

# The Ultimate Orgasm

## The First Steps II



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**Introduction:** Everyone wants to be happy. Everyone wants to experience orgasmic ecstasy, but no one has found the method to achieve those heightened states of consciousness. It is the hope of this short booklet to provide you with the skills that you will need to have that orgasmic experience.

You will need to do a sequence of simple experiments on yourself and achieve the results of each experiment before proceeding to the next step. Each step builds upon the success of the previous step, leading to the beginning of ecstasy. Once you know how to find ecstasy, it will be an art form that will lead you to some of the greatest experiences of your life.

**Step one:** In step one you will stand or sit facing forward with eyes open and mind blank, paying no attention to anything. Start by rocking your body gently to the left and right. Immediately your attention should be drawn to what you are seeing. The visual field will be moving back and forth in front of you. You want to adjust your mind and vision so that the entire visual field appears

as one image going back and forth in front of you. You want to do this exercise until both the rocking and the visual field's movement become automatic. Then you can move on to step 2.

**Step Two:** With a blank mind, you see the entire visual field moving in front of you. Now with a blank mind, you just relax and begin to FEEL the visual field moving in front of you. You can see the visual field moving in front of you, but you can also begin to FEEL the movement. Feeling the moving visual field may take a little time to understand fully. The feeling may not be locatable at first. Maybe you feel something in front of your eyes or face. Then you slowly feel things moving inside your body, maybe inside your head, heart, or stomach. Next, you should be able to feel something rocking back and forth in your body. When you know the feeling of something rocking back and forth in your body, you can begin counting the movements to the left and the right out loud so you can hear yourself counting. . If you are just doing the technique and not getting lost in thoughts, there will be a distinct point where you will hear the counting slow down, maybe somewhere

between thirty and fifty counts. You will also be aware that the feelings inside your body are slowing down. This all happens automatically for you, and very shortly each movement inside your body will be accompanied by a small feeling of pleasure or ecstasy. This small experience can be expanded to engulf the entire body and mind leading to the ultimate orgasm.

**Further Notes:** There are two steps, outside then inside. The outer step is just rocking slightly sideways and adjusting your eyes and mind to cognize the entire visual field as one object moving back and forth in front of you. Next you become aware that the outward movement has a corresponding feeling of movement inside your body. With a relaxed body and blank mind, you can witness the movement inside you rocking, Counting those movement out loud to yourself, you will find them automatically slowing down and producing ecstasy with each movement.