

THE PLEASURE KEYS™



*7 Keys to Increase Pleasure,
Reach Your Orgasmic Potential and
Experience Sexual Fulfillment*

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INTRODUCTION TO THE KEYS

Most of us for a deeply meaningful intimacy and spiritual connection with a significant other. Yet for many women this has been elusive or altogether absent, leaving us feeling frustrated, confused, or worse--believing that something must be wrong with us or our partners. And I know firsthand how frustrating this can be!

Let me assure you that if you are struggling to create the love, sex and intimacy you long for, there is nothing wrong with you or your relationship and you are not alone in your sexual struggles. Neither you nor your partner are to blame. The real problem is the epidemic lack of real education on how the female body and feminine sexual energy function in the context of relationship,

intimacy and sex.

The following 7 keys will provide you with an introduction to this fundamental sexual education. **These 7 simple keys are intended to serve as an introduction to some of the basic principles of what makes sex and intimacy fulfilling for most women.** They are intended to open a doorway for you to begin your personal journey towards activating your inherent ability to experience expanded pleasure and reach your orgasmic potential while cultivating the deeper emotional connection and intimacy you long for.

At the end of this report I will be inviting you to join me for a free online training where I will go into more depth on how to apply some of these important keys into your daily life. Read on to discover what you can do today to begin to change your experience of sex and intimacy from "nonexistent", "mediocre", "fine", or "good", into an experience that is truly moving, emotionally fulfilling, and spiritually meaningful.

KEY #1. ORGASM

Did you know that 3 out of 5 women report they are not sexually satisfied? And a study done by Yale School of Medicine and Albert Einstein College in 2005 reported that "sexual dysfunction" affects 48.2% of women, where **the most common issue was numbness in the clitoris and lack of orgasm?**

But is it really that so many women are sexually "dysfunctional" or is it that we are missing a bigger piece of the puzzle altogether? A piece that could elevate our capacity as women to truly claim our sexual pleasure and empower us to create the deep and meaningful intimacy we intuitively long for?

In women, lack of orgasm or difficulties experiencing orgasm is influenced by many factors, the majority of which are emotional and psychological in nature. Understanding what these factors are, how they affect a woman's ability to be fulfilled in sex, and how to overcome them is the key to not only experiencing more orgasmic pleasure, but also the doorway to reaching heightened states of spiritual ecstasy, emotional depth, intimate love and sexual fulfillment.

While orgasm is a beautiful and pleasurable aspect of sex, it is not the entire picture. After all, having orgasms--even multitudes of them-- does not necessarily equal sexual fulfillment. The majority of people report that the reasons they have sex in the first place is to experience:

- Emotional connection
- Closeness or "oneness"
- Physical pleasure
- Intimacy.

These are also the things people report thinking about in the hours and days after sex. **In other words, the orgasm is not the thing most people**

remember about sex. It is also not the primary motivation to have sex.

THE KEY? Stop making orgasm the "goal" of sex! Instead shift your focus to the feeling of pleasure and other sensations in your body during intercourse. This simple shift alone will help you to begin to relax more during sex. And as we will see in a moment, relaxation is the key to expanded states of pleasure setting the stage for orgasm to happen. When you are not rushing towards the goal of orgasm during sex, a whole new world of sexual experience will begin to reveal itself to you.

KEY #2. BE IN YOUR BODY

Being too much in your head during sex ranges anywhere from obsessing with your "to do list" to other distractions such as:



- Worrying about the kids, work, etc.
- Wondering what our partners are thinking or experiencing.
- Worrying or obsessing about how we look, sound, etc.

These common mental distractions take us away from where we really need to be during sex-in our bodies! **When we are present and in our bodies we able to experience more pleasure, emotional connection and intimacy with our partners.** Therefore when we are distracted by mental chatter and superficial worries during lovemaking, our capacity for erotic fulfillment and physical

pleasure including the experience of orgasm and heightened states of sexual ecstasy are limited.

THE KEY? Focus on the sensations of pleasure and other physical sensations happening in the body during sex. Becoming more present in the body is a skill that can be taught and practiced. When you learn to be fully present in your body you will be capable of experiencing more pleasure, sensation, and connection. These are the gateways to greater sexual and spiritual fulfillment.

KEY #3. RELAXATION

Relaxation is the most fundamental aspect of sexual fulfillment. Relaxation invites expanded states of physical pleasure and the potential for orgasm. Holding any amount of tension in the body not only inhibits your ability to relax and surrender fully, but also limits the flow of sexual energy.

When the flow of sexual energy is restricted by tension orgasmic potential is also limited. Sexual pleasure becomes stuck in the genital region and is denied the opportunity to expand throughout the whole body where it is allowed to into higher pleasure pathways located in the heart and brain. For heightened states of pleasure and orgasmic potential, sexual energy needs to be able to expand and move freely throughout the whole body.

Three Types of Tension:



- **Mental Tension:** being mentally distracted, or too much "in our heads" during sex.
- **Emotional Tension:** stress from work, relationship issues or financial concerns, etc.
- **Physical Tension:** both mental and emotional tension contribute to and create physical tension which results in tightness or holding in parts of our body. The most common areas physical tension manifests are the neck and shoulders, the jaw, the solar plexus (the area just below your diaphragm) and your pelvic floor (vagina and anus).

THE KEY? Learn the art and skill of *conscious relaxation*. As you begin to be more present *in* your body and *to* your body you will begin to become aware of the areas you are holding tension and tightness. Learning to take your attention to those places and then to consciously relax them is the first step towards cultivating a practice of conscious relaxation. In the free training I will be inviting you to at the end of this report, I will share with you a simple and effective practice for how to make relaxation a conscious and regular part of your life.

KEY #4. RELEASE TRAUMA AND STUCK EMOTIONS

A traumatic experience may be defined as any event in which you experienced heightened and highly charged negative emotions. Learning of the death of a loved one, barely avoiding a traffic collision on the freeway, or experiencing a bad relationship breakup are just a few examples of events that could be considered "traumatic" and which can contribute to the holding of the

traumatic emotional experience in the body.

"Trauma", however, occurs when these traumatic events are not fully processed--when the highly charged emotions and emotional energy are not expressed or properly released from the body through things like crying, sobbing, physical shaking, etc. When this happens, the emotional energy gets "stuck" and embedded in the physical body. **Over time this can lead to a host of problems including anxiety, depression, illness, physical dysfunction, pain, or even numbness.**

A woman's sexual organs are one area of the body that tends to hold many old emotions and traumas from the past. In part due to our female physiology and the receptive nature of our sexual anatomy--a woman's body naturally takes in the energy and emotional "garbage" from her sexual partners. A woman often will hold old memories of not so pleasant sexual experiences such as times where she said "yes" to sex when she really meant "no", or times when maybe sex hurt or she was just not enjoying the encounter but went along with it anyway.

In truth, any painful memory from a woman's past can potentially be held in her sexual organs. When old emotions get stuck in the body it blocks the flow of sexual energy, decreases sensitivity and sensation, and inhibits our ability to feel and experience pleasure in that area. **This unconscious emotional holding is one of the main reasons so many women have difficulty with orgasm and sexual enjoyment.**

The presence of pain and/or numbness in the sexual organs are typical indicators of old emotions and traumas being held in the body. When old emotions and trauma are held in the sexual organs they will need to be gently released in order for a woman to be able to access her full orgasmic potential and sexual fulfillment.

THE KEY? Learn to be gently present in your sexual center.

Presence and awareness are the keys that allow old emotional energy to begin to release and process out of the body, allowing for more flow of energy, increased sensation and sensitivity, and creating the



environment for deeper emotional connection and intimacy. In the free training offered at the end of this report you will learn a simple daily practice that you can do anywhere anytime that will help you to do this.

KEY #5. TRUST AND SAFETY

The juiciest place in sex for a woman is in the experience of herself being opened and surrendered into love. This is the place where the complete range of pleasure and feelings of deep fulfillment from sex can be found for her as she surrenders to her innate potential for deep orgasmic and spiritual states.

In order to experience this depth of openness however a woman must learn to fully and completely surrender herself in sex --emotionally, physically,

energetically and spiritually. To do this requires a great amount of trust within herself--to trust her own body, her emotions and the flows of her own raw sexual energy, as well as a deep sense of trust and safety with her partner.

If any part of a woman's being feels unsafe to let go, or like it has to be "on guard" during sex, her ability to completely surrender and release into openness will be compromised. This affects her ability to experience the deeper levels of connection required for sex to become something more than just a form of physical genital stimulation.

Expansive orgasms such as cervical or full body orgasmic states, require very deep levels of relaxation surrender. **In order for a woman to feel safe enough to allow her body to surrender open fully in this way, she must feel a deep sense of trust and safety with herself and her partner.**

She must know it is safe to totally let go and release and to allow pleasure to course through her body. Anything that gets in the way of her ability to do so--such as fear, self consciousness or lack of trust in her partner--will affect the depth of her surrender and her orgasmic potential.

Without this deep and total surrender into love for which the feminine secretly longs, most women will carry with them that nameless feeling of "something missing" and that inevitable longing for a nameless "more".

THE KEY? Feminine sexual surrender is a process not a destination.

Opening in this way can take some time. It requires learning to be comfortable with your own sexuality, with your body, with feeling and expressing your emotions as they arise during sex and in life, and a letting go into what may feel wild or out of control as you allow your body to open. Your ability to fully surrender also requires an intimate partner who is capable of meeting you in this place, holding a space of presence and love, free of judgment or negative reactions.

KEY #6. PREVENT PREMATURE PENETRATION

It is a fact that the female body, sexual organs, and feminine sexual energy take time to warm up and be fully ready for intercourse yet this is one of the most commonly overlooked aspects of the female sexual arousal process. Many men and women are simply unaware of this unique difference between the genders and as a result many women experience less than fulfilling sex.

While the male body, sexual organs and masculine sexual energy is quick to become aroused and can be ready for sexual intercourse very quickly, the opposite is true of the female body and feminine sexual energy. As a result penetration often occurs before their bodies are really fully ready for it.

Understanding how the female anatomy works and learning to discern the signs of *full* arousal is a necessary ingredient to fulfilling sex and orgasmic pleasure.

Here's the beef: **Believe it or not, just because a woman is a little "wet" or**

turned on, does not mean that her body and sexual organs are 100% fully aroused and ready for intercourse. The female sexual organs are made up of a very beautiful and complex arrangement of erectile tissue--the same type of erectile tissue that exists in a mans penis, with one slight variation: rather than being located in one centralized place as is the case with the penis, the female erectile network is spread out over a larger area and encompassed in multiple structures of the pelvic region.

With sexual stimulation the tissues in these structures fill with blood and become engorged, just like a mans penis. **In other words ladies, we get "hard on's" too**--and penetration will be far more pleasurable for both us and our male partners if we wait until all of our parts are fully engorged, hot and ready before we allow penetration to happen.

THE KEY? The arousal process for women generally requires the slow and steady awakening of each of these anatomical areas before she is going to really feel a full "yes" to penetration. Allowing more time for the skillful finesse of your female anatomy leads to the greater heights of pleasure and orgasmic states. Slow down and learn to identify the signs of full arousal. Help your partner to do the same. For an excellent resource on your beautiful female sexual anatomy and the female sexual arousal process check out Sherry Winston's book, *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure*.

KEY #7. ENTER SEX FROM WITHIN THE FEMININE ELEMENT

Receptivity is the primary quality of the feminine. Your ability to be physically and energetically open and receptive are directly proportional to your ability to experience enhanced sexual pleasure, intimacy, and orgasm. Everything we have talked about up until now is directly related to your ability to be in a receptive feminine state and to increase your feminine quality of receptivity:

- Conscious relaxation.
- Learning to be more present in your body instead of your head.
- Trusting yourself and learning to release stuck emotions.
- Allowing time for appropriate physical and energetic arousal.

Receptivity allows for your sexual energy to flow more freely throughout your body. **Receptivity allows for you to be able to experience more sensation in your body which leads to enhanced pleasure and expanded capacity for orgasm.** Receptivity is the absence of tension and a dynamic state of relaxed non-doing presence. **To become more receptive and to enter sex from "within the feminine element" means to:**

- Begin to slow sex down:
- Take more time to warm up by allowing your body time to become fully aroused and your genitals to become engorged and fully ready.
- Begin to cultivate more sensitivity and awareness by holding your attention deep inside your body during sex instead of relying on mental fantasy.
- Learn to relax deeply into sensations rather than tightening up the body in an effort to "create" more sensation.

Entering sex from within the feminine element is a new concept for most women and men. Rarely are we given an example of what it looks like to allow ample time for the feminine sexual energy to adequately rise and for our bodies to become fully aroused prior to penetration.

We are so accustomed to seeing the male path of sexual arousal--male sexual energy is ready to go very quickly and sex is often over just as fast with the buildup of tension and a quick ejaculation.

Rarely is enough time allowed for the feminine body and feminine sexual energy to heat up enough to the point where orgasm, expanded pleasure, and sexual fulfillment is even a possibility much less an experienced reality. This is the core reason why so many women are left sexually unfulfilled and frustrated and why they may begin to close off to sex altogether.

THE KEY? What is needed is a fundamental education around sex and our sexuality. If we as women do not understand our bodies and our feminine sexual energy function then it is not practical to assume that our partners should know any better. I believe that it is up to us as women to learn about our bodies and our sexuality and to take what we learn back into our intimate relationships where we hold the power to literally change the nature of sex from something mundane into something truly sacred, spiritual, and meaningful.

HOW DO YOU ACQUIRE SUCH AN EDUCATION?

Well bravo for reading this report, that's a great first step! For your next step I would like to invite you to **join me for a FREE online training where I will show you how to take some of these Pleasure Keys to the next level** and begin to incorporate them into your daily life and intimate relationship.

PLEASE JOIN ME FOR:

Pathway to Pleasure: Unlocking the Pleasure Keys

IN THIS FREE ONLINE TRAINING YOU WILL LEARN:

- Why so many women and men are sexually unsatisfied and what to do about it.
- Why you don't feel fully satisfied when sex is over too soon.
- The common causes of lack of orgasm, numbness or lack of sensitivity.
- What to do when you deeply desire intimacy that feels spiritual, loving, and ecstatic, but have no idea how to create it and why to stop expecting your partner to figure this out! Stop waiting for him to rise to the occasion.
- How to experience intimacy as more than just a way to get physical or emotional needs met.
- Two simple practices that will help you to become more orgasmic even if you have never had an orgasm.
- Why women are the crucial link to creating change in the sexual domain.
- How to cultivate more receptivity and awareness and why this is

necessary for your sexual fulfillment. Click the link below or visit www.PathwaytoPleasure.com to register.

Pathway to Pleasure Unlocking the Pleasure Keys

IN CONCLUSION...

Before finally making the declaration to embark on the whole hearted study of my own sexuality in 2011, I had struggled endlessly to find the sexual fulfillment, depth and connection I so baldly longed for. I made the continual mistake of making my partner responsible for my sexual pleasure and fulfillment and then blaming him or the relationship when he fell short. I struggled with my own doubts about my body and my inherent capacity for expanded pleasure and orgasm, thinking that maybe this was for "other lucky people" and not something that I was capable of.

Everything changed one day when I made the declaration to embark on a study my own sexuality. This personal journey lead me to experience the knowing that pleasure existed inside of ME and did not come from someone else. Nobody could *GIVE* me my orgasm, because I discovered that orgasm existed *within* me, only waiting to be awakened. The trick was that I had to learn how to access this place within myself first. Only then could I lead a partner to take me to that place again and again.

This is my hope also for you also: that you will take the first steps to committing to learning about your sexuality and cultivate the skills to create the lasting

sexual fulfillment and intimacy you long for, just as I did.

Thank you for taking the time to learn about your unique female body and beautiful feminine sexuality. Please know that even the smallest changes can make a big difference. I wish you all the best and hope to connect with you again soon! Here's to your amazing journey towards your intimate fulfillment and sexual empowerment!

Be Radiant!

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Morgan Susan Taylor is a sexuality educator, coach and therapist specializing in sexual health and healing for women and couples. She leads online and in person classes, workshops and retreats where she helps people get they want in intimacy without feeling like they have to sacrifice themselves to get it. Morgan resides in Austin, TX USA and works with clients both locally and worldwide. Learn more at www.femininewisdomacademy.com

P.S. Click the link below or visit www.PathwaytoPleasure.com to register for the Free Online Training and take what you learned today to the next level!

[Pathway to Pleasure Unlocking the Pleasure Keys](#)