

AN
ILLUSTRATED
GUIDE TO
FEMALE ORGASM

SEX WOMAN FIRST

*How to teach him
You
come first*

A Guide to Female Orgasm

Author of Confessions of a Hollywood Tantra Masseur

Jean-Claude Carvill

Sex: Woman First

How to teach him You come first

A Hollywood Tantra Masseur Guide to Female Orgasm

The Guide of the Woman Ultimate Pleasure Volume 2

Jean-Claude Carvill

To A. for her implicit trust to let love and passion bringing sparkles to her eyes.

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Jean-Claude Carvill

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INTRODUCTION

When I gave my very first Tantra massage in 1980, the instructor admonished us sternly, “Remember you are not allowed to touch any private parts of the person you are massaging. This is a Tantra class not the privacy of your bedroom.” Tantra at the time was only just being introduced in the Western world. The discipline originated in India, as a fundamental part of the mysterious philosophy of Hinduism. We actually knew very little about the sexuality associated with Tantra. At the time it was still pretty taboo!

One day while I was massaging my partner with Tantric devotion, completely dedicated to the appreciation of her wonderful, sensual body, something rather strange happened. I felt her body quivering and shuddering under my hands. I felt her breathing accelerate and I noticed that the lobes of her ears had become reddish. Then her body became utterly tense—but soon relaxed again. No one else could possibly have noticed this happening, as it was barely perceptible. But I knew she had had an orgasm, and I was truly amazed. It had happened so easily! I thought I must have touched an erogenous zone without being aware of it. Once I was finished massaging her, a very stylish English woman, she walked away with a huge smile and told me, “You are very good! Great hands, I needed badly.”

During my next seminar, I had the opportunity to talk to a very beautiful, elegant lady named Narayani, who was taking the course with me. She seemed very confident in her sexuality. Intrigued, I asked her why she had taken this class.

She confessed that she was in a very boring relationship. She loved the man and would never consider leaving him, but she wanted to find out about Tantra. *“My husband is selfish and it often times leads me to feel undesirable. I think the standard situation is that he doesn’t know how to complete my pleasure. Most men don’t know what they are doing. I also get caught up fulfilling my obligations as a mother that I forget about myself. I want to experience a different and higher level of sexuality and my body shakes a lot and I think I’m at some sexual age peak. I just want to do whatever it is my body is wanting. I have never had man even regular massage me but I don’t feel there is anything wrong with this. It’s making me kind of resent my husband and I don’t want that. It took me until last year to orgasm with my clit and I want to know all about the G-spot. I never knew it existed and I am a little difficult in the orgasm department but I can do it to myself in about 4-5 min on my clit. I really don’t know what I want. But my body is screaming at me.”* She felt that there was so much more within herself she had not yet discovered ; she felt as if she might explode. She went on to say that her husband was too shy, introvert and fragile to come to the class, but that she would go back and share her newfound knowledge with him. She hoped it would bring some excitement back to their bedroom.

As I traveled from Sydney to Hollywood via Pune and Paris, I heard the same complaint over and over again. I settled down in Beverly Hills and became a Hollywood Tantra masseur. Women from all walks of life contacted me, from the White House office to the big screen; I became the darling of the show biz world.

Just yesterday I received an email stating, *“My husband and I have been together for 16 years. We have a wonderful marriage filled with joy from our children. Unfortunately, for reasons I don’t completely understand, my husband has no sex drive. The issue began years ago and has progressed to the point where we have no intimate relations at all. Your help would be greatly appreciated.”*

Other women have contacted me because they have problems achieving orgasm with their partner.

One wrote, *“I’ve been through several traumas, from rape to abuse. I find that I’m aroused quite a lot but have trouble climaxing with others. I can bring myself to orgasm without a problem, but when someone else is involved, it’s not so easy. I’m not really sure what else to say, but if you think you could help, let me know.”* Also, I frequently receive messages of this sort: *“I have orgasm only by clitoral stimulation through masturbation, but I never had an orgasm with my husband.”* I usually reply: *“As long you can achieve orgasm through self-pleasure, there is no reason you cannot do the same with your partner. Relax, breathe, and teach him how to love your body.”* Often, I get this type of emails *“Dear Jean-Claude I think we are missing passion, spontaneity and initiative from my husband because most of the times that we have sex it’s been initiated by me. Our sex has become boring and always takes place in our bedroom and always ends up in the same missionary position because it’s the only way - that I know of for myself. Our love making just isn’t exciting or long-lasting anymore.”*
Deborah O.

Everywhere I turn, women are losing the precious connection they have with their partner because he does not understand what the female body craves. Therefore the couple become bored with each other and loses the excitement they shared in the beginning of their relationship. If our relationships between man and woman stay as exciting as the first days, couples would stay together forever. Yet that spark at the beginning can be deepened into a steady flame if a couple gains more knowledge of how their bodies and minds can be intertwined.

The famous erotic Kama Sutra sculptures of the Khajuraho temples in India, built between 950 and 1150 C.E., were the first sex guides ever created. Spiritually, those who practice Tantra seek to contain the divine energy of the universe and channel it within the human body by means of ritual in order to achieve creativity and freedom. Tantra is the connection of all consciousness, and consciousness is in everything—but especially in sex.

Ever since that first Tantra massage seminar, I have not stopped exploring women’s bodies. I have discovered their ultimate and most hidden secrets and the truly magical results of certain special soft caresses. I have learned what happens when these magic and sometime taboo spots become aroused. Once she herself discovers that spot via such innocent touches as having her feet caressed, her lips softly touched, her inner legs kissed softly or her most hidden erogenous zones—like her A-spot—gently stimulated, she blossoms with joy. She feels much lighter and happier. She becomes terribly excited that her body can now give her endless ecstatic pleasures that she has never felt before. Often these women tell me that they feel as if they have come “home” at last. A real, lasting bond is built with their partner.



I feel how much sex a woman had and how long it will take for her to squirt

My story and experience is different than others who wrote about the same subject in that I am not a doctor, neither a woman lesbian, a young sexy man, a gigolo, a porn actor, a movie producer, or a famous writer. I worked hard to acquire my knowledge. I am one of the rare or only ones who personally massaged and made ejaculated several hundred women. My experience does not come from books, videos or a few women I met in a bar on Saturday night. You may recall my unusual life story in my last book *The Confession of a Hollywood Tantra Masseur*. Thanks to the feedback on my website left by the women I pleased, I met women daily, years after years. I finally developed such sensitive fingers that when I do a G-spot massage I feel how much sex a woman have had and how long it will take for her to squirt. (see drawing: *I feel how much sex a woman had and how long it will take for her to squirt*) I wrote that book for you to inherit of my experience and to save time and frustration. This book provides a coaching-based relationship to your sexuality. It helps you explore ways you can teach yourself to have a more joyous, expressive, and confident life of intimacy. Explore this book not from the perspective that you have a problem and need to fix it. Instead, read these pages and wonder what it would mean if you fully experienced and enjoyed your sexuality. Like Jane, who feel so fortunate “*My partners have all made sure I finished first, and when I know I’m not going to finish I verbalize it and ask them to finish. I’ve never had a man turn that down. It would show more concern for me and my needs if he stopped and laid with me feeling if I couldn’t climax he wouldn’t either, but that’s more of a romantic idea than anything I’d ever expect.*”

I should caution that I am not a doctor. Some sexual concerns have a foundation in physical health and these are better addressed by a physician. Yet I gave my first Tantric massage 35 years ago, and I have helped so many to strengthen their mind-body relationship. Most likely this book could save your sexual life, marriage or long term relationship.

What does it mean to have a fully alive emotional relationship with your sexual energy? Modern Tantra describes the connections between the pelvis and the heart and other upper chakras. Chakras are the force centers in your body, which receive and transmit energy. While many people don’t sense the actual energy flow, they do experience the capacity to connect emotionally and spiritually with

one's partner. Many people experience it as the ability to lose control over their minds and bodies in moments of pure surrender while also being fully present with their partner. In this state, a person is able to be fully alive in the act of lovemaking, connected to one's partner emotionally and sensually, while also being fully aware of the experience of pleasure and physical joy in one's own body.

When you read the above description, it sounds wonderful. Why aren't people in this state all the time? Part of the reason is because intimacy is a double-edged sword. To be fully alive during the highs, such as a mind-blowing orgasm, you also have to be willing to participate during the lows. Intimacy is the ability to completely share one's self with one's partner. You cannot hold back the truth of your experiences, both the joyous and the challenging.

Emotional intimacy starts with the mind. You have to be willing to share, with your partner, even to be vulnerable. The power of being naked extends beyond the physical—it equally applies to being exposed emotionally. In the same way you want to touch your partner with your hands, your desire for emotional intimacy can be expressed by sensations of joy, laughter, and even sorrow at certain times. This reaching out to your partner extends in many ways, and if you remain open, the heart/pelvic combination is an extremely powerful one.

When emotional patterns are interfering with sexual expression, you can experience a variety of distressing symptoms. You can feel a loss of desire for your own partner. You may experience a desire for a different partner. You may find you have an inability to achieve an orgasm, erection or to maintain one, or suffer from premature ejaculation. Sex can feel more like a duty, more stressful than fun. A man can become preoccupied with his ability to please his partner, wondering whether he is doing "enough," and then find himself limp. Or he can feel so pressured that he tunes out completely. You would be surprised how often one partner is not fully present during the act of lovemaking.

If you sense these issues are holding you back, here are some questions you can explore to help you start understanding how to overcome them. Remember: Many men forget that taking the risk to be vulnerable actually shows their strength. It takes a lot of courage to acknowledge your anxieties and to be willing to share them with your partner. This can be the first step in moving beyond them.

Think about each of these questions before writing down an answer to them:

1. What happens when you don't feel completely safe being truly intimate with your partner?
2. Where do your thoughts and attention go while having sex?
3. Do you sense that your discomfort arises from this particular relationship or from some unresolved issue in your past?
4. What are your physical responses to anxiety?
5. Do you notice tension anywhere in your body?
6. What feelings emerge when you make eye contact with your partner during sex?

By answering these questions, you begin gathering information about yourself—and what makes you hold back. Once you answer them honestly, you can get at the root of the problems. Ask yourself these questions, and again, really think about them:

1. What allows you to feel safe with another person?
2. What does a strong connection to another person feel like for you?
3. Where is your awareness when you're experiencing truly spectacular sex?
4. What were the three best intimate (sexual or otherwise) experiences of your life, and what specifically made them so wonderful?

5. What about intimacy is important for you?
6. ~~What do you need to ask of your partner?~~
7. What does it feel like to be aware of your partner's reactions while being fully aware of your own body at the same time?

Here's an exercise you can do to discover your sexual values. Imagine your absolute ideal sexual encounter. Describe everything about it: the place you're in, the time of day, what you and your partners are (or are not) wearing, how you are touching each other, and also the energy that is present between you. Go into as much imaginative detail as possible, and remember that this is your absolute ideal. When you are finished imagining this encounter, write down everything. Then make a list of all of your descriptions. Which 10 are the most important to you? What will you commit to doing that will bring all 10 of these elements to the act next time you make love with your partner?

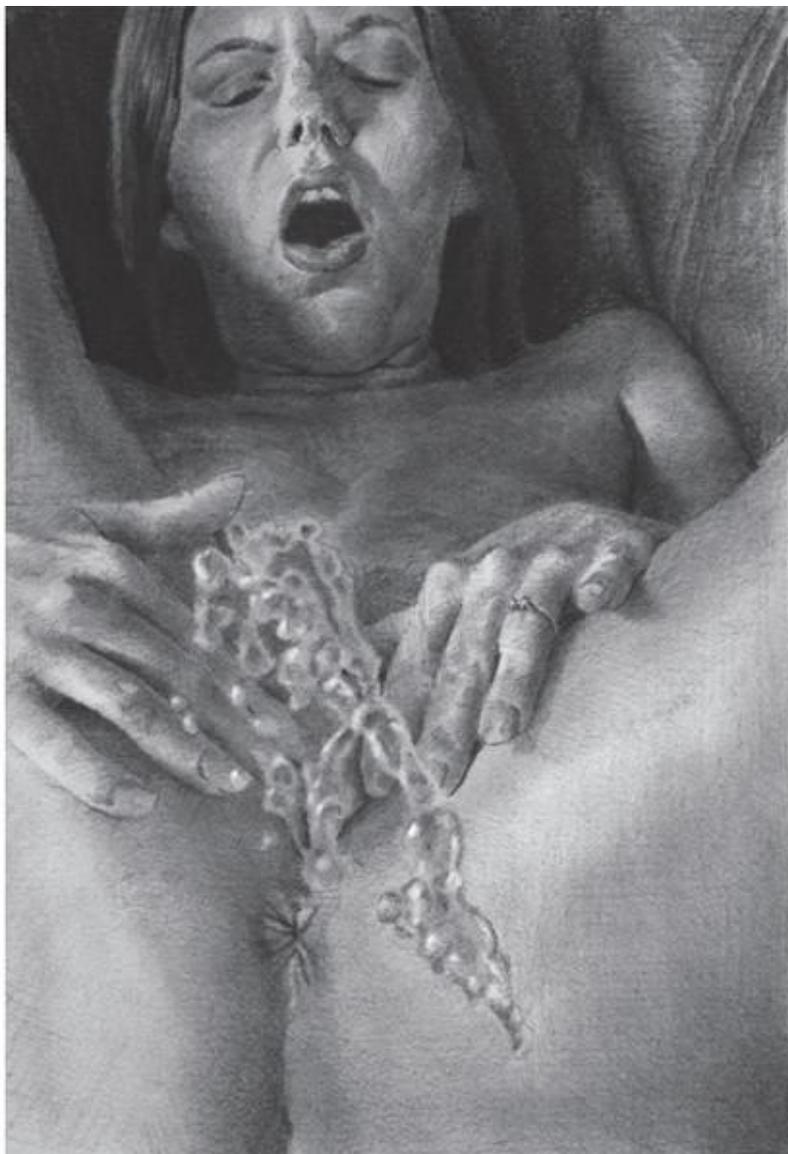
Ultimately, this area of exploration can lead you into a deeper intimate relationship with your partner. At the same time it will increase your capacity to enjoy your own body. Once you acknowledge your potential anxieties, you can manage them. You can unlock the barriers to trust and expressing your emotions.

The guide you are about to read focuses your mind on your body's actions. There are no goals in Tantra, because what you do is your goal. You need to be living fully in the present, and the precious union with your partner is all that matters. You do not have to please. Simply follow your instincts, and you will find you are dancing with your sensuality.

This book will teach you how a woman can access her magical spots so that they bring her the ultimate sexual pleasure in a spiritual and harmonious manner. You may discover that sucking your toes or being licked under your feet brings tremendous pleasure. (*see drawing: Sucking your toes or being licked under your feet brings tremendous pleasure*) Maybe the back of your knees is the source of your greatest pleasure. You may discover that having your nipples licked the right way at the right time is the source of your first multiple orgasm. This guide also shows how a man can become a master in the art of making love. In the end, you can bring back the love and joy that should be present in the bedroom. Any one of the chapters in *Sex-Woman First* may open the door to the orgasm you have been waiting for all your life. Or, you may find you can improve the orgasms you already have, making them more explosive. Ultimately, you will have multiple orgasms.



Sucking your toes or being licked under your feet brings tremendous pleasure



You may even have a female ejaculation

You may even have a female ejaculation, squirting, ending one of these passionate nights soaking the bed of your *Amrita*. (*see drawing: You may even have a female ejaculation*). Finally, each chapter features a clear outline of its contents and benefits. There are also suggested exercises to help you regain trust in yourself and to bring that smile back to your face.

For a couple, Tantra explores the union and communication with your partner. Solo, Tantra shows the way to freedom from suppression, becoming who you really are sexually. When you become sexually conscious, you can achieve your ultimate pleasure.

I am inviting you to share my journey, to realize that foreplay is as important and even more than penetration. From today you can break out of your state of routine, and approach sex as an art, you can pleasure your Goddess with the same passion as an artist who paints a great canvas. Sex is an art and you are the artist who give pleasure to your partner. Because you are going to become a great lover, and nothing in the world can create more pleasure than an orgasm and you are going to be the one who is going to give that greatest pleasure to your Goddess or your God. Finally, you too can be the lover of your dreams.



CHAPTER 1

Chakras and Sexual Awakening

It was sometime in January, a new year had just begun, and I often found myself, like many others, contemplating my life and past achievements and wondering what the future would bring. Although sometimes life seems to have its own pace, heedless of where I wanted to go or how fast I wanted to go there, somehow, when I look back, it all makes sense. Looking back at the path life had set me on, and seeing the main knots where all things came together, it seems that I was destined for Tantric massage.

One of those crucial turning points came when I was in India, sitting on a bench near the Ganges River. It was there that I met a very special person, Dr. Gandharva Mavulykvyas, who later became a dear friend of mine. It was him who taught me about Indian perceptions of body and soul, about the way energy flows through our bodies, and how this energy can be transformed and passed from one person to another. Dr. G. Mavulykvyas also told me about chakras and how they can be opened through Tantra.

This is how Dr. G. Mavulykvyas explained Tantra to me: *“In the Hindu and Buddhist cultures, Tantra has been used for ages. Tantra is not about sex; it is a way to soothe your inner self by focusing energy on certain parts of your body. Our body has different chakras (see drawings: “Men Chakra” and “Woman Chakra”) In Sanskrit, the word chakra means “a moving wheel.” The body is said to have seven main chakra levels located near the spine. These chakras are the channels of universal life, which motivate and energize us to live healthy lives. When a person experiences pain on a personal or emotional level, Tantra can help. It can unblock the energies trapped inside the body at the closest chakra. A Tantric massage specialist will help you understand the complications in your chakras and help you overcome and get rid of these problems for life.”*

This information helped me a lot, years later, with one of my clients, Giselle, who had an unusual story:

Giselle had been molested at a young age and was unable to work past her sexual issues, which were a direct result of that incident. She needed her chakras opened more than anything. My intention when she requested Tantric massage, was to open Giselle’s chakras and heal the blockage within her soul by whatever means it took.

I gave Giselle a task to watch videos about Tantric massage on YouTube and let me know if she thought Tantric massage might help her. When she called me back, all she said was, “Interesting. I watched the chakras massage on YouTube. It looks sensual and relaxing, and also sexually stimulating. I definitely have some blockages in life. Most are not sexual but spiritual in nature. I would like to connect my spiritual side with my sensual side, to feel trust and love, if it’s possible.”

“Even though the problems may not be sexual in nature,” I told Giselle, “Tantric massage can relieve all kinds of emotional and spiritual blockages. Massage that balances the chakras will open a great source of sexual energy.”

Giselle’s home was immaculate, and she was ready, greeting me at the door with only a muumuu on her ample body. “I hope you don’t mind my greeting you practically naked,” she said.

She willingly undressed without being asked and placed herself on her back on the bed as I removed

various oils and other soothing liquids from my small case.

I used a very sensual and soft Tantric massage in order to help Giselle to get in touch with her body and raise her inner Goddess. Her desire to explore and heal was inspiring—and so she did, without prejudice or fear.

The Chakras

1.Sahasrara
crown chakra
wisdom, knowledge

2.Ajna
brow chakra
intuition, perception

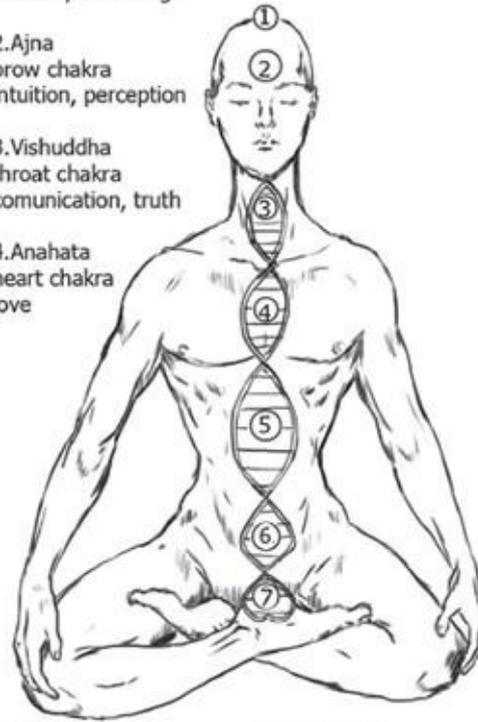
3.Vishuddha
throat chakra
communication, truth

4.Anahata
heart chakra
love

5.Manipura
solar plexus chakra
intellect, will

6.Svadhithana
sacral chakra
joy,sexuality

7.muladhara
root chakra
survival



Men Chakra

The Chakras

1.Sahasrara(violet)
crown chakra
wisdom, knowledge

2.Ajna(indigo)
brow chakra
intuition, perception

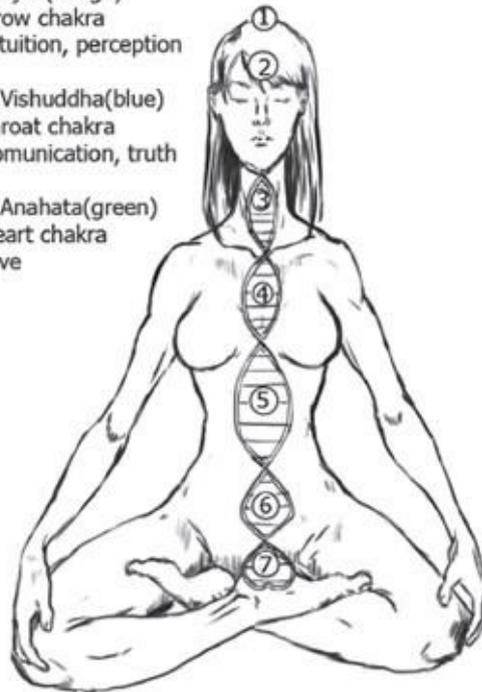
3.Vishuddha(blue)
throat chakra
communication, truth

4.Anahata(green)
heart chakra
love

5.Manipura(yellow)
solar plexus chakra
intellect, will

7.muladhara
root chakra
survival

6.Svadhithana(orange)
sacral chakra
joy,sexuality



Women Chakra

In addition to balancing the energy flow between mind, body, emotions, and spirit, the chakras also illustrate some of the differences between male and female sexual energy in a way that is useful and practical. (see drawings: *Men Chakra and Woman Chakra*)

For many women, men appear to have a certain sexual advantage, since their satisfaction is quick, easy, and uncomplicated. Once a woman learns the many different ways she has to enjoy orgasmic sexual pleasure, she no longer considers herself lucky when she gets a single orgasm. Her many sources of sexual pleasure are awakened and she knows how to energize and activate each of them, giving her a wondrous appreciation for her complex and beautiful body.

As a woman, you may come more slowly to sexual excitation and satisfaction than a man; that is true. One reason for this is that you have so many more components of your sexual anatomy that contribute to your pleasure. Some components are responsive naturally with the correct physical stimulation, while others are more responsive when you have an orchestra of sensual instruments playing together.

Tantric sexual pleasure is more accessible when the chakras are unblocked and balanced, particularly the primal chakras. Certain chakra exercises, along with techniques for couples and singles, enable each woman to uncover and empower all of her sensual, emotional, and physical features to achieve complete sexual pleasure and orgasm.

The first and most important lesson is that every woman is different and has unique perceptions and desires. In Tantra, full female sexual potential is achieved through gentle and loving touch based on personal preferences, and then expanding on these when a woman is ready. There is no rush to accomplishment but, rather, a savoring of each step of increased female pleasure along the journey.

Many times both men and women erroneously think that a woman's full pleasure is impossible because some obstacle lies in the way. What they do not know is that a woman's body is designed head to toe for sensual and sexual pleasure. Tantric massage will awaken all of the possibilities, one by one. Take what works for you and use it with love, appreciation, and joy.

Importance of Unblocking and Breathing Exercises

A woman's misconceptions about her bodily functions, especially the sexual organs, and her own mental and emotional reservations often contribute to a combined failure of stimulus and response. She may feel pleasure during foreplay or intercourse, for example, but find that it is insufficient to arouse her to orgasm.

Email received "*Dear Jean-Claude, Lately I feel not satisfied with just one orgasm. I believe that is because I am blocked in my chakras. The last partner I took to bed did not help me to get aroused enough and then after he came from my oral on him, he left. Men are so selfish*" Kimberly G.

Breathing exercises and chakra meditations are not just vague suggestions for getting in touch with ourselves, but concrete ways for a woman to read her body for pleasurable stimulation and make sure that all the pleasure signals are fully functioning. Although you might go water or snow skiing only a certain times of the year, you can't let your body get out of condition during the off season and then expect things to go well once the weather changes. Likewise, if you invest little in your sexual readiness, you will find that your body fails to respond when you want it to.

For men, things seem to be much simpler, because their bodies are built in a way that allows them to be ready for sex in a very short amount of time from the beginning of the sexual stimulation. Apparently, this happens because, in prehistoric times, men had to be ready to procreate fast and then

go hunting, and their easy-to-arouse nature has endured.

For a woman, things are not quite that simple, because a woman may often allow her mind to wander to her family, to her workload, to lists and errands, to relationships with friends, to an upcoming event or past trauma, to her home, to her body flaws, and on and on. These thoughts deprive her of the moment she is experiencing and of her potential for intimacy and ecstasy, so her libido diminishes and her arousal and sensuality also go down, just when she needs them the most.

Examining our chakras is a great way to determine where we are out of balance physically, mentally, emotionally, and spiritually. It is like a checkup for your entire being. You can seek the experience of a Tantric masseur to detect imbalances in the chakras and help with blockages, but this is very much a self-help healing area as well, and I will gladly show you how to do this for yourself.

The important message here is not that every mental or physical problem has a sexual solution but that, regardless of any other troubling physical or mental issues, a woman can find blissful sexual contentment in a variety of ways and that true sexual pleasure itself is very healing.

The meditation at the end of this chapter will help you to transfer the beneficial effects of your awakened chakras into your sexual experience, making it completely unforgettable and whole. It will also help to keep your mind in the present moment and all of your life forces flowing freely through your body during sex. This way your sexuality will expand into your entire being, and it will feel wonderful.

Detecting Blockage and its Causes

Chakra work helps a woman to balance all of her sexual elements holistically. Gradually, she trains each chakra to contribute harmoniously to her energy flow and achieve a wondrous orgasm through her choice of oral, manual, penile, or other stimulation.

Each of your seven chakra energy centers can be underactive, balanced, or overactive. An overactive chakra generally is attempting to compensate for one or more that is underactive, so the simplest way to restore balance is to stimulate the weak chakras. As these begin to function more fully, the over-activity in others will diminish.

The specific chakra details are much less important than your own intuitive sense and perceptions. Therefore I want you to take in the information below while avoiding the urge to “take inventory” or to “diagnose and repair.” Energy is intended to flow through the chakras, from one in to the other, from the ground to the sky and back, so don’t focus too much on particulars; just try to visualize any hot (active) or cold (sluggish) spots or congestion (may be perceived as one feeling meeting an opposite feeling) while doing the meditation exercise. With practice, you can increase your energy flow when and where it is most needed.

Of the seven main chakras, it is believed that the first three, moving from bottom to top, are related to physical needs, financial comfort, basic relationships, and sexual pleasure, while the next four, continuing upward, are related to spiritual needs such as love, creativity, and so on.

The Three Physical Chakras

Root (Muladhara): This most primal chakra at the base of the spine governs basic instinctual elements of physical safety, security, and survival. Weakness or blockage arising from continued disconnection to earth elements appears as lack of energy, listlessness, withdrawal, or a “cold fish” response to touch. The opposite problem is sexual aggressiveness or manipulative behavior.

Sacral (Swadhisthana): The belly or sacral chakra below the navel is most closely aligned with the physical aspect of sexuality in women, but also extends into emotional issues and is associated with

feelings such as guilt, shame, blame, and difficulty with intimacy or giving and receiving physical love.

Solar Plexus (Manipura): Located below the wishbone area of the chest, the solar plexus—sexually speaking—is the region associated with issues of control, struggles of will, self-esteem, and vulnerability to the opinions of others. These feelings can internalize in a variety of organs, resulting in distressing physical manifestations. Unblocking here can help women feel less conflicted about experiencing sexual pleasure.

These physical chakras are gifts from Mother Earth and our connection to it. Strengthen them to become more grounded and confident in the physical nature of your sexuality and more self-assured about every aspect of your being as a vital, sensual creature, relaxed and energized by her erotic nature and its pleasures. Blockage generally hinders appreciation, expression, and sharing of these physical energies.

The Four Spiritual Chakras

Heart (Anahata): This is the transformative chakra; the energy center of unconditional love, both given and received, and the ability to transform negative emotions into positive ones. Blockage manifests as unresolved emotional conflict or pain, lack of compassion for self or others, inability to express nurturing, warmth, and kindness, and may cause others to perceive you as distant, aloof, or cold.

Throat (Vishudha): This is the expression chakra. Located about an inch above the root of your neck, it helps you express your feelings, communicate your desires, and socialize verbally. Blockage manifests physically as a sore throat and emotionally as loneliness, as well as the feeling that you are being misunderstood, and/or lack spontaneity and authenticity in your speech.

Third Eye (Ajna): This is the ESP chakra. It is located in the center of your forehead, about ½-inch above the spot between your eyebrows. This is responsible for intuition, premonition, and a special sensitivity to spiritual events. Blockage manifests through lack of a spiritual side and missed opportunities in your life.

The Crown (Sahasrara): Located in the middle of the top of your head. When open, it facilitates access to a higher understanding of the world and helps you detach yourself from daily problems. Blockage manifests as anxiety, excessive fear of death, and preoccupation with having basic necessities.

It is in the Anahat region that we work to balance physical and spiritual energy, heal heart scars, and exchange loving energy with the universe. Blockage in this region prevents the flow of energy between the physical and spiritual (psychic) chakras, such that deep contentment in sexual relationships and sexual pleasure is hindered.

Because it is believed that, in meditation, energy comes from above and enters the body through the crown chakra, gently flowing onward to the rest of the chakras, until the primal chakras are also unblocked and awakened, that is how the meditation exercise is organized. This will enable full opening of all chakras and restoration of energy flow, thereby letting universal energy pass through completely and producing a state of harmony.

Chakra Opening and Alignment Exercises for Self-Healing

Many of the finest healers are those who use intuitive methods to open and align chakras. Intuition is ideal for purposes of female self-healing as well, since women are naturally intuitive and inclined to be quite aware of their general body functioning.

To begin, we will use a simple but powerful meditation exercise to adjust the chakras, and in the next chapter we will follow this up with breathing exercises to complete the cleansing and restoration of energy flow. It is advantageous to do these outdoors where your feet actually touch the earth, but work with what you have and can do. Loose-fitting comfortable clothes can be helpful, as is a chair, but you may sit, stand, or lie on the floor, ground, or mat, and wear whatever you like.

Until you have some experience meditating, avoid discomfort and distractions if possible, but the real power of meditation arises from your intention, not from your positions or accessories. This means that you can perform all or part of your meditations when and where you choose, even in small blocks of time. You can combine these with a morning walk, watering the garden, or kneading bread. Your intention is everything as the boundless energy of the universe is yours if you choose to share in it. After all, you are the energy, as are we all. Relax and enjoy this meditation exercise:



Chakra Exercise

Find a quiet space free of distraction, just for you. The opening of the chakras will help to free you. Take a deep breath and visualize the energy of white light all around you.

- Concentrate on the crown chakra just above your head; visualize a colorful pink flower—a lotus or a rose—gently moving toward it and opening. Feel purple light going through the center of the flower, entering into your crown, and moving through your body.
- Visualize the flower floating toward the third-eye chakra. As the flower opens, indigo light showers the center of the flower, flowing into the third eye; opening and clearing blockages. You may feel the energy working its way from the third eye through your body.
- Shift concentration to the throat chakra. Envision the lotus flower opening up and allowing soft blue rays of light to progress into the center of the flower and into the throat chakra. Feel the light flowing through the throat and flowing through you.
- As the focal point becomes the heart chakra, feeling emotional is common. The flower seems to be drawn to the heart chakra. The flower opens, and you experience luminous white and purple lights drawn to the center, entering your heart gently but powerfully.
- Guiding your attention to the solar plexus, envision a warm-colored flower opening as a stream of white light moves toward the center and continues to the entrance of the third chakra, cleansing and empowering all of the organs behind the navel.
- As the attention moves down to the sacral chakra, perceive a warm-colored flower; as the light flows through the chakra, notice sensations from the navel down to the groin.
- As you get closer to the ground, visualize all the light collecting all the blockages, moving down to the base chakra. See the light move down through the base chakra, down the legs, and into the ground.



Motivational Moment

You have taken a new step to understanding how your body uses energy, what the seven chakras are, and how you can open them through meditation.

Most importantly, you have learned a new technique for drawing in and expanding primal sexual

energy to use and enhance your energy flow in order to experience orgasm. Also, by opening the sacral chakra, which is the root of sexuality, you can increase your ability to produce multiple orgasms, and experience the wonders of Tantric sex.



Note About Chakras and Sexual Awakening

Chapter One encouraged us to be aware of our seven chakras, especially the primal chakras related to female sexual pleasure, and gave basic instructions for opening, unblocking, and aligning the chakras. Also, a simple but powerful chakra meditation has been provided, to aid with the opening of the chakras and improve orgasmic ability.

Changing our sexual habits has never been easy. Many people find that keeping track of progress helps them to stay motivated and become more open to the experience. I invite you to fill in this log to keep a record of your results.

Some people may do the exercises of each chapter in sequence; others may work on exercises from several chapters simultaneously or at different times. It is recommended that you do all of the exercises (from any chapter) several times a week. Although the log here is for eight weeks only, you will certainly be encouraged by your personal results.

1. Which of these chakras did you open this week: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, Crown?
2. What change do you want to see in yourself spiritually and sexually: for instance, courage, trust, growth, become a woman, the new me, forgiveness, confidence, letting go of the past, surrender to the present?
3. How do you feel about your own sexuality now that you have done these exercises: for example, beauty, sunshine, regret, assertiveness, enjoyment, pleasure, courage, trust, guilt, benefit?
4. On a scale of 1 to 10, with 10 the maximum, how have these exercises improved the quality of your orgasm(s)?

	1	2	3	4
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				



CHAPTER 2

The Tantric Breath of Love

Teagan had been a little vague about the logistics of our meeting. “Wait for me on the corner of Grand and 10th,” she said. “Call me when you arrive...the numbers are hard to see from the street.” I did as she asked, parking my car and finding a secluded spot to stand, where I could observe the street. Hands dug into my pockets, I waited, trying not to look like I was loitering with intent.

I was starting to think she wouldn't show up when, suddenly, a pair of cool hands came from behind me to cover my eyes. When I tried to turn to see who was there, the hands stayed firm, and their owner swung around with me, staying out of sight.

I laughed, knowing that this must be Teagan. “Are you Jean-Claude?” said a female voice, without even a hint of a smile apparent in its tone.

“Yes, Teagan, I'm Jean-Claude.”

“Then follow me.”

She was more beautiful than my imaginings. Her sandy hair and even features were quirked by an endearingly childlike gap between her two front teeth and curious green eyes. She smiled at me with an ingenuous openness, and my heart swelled in my chest.

We entered in her small but comfortable apartment, and while I sat on a sofa, she brought me a cup of green tea. She explained why she called me:

“Like many women my age, I have spent many years raising children, working and generally not doing much for myself. But the past couple of years I have awakened to find there is much out there for me to experience and enjoy. I have become much more aware of myself physically and sexually, and would like to continue to expand that knowledge. I have difficulty concentrating on the sensations of my body, because I worry my partner is getting tired or bored because my climax is taking so long. Also, my mind is more engaged in the experience you described on your web site: ‘Breathing techniques and awareness of circulating the sexual energy ... to redirect some of the intense arousal energy away from the clitoris and up to the brain and the rest of the body, thus enhancing the capacity for pleasure ... thus stimulation and redirecting the aroused chi (energy) can further enhance the orgasmic experience.’ “

“Or, to put it another way, I want to be more focused and not distracted. But I was taught as a child to suppress emotions. I was made to feel that many of my feelings should not be shared. Not necessarily just sexual feelings. But that I shouldn't openly express my deeper feelings.”

“In short, I am asking you to come to teach me everything about any breathing techniques that will allow me to have a better orgasm and even multiple orgasms.”

Teagan proved to be eager to learn everything. It was like she was trying to fill a void that she has been struggling with for so many years. She was getting in touch with her femininity and her sensuality, and she was becoming increasingly curious. Soon, Teagan learned to relax and increase her pleasure through the use of breathing techniques, and she blossomed beautifully.

In Tantra breathing is to sex as sunshine is to a garden. Breathing is something you do to enhance your own sexual pleasure, and it is a gift to share with your partner. Breathing is an affirmation that

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