

Sofia Sundari

Your Orgasmic Guide

9 STEPS TO SACRED ORGASMS
THAT CHANGE LIVES

FOR
HER & HIM



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Hello my friend,

I'm Sofia and I'm glad you are here.

In 2018 I published my first book Liberation into Orgasm. It became a bestseller within 24 hours. This short ebook that you are reading now is a very condensed version of that book. You can get Liberation into Orgasm in the printed version as well as in Kindle and Audio **from Amazon here.**

In the modern day world we tend to think that sex and spirit are separate from each other. Or that in order to access the spirit we need to transcend sex.

With this book I want to serve the healing of the split that we have created between sex and spirit.

This split has caused disconnection, **shame**, guilt and judgement around something that is at the essence of our expression as human beings - our sexual nature.

Our sex energy is, has always been and always will be the purest of the pure. We can come to know through our ecstatic experience that sexuality is a manifestation of divine consciousness.

Deep sacred orgasms open the doors to that.

Let's explore how.

All my love,

A handwritten signature in black ink that reads "Sofia Sundari". The signature is written in a cursive, flowing style.

What is an orgasm?

You might be surprised to know that there are at least 10 different types of orgasms that both men and women can experience.

I go into this in great detail in my book **Liberation into Orgasm**, but for now let's just focus on the full body, energetic or Sacred orgasm.

This is actually the most advanced form of orgasm, yet in its essence - the most natural.

I deeply believe that orgasm is in fact our natural state. Once we stop clenching our body and repressing our emotions, we may discover that we are in a continuous orgasmic state.

This might be completely new to you, or you might already be experiencing it without even realising. In any case - my invitation to you is to stay open so you can actually receive this information, and even more importantly - implement it in practice.

The common understanding of orgasm is that it is a sharp, quick and intensely pleasurable sensation in the genitals.

Yes, that is an orgasm, but only a version of it. It is called a peak orgasm.

Full body energy orgasm is different.

That's why once you open up to the energy orgasm it is important that you drop all expectations of how it should feel. Because it is entirely different to what (most probably) you have been experiencing or expecting so far.

Sacred orgasm is an experience of being expanded beyond your physical body, of being deeply connected to all of Life... It is essentially an experience of being Life.

Two Limiting beliefs

There are two concepts that we need to dismantle before we go any further, because they significantly limit our orgasmic expression.

- **Belief that it is our partners who give us orgasms**

This belief is an example of how we give our power away.

No, we don't need a partner to experience full body orgasms. Yes, having a partner might make this experience more intense, because of the chemistry between us and emotions that are involved.

In fact, a partner can open us up only to the degree that we are already open. A masterful partner is the one who is capable of holding space for that opening to reveal itself.

- **Belief that orgasm is a response to stimulation.**

We need to learn to inhabit our bodies. Because we are to a large degree disconnected from them. In the same way, we are disconnected from our senses. In order to feel at least something, we taught ourselves to have a lot of stimulation.

So as a culture, we have become obsessed with stimulation.

There is also a lot of fear hidden in that: fear of not feeling. This is nothing but the fear of the unknown.

We move really fast, to get to a desired outcome or bring our partner there...

However, if we dropped the idea that in order to feel we need stimulation, and instead relaxed into our body, released any agenda, release even the goal of orgasm, drop into any sensation that is present... we would be opening ourselves to Life, to the mystery, and therefore – to full body orgasms.

An orgasm does not even have to be a sexual experience related to genital touch or penetration. Both sexual and non-sexual pleasure are an orgasmic experience.

“Ok, Sofia, I'm convinced, how do I get there?”

The 9 steps

Here are your magic keys:

1. Awareness

Awareness is your capacity to observe and witness yourself.

The orgasm is not going to happen if you are not there, if you are lost in your thoughts, plans or memories.

When we approach sexuality with awareness it transforms itself into a spiritual practice that creates love and deepens the experience of the present moment.

Awareness acts as a highly potent aphrodisiac too. Through awareness we awaken to the body on an inner level and we actually notice how much pleasure there is in our life.

Train yourself to be aware of even a slightest pleasure felt in your body: the wind touching your skin, warmth in your genitals, delicious feeling when you stretch your neck... All of it is your gateway to a deeper pleasure.

I invite you to see even the slightest pleasure as an orgasm, even if a tiny little one.

2. Breath

Breathe deeper, slower than you normally would.

With every inhalation soften your body more and with every exhalation relax deeper and let go.

Whether you are practicing self-pleasure or are sensually or sexually connecting with your beloved, elongate your breath. Normally our breath is very shallow, but breath is the carrier of Life, so if we are not breathing fully, we are not allowing Life to fully reveal itself through us.

3. Unclenched, relaxed body

Make sure you relax your jaw, your belly and your pelvis. I invite my students to do a body scan several times a day and relax all the clenched places. Eventually it becomes a habit. It

has numerous health benefits, including increase of blood flow to these areas, and it is very important for us in our orgasmic cultivation.

We are taught to suck the belly in, but now I invite you to drop into your body, drop deeper and deeper through a “yes”, through a continuous relaxation, through softening, saying yes to your belly and to all of Life.

Always remember to relax and drop deeper into your body especially when you are playing with sexual energy.

4. Unclenched emotions = emotional flow

We cannot be completely shut off in life and then orgasm in bed like crazy. Our emotions naturally want to flow, and that’s what they do when we don’t try to repress them. They change, shape-shift, get released, move and help us open up.

It is essential for our orgasmicness.

So notice what emotions are coming up for you, and instead of pushing them away, try allowing them. Allow it, even if it is one of the “uncomfortable” emotions, such as sadness, frustration or anger. You will see that when you actually feel your emotions, they tend to pass faster, and flow.

Even the experience of being right in the midst of an emotion and staying with emotional intensity can be a very orgasmic experience!

5. Sound

If you are not used to it, it might feel quite intimidating or uncomfortable to make sound. You can begin by making a gentle “a” sound on the exhalation, it doesn’t have to be very loud.

Sound works from within the body, it is spreading the vibration and helps the energy spread and rise to the level of the heart and throat, which is exactly what we need to activate the full body orgasm.

As you make sound you activate more of Shakti, in other words – Life in you.

6. Movement

Breath, sound and movement are the three anchors that we have full access to at all times, and all three of those are activating Life in us.

As you relax and soften your body, as you breathe deeper it is very natural for spontaneous movement to arise from inside. And it simply feels delicious to move in a sensual way.

Here, same as with sound we might have some inhibitions or shame coming up. But do give it a go. I promise, a moment will come when you won't be able to resist the spontaneous expression, just because it feels so good.

Breath, sound and movement help us generate more energy in ourselves and they are also allowing this energy to move through us. Thus spreading the sensation, the pleasure and opening us up to the incredible full body orgasm.

7. Yoni/Lingam activation

Yoni is a Sanskrit word for vulva, and lingam – for penis.

Our genitals are the seat of our sexual energy, it is our place of power, both emissive (for a man) and receptive (for a woman).

Our genitals need to be activated. If we have not done any conscious work on activating them in most cases they are numb. Usually of course we do not realise that that's the case because we have nothing to compare with.

This numbness is the result of the disconnect that we historically have from our sexuality due to societal taboos, shame and conditioning.

How do we activate the genitals? By bringing awareness to them. By making our genitals a place where we rest. By exploring and massaging them.

As you activate your genitals, a lot more of your sexual power becomes available to you, and therefore – deeper orgasms become accessible.

In my online course **Limitless Love** I share with you rituals of massaging and activating the Yoni and Lingam.

8. Breasts

This is of course for those who have them. Breasts have an enormous orgasmic potential. In **my book** I go in detail about the breast-gasm.

Breasts are the physical extension of a woman's heart. For her sexuality to flow, her heart needs to be open. So do spend plenty of time exploring, touching and massaging the breasts.

9. Trust

Trust is based on a deep inner knowing that you are taken care of by the divine. It is as simple as that. Yet it is so rare to meet a person who really trusts.

Because as soon as something happens that takes us out of our comfort zone, most people judge it as negative, go on blaming the world or feeling pity for themselves. It is not always easy to recognise that there is wisdom even in things that don't seem to be desirable. When we can see that, it means that we know what is trust.

To come to those deep life changing orgasms we need to open. And open completely. Often a fear will come, and you might hear yourself thinking: *"But what if I open so much, and then this person is going to leave me..."*

But in fact you are never opening to a person.

You are always opening to the divine.

And even when it looks like you are opening to a person, you are opening to the divine within that person.

Without opening nothing makes sense.

The real deep orgasms come only with opening.

The real Life comes only with opening.

The real love comes only with opening.

So now you are equipped with all the tools you need to dive into the magnificent deep orgasms. For some just having this knowledge will be enough to open up to the tantric orgasms. For others it will take some unlearning and exploration before they can enjoy the depth of their pleasure.

In any case, remember there is no end to the depth of erotic opening. And it is a fascinating and a life long journey of liberating into your divine nature.

If you can handle pleasure with the right attitude this can be your path to the Divine.

If you feel inspired and want to go deeper into your own orgasmicness, you are surely ready for the next step. Which is to start opening your erotic body in a new way. This is best done through self pleasure rituals.

Your self pleasure can be your juiciest and most powerful form of meditation. Stay present with your body, your sensations and let yourself be guided by a natural current emerging from within - that's all you need.

If you would like more inspiration and to realise how far this practice can actually take you (and oh it can take you far and deep...), I have a great resource for you - the **[Pleasure as Prayer online course](#)**.

Author:
Sofia Sundari



Sofia Sundari is a mystic in the world with Love at the centre of her life. Sofia is an international transformational leader, bestselling author, speaker, founder of the Priestess School, facilitator of courses on spiritual development and sacred sexuality. She has worked with people from 80 countries and supported them in returning to their innate beauty, power and love.

After leaving her law career in 2009, Sofia spent many years in the jungles and temples of Asia, in the desert of California and mountains of South America training in healing and spiritual modalities, such as Kashmiri Shaivism, Tantra, Hatha and Kundalini yoga, Taoism, western esoteric science, quantum physics and shamanism. She has held over 30 worldwide trainings, over 100 workshops, developed 5 online courses on the subject of sacred sexuality and garners a strong online following of over 100,000 people.

Sofia has been featured in Shape Magazine, Healthline, Bustle, Yoga Journal, Elephant Journal, Metro and other online and offline media.

Russian born, Sofia resides in Ibiza, Spain and travels the world to lead trainings and offer talks.

[Check out what's coming up here.](#)