

The No Hands Orgasm

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If you ask someone what sex is, they will most likely describe it as procreation, pleasure or romance.

But orgasms originate in the base of your spine and you can actually breathe yourself into an orgasm with all your clothes on and without touching yourself! Yes, I am talking about you. You ARE capable of this, once you learn how.

I will teach you how to achieve a “no hands” orgasm. But first I want to share with you how and why your sexuality informs your creativity. Because when your sexual chakras are fully activated, you are your most alive and your creativity blooms!

You see your sexual/creative core was alive and innocently connected before you were born. Chances are that before you had your first breath of air, you experienced an orgasm while you were still in your mother’s womb. Later in life you lost this innocent connection to your sexual/creative core due to a lot of cultural shaming and justified fear (sex can be scary and dangerous!). But now you are an adult and you can decide what is right for you. You don’t have to let shame and fear control you.

If you allow your heart and intuition to lead you, you can experience a creative/sensual rebirth!

To assist you, I would like to share a beautiful, sensual treat. Here are the steps you can take to begin to reawaken that sexual/creative innocence that is your birthright:

Create a private space for yourself by turning off your phone and putting a do not disturb sign on your door. Light several candles or use another type of soft lighting. Awaken your sense of smell with incense or essential oils. Select music that expands your heart and elevates your mood. Begin to let go of the tensions of the day and allow your body to sway to the music.

When you feel ready, begin to touch your neck and shoulders and face. Do this as if you were gently caressing a lover because in fact you are!

Next lie down on a yoga mat or blanket. With your back against the floor, bend your knees so your feet are flat on the floor. Raise your hips up and lower them back down. Each time you lower your hips, squeeze your PC* muscles and breathe out and every time you raise your hips, relax your PC muscles and breathe in. Repeat this process for about twenty minutes.

You probably won't experience an orgasm the first time you try this. But if you make it a regular part of your self-care, you will begin to see shifts in all sorts of wonderful ways!

For instance, as I have played and danced with these sexual/sensual energies, I have noticed that my intuition and empathy are increasing in meaningful ways. Perhaps the same will be true for you or maybe you will realize other benefits that I am not experiencing. If you try this exercise, please post your story below so I (we) can share in your creative rebirth!

Veronica Monet, ACS, [TheShameFreeZone.com](https://www.theshamefreezone.com), 4/19/2020

** The PC muscle is the same muscle men and women use to stop and start a flow of urine or contain a fart. It is actually the same muscle that wags a dog's tail. It is the muscle that is used for Kegel exercises. The pubococcygeus muscle or PC muscle is a hammock-like muscle, found in both sexes, that stretches from the pubic bone to the coccyx (tail bone) forming the floor of the pelvic cavity and supporting the pelvic organs.*