is about having sex in acrobatic, Kama Sutra-like positions for hours on end, its actual purpose is to create a deep connection between two people, with the aim of creating altered states of consciousness and spiritual union.

Many Tantric sex techniques work alone, where “connection between two people” becomes “connection with yourself” or “knowing yourself”. Viewed this way, ever since you began the preparation steps in Section 1.1, you’ve been practising Tantric sex. In fact, every technique in The Guide can be considered to be a Tantric sex technique.

Although not all Tantric sex books and classes are explicit about it, one of the main goals of Tantric sex is to awaken full body orgasms and energetic orgasms, and most of the techniques and exercises they teach, lead to them in a stepwise and progressive way.

Obviously, if you’ve reached this point of The Guide, you’re already able to have both of these orgasm types, and can manipulate them in many different ways, so if you’re reading a Tantric sex book, you don’t need to do all the preparatory exercises in order – you can just skip to the ones which sound most fun and you should be able to do them easily.

Rather than starting exercises in the way the books suggest, have a full body or energetic orgasm first, then start the exercise you’ve chosen – the desired effects will be much stronger and the whole exercise much more pleasurable, right from the start.

Here are three of my wife’s and my favourite Tantric sex exercises (for two people):

1) Tantric Hand Currents

- a) Both people sit down on the ground or on chairs facing one another, knees touching
 - i) Synchronise breathing, either at the same time (both in / both out) or opposite timings (one in / one out)
 - ii) Look into each other’s eyes and allow yourselves to get lost in them – surrender to your partner’s energy

- b) Hold your hands out with your right hands facing up and your left hands facing down – your right hands should be approximately 10cm below your partner's left hands, and your left hands should be approximately 10cm above your partner's right hands, or vice versa
 - c) Using the Energy Focusing technique from Section 2.6 and the Expanding Energy Beyond the Body technique from Section 2.8, create a current of energy by moving energy into your partner's hands, then moving their hands up and down slowly, by pushing them with energy from your hands, or pulling energy from them with your hands
 - i) No talking, only physical and energetic communication
 - ii) Stay looking into each other's eyes
 - d) You can use this technique as a warm-up at the start of a session, or you could try to transfer enough energy to your partner so that they climax
- 2) Tantric Energy Massage
- a) One person lies down naked and the other massages them, first physically, then energetically using the Energy Focusing technique from Section 2.6
 - i) If you're the masseur, tell your partner when you switch to energetic massaging and describe what you're doing as you do it
 - b) Combine the massage with the Energy Raising technique from Section 2.7
 - i) Describe what you're doing to your partner as you do it
 - ii) Be creative e.g. move the energy around their body, make it stronger or weaker, infuse it with love, make it take on the form of a penis and fuck them with it etc.
 - c) If you're the energy masseur, aim to make your partner climax from an energy orgasm without touching them
- 3) Yab Yum
- a) One person sits cross-legged on the ground or on a chair, and the other sits on them, facing them
 - i) Synchronise breathing, either at the same time (both in / both out) or opposite timings (one in / one out)
 - ii) Look into each other's eyes and allow yourselves to get lost in them – surrender to your partner's energy
 - b) Initiate energy orgasms with the Energy Raising technique from Section 2.7 – synchronised as much as possible

- c) Create “stabilised energy” states with crowns of burning energy above your heads
- d) Try to maintain the “stabilised energy” states as long as possible while kissing / touching / holding each other
- e) Try to climax from the energy orgasm together
 - i) Pre-agree on your visualisations before the session and try to synchronise them during climax – be creative...
 - ii) Try to look into each other’s eyes during climax
- f) One person penetrate the other, then repeat the steps above (this step isn’t necessary if you don’t want to do it)
 - i) Make love slowly, at least at first, remembering that even small movements introduce a lot of energy to the other person
- g) Music is very important – let the music take over so that it sets the rhythm of the sex and directs the flow of energy between you
 - i) Visualise the music or the Universe making love to both of you, and creating explosions of love energy between you
- h) By this point, it should feel like you have merged with your partner
 - i) It should feel like the boundaries between your bodies have dissolved, that you are breathing with one heart and one set of lungs, and that your minds have become one
 - j) After climaxing, stay together and allow yourselves to “come back to reality” together
 - i) If you need to lie down, do it together and hold or touch each other

There are lots of other Tantric sex exercises which are phenomenal at creating sexual and spiritual connections between people, which can strengthen relationships, and increase general happiness and Pleasure. Read a Tantric sex book or search the internet for favourite Tantric sex techniques and try out any which you think sound interesting.

If you feel comfortable enough to practise with other people, join a class – it’s a great way to meet other like-minded people. As mentioned earlier though, please check that the teachers have awakened their sexual energy fully and are able to have full body and energy orgasms. And please check rigorously to make sure that there is no abuse or controlling behaviour happening, either from the teacher, the administrators or the other students.

2.13 Old Techniques / Recreating Past Sessions

As you progress through The Guide and learn more and more new techniques, and experience different types of Pleasure, it's tempting to keep on progressing and try new techniques in every session.

But this does a disservice to the techniques you learned at the start of your journey, which are still incredibly powerful and pleasurable, no matter how far you have progressed and how long you've been practising.

So please remember to repeat techniques that you learned earlier in your journey regularly (it is recommended to do this at least every month or two). You can even recreate specific orgasms by repeating everything about them (toys, music, setting, techniques used, climax visualisations etc.), or even entire orgasm sessions.

To enable this, it might help to keep notes on your orgasms and orgasm sessions, but if that's not your thing, it should be possible to remember past sessions clearly or you can just refer back to previous sections of The Guide.

My favourite old technique, and the one I go back to most often, is the one I experienced first – The Relaxation Technique from Section 1.2. In homage to Mr Randy Marsh, of South Park, Colorado, one of my main inspirations as a father, when I have a full body orgasm session using only relaxation and no other techniques at all, I call it an “Old Fashioned”. Once you know lots of orgasm techniques, it's actually quite difficult to avoid temptation and not use any of them, but if you can manage it, recreating the Pleasure of your first experience is a wonderful thing.

2.14 Next Steps

Same as with the Next Steps from Stage 1: let go and let the Pleasure take control. Let it run wild. Be the Hedonist you are meant to be.

Practise. Perfect old techniques. Learn new techniques. Become an expert at creating Pleasure. Explore. Develop your own techniques. Tell other people about them. Help your partner(s) awaken their orgasmic abilities. Tell your friends and help them awaken their abilities. Bring more Pleasure into the world.

With sufficient practice, small energy orgasms will become possible in everyday life, with little preparation needed – you won't get full orgasms unless you really let go, but you can generate very pleasurable feelings, energetic sensations and tingles through your entire body very quickly when you know how. It's a great way to bring some extra Pleasure into your day.

If you'd like to learn a new category of techniques which generates orgasms with strong spiritual sensations, then move on to Stage 3: Soul Orgasms (please note that you must be proficient at the Energy Raising technique (Section 2.7), the Expanding Energy Beyond the Body technique (Section 2.8), and the Good Vibrations technique (Section 2.10) before doing this).

2.15 Stage 2 Resources

Websites on awakening energy orgasms and Tantric sex:

- <https://mindgasm.net>
- <https://moderntantra.blogspot.com>

Forums on awakening energy orgasms and Tantric sex:

- www.reddit.com/r/mindgasm
- www.reddit.com/r/tantricsex

Books:

- “Urban Tantra” by Barbara Carrellas
- “101 Nights of Tantric Sex: How to Make Each Night a New Way to Sexual Ecstasy” by Cassandra Lorus
- “Sexual Secrets: The Alchemy of Ecstasy” by Nik Douglas and Penny Slinger

Stage 3: Soul Orgasms

Disclaimer: do not start practising the techniques described in Stage 3 unless you are proficient at full body orgasms and energy orgasms, and are able to use the Energy Raising technique (Section 2.7), the Expanding Energy Beyond the Body technique (Section 2.8), and the Good Vibrations technique (Section 2.10) consistently

We humans are conscious beings – we experience thoughts, sensations and emotions, and make decisions with intent; we have a sense of self (the Ego) and are self-aware.

The concept that humans have an underlying consciousness or a soul (or similar concept such as a spirit), has been accepted in almost every society throughout history, regardless of the level of belief in religion or spirituality. Despite this, we experience life through our Ego – bodily sensations (sight, smell, sound, taste, touch, proprioception etc.) and mental processes (thoughts, perceptions, emotions etc.) – never through our consciousness / soul.

Well, almost never.

There are altered states of consciousness in which it feels like the Ego has been dissolved or disconnected, and reality is being experienced from the perspective of the consciousness / soul. This is the realm of meditation, devotional prayer, psychedelic drugs, and soul orgasms.

Being in one of these altered states of consciousness is otherworldly – stabilised orgasms that feel like floating in an infinite ocean of blissful euphoria and love, with a strong sense of connection to something beyond the self and the individual consciousness / soul. Saint Teresa of Ávila, a devout Carmelite nun and noted Christian mystic from the 1500s, described the joy her soul experienced when entering these states as being so extreme, it was as if *“the Lord wishes to reveal for a moment, in a more sublime manner than through any spiritual vision or taste, the glory of heaven”*.

This sense of connection to something “beyond the self” is inherent to soul orgasms, and how you define or explain it is up to you. Different religions, spiritual systems and scientific disciplines define and explain it in different ways – should you feel the need to define or explain it at a particular time,

you can do so in a way that feels right for you at that time. In different circumstances and over time, how you define or explain it may change, and that's fine too.

Due to these strong feelings of connection to something “beyond the self” and for simplicity, these altered states of consciousness are referred to in The Guide as “Unity”. Ultimately though, names and definitions don't matter, it's being in Unity and everything that the connection to the “beyond the self” brings that are important.

Simply being in Unity can be considered to be a “stabilised energy” orgasmic state. Whilst in Unity, it is possible to have additional orgasms and to create elaborate, immersive mental and sensual constructs that provide Pleasure that has a unique otherworldly, infinite and connected feeling. There are endless ways to journey through the realms of soul orgasms and Unity, and just as many ways to use them in the service of Pleasure, love, joy, connection, creativity, healing, spirituality, faith and other pursuits. A single lifetime of exploration would only scratch the surface of their potential to enrich humanity.

As you can tell from Saint Teresa's wonderfully evocative description above, entering Unity can be an overwhelmingly powerful religious or spiritual experience. If full body and energy orgasm sessions feel like taking recreational drugs like ecstasy or MDMA, soul orgasm sessions are more in the spectrum of psychedelic, religious or out of body experiences. For many of you, entering Unity will definitely be out of your comfort zone, especially the first time. The aftermath of being in Unity will leave you blissfully content for days afterwards, but could also compel you to re-examine deeply, your core beliefs on life, morality, purpose, religion, spirituality, relationships, habits, insecurities and many other elements of the human condition that previously you only thought about superficially, or not at all.

For these reasons, Stage 3 is not recommended for everyone. If you have learnt how to have full body orgasms or energy orgasms, you will live an incredibly Pleasure, joy and love-filled life – you do not need to learn how to have soul orgasms for this.

If you're unsure about starting Stage 3, please consider the following question: “do you feel a need for “something more” than the Pleasure and other benefits that full body orgasms and energy orgasms provide?”. If the

answer is a strong “yes”, then that’s a good indication that you should start Stage 3, even if you are nervous about it. If not, then stick with full body orgasms and energy orgasms for the time being.

Stage 3: Soul Orgasms contains instructions to access a number of different states of Unity, as well as for a number of additional techniques to generate specific effects within Unity. They build upon the abilities learnt in Stages 1 and 2 of The Guide – if you’re proficient in most of these techniques, including the ones listed in the disclaimer above, you’ll find it easy to enter Unity and have a variety of soul orgasms.

The instructions for the techniques in Stage 3 are not dogma – there are other ways of reaching each state of Unity or to generate each specific effect / mental construct described, so feel free to change your approach if you think other methods might work better for you. Being able to enter Unity and to be able to achieve each effect are what’s important, not the method used.

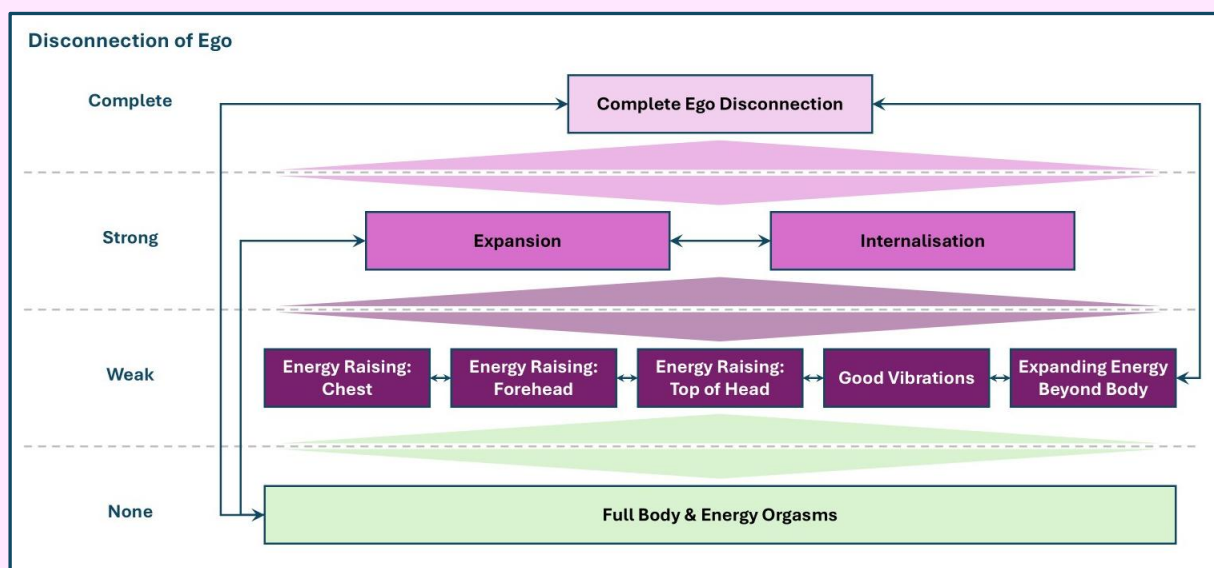
Similarly, not everyone believes in the concept of a soul, so if you don’t want to call them “Soul Orgasms”, call them “Consciousness Orgasms” or anything else you like – I settled on the name “Soul Orgasms” because I mostly feel like I have a soul rather than a consciousness (although sometimes I have sessions where I feel strongly that it is a consciousness rather than a soul), plus I think “Soul Orgasm” has a good ring to it.

3.1 The Unity System

Unity is not a single state of consciousness – there are levels within it, corresponding to the degree to which the soul / consciousness is disconnected from the Ego. In The Guide, these are defined as Complete, Strong and Weak. For completeness, there is also a level for not being in Unity (which is the level that full body and energy orgasms are in, because they do not disconnect the soul / consciousness from the Ego).

There are a number of techniques that can be used to reach each level of Unity. Not only does each level have its own particular feel, but each different technique used to reach each level provides a specific experience and specific sensations.

In the diagram below, each box represents a different technique to reach each level of Unity:



The arrows in the diagram illustrate that it is possible to move directly between any of the techniques / levels during a session (e.g. it is possible to enter Complete Unity directly from a full body orgasm with no intermediate steps). It is also possible to go down levels and to use different techniques within the same level in a single orgasm sequence (e.g. full body orgasm → Weak Unity (Energy Raising: Chest) → Weak Unity (Good Vibrations) → Complete Unity → Strong Unity (Internalisation)).

To complicate matters further, there are “enhancing techniques” (not shown in the diagram). These are additional techniques that are used before and during other soul orgasm techniques to change or enhance their effects.

Here’s a full list of the Unity levels and techniques in The Guide:

- Complete Unity
 - Complete Ego Disconnection
- Strong Unity
 - Expansion
 - Internalisation
- Weak Unity
 - Energy Raising: Chest
 - Energy Raising: Forehead
 - Energy Raising: Top of Head

- Good Vibrations
- Expanding Energy Beyond Body
- Enhancing Techniques (applicable to all Unity techniques)
 - Devotion / Love
 - Embodiment
 - Scenarios / Visualisations
 - Intention
 - Specific Meditations

This is not a comprehensive list of techniques found in all spiritual systems and religions, but there are enough here to provide years of exploration on their own and to build a strong foundation from which you will be able to utilise other techniques from other systems easily.

The most common types of technique left out of The Guide are breathing, chanting, and visualisation of spiritual and religious imagery (these would be classed as enhancing techniques). If you feel these would help you in any way, then incorporate them in your sessions...

Other spiritual systems share a common feature – they teach similar techniques to soul orgasms / Unity by starting at the lowest level of Ego disconnection then moving progressively to the highest. The Guide does the opposite – it recommends starting with Complete Unity, practising until you can enter it consistently, then learning Strong Unity: Expansion and Strong Unity: Internalisation, and the techniques associated with them, then finally moving on to the Weak Unity techniques.

I experienced Complete Unity on my first try without understanding that there were different levels of Unity, and I'm very lucky it happened like that. There are two major benefits of doing it this way: firstly, that there is a unique feeling associated with disconnecting the soul / consciousness from the Ego and it is strongest with Complete Unity – experiencing Complete Unity first will allow you to recognise this feeling easily so it will be much clearer when you enter weaker Unity states; secondly, that the Complete Unity technique can be forced (it's the only technique in The Guide that is like this – all other techniques, including the other Unity techniques, need to be “allowed to happen” or “relaxed into”), so as long as you know the technique, and you are proficient at full body orgasms and energy orgasms, you should be able to enter Complete Unity easily.

That said, if you'd prefer to do the techniques from weak to strong, feel free – they may work better for some people that way.

The techniques within each level do not need to be followed in any order – just pick the ones which sound most interesting to you and try them.

Soul orgasm techniques require intent, both for the input and the desired output, so it is best to decide before a session which technique(s) you want to use and what you want to accomplish. This can even extend to choosing the music and details of the setting before a session.

Though it is possible to use different soul orgasm techniques in the same session, doing too many, too close together, can make them start to blend together, which can reduce the uniqueness of each technique. It can also be quite confusing to move quickly between techniques and remember what you're supposed to be doing.

3.2 Complete Unity Technique: Complete Ego Disconnection

The technique for Complete Ego Disconnection has two parts – a preparation step and the actual technique.

The preparation step can be any strong full body or energy orgasm – the instructions I followed initially used a technique very similar to the Good Vibrations technique from Section 2.10, which has a strong effect on me, but I've used other full body or energy orgasm techniques since and they all work, so pick your favourite one which has a strong effect on you...

Setting and music have a huge impact on soul orgasm sessions, especially so with Complete Unity, and even more so the first time you try the technique (see Section 3.5 Music and Setting). For your first time, I recommend going for the maximum impact possible – soft lighting, candles, and incense, in a place where you can sit and lie down comfortably without having to move position. For music I recommend “Tibetan Chants for World Peace” by the Gyuto Monks’ Tantric Choir, or Om chanting. Please listen to these before your first Complete Ego Disconnection session so you know what they are – if you don't like them, then binaural beats, Schumann resonance, ambient, meditation or drone music all work well.

All experiences of Complete Unity are very special, but your first one will be especially memorable. If you are religious and want your first experience of Complete Unity to be associated with your religion or a specific religious figure, then use the instructions in Section 3.3 Complete Ego Disconnection: Religious Alternative instead of the ones in this Section.

Here are the general instructions for Complete Ego Disconnection:

Preparation step (incorporating the Good Vibrations technique from Section 2.10; replace with any strong full body orgasm or energy orgasm if you prefer):

- 1) Identify your body, mind, and soul / consciousness.
 - a) The difference between the mind and the soul / consciousness, is that the mind consists of thoughts, memories, and emotions, and the soul / consciousness is the part of you that is aware of the mind, even when there are no thoughts present.
 - b) The way I think about this is that my mind is my brain receiving stimuli, doing all the thinking and sending out instructions, and my soul / consciousness feels like something in the back of my head, observing thoughts and sensations etc.
- 2) Sitting or lying down, create a "stabilised energy" state where the energy is radiating from each side of your body (Section 2.8).
- 3) With the energy radiating from each side of your body, "feel" the vibrations coming from the music / sound, then feel them vibrating through your body.
- 4) Let go and allow the energy inside your body to start vibrating at the same frequency as the music / sound.
- 5) After a few minutes, your body should feel like it is starting to dissolve into the vibrations and then you should feel like you've become part of the vibrational energy.

Complete Ego Disconnection technique:

- 6) Start to inhabit your soul / consciousness, not your Ego.
 - a) Tell yourself that the orgasm happening currently in your body and mind is not happening to you.
 - b) Tell yourself that the thoughts happening in your mind are not being created by you.

- 7) Close your eyes and clear your mind completely. Instead of feeling your body and thinking thoughts, observe them. From this point onwards, you are your soul / consciousness, not your Ego.
 - a) Observe the orgasm happening in your body and mind.
 - b) Should any thoughts arise, observe them and let them disappear again without dwelling on them.
 - i) I like to visualise thoughts turning into dust and fading or blowing away, to be replaced by nothingness.
- 8) Start to pull yourself away from your body and mind, so that they start to feel distant.
 - a) How to do this should be intuitive, but if not, remember how you pushed your energy outside of your body in the Expanding Energy Beyond the Body technique (Section 2.8), and repeat that, but instead of “energy”, pull yourself (i.e. your soul / consciousness) away from your body and mind.
 - b) This will probably make the intensity of the orgasm increase. This is good. Observe the effect of the orgasm on your body getting stronger as you become more distant from it.
 - i) When I do this, I visualise my body from a third person perspective – I can see my body orgasming more strongly, but it feels like it’s getting further away.
- 9) If any identification with your thoughts or your body persists, tell yourself “they are not me” or just “not I”.
 - a) Do not engage with them.
 - b) Keep pulling yourself away from them.
 - c) Repeat “they are not me” / “not I” until identification with your thoughts or body disappears.
- 10) If you are sitting at this point and feel like staying seated is breaking your concentration, then lie down.
- 11) If you lose concentration at any point, go back to the beginning, initiate a new full body or energy orgasm and start again.
- 12) At some point, your pulling away from your Ego will feel like it’s starting to accelerate on its own. This is the point when you really start to disconnect from your Ego – keep doing what you’re doing and allow this to happen.
 - a) On my first time, it took around 5-10 minutes after starting step 7 to reach this point, and it has gotten much quicker as I have progressed.

- 13) Keep pulling away until you feel a “pop” or a “disconnection”, and you enter a noticeably different state (probably very calm, with different visuals, and very strong feelings of bliss, love, and connection to something “beyond the self”). At this point, you have disconnected your Ego completely. You are now your soul / consciousness unencumbered by Ego – you are in Complete Unity.
- a) The first time I did this, accelerating away from my Ego felt like I was flying through a tunnel or a wormhole, and as it accelerated further, the tunnel narrowed until it became a dark red point, then there was a noticeable “pop”, and then I felt like I was suspended in honey, filled with golden light and thousands of bubbles. My mind was clear and I was not aware of my body, only of what I was visualising and what I was feeling (pure bliss).
 - b) In subsequent Complete Unity sessions, I haven’t felt such a noticeable “pop”, I just go smoothly from the wormhole into the “honey / bliss feeling”.
- 14) Try to stay in Complete Unity for as long as you can.
- a) When you’re learning, you’ll need to stay very concentrated, keep your eyes closed and your mind clear of thoughts and bodily sensations.
 - i) For beginners, physical movements will probably bring you out of Complete Unity, as will loud or distracting music.
 - ii) You can however, generate sensations of movement inside the “honey / bliss feeling” and they are very pleasurable.
 - b) As you build experience in Complete Unity, you’ll be able to open your eyes and move around, dance, masturbate, have sex or do other physical activities, but you will still need to keep your concentration levels up and your mind still.
- 15) If you want to exit Complete Unity, open your eyes and / or stop concentrating on clearing your mind – allow thoughts and bodily sensations to return.
- a) The first time I went into Complete Unity, I didn’t know what to expect and the tunnelling and “pop” were surprising. I opened my eyes a few seconds afterwards and immediately came out of Complete Unity.
- 16) During or after Complete Unity, and especially if you open your eyes quickly, your body will feel very strange, as though it’s not yours or as though it’s a hologram – this is an amazing sensation and it will go back to normal as you connect again with your Ego. Enjoy it!

- 17) If you want to go back into Unity, you can either repeat these instructions from step 1, or simply generate a large energy orgasm, which hopefully should push you back into the tunnel / wormhole state in steps 12 and 13. From there, it is easy to disconnect your Ego and get back into Complete Unity.
- a) Full body orgasms work as well, but these bring you back into your Ego more than energy orgasms do.
- 18) When you are in Complete Unity, and potentially for a day or two afterwards, you may receive “insights” or “wisdom” on various topics. This doesn’t always happen, and it is a blessing when it does – please treat it as such.
- a) Think about the insights and wisdom as they occur. If they feel important enough that you should act on them, write them down and revisit them later.
- 19) If you feel a strong sense of connection to something “beyond the self”, interact with it (talk to it, ask questions, ask for advice, dance with it, make love with it, include it in your soul orgasms etc.).
- 20) As you end your session, you will reconnect with your Ego fully and everything will start to feel normal again.

As with your first full body orgasm experience, for around a day after you first experience Complete Unity, you will probably experience some after-effects. These could include the following:

- Sensations of “electric” energy flowing around your body and potentially a “buzzing” feeling
- Sense of still being “high” and feelings of euphoria
- Heightened sense of connection to people, nature and animals
- Introspective thoughts on life, morality, purpose, relationships, religion, and spirituality etc.
- Strong desire to connect again with the “beyond the self”
- Having a huge grin on your face for the whole day
- Restlessness

None of these after-effects should alarm you in any way – they’re perfectly normal and should feel very pleasurable. Your body, brain and soul / consciousness need time to adapt to what they have just experienced. The after-effects will decrease naturally and should be gone after a day, maybe slightly longer for some people.

If you would like to make the after-effects go away faster, the following activities should help:

- Having sex or masturbating
- Exercising or doing sports, especially somewhere natural like a forest or the sea
- Eating a big meal
- Drinking alcoholic drinks

These activities will likely feel extra euphoric, so please plan ahead to give yourself the maximum chance to enjoy your first Complete Unity “day after”.

After your first experience of Complete Unity, you’ll need to learn how to stabilise the state so that you can stay in it for longer.

The best way to do this is to have some more Complete Unity sessions – after maybe 3 or 4, you should be able to stay in Complete Unity for 15 minutes, maybe longer. As you practise, you’ll find it much easier and quicker to enter Complete Unity as well.

Another great way to practise entering Complete Unity is with an edging-type technique – repeat the steps above but when it feels like you (i.e. your soul / consciousness) are about to disconnect completely from your Ego, stop pulling away / stop concentrating and allow yourself to rejoin your Ego. This will put you into a very high energy orgasm state, from which you should be able to go into Complete Unity easily or have other high energy full body or energy orgasms. Try to get as close to Complete Unity as possible for the maximum effect.

When you’re a little more advanced, a fun technique to use when you’re in the process of pulling yourself away from your Ego, is to generate energy orgasms, shoot them up out of the top of your head and use their energy to push yourself further away from your Ego into Complete Unity. I visualise this as myself (my soul) above my head, the blast of energy from the orgasm coming towards me, then hitting me and pushing me further away from my body, sometimes straight into Complete Unity.

It is also possible with this technique to substitute energy orgasms for masturbation – I’ve had sessions where I was in Unity, masturbated, had a soul orgasm climax and ejaculated at the same time, which generated so much energy that I was blasted instantly into Complete Unity.

Before moving on to the next Section, there's an important point that needs to be highlighted. After experiencing Complete Unity for the first time, and also sometimes after other Unity experiences, there is a tendency for people to develop an inflated sense of self-importance, and to want to make grand public proclamations about "the truth" they now know. It's quite ironic that experiencing a disconnection from the Ego can produce very egocentric feelings and behaviours, but it is also not surprising given the novelty of the sensations involved, the sometimes overwhelming feelings of connection to the "beyond the self" that people experience and the insights and wisdom that many people receive on spiritual and religious matters.

I experienced this myself. Thankfully I didn't make any public proclamations to my friends or on the internet, because the desire to do so went away after a day, and my feelings changed over the following weeks as I thought more deeply about my first experience, read about other people's experiences, and had more soul orgasms which matured my perspectives.

If you find yourself in this situation, document any insights and wisdom you receive if you feel they are especially important, but please give yourself a few days or weeks to integrate your experience properly, read about other people's experiences and have some follow-up soul orgasm sessions. Until you're sure that your feelings have stabilised, it would be better not to post anything on the internet about it and not to tell your family, friends or colleagues about it unless they're also practitioners of similar techniques. Be wary of people, and especially AI chatbots and internet forums, that will inflate any sense of self-importance further or increase the confusion that you may be feeling.

If you know anyone that has experienced Complete Unity or a similar state of consciousness, and you know them to be humble, open and have a sense of humour about such things, those are the ideal people to talk to.

The book "After the Ecstasy, the Laundry" by Jack Kornfield, is highly recommended reading at this point. It contains wisdom and advice on a lot of related topics, but specifically the final chapter and the section on "The Wisdom of Not Knowing" are particularly relevant.

Similarly, please do not fall into the trap of thinking that because you have experienced Complete Unity and connection to something "beyond the

self”, or maybe have received some insights or wisdom, you are “special”, “righteous”, “pure”, “chosen” or something similar.

No, no, no!! All it means is that you followed the instructions for Complete Ego Disconnection correctly. That is all. Please remember this if your vanity is pushing you into this type of self-important delusional thinking. Always try to stay humble.

3.3 Complete Ego Disconnection: Religious Alternative

If you’d like to incorporate your religion or a specific religious figure into a Complete Unity experience, it’s very easy – just take the instructions from Section 3.2 and either re-write them yourself or ask your favourite AI chatbot to re-write them based on your chosen religion / religious figure. AI chatbots are particularly good at incorporating the approaches of specific teachers from your chosen religion (e.g. Saint Teresa of Ávila, Ali Hujwiri, Isaac Luria, Ramakrishna Paramahansa etc.).

Then read and edit the new instructions to make sure they make sense and when you’re happy with them, give them a try...

As an example, here are the instructions from Section 3.2 re-written as a Christian meditation:

Preparation step (incorporating the Good Vibrations technique from Section 2.10):

- 1) Sit upright in a comfortable position.
- 2) Breathe slowly and deeply, letting the body and mind grow still.
- 3) Set an intention for the session: *“Lord Jesus, I surrender all that I am, so that I may experience your love directly”*.
 - a) Incorporate with any other prayer that makes sense for you.
- 4) Identify your body, mind, and soul / consciousness.
- 5) Sitting or lying down, create a "stabilised energy" state where the energy is radiating from each side of your body (Section 2.8).
 - a) Visualise this as waves merging into an infinite ocean of Jesus’ love.
- 6) With the energy radiating from each side of your body, "feel" the vibrations coming from the music / sound, then feel them vibrating through your body.

- 7) Let go and allow the energy inside your body to start vibrating at the same frequency as the music / sound.
 - a) Visualise Jesus' love filling your entire being.
- 8) After a few minutes, your body should feel like it is starting to dissolve into Jesus' love and then you should feel like your entire being is part of Jesus' love.

Complete Ego Disconnection technique:

- 9) Start to inhabit your soul / consciousness, not your Ego.
 - a) Tell yourself that the orgasm happening currently in your body and mind is not happening to you.
 - b) Tell yourself that the thoughts happening in your mind are not being created by you.
- 10) Close your eyes and clear your mind completely. Instead of feeling your body and thinking thoughts, observe them. From this point onwards, you are your soul / consciousness, not your Ego.
 - a) Observe the orgasm happening in your body and mind.
 - b) Should any thoughts arise, observe them and let them disappear again without dwelling on them.
 - i) I like to visualise thoughts turning into dust and fading or blowing away, to be replaced by nothingness.
- 11) Start to pull yourself away from your body and mind, so that they start to feel distant.
 - a) How to do this should be intuitive, but if not, remember how you pushed your energy outside of your body in the Expanding Energy Beyond the Body technique (Section 2.8), and repeat that, but instead of "energy", pull yourself (i.e. your soul / consciousness) away from your body and mind.
 - b) This will probably make the intensity of the orgasm increase. This is good. Observe the effect of the orgasm on your body getting stronger as you become more distant from it.
 - i) When I do this, I visualise my body from a third person perspective – I can see my body orgasming more strongly, but it feels like it's getting further away.
- 12) If any identification with your thoughts or your body persists, tell yourself "they are not me" or just "not I".
 - a) Do not engage with them.
 - b) Keep pulling yourself away from them.

- c) Repeat “they are not me” or “not I” until identification with your thoughts or body disappears.
- 13) If you are sitting at this point and feel like staying seated is breaking your concentration, then lie down.
 - 14) If you lose concentration at any point, go back to the beginning, initiate a new full body or energy orgasm and start again.
 - 15) At some point, your pulling away from your Ego will feel like it’s starting to accelerate on its own. This is the point when you really start to disconnect from your Ego – keep doing what you’re doing and allow this to happen.
 - 16) Keep pulling away until you feel a “pop” or a “disconnection”, and you enter a noticeably different state (probably very calm, with different visuals, and very strong feelings of bliss, love, and connection to Jesus and Jesus’ love). At this point, you have disconnected your Ego completely. You are now your soul / consciousness unencumbered by Ego, connected directly to Jesus’ infinite love.
 - 17) Try to stay in this state for as long as possible.
 - 18) If you want to exit Complete Unity, open your eyes and / or stop concentrating on clearing your mind – allow thoughts and bodily sensations to return.
 - 19) After your session, thank Jesus for allowing you to experience His love directly.

Instead of the music suggested in Section 3.2, pick Christian chants or hymns which are more vibrational than melodic – ones in Latin or Aramaic are especially good. Many Gregorian chants, for example, would work well.

This section is an example of an Enhancing Technique being applied to another soul orgasm technique (Complete Ego Disconnection with an Enhancing Technique of Devotion / Love for Jesus Christ).

3.4 Cannabis And Soul Orgasms

The use of cannabis to help achieve the altered states of consciousness that soul orgasms inhabit is subject to some debate.

Some spiritual traditions recommend against its use and others embrace it.

Those that recommend against it typically do so, not because of an arbitrary moral objection, but because they feel meditation requires a clear, sharp and calm mind, and being intoxicated is an obstacle to this.

Those that embrace cannabis, value it as a sacrament for communion that makes it much easier for them to connect directly with the “beyond the self”, and they treat it with deep respect and reverence (this is something I always recommend doing, because it maximises the “sacred experience” feeling of soul orgasm sessions, which I love).

I see both of these points of view as valid. Too much weed and you’ll be too intoxicated to practise techniques properly and you might not remember any of the insights you receive, although it will be very easy to enter Unity and a lot of fun. No weed at all, and you’ll have to concentrate harder, so your technique will improve quickly and you’ll remember everything, but while you’ll still have a lot of fun, it might be in a less creative or spontaneous way.

I normally go for the goldilocks zone – not too much, not too little. For me, this is typically a 5mg gummy or a few tokes on a vape – enough for me to have fun with very little effort and to be able to remember any insights or wisdom I receive during a session, so that I can remember them in my daily life, not just experience them whilst stoned.

That said, sometimes I have soul orgasm sessions without any cannabis to make sure I’m able to experience soul orgasms completely sober and to hone my technique. And sometimes I get as high as a kite and let the Pleasure take me where it takes me, without any goals in mind.

Ultimately, it’s up to you...

If you have any moral doubts about whether you should use cannabis or how to use it best, go into a Complete or Strong Unity state, and ask whoever you ask for guidance on such matters – you will get the answer you need...

If you’re thinking of combining other drugs with soul orgasms, especially strong psychedelics – please tread carefully.

Soul orgasms take place in highly altered states of consciousness and adding unpredictable fuels to the fire can be very confusing and potentially even unpleasant for people that aren’t used to dealing with such situations. If this is something you want to try, please make sure that you are

experienced with the drugs you want to try before combining them with soul orgasms.

3.5 Music And Setting

Entering Complete Unity requires concentration, and there are certain types of music that help with that, and other types that can make it more difficult.

The types of music that help are typically slow and are more vibrational rather than having a strong beat. Here are a few that have all worked well for me (all available on Spotify):

- Gyuto Monks' and the Gyuto Monks' Tantric Choir chants
 - Tibetan Chants for World Peace is highly recommended for your first Complete Unity session, but The Perfect Jewel: Sacred Chants of Tibet is also very effective, as are others
 - If you like the Gyuto Monks' chants, I recommend strongly that you read about the history of the choir, the way the monks are able to chant multiphonicly, the messages that are contained in the chanting, and the Tantra that the monks perform mentally whilst chanting – they unite music, meditation, religion, history, science, and philosophy into something unique and incredibly powerful. Simply put, masterpieces – the closest thing to a genuine magic spell I've ever experienced.
- Chants
 - Om
 - This one is very easy to chant along with and the vibrations you create inside yourself feel amazing
 - Om Mani Padme Hum
 - Religious chants
 - Christian chants, in Latin, Aramaic, Greek or Arabic
 - Tibetan Buddhist chants (Lama Gyurme is recommended)
 - Sufi chants in Arabic
 - Kabbalah chants in Hebrew
- Schumann resonance music and binaural beats (plenty of playlists available)
 - Look for tracks with a frequency specified in Hz

- Drone music
 - Tanpura drone
 - Ambient drone
- Tibetan Singing Bowls (plenty of playlists available)
 - If you like how these sound, buy a real one and play it yourself – it'll be much more immersive
- Meditation music (plenty of playlists available)
- Vibrational frequencies (plenty of playlists and frequencies available)

If you can, play the music extra loud so you feel the sound waves vibrating through you.

The types of music that make entering Complete Unity more difficult are those that have words and have a strong beat – i.e. normal music. The reason they make it more difficult is that they're quite distracting, so if you're struggling with holding your concentration, stick to the types of music above.

Normal music is great with all other types of soul orgasm though, and it feels amazing, as well as sounding it. Different types of music, chants, or sounds will control your orgasms in different ways, so try lots of different types, not just the ones you would listen to normally.

As for the setting, initially it's definitely important for Complete Unity to be somewhere you can alternate between sitting and lying down, but as you build experience, you will gain flexibility on how to enter Complete Unity. The other states of Unity can be entered easily standing up, dancing, sitting, making love – however you like.

If you want a soul orgasm session to feel especially sacred or holy, it will make a difference if your setting feels that way – that means soft lighting, candles, incense, and potentially even an altar.

Incense is potent stuff, and can make a huge difference to the feel of soul orgasm sessions and the direction they take. I've had sessions in which just a brief scent of incense made it seem like the boundaries between dimensions had dissolved, and I was suddenly in the presence of the "beyond the self", connected to love so powerful it could change worlds in a second. Even if you don't like the smell of incense, it's worth trying it to test its effect on your soul orgasm sessions.

Incense comes in lots of different types and scents – if you want a session to be feminine-oriented, pick a sweet smelling incense (Indian joss sticks are typically quite sweet smelling); if you want a session to be neutral or masculine-oriented, pick a less sweet or “woody” incense (Tibetan incense sticks are often like this, or pine resin incense).

A session described as “feminine-oriented” or “masculine-oriented”, means that the “beyond the self” you connect with feels feminine or masculine. For me, feminine-oriented sessions are typically higher energy and more sexual, with stronger feelings of love and joy, more dancing, and an overall feel of wild abandon – the pure essence of Hedonism. For me, masculine-oriented sessions are more cerebral and somehow more serious – they are always very pleasurable, often sexual but not always, and are generally less Hedonistic than feminine-oriented sessions. It may be different for you.

As potent as incense is in influencing sessions, other factors also play a role: music, lighting, cannabis type, sex toy, your energy, what’s on your mind, whether you masturbate or not, your partner, your partner’s energy and what’s on their mind, and many other things. If you want to be able to control whether a session is feminine-oriented or masculine-oriented, you’ll need to experiment to find out which factors influence this most strongly for you.

If you’re using any of the enhancing techniques which relate to a specific person, religious or spiritual figure, or belief (e.g. devotion / love or embodiment), an altar can help focus your intention, energy, and love – it could be something as simple as a photo or picture, or it could be something much more elaborate. What’s important is that it provides a physical focus for the feelings with which you want to enhance your soul orgasm session.

In addition to well-designed indoor spaces, a beautiful place outdoors can also enhance the sacred feel of a session, just please remember that there’s a chance you could be seen...

3.6 Strong Unity: Expansion

Strong Unity differs from Complete Unity because in it, the soul / consciousness doesn't dissociate fully from the Ego. You experience reality from the perspective of your soul / consciousness, but you are still able to feel and control your body and mind (albeit they feel distant).

This means that Strong Unity is a very flexible state, in which you can have lots of different types of orgasm and do many physical activities, including masturbation, sex and dancing.

Strong Unity soul orgasms aren't inherently sexual – if they're initiated with a spiritual intent rather than a sexual one, they will probably not be sexual in nature. They're still orgasms because energy is built and released in a climax, but the feel of the energy isn't necessarily sexual. Because of this, it's possible to have Strong Unity soul orgasms in public without much risk of doing something overtly sexual, whereas with full body orgasms and energy orgasms that isn't the case. I've done Strong Unity orgasms many times at festivals and concerts, and have never felt that my "desires" were out of control, which definitely isn't the case with full body orgasms and energy orgasms!

Where Strong Unity: Expansion and Strong Unity: Internalisation differ, is in the way they feel – Strong Unity: Expansion feels like you (i.e. your soul / consciousness) have expanded outside of your body to fill the space you're in, and then as though you're floating in that space, connected to everything in it. In Strong Unity: Internalisation, you allow the external "beyond the self" inside of your body to merge with you (i.e. your soul / consciousness) – this creates a distinctly different feeling, still like you're floating in the space you're in, but confined within your body (sounds weird but it's very nice I assure you!).

Here's how you enter Strong Unity: Expansion:

- 1) Sit in an upright position in a comfortable place.
 - a) If at any time you feel you need to lie down, do so.
- 2) Set an intention for the session: *"I am the infinite"*.
 - a) You don't need an intention, so skip it if you don't like it or change it to something that resonates more for you.

- 3) Initiate a full body orgasm or an energy orgasm in your pelvic region and move it up your body to the top of your head to form a stabilised energy state (the Energy Raising technique from Section 2.7).
- 4) Push the energy out beyond your head into the space you're in (the Expanding Energy Beyond the Body technique from Section 2.8).
 - a) Start gently, then increase the intensity to try to fill the space around you.
- 5) When you start to feel pressure around the back and sides of your head, relax completely and let go – allow the energy and with it, your soul / consciousness, to fill the space you're in and merge with the “beyond the self”. You are now in Strong Unity: Expansion.
 - a) You should now be experiencing reality from the perspective of your soul / consciousness and feel quite but not completely disconnected from your body and mind.
 - b) You may also feel very high as though you're floating in space or maybe you might feel you've become the space you're in.
- 6) This should be a state of pure oceanic bliss, which you can stay in easily for 30 minutes or an hour just by focusing on the sensations, or you can have additional orgasms or do activities.
 - a) To have an additional orgasm, simply initiate a normal full body orgasm or energy orgasm – they will have a different feel because you are orgasming as your soul / consciousness, not your body and mind.
 - i) There are instructions for a number of specific orgasms from Strong Unity in the rest of Stage 3, but there are many others too – some are documented in books, some are taught in classes, some are only taught master to pupil by ancient lineages of monks or yogis, or you can experiment yourself...

With practice, you'll realise that entering Strong Unity is less about following instructions, as it is remembering the feeling of being in Strong Unity and then recreating it – at this point you'll be able to enter states of Strong Unity very quickly with little effort. Eventually you will be able to do this in a few seconds wherever and whenever you want – in a park, in the office etc. You may not get the full effect that you'd get in a dedicated session, but it should be pleasurable, and for some people, potentially a quick way to shift perspectives when thinking through a problem or situation.

Like with Complete Unity, you may receive insights or wisdom on various topics during or after being in Strong Unity. Please treat this a blessing when

it happens. Think about the insights and wisdom as they occur, and if they feel important enough that you should act on them, write them down and revisit them later.

3.7 Strong Unity: Internalisation

Strong Unity: Internalisation is very simple, once you understand the technique and can replicate how it feels, but the first time you do it, I recommend that you use the following combination of techniques which will strengthen the sensations and make it easier to recognise that you're in Strong Unity: Internalisation:

- 1) Sit in an upright position in a comfortable place.
 - a) If at any time you feel you need to lie down, do so.
- 2) Set an intention for the session: *"I surrender myself to the infinite and to love"*.
 - a) You don't need an intention, so skip it if you don't like it or change it to something that resonates more for you.
- 3) Generate strong feelings of love or devotion.
 - a) These feelings can be towards someone specific or a general concept, as long as the feelings are strong and genuine.
 - b) This is an example of the Enhancing Technique: Devotion / Love – it works especially well with Strong Unity: Internalisation.
- 4) Visualise yourself becoming enveloped in light and love.
- 5) Initiate a full body orgasm or an energy orgasm in your pelvic region and move it up your body to the top of your head to form a stabilised energy state (the Energy Raising technique from Section 2.7).
- 6) Then move the energy back down to your chest and project it outwards as a beam of energy (like Iron Man).
- 7) Visualise the beam of energy merging into the "beyond the self" and the separation between you dissolving.
 - a) It is possible to feel a subtle change in energy when you do this.
- 8) Relax completely and let all the external energy come rushing back inside you.

- a) I visualise this as a black hole running the length of my spinal cord, sucking all the external energy into it, creating a swirling vortex of energy inside my body, which pulls in even more energy.
 - b) If your muscles lose tension at this point, let them – relax completely, let go and let the Pleasure take control.
 - i) If you're standing up when you do this, it's unlikely that you will fall over, but best to check that there's nothing breakable that you could fall on.
- 9) You are now in Strong Unity: Internalisation.
 - a) You should now be experiencing reality from the perspective of your soul / consciousness and feel quite but not completely disconnected from your body and mind.
 - b) You may also feel very “high” as though you're floating in space in a space suit.
- 10) This should be a state of pure oceanic bliss, which you can stay in easily for 30 minutes to an hour just by focusing on the sensations, or you can have additional orgasms or do activities.
 - a) I especially like dancing and masturbation in Strong Unity: Internalisation – it makes me feel like I have a lot of power in my body and moving around feels amazing.
 - i) One thing to note though – ejaculating / cumming in this state is very intense – the climaxes can be massive, more like nuclear explosions than fireworks.

If you don't want to go through this whole combination, then the steps below will get you into Strong Unity: Internalisation (basically step 8 from the instructions above):

- 1) Initiate any kind of full body orgasm, energy orgasm or soul orgasm.
- 2) When the energy is stabilised or in climax, relax completely and pull all the orgasmic energy that's inside and surrounding you, into yourself.
 - a) If it helps, visualise your spine as a black hole, sucking all the energy into it, creating a swirling vortex of energy inside your body, which pulls in even more energy.
- 3) You are now in Strong Unity: Internalisation.

Once you're able to recognise the feeling of being in Strong Unity: Internalisation, you'll be able to enter it easily using the technique above.

3.8 Enhancing Techniques

Using an “enhancing technique” before or during soul orgasms can change or enhance their effect in quite substantial ways. They may sound simple, but they’re very effective and can be very powerful, especially if you are skilled at soul orgasms. For the maximum effect, think of them like ritual prayers or dedications – take them seriously and take as long as you need to do them. You can also combine two or more at the same time to provide different or stronger effects.

- Devotion / Love
 - Think about a person or figure very purposefully before the session and say (either out loud or silently) something along the lines of “I devote this session to...” – they will get incorporated into the session as feelings, sensations and interactions
 - If the effect wears off in the middle of a session, then repeat the initial devotion
 - It also works before an orgasm in the middle of a session
 - Love works in the same way as devotion, except that you think about the love you feel for a person or figure
 - The stronger and purer the love you feel is, the stronger the effect – examples of very pure love might be what you feel for your children, your close relatives, your partner, your pets, a religious or spiritual figure, spirit guides etc.
 - Both of these techniques combine very well with intention: compassion
 - FYI – normally this technique will not feel sexual at all – it will be blissful, accompanied by deep feelings of love for the person or figure
 - If you devote the session to a person or figure, remember to thank them afterwards for everything they helped you with
- Embodiment
 - Think about a person or figure very purposefully before the session and focus specifically on their qualities that you’d like to embody, then remember their qualities during the session and they’ll get incorporated as feelings, sensations and interactions – the most powerful embodiment sessions will cause you to identify completely as your chosen person or figure and personify their qualities

- Examples of qualities include compassion, love, ability to create x, insight into x, sacrifice, humour, strength, skill, intelligence etc.
- It's also possible to embody the qualities of concepts such as elements (e.g. Earth, Water, Air, Fire etc.), forces of nature (e.g. Wind, Sun, Ice etc.), animals / plants or even nature Herself (Gaia)
- Embodiment combines well with devotion / love and scenarios / visualisations
- If you embody a person or figure during a session, remember to thank them afterwards for everything they helped you with
- Scenarios / Visualisations
 - Create an elaborate scenario or visualisation in your mind, before or during a soul orgasm
 - Incorporate multiple techniques for a more elaborate effect
- Intention
 - Similar to devotion / love, you set an intention before or during a session relating to emotions or thought processes you want to feel
 - E.g. "Please allow me to experience the true meaning of compassion"
 - They can also relate to specific things
 - E.g. "Please allow me to forgive x" or "Please give me some creative ideas on x"
 - In my experience, the most effective intentions are compassion, forgiveness, love, understanding and connection
- Meditations (see Section 3.20 Meditation)

There are other enhancing techniques that are not included in The Guide, the most common of which are breathing, chanting / humming, and visualisation of spiritual and religious imagery. If you feel these would help you in any way, then incorporate them in your sessions...

3.9 Soul Music

[Strong Unity: Expansion + orgasm]

Of all the orgasm techniques in The Guide, these might be the ones that I find the most beautiful. When I experience music from the perspective of my soul / consciousness, not only do I get completely lost in the emotion and energy

of the music, I see and feel the sound vibrations moving through the air, and absorb them as they hit me like bolts of pure love energy.

Here's how you do them:

- Go into Strong Unity: Expansion
- Your energy level needs to be high, so if it's not already, initiate a full body or energy orgasm to bring it up
- Hit play on the music
 - All types of music work with this technique, but for something a little different, try classical music – “Ode to Joy” / Symphony No. 9 Op. 125 by Ludwig van Beethoven for example, has an ability to send my energy levels to soaring heights accompanied by overwhelming feelings of awe and joy
 - It may be beneficial to pre-select the music
- Reach out with your soul / consciousness and feel the music – allow it to control you and your orgasms
 - Visualise the sounds / notes coming at you as packets of vibrational energy through the field of universal consciousness
 - Let go and allow yourself to be immersed in the experience the sounds / notes create – sonically, emotionally and spiritually

As an alternative, try turning the music off and feeling for natural vibrations in the consciousness field you're connected to, or vibrations created by your own body.

A similar technique to the one in Section 2.8 Expanding Energy Beyond the Body is also possible, where you expose the soul / consciousness to music directly, but from the perspective of the Ego:

- Go into Strong Unity: Expansion
- As quickly as possible, come back out of Strong Unity: Expansion
- If the music's not on already, start it
- Initiate a full body or energy orgasm and allow it to climax
- As it explodes out of the top of your head, visualise it carrying your soul / consciousness out of your body with it (your awareness stays as your Ego)
- Watch the music controlling the orgasmic dance of your soul / consciousness above you

- For extra variety, visualise your soul / consciousness performing a dance scene from one of your favourite dance films or music videos

Music orgasms are great with your partner(s) at home or at a party – enjoy!

3.10 Energy Raise And Hold

[Strong Unity: Expansion or Internalisation + orgasm]

- Go into Strong Unity: Expansion or Internalisation
- Initiate a full body or energy orgasm from your pelvic region
- Either hold it there as long as you can until you can't hold it any longer and you climax, or raise the energy up your body to your stomach, chest, throat, forehead or top of head and hold it in that one place as long as you can – the effects will be dramatic...

3.11 Soul Surfing

[Strong Unity: Expansion + scenario / visualisation]

- Go into Strong Unity: Expansion
- Initiate a full body or energy orgasm and raise the energy up to the top of your head
- Visualise the energy turning into a wave, pushing you (i.e. your soul / consciousness) forwards over an ocean of energy and light
- In the first person, visualise yourself catching the energy wave in the same way a surfer catches a wave on the ocean, then ride it
 - All the tricks that surfers can do, you can also do on the energy wave, and more
 - You can also visualise quite elaborate scenarios, such as flying in front of the wave like a bird would, then lifting up above the ocean and going wherever you want in a world of your creation

Obviously, this technique combines very well with music...

3.12 The Temple Of The Heart

[Intention + Orgasms + Strong Unity: Expansion or Internalisation]

- Create a sacred space with candles, incense and music
- Set an intention for the session: *"Please allow me to experience the Temple of the Heart"*
 - Feel free to change the intention or drop it completely if you don't like doing intentions
 - If you think it will help, devote the session to a person or figure that you think will be beneficial
- Per the instructions in Section 2.11 Initiate Orgasms from Head, initiate energy orgasms in your head and your pelvic floor at the same time, and then get them to meet in the middle of your body
- When they meet, visualise them combining, dancing and making love (creating love energy)
 - Do this for as long as you want
- When you're ready, bring the energy to your chest, focus it slightly to the right of your spine and immediately go into either Strong Unity: Expansion or Internalisation
 - For Strong Unity: Expansion, push the energy out from your chest into the space you're in (the Expanding Energy Beyond the Body technique from Section 2.8), then relax completely and let go – allow the energy and with it, your soul / consciousness, to fill the space you're in and merge with the "beyond the self"
 - For Strong Unity: Internalisation, relax completely and let all the external energy come rushing back inside your chest
 - FYI – if you raise energy to your chest and hold it there for a few minutes, rather than going into Strong Unity immediately, you will get to Weak Unity: Energy Raising - Chest
- Keep your focus on your chest and after a few seconds or minutes, your chest should feel like it is expanding as though it is hollow, or opening up like the hall of a great temple or a giant cave – this is the Temple of the Heart
 - When this happens, these feelings should be accompanied by a deep sense of peace

- Stay in this state as long as you want to or initiate more energy orgasms in your head and pelvic floor at the same time and get them to dance and make love (the effects will be stronger when you experience them as your soul / consciousness from the Temple of the Heart)
- When you're finished with the session, bring the energy back to your chest and let it decrease naturally
 - This is a great way to finish any soul orgasm session calmly, even if you didn't use the Temple of the Heart technique during the session

You can also start this technique in Strong Unity: Expansion or Internalisation by bringing your energy to your chest and keeping it there.

This technique combines very well with devotion / love or an intention such as compassion.

3.13 The Golden Library

[Intention + orgasm + Strong Unity: Expansion + scenario / visualisation]

- Create a sacred space with candles, incense and music
- Set an intention for the session: *"Please show me the Library and show me what I need to know"*
 - Feel free to change the intention or drop it completely if you don't like doing intentions
 - If you think it will help, devote the session to a person or figure that you think will be beneficial
- Initiate an energy orgasm in your pelvic floor, raise it up your body to the top of your head and stabilise it there
 - Visualise the energy at the same time – when it gets to the top of your head, it should be a column of white fire
- Visualise yourself standing in front of a set of massive golden doors and repeat the intention: *"Please show me the Library and show me what I need to know"*
- Enter Strong Unity: Expansion and at the same time or immediately afterwards, visualise the golden doors opening and you entering the Library

- You may ask questions of the Library at any point – you may or may not get answers
- Visualise huge golden shelves stacked high with golden books and scrolls
- Visualise yourself taking a book from a shelf and absorbing its knowledge
- Now visualise yourself absorbing the knowledge from more books, and then absorbing whole books, straight from the shelves
 - Initially, they'll fly towards you one by one – allow yourself to orgasm as they hit you and you absorb their knowledge
 - The energy this creates will pull more and more golden books towards you, accelerating the process and increasing the energy of your orgasm in a positive feedback loop, to the point where it feels like you're standing in an ecstatic golden rain
- Enjoy as a stabilised state or take it to a climax
- If you devoted the session to a person or figure, remember to thank them for helping show you the Library

This technique generates lots of insights and wisdom, so remember to document them if you feel they're important.

It's also a good example of how to create an elaborate scenario during a soul orgasm and the effect a scenario can have – if you liked the experience, try creating your own...

3.14 The Rainbow

[Orgasm + scenario / visualisation + Strong Unity: Expansion]

- Create a sacred space with candles, incense and music
- Set an intention for the session: *"Please show me the Rainbow"*
 - Feel free to change the intention or drop it completely if you don't like doing intentions
 - If you think it will help, devote the session to a person or figure that you think will be beneficial
- Initiate an energy orgasm in your pelvic floor, raise it up your body to the top of your head and stabilise it there

- Visualise the energy at the same time – when it gets to the top of your head, it should be like a sun, radiating white light outwards in all directions
- Visualise the light creating a luminous sphere with you inside it
- Bring some energy from the top of your head to your forehead and project the energy as a beam out of your forehead
- Use the energy beam to “paint” the sphere in the colours of a rainbow
- As you do this, visualise sparkling rays of light shining out of the sphere in all the colours you’re creating
 - As the rays of light hit you, absorb their energy and allow yourself to orgasm
 - As you absorb more energy from the rays of light, your orgasm will grow stronger and this will make the energy beam from your forehead stronger and bigger
- When you’re finished “painting” the sphere, stop the energy beam and bring all your energy to the top of your head again, enter Strong Unity: Expansion, and merge with the Rainbow sphere you have created
 - You are no longer just inside the Rainbow, you are the Rainbow
 - At this point, you should feel very light, and full of joy and love
- Enjoy as a stabilised state or take it to a climax
 - Full body and energy orgasms will give you extra energy and allow you to expand the Rainbow and explore it
 - Visualise other things, people or figures inside the Rainbow and explore them / interact with them – be creative...
 - Masturbating inside the Rainbow is also possible and can have some intense effects
- If you devoted the session to a person or figure, remember to thank them for helping show you the Rainbow

This technique generates lots of insights and wisdom, so remember to document them if you feel they’re important.

3.15 Nipple Orgasms In Unity

[Strong Unity: Expansion + scenario / visualisation]

However many times I've tried, and it's been quite a few, I've never been able to have nipple orgasms in the way they're described in Section 1.7.

I finally managed it during a soul orgasm session using a visualisation technique – here's how:

- Go into Strong Unity: Expansion
- Initiate a full body or energy orgasm and bring the energy up to your chest
- Visualise yourself as a luminous being, with your central and peripheral nervous systems glowing as streams of golden light
- Look down and see that your nipples are connected by this golden light to your spine and the rest of your body, including your prostate or vagina
- With your mind, “switch your nipples on energetically” by growing the energy in them and pushing it to your prostate or vagina
 - Visualise this as golden light energy growing in your nipples and breasts, and then moving through your nervous system around your body
 - This should trigger Pleasure in your prostate or vagina, potentially even an instant full body or energy orgasm
- Increase the energy in your nipples and push it to your prostate or vagina, until you climax
 - You can do this with your mind, or by stimulating your nipples or breasts physically (e.g. squeezing them, twisting them, rubbing them etc.) – experiment with what works best for you
- Continue to stimulate your nipples or breasts to control the energy flow through your body and the orgasms arising from it
 - Try visualising other parts of your body lighting up and pushing energy to them
 - Pushing energy to the clitoris or penis, then masturbating them whilst pulling more energy in directly through them, can result in spectacular cums / ejaculations

- Try lighting up your whole body and visualising it float off the ground
- Try bringing in energy from outside you, particularly through your connection to the “beyond the self”

This technique can be combined easily with other techniques, even ones with elaborate scenarios / visualisations.

3.16 Excitations

[Orgasms + various Unity levels]

Excitation *noun* **1.** the application of energy to a particle, molecule, object or system, causing it to adopt a higher energy state

With this technique, the energy being applied is vibrational and the system is you:

- Initiate the technique from Section 2.10 Good Vibrations
 - This technique is easier with vibrational frequencies or vibrational-oriented music such as Schumann resonance music or binaural beats, or without music at all
 - Lying down, create a “stabilised energy” state where the energy is radiating from each side of your body (Section 2.8)
 - With the energy radiating from each side of your body, “feel” the vibrations coming from the music / sound, then feel them vibrating through your body
 - Let go and allow the energy inside your body to start vibrating at the same frequency as the music / sound
 - After a few minutes, your body should feel like it is starting to dissolve into the vibrations and then you should feel like you've become part of the vibrational energy
 - This is the Good Vibrations’ “stabilised energy” state
- You should now be vibrating as a single frequency – feel and identify it
 - If it is more intuitive for you, use musical notes or the colours of the rainbow / electromagnetic spectrum to identify your frequency
- Stand up, maintaining focus on your vibrational frequency

- You can stay lying down if you want, but I think standing up from this point onwards amplifies the effects
- With your mind, raise your vibrational frequency to a higher level and hold it there for at least a few minutes to allow yourself to equilibrate fully to your new level of energy
 - If you used musical notes or colours to identify your frequency, they provide an easy-to-use scale for you to go up, so follow that
 - Going up levels can trigger energy orgasms – that’s fine, just ride them out and try to stay at the same vibrational frequency or return to it as soon as you can
- Raise your vibrational frequency to higher and higher levels, allowing yourself time to equilibrate fully to each new energy level
- At a certain vibrational frequency level, you’ll enter Unity
 - The vibrational frequency at which this happens is not fixed – it varies by person and with other factors
 - The level of Unity you enter is not fixed – there may be ways to enter specific states every time, but I haven’t found them yet
 - Entering Unity might be completely effortless / spontaneous, or it might require a conscious “letting go” (for me it’s normally spontaneous)
- It may take a little longer to equilibrate to Unity vibrational levels, but when you’re ready, raise the vibrational frequency again
- Keep going as far as you are able or until you climax and your vibrational energy state becomes unstable and collapses
 - Excitations is a very powerful technique and if you do it standing up as suggested, you can lose balance easily, so be ready to drop to your hands and knees and continue from there
- If you lose focus at any point, go back to the Good Vibrations “stabilised energy” state and restart from there

Excitations is a standalone technique, but it can also be used as a powerful booster in the middle of other techniques to push yourself into higher levels of Unity very quickly and easily.

3.17 Ultimate Tantric Sex

[Strong Unity: Expansion or Internalisation + orgasms]

- Two partners
- Yab Yum
- Both partners raise energy to their heads and enter Strong Unity in sync during Yab Yum

= Ultimate Tantric Sex

To make the Tantric sex even more ultimate, use additional soul orgasm techniques during Yab Yum, with both partners in sync (even the elaborate scenario / visualisation techniques are possible in sync).

3.18 Old Techniques / Recreating Past Sessions

After you start having soul orgasms, it's very tempting to focus only on them because there's so much to explore and the sensations they generate are so different, but it's important to continue to practise the techniques from Stages 1 and 2 of The Guide every month or two as well, or even recreate previous orgasms or sessions.

They're still incredibly pleasurable in their own right and will provide variety to your sessions which is important, but the main benefit of doing this is that it gives you the ability to remember any orgasm technique from The Guide, at any time during a session and then be able to initiate it without having to think about how to do it or having to consult The Guide. This will allow your sessions to flow without disruption by enabling you to keep orgasms rolling, move from one orgasm type to another, build elaborate scenarios etc. very easily, with a lot of freedom and spontaneity.

For example:

- If you're struggling to start a full body orgasm or energy orgasm, or are just low on energy during a session, use the techniques from Section 1.6 Awakening Full Body Orgasms: Active Techniques

- If you're dancing and feel dizzy, use the techniques from Section 2.9 Standing Up And Dancing, and stabilise yourself
- If a great song comes on, use the techniques from Section 2.10 Good Vibrations, to synchronise with its vibrational energy, then do a Strong Unity technique to become the vibrations

If you like the challenge of not giving in to temptation with an Old Fashioned, try doing Mindgasm lessons 1-5 without using any energy orgasm or soul orgasm techniques, or lessons 6 and 7 without using any soul orgasm techniques – it's even more difficult, and a good reminder of how powerful the foundational techniques from Stages 1 and 2 are.

It's definitely worth trying Mindgasm with soul orgasms too though – the guided nature of it and the music creates a very immersive experience.

3.19 Weak Unity Techniques

In Weak Unity, the soul / consciousness dissociates less fully from the Ego than with Strong Unity. You still experience things from the perspective of your soul / consciousness, but the sensations of your body and mind are stronger, so the overall feeling is less intense and there is a less of a sense of connection to the “beyond the self”.

That doesn't mean that you shouldn't bother with Weak Unity though. Depending on the focus of the Weak Unity technique, you can generate some quite unique effects, which are very interesting and very pleasurable.

Weak Unity techniques vary slightly, but the common factor is that you need to focus an energy orgasm on a specific body location or orgasm state, maintain the focus there for some time, then increase its strength and allow the energy to merge outwards into the “beyond the self”. It's similar to the method for Strong Unity: Expansion, but without expanding the energy a long way beyond your body.

Here are the instructions for Weak Unity: Energy Raising: Chest:

1. Sit in an upright position in a comfortable place.
 - a. If at any time you feel you need to lie down, do so.

2. Initiate a full body orgasm or an energy orgasm in your pelvic region and raise it up your body to your chest.
3. Keep the energy focused on your chest for at least 30 seconds, maybe even up to a few minutes.
 - a. The effects should grow in strength the longer you keep the energy focused on your chest.
4. When the energy gets strong, allow it to merge into the “beyond the self” immediately outside of you.
 - a. You should feel a distinct change when this happens – a little bit like entering Strong Unity: Expansion, but more subtle – this is Weak Unity.
 - b. If you jump straight into Strong Unity: Expansion, you’re probably expanding the energy too far outside of your body – keep it focused on your chest and allow it to merge into the “beyond the self” from there – subtlety is key.

The other recommended Weak Unity techniques are:

- Energy Raising: Forehead
 - Instructions as above, but raise energy to forehead
 - This feels like you’re flying through a portal, then everything goes 3D (nothing moving but it seems it is)
- Energy Raising: Top of Head
 - Instructions as above, but raise energy to the top of your head
 - This feels like a more subtle version of Strong Unity: Expansion
- Good Vibrations
 - Use the technique from Section 2.10 Good Vibrations, but when you create a “stabilised energy” state, allow the energy you’ve created to merge into the “beyond the self” from there
 - This feels like the original technique but more immersive and more connected to the vibrations of the music and the “beyond the self”
 - Try it without any sound for a twist (create the sounds / vibrations inside yourself or feel the vibrational state of the “beyond the self”)
- Expanding Energy Beyond Body
 - Use the technique from Section 2.8 Expanding Energy Beyond The Body, but when you create a “stabilised energy” state, allow the energy you’ve created to merge into the “beyond the self” from there
 - This feels like the original technique but more immersive

There are many others as well – many are documented in books or are taught in spiritual systems or religions, or you can create your own – if you find some really good ones, please tell other people about them!

3.20 Meditation

The Guide isn't a guide to meditation – there are plenty of excellent books and classes out there for that. This section was included just to provide some examples of meditation to illustrate the effects it can have, and to show you that the abilities you've awakened in your journey through The Guide have given you meditation superpowers. If you have reached a level where you can enter Unity easily, many types of meditation will be very easy for you to complete successfully on the first try.

Here are some different types of meditation to try:

1. Zen riddles (Koans)

- a. I used to think of Zen riddles as trick questions you had to find an answer to, like any other riddle, but that's not what they're for. Their true purpose is to act like a mental 3D puzzle, which when solved, causes your mind to perceive reality differently or shifts it into a specific altered state of consciousness (sometimes Unity, sometimes not). Then an insight or realisation is revealed. Very interesting stuff and very clever. There are multiple ways to solve Zen riddles, and the same riddle may not provide everyone with the same insight, or in fact with the same insight if repeated. All insights and realisations received are valid though and should be treated with respect.
- b. Here's how I solve them (there are other ways...): consider the famous Zen riddle "*What is the sound of one hand clapping?*".
 - i. Clear your mind.
 - ii. Visualise the riddle.
 - iii. Feel the weight of the words as you turn them around in your mind.
 - iv. Form philosophical questions about the words, the riddle, and their meaning. For example "*what is sound?*", "*what*

is a hand?”, “what is a clap?”, “how does a clap form?”
and so on and so on.

- v. Answer each question by exploring it and its implications with your mind. Don't try to be clever and answer questions intellectually, just stay focused, visualise the questions and the riddle, and let the answers appear on their own.
- vi. After some time, the overall riddle will unfold and reveal an insight to you. When this happens, you should be able to feel a distinct shift in your perception of reality or state of consciousness – allow this to happen in the same way you allow yourself to enter Unity. The shift may be short-lived or long-lasting, but you should be able to remember the insight afterwards, even if you stop experiencing it.
- vii. For variety, try the same riddle again but use different questions to analyse it, try different riddles or try during a full body or energy orgasm session.

2. Non-Zen Zen riddles

- a. By combining the same approach to solving Zen riddles with other sources of inspiration, you can form your own meditations. If they don't work on their own, try them during a soul orgasm session.
- b. Poems
 - i. Short spiritual, religious or philosophical poems are especially good (e.g. *“You are not a drop in the Ocean, you are the entire Ocean in a drop”* by Jalaluddin Rumi, or *“Me, We”* by Muhammad Ali).
- c. Nature / being in nature
 - i. Allow yourself to be immersed in the beauty of the natural world and form philosophical questions inspired by it.
- d. Objects
 - i. Focus on a physical object in your vicinity, or on something more abstract, such as your breath or happiness, then apply the same Zen riddle approach.
- e. A person or figure you want to show devotion to
 - i. Similar to the Enhancing Technique – Devotion / Love from Section 3.8, but incorporating the Zen riddle approach.

3. Self-inquiry and awareness meditations

- a. There are many different types of meditation in this category from various meditation and spiritual systems. The instructions for the Complete Unity Technique: Complete Ego Disconnection in Section 3.2 contain elements of them for example.
- b. I like the following example because it contains a number of different techniques and the final effect is quite unique. It's called The Time Field Meditation.
 - i. Create a sacred space with candles, incense and music.
 - ii. Sit upright in a space with room to lie down if desired.
 - iii. Initiate the Temple of the Heart technique from Section 3.12 and take it to the point where you are in Strong Unity, your energy is focused on your chest and you are residing in the Temple of the Heart.
 - iv. Visualise the question: "where is the boundary between future, present and past?".
 - v. Don't try to answer the question intellectually, feel it – reach out with your mind and feel time flowing as events move from future into present and present into past.
 - vi. Feel the phases between the boundaries.
 - vii. Feel the phases merging and disappearing. Start to perceive all experience as happening in a unified field of now.
 - viii. Let go of the labels of "before" and "after" – everything is now. Everything is.
 - ix. Allow all thoughts to disappear. Allow any focus on your breathing to disappear.
 - x. Visualise the question: "is time occurring in my awareness or outside it?"
 - xi. Feel the question. Feel reality and experience everything, including time, arising from within your awareness.
 - xii. Let yourself dissolve into the field of now. You are no longer moving through time. You are now. You are always. You are everything. Everything is.
 - xiii. Stay in this state for as long as you can or want to by "just being". Stopping focusing / concentrating etc. will bring you out of it.

4. Vision meditation

- a. Light a candle and dim the lights.
- b. Sit in front of it and breathe deeply for a few minutes. Make yourself mentally focused.
- c. Let your gaze alight on the flame, not hard staring but rather resting on it.
- d. Bring your awareness to your forehead and keep your gaze resting on the flame.
- e. After some time, you'll feel connected to the flame via the space between you and it. When this happens, objects around you may appear to vibrate subtly and seem brighter. It's possible for lights or shapes to appear.
- f. This meditation is designed for beginners, so most instructions advocate staying focused on the flame and observing any effects for 10-15 minutes, then ending the meditation, but as you can slip into states of Unity easily, try allowing yourself to do that. It's possible to get quite strong visual effects like this.

There is a huge variety of meditation approaches and specific meditations, with many different purposes and many different sensations, so if you like the selection above, try some others. Your new found meditation superpowers will allow you to generate powerful effects from even the simplest beginner meditations, so don't limit yourself to the ones which sound complicated or advanced.

3.21 Religion

If you're interested in how a powerful religious experience feels, or you'd like to understand how worship feels in one religion compared to another, then this Section is for you.

The first technique is based on the Non-Zen Zen riddles approach from Section 3.20 Meditation:

1. Select a passage from a religious text.

- a. It could be one that's important to you, to a friend or relative, one that is fundamental to the ethos of a particular religion, or maybe just a popular one that you'd like to understand better.
 - b. The following passage from the Bible is a very good example because it is the foundation of Christianity: *“Teacher, which is the greatest commandment in the Law?” Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbour as yourself. On these two commandments hang all the law and the prophets.”* Matthew 22:36-40.
2. Create a sacred space with candles, incense and music.
 - a. For music, religious chants from the religion in question are probably best, but if you don't like those, then use meditation music or something vibrational.
3. Sit upright in a space with room to lie down if desired.
4. If you want to, dedicate the session to the religious figure the passage you've selected is about.
 - a. Love or embodiment would also work well.
5. Either enter Strong Unity, or the Temple of the Heart (Section 3.12).
6. Read the passage to yourself, visualise the words and feel their weight as you turn them around in your mind.
7. Allow yourself to feel the meaning of the words as their author or subject intended, and if it makes sense for the passage you've selected, try to make yourself feel what the author or the subject of the passage was feeling.
 - a. E.g. for the passage above, do as Jesus commands and love God with all your heart, all your soul and all your mind – imagine how it felt for Jesus to be connected to God so completely – the intensity of the love, the emotion of pure compassion, the wisdom He was absorbed in – let go and allow yourself to connect to God in the way Jesus was able to.
8. Form deeper or philosophical questions about the passage, its meaning to you and the meaning to the author or subject of the passage.
 - a. E.g. for the passage above: *“what did Jesus mean when He said neighbour? People you live with, next door neighbour, people in*

your town, people in different countries, people belonging to your religion or political persuasion, everyone, everything in the world...?”, “what did Jesus mean when He said “love your neighbour as yourself?” etc.

9. Answer each question by exploring it and its implications with your mind. Don't try to be clever and answer questions intellectually, just stay focused, visualise the questions and the passage, immerse yourself in the feelings of the author or the subject of the passage and let the answers appear on their own.
10. After some time, you will experience answers to your questions as the author or subject of the passage meant them or felt them.
 - a. When this happens, you may be able to feel a distinct shift in your state of consciousness or perception of reality – allow this to happen in the same way you allow yourself to enter Unity.
11. Re-read the passage and feel again, the fullness of what the author or subject meant and felt.
 - a. Let go and let the Pleasure take control.
12. When you're finished, thank the author or the subject of the passage for allowing you to experience their love, wisdom and insights directly.

The second technique is based on Section 3.9 Soul Music and uses music as a medium to experience different religions:

1. Select the religions you'd like to experience.
 - a. One should be the religion you belong to or know very well.
2. Select music associated with the religions you'd like to experience.
 - a. Ideally these should be hymns, prayers or chants.
 - b. For the maximum effect, try to get some in the language the religions are traditionally associated with (e.g. Arabic for Islamic music), and in your language.
3. Create a sacred space with candles, incense and music.
4. Sit upright in a space with room to lie down if desired.
5. Go into Strong Unity: Expansion or Strong Unity: Internalisation.
6. Your energy level needs to be high, so if it's not already, initiate a full body or energy orgasm to bring it up.
7. Play the music from the first religion that you've selected, in the language it's traditionally associated with.
8. Reach out with your soul / consciousness and feel the music.

- a. Feel the intention of the music and the emotion contained in it.
 - b. Feel what the music is trying to accomplish.
 - c. Feel the messages the music is trying to convey.
 - d. Consider also the social and historical contexts in which the religion was founded.
9. Listen to the music you selected in the following order:
- a. First religion in its traditional language.
 - b. Second / third / fourth religions in their traditional languages etc.
 - c. First religion in your language (if possible).
 - d. Second / third / fourth religions in your language etc. (if possible).
 - e. Your religion / religion you know very well in your language.
 - f. Your religion / religion you know very well in other languages it's commonly associated with (e.g. Christian hymns in Latin, Greek or Aramaic).
10. All the way through this, continue to reach out with your soul / consciousness and feel the music, its intention etc.
- a. Let go and let the music take control.
11. After having listened to the different types of religious music in different languages, ask yourself deeper or philosophical questions about the religions you've experienced.
- a. E.g. *"how does the music from different religions make you feel?"*, *"which music made you feel the most joy?"*, *"which music made you feel the closest connection to God?"*, *"how do the different religions bring you close to God?"*, etc.
12. Optional step if you have time: ponder the famous Zen riddle *"If you meet Buddha, kill him"*.
13. When you're finished, thank God / the deities / figures / subjects of the religions you selected for allowing you to experience their love, wisdom and insights directly.

3.22 Next Steps

Let go and let the Pleasure take control.

Let go and let the love take control.

If you feel inspired to be creative – let go and let the creativity take control.

Practise. Perfect old techniques. Learn new techniques. Become an expert at creating Pleasure. Become an expert at creating love. Become an expert at connecting to Unity.

Explore. The Guide contains a handful of foundational techniques for soul orgasms but there are thousands more experiences to be had – each new one will increase the joy in your life and the love in the world. Try different spiritual systems and religions with different emphases to broaden your perspectives. Develop your own techniques. Develop instructions for them so other people can recreate them. Forge your own path – whether it's spiritual or religious, pure Hedonistic excess or somewhere in the middle – you do you, and please, make sure you do it with style.

Help your partner(s) connect to Unity. Tell your friends and help them awaken their abilities. Bring more Pleasure into the world. Bring more love into the world. Bring more Unity into the world.

With sufficient practice, many of the traits associated with Unity, such as deep compassion, forgiveness or equanimity, should become easy to harness in your everyday life or maybe even ever-present – these can provide significant benefits at work or in your private life, so remember that you have the ability to draw upon them and be sure to use them.

If any of the other insights or wisdom you received during your soul orgasm sessions were important, try to embody them in your day to day life – many learnings can be profound, but they will be meaningless if you don't put them into practice. This may require work, but it will be worthwhile.

You may also come to feel that the “beyond the self” is always part of you and you of it, and that you can connect with it at any time just by recreating the way it feels. This is a beautiful thing, so embrace it if you feel it.

3.23 Stage 3 Resources

- “After the Ecstasy, the Laundry” by Jack Kornfield
- “Cannabis in Spiritual Practice” by Will Johnson
- “The Recognition Sutras” by Christopher Wallis
- “The Yoga Sutras of Patanjali” by Swami Satchidananda
- “Vajrayana and the Culmination of The Path” by His Holiness the Dalai Lama
- “The Direct Path: Creating a Personal Journey to the Divine Using the World's Spiritual Traditions” by Andrew Harvey
- “The Zen Koan” by Isshu Miura and Ruth Fuller Sasaki
- “The Book of Mu” by James Ishmael Ford and Melissa Myozen
- “The Way of Perfection” by Saint Teresa of Ávila
- “The Interior Castle” by Saint Teresa of Ávila
- “Meister Eckhart’s Book of the Heart” by Jon M. Sweeney and Mark S. Burrows
- “The Cloud of Unknowing” by Carmen Acevedo Butcher
- “Teachings of the Christian Mystics” by Andrew Harvey
- “The Way of the Jewish Mystics” by Perle Besserman
- “The Pocket Rumi” by Kabir Helminski
- “Dhammapada: The Sayings of the Buddha” by Thomas Byrom
- “Pocket Taoist Wisdom” by Thomas Cleary
- “The Mind Illuminated” by John Yates
- “Seeing That Frees” by Rob Burbea

Stage 4: Beyond Soul Orgasms

There are states of consciousness beyond Complete Unity, but in order to experience them, you must let go of any remaining feelings and perceptions of reality gradually. The final stages involve complete cessation of feeling and perception, leaving only awareness remaining, with no one and nothing to guide it.

It is possible to experience Pleasure in some of these states, but there comes a point at which you must detach yourself completely from the Pleasure you feel and let it go too.

Therefore, this is the natural ending point of The Guide – it is a guide for Hedonists after all...

Should you want to know more about what lies beyond soul orgasms and how to experience those states, the best place to start is by reading a guide to Buddhist meditation (“The Mind Illuminated” by John Yates and “Seeing That Frees” by Rob Burbea are both highly recommended), then try to talk to people that have experienced those states.

If you take this path, I hope that you are successful, however it is that you define success. May the highest blessings be with you.

Final Word

The first time I went clubbing and took ecstasy, I fell in love with dancing. I still love it, sober and high, alone at home and with friends at a party. I used to dance for the joy of dancing, for the love of the music, and for the electric connection with my friends.

Now, after many hundreds of full body, energy and soul orgasm sessions, I dance for the Goddess and for the love of everything She is.

Now when I dance, She dances with me.

I know how incredibly lucky I am to have experienced this, not just as a one-off, but regularly, in a sustainable and controlled way. From the initial combination of circumstances that led to my first full body orgasm, to finding generous communities online full of helpful advice, and to having a wife that was willing to indulge her little Hedonist and be open-minded enough to join in herself, so much of what I've learned and experienced was due to luck.

I felt drawn to develop The Guide to remove luck from the equation for other people. My aims were to systematise the different orgasm types, to develop instructions for them that are simple enough for anyone to follow, and to try to increase awareness of the techniques, how amazing they are and how easy they are with the right instructions.

With respect to awareness, there's only so much The Guide can do on its own – your help is needed to spread the word.

There are many ways to do this – beyond telling your partner(s) and your friends, let your creativity take control – it should be running wild by now...

One final piece of advice if you're ever unsure about anything related to The Guide – simply refer back to Pg 1 – relax, let go, let the Pleasure take control.

Thank you.