

# **How to Have Energy Orgasms**

**By Annie Sprinkle, with Jwala**

Why have energy orgasms?

Energy orgasms will clear the body of repressed emotions, old hurts, and blocks. They put a bounce in your step. Energy orgasms help pre-orgasmic women to become genitally orgasmic and help genitally orgasmic women to become much more multi-orgasmic ("megagasmic"), plus they make partner sex more ecstatic and fulfilling. It's safe sex, a good substitute for harmful addictions, and a great party trick! Energy orgasms can be an extremely spiritual experience, giving you a sense of the forces of creation rushing through you, a sense of going beyond the body/mind, reminding you who you are beyond your everyday reality.

What does an energy orgasm feel like?

Incredible! Some are very strong, and some are wonderfully subtle. Generally, the more time you put into building up the energy, the more powerful the sensations. You'll experience "electricity" shooting through your entire body, hands and lips tingle, and there is a sense of release and receiving at the same time. You will feel high, euphoric and light-headed. It feels very different than a clitoral orgasm (but it can occur simultaneously with a clitoral orgasm). It may feel very sexual or it may not. There are many variations of energy orgasms, just as there are many variations of orgasms.

## **HOW TO HAVE AN ENERGY ORGASM**

1. Lay down on a firm surface, i.e. hard bed, carpet, sandy beach, grass. Bend your knees up. (You can also try it standing or sitting.)
2. Take a few relaxing breaths. Empty your mind. Let go of tension. Let go of ego. Settle in.
3. Begin to take deeper breaths. Inhale through the nose and exhale through the mouth like you are blowing out birthday candles. Make it completely "circular" with no pauses between inhales and exhales.
4. On the inhale, rock your pelvis, arching your lower back and flattening on the exhale. Squeeze the pubococcygeus muscles (the muscles you squeeze to stop the flow of urine) on the exhale. These squeezes can actually stimulate the clitoris and G-spot, penis and testicles, while pumping up energy throughout your entire body. In other words, inhale while filling your belly like a balloon, exhale and flatten your back while contracting the PC muscles. Repeat

continuously. Your legs may open and close like butterfly wings. Let the breathing and contractions be erotic.

5. Energy follows thought, so use your mind to begin to pull in energy from the earth/atmosphere into the perineum (the area between your anus and your pussy or penis). Build fire in the sex center (1st and 2nd chakras). Circulate the energy back and forth. When this area is well "lit," go up to the belly area and start circulating from the genital area to the belly, around and around (2nd and 3rd chakras). Circulate until the fire is burning stronger.

6. Go to the next level - the heart. Circulate from belly to heart, belly to heart (3rd and 4th chakras).

7. Now try the throat. Circulate from heart to throat, heart to throat (4th and 5th chakras). When the energy moves up, you may automatically make some sounds. If not, you can consciously make sounds, as this helps to open the throat for the energy to move up. Keep circulating between the heart and throat, until you feel the energy move up to the Third Eye.

8. Circulate the energy from throat to Third Eye, throat to Third Eye (5th and 6th chakras).

9. Circulate from the Third Eye to the top of your head (7th chakra). At a certain point it may feel like the energy is shooting out the top of your head, like water out of a hose. Soon, you will kick into full body orgasm. Go with it. Your breathing patterns will change. You may scream, you may "melt," you may laugh hysterically, you may feel your back arch and your fists may clench. With practice you can learn to ride the waves and keep the orgasms going for a very long time.

Other things to know about energy orgasms:

Be patient. At first you may not experience the orgasm part of this process. Some get it on their first try and for some it can take years. Keep practicing. Even if you don't experience the orgasm, just the breathing and energy circling alone is of great value. It will clear out blocks, so eventually the orgasm can move through you. Blocks can be experienced in many ways - crying, gagging, feeling frustrated, old memories surfacing. Just keep breathing. Visualize releasing the "old" on the exhale, ringing in the "new" on the inhale. Energy levels will most likely rise and fall, like mercury in a thermometer. Just go back down to the area where it slipped to and start again. You'll want to tap into your sexual center when energy slips, and pump those PC muscles regularly! One of the most important keys to learning this technique is KNOWING that it is possible. You'll be convinced when you watch someone do it. It is best learned from someone who practices it. If your PC muscles are out of shape or feel crampy, don't squeeze them so hard, or squeeze them every 3 or 4 breaths instead of every breath. If you want to, use your hands to touch the centers

where you are concentrating on sending the energy. Or circulate them above your body in a fanning motion. The hands help guide and create pathways for the energy to follow. Some knowledge of the seven chakras is useful when learning and using this technique. Visualize the qualities of the chakras as you breathe into them. (There are many books on the chakras). This technique is based on the Fire Breath Orgasm, taught by Harley Swiftdeer of the Deer Tribe. According to Harley, the Cherokees would do fire breath orgasm in their ceremonies and it was an important part of sex education and healing. He has introduced this powerful tool to thousands of people. Variations of the F.B.O. are found in all the sexually knowledgeable cultures of the past, like the Tantrics and the Taoists. Good luck! As you receive pleasure the whole universe receives pleasure through you.

Annie's video, [Sluts and Goddesses](#), can be purchased through the Catalog at Tantra.com. Jwala's book, [Sacred Sex](#), is available there also. Check the links page on Tantra.com to find the links to Annie's and Jwala's sites for more information about them.

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