



5 steps to deepen your orgasmic pleasure

A guide to help you practice and develop a more enjoyable experience of orgasm

Most people think of orgasmic pleasure as being a single upward trajectory, climaxing in... well, a climax.

But in actual fact the body moves towards orgasm in a subtle series of steps.

Each step happens by creating arousal in the body, maintaining that for a short while, then either allowing it to plateau, or allowing the body to relax, slightly, before starting the cycle again.

This guide will help you to follow and enhance your body's own natural orgasmic process.

STEP 1. Get aroused

First spend some time increasing how excited your body is – Here are some ways you can do this:

- by bringing more emphasis to your in-breath, try a reverse panting style
- moving your body, especially your hips and pelvis – try a rocking or thrusting movement
- creating vibrations with sound – humming, moaning, groaning, growling, even roaring!
- using a touch which feels enlivening and stimulating: include your erogenous zones and genitals

STEP 2. Check your arousal scale

After a little while of arousing yourself notice where you are on your own arousal scale of 0 – 10 (where 0 is completely un-aroused, and 10 is orgasm).

STEP 3. Notice when you've had enough arousal

Pay attention to your body and notice when it's had enough arousal – signs of this might be that

- your breathing naturally slows, or starts to sigh
- movement slows or feels less appealing
- you no longer feel stimulation from the touch you're doing

STEP 4. Plateau or relax

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For the next few minutes you have a choice:

- **One option** is to keep your body at a plateau - so you don't intensify the arousal level, but you don't let it drop. Keeping your in-breath and out-breath equal with no pause between is good for this, and you can do that either slow or fast.
- **The other option** is to deliberately shift your body towards relaxation. You can do this by elongating or giving more weight to your outbreath, adding a sigh to your outbreath can help too.

You can also slow your touch down and make it more sensuous, and the same with your movement.

TIP: If you're going for relaxation don't dip too far into it!

STEP 5. Return to arousal

After a minute or two of Step 4 start to arouse your body again – this time take your arousal level one number higher on your arousal scale.

So if you were at level 4 last time, see if you can get to level 5 this time.

Then keep it going...

Continue to repeat this pattern of 5 steps, and each time you shift back towards excitement see if you can create a state of arousal that's one level higher than last time.

It may take some time, and you may find yourself moving up and down your arousal scale at different points. The main thing is to aim in a generally upward direction.