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The A to Z of Sex
Thursday at 11 AM Pacific /2 PM Eastern
May 09th 2019: O is for Orgasmic Meditation

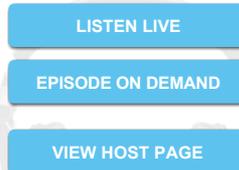
In this episode will we explore Orgasmic Meditation, which is a 15-minute partnered practice that offers both men and women a unique way to explore their sexuality, connect with their bodies and heal from the past. Primarily, OM works as a healing modality by shifting our understanding of orgasm, first by separating 'sex' and 'orgasm' and then further by differentiating 'orgasm' from 'climax'. Through the practice, far from simply being the peak of sexual experience, orgasm becomes a source of vitality, a way to anchor into true desire and purpose and a foundational way in which to stay con

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Featured Guest



Aneka Theolade

Before Aneka became an OM practitioner she says she never understood what it meant when people said 'feel your body'. Aneka says 'I was so disconnected from mine and had been for so long, that I didn't even know that I was. I couldn't tell you when the disconnection happened though I image, it was probably almost complete by the time I was 18 and raped by a friend. By then I had been the victim of many experiences in which i felt inadequate, ugly, and alone. I had begun the journey to healing and to being a coach many years before I found OM but nothing helped me lift the burden of shame in the way that connecting to my body and my capacity for pleasure did. Now I offer people what I wa

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