

Sit upright either in a chair, on a couch, bed, or the floor. Your forearms can rest on your thighs with your hands facing up in a receptive relaxed position. Close your eyes and relax. Extend the top of your head upward, toward the ceiling – lengthening the spine. Bring your shoulders back and down, allowing your chest to open up. Straighten the spine, extending the crown of your head to rise up even higher.

Becoming very comfortable in this posture, remain still and quiet focusing only on your rhythmic breathing. Take deep breaths slowly through the nose, filling your abdomen more so than your chest. Allow your belly to completely fill up expanding your entire torso. Gently release the breath, slowly out through the nose, contracting your abdomen to totally empty out all of the air – releasing tension and resistance with each exhale.

Just practice deep breathing for a minute or two, letting everything else go. The mind will become more clear as thoughts will fade with every breath. Slow the breathing and focus only on the physical sensations of the air moving in and out through the nose, feeling the belly expand and contract.

Inhale and exhale... slowly and deliberately. Continue with this same rhythmic deep breathing throughout this exercise.

As you continue to slowly breathe in and out, bring your attention to your genital area. When you inhale and expand your belly, also push out with your entire genital area as if you're bearing down. As you exhale, contract all of your pelvic muscles as you squeeze all of the air out of your belly. Continue to expand and contract as in a slow intense kegel exercise. Slow the breath even more and deeply intensify the muscle contractions as much as you can.

As you practice this method of cleansing the mind and body through deep powerful breathing, we can tap into that place in our mind that is capable of infinite pleasure. It is always active and easy to access. We have the ability to unlock the mystery, unleash the power and potential of what already exists. When we simply intend the feeling of orgasm, then it is right there in our mind as we direct the cells and nerves to generate the physical sensations.

Continue to breathe deeply, expanding and contracting your pelvic muscles, intensifying the contractions with every exhale. You'll begin to feel a tingle in the clitoral area as you direct focused energy and intention to increase sensitivity with every contraction. As you tighten and release, blood flows in and out of each blood vessel, stimulating the nerve fibers and producing powerful feelings of ecstasy and intense pleasure.

You are not trying to do anything. You're simply allowing the blissful sensations to be present as your natural state of being. Your awareness is expansive, still breathing deeply, contracting and releasing, push out and pulling in the pelvic muscles, and allowing the energy to pulsate throughout the genital area.

This may take several minutes or well beyond 10 or 20 minutes to begin feeling the physical sensations associated with orgasm. It may also take numerous attempts, so continue to practice this extraordinary ancient *Kama Sutra* technique. Bring the meditation into your love-making to better regulate the intensity of your orgasms and enjoy multiple waves of immense gratification.

Also, the more often you practice this exercise, the better over-all muscle control you will have, as well as developing a tighter vagina, which most men seem to prefer. It can significantly help with the process of child birth, and maintaining a healthy reproductive system.

If you have any questions about this guided meditation process, please email [Allura@OceanusNaturals.com](mailto:Allura@OceanusNaturals.com)