

HOW TO HAVE THE
ULTIMATE
ORGASM

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Hi. I'm Steve

There is a lot of information in this report. The way to read it is first to skim every page to the end of the book, looking one by one at each page. Just look at the pages. By doing this your subconscious mind will be conditioned to receive and be open to change. If you want change in your life, you can't stay the same. If you want better orgasms, more intense orgasms—if you want to achieve the ULTIMATE ORGASM and you're not having that right now, then you need to change. Don't fear change. Enjoy the new. Right now turn through to the end of this report and read the last page. That's where you'll find the SECRET TO THE ULTIMATE ORGASM.



In the BOX

on the last page of the e-book you'll find the secret. Turn back there now by skimming the text.

How to use this e-book

This report is designed to be used to learn about the ULTIMATE ORGASM and how to achieve that on a consistent basis first by yourself and then with your lover. We can't teach you anything unless you're willing to participate. As human beings, we learn by experience. No one is a great mother until they've

experienced having children. Before one can bake a great pie, you have to bake several and sometimes more. This report is about pleasure.



The Ultimate Orgasm

If you haven't already paged through to read the BOX on the last page, please do that now. As you work through the exercises, fantasy journeys, and follow the recommendations you may discover resistance. Maybe your lover doesn't want to do what you want them to do. Maybe you don't feel where you're reading this report is an appropriate place to participate. Perhaps, you think the whole thing is just too silly. You can work around and through all of these if you just remember the secret at the back of this report.

It's also important to remember if you are used to satisfying your lover, rather than learning to receive pleasure you must learn to play at sex rather than working at it. First of all you must please yourself. You are a very special person. You need to treat that person with respect, love and kindness. Give as much as you can. Treat yourself as if you were a beautiful wild lusty creature, because that's what you are.

Nadine says . . .



**Before exposing you to the powerful secret behind the ULTIMATE ORGASM
make sure you turn to the back of this e-book and understand the secret in the
BOX.**

However, to continue you must agree with the following statement:

IMPORTANT

This report, this e-book, is not a replacement for medical advice. If you are having a problem, any problem, then you need to see a medical doctor, trained professional gynecologist, or psychologist. Neither the author of this report, the publisher, Wisdomgame®, accept responsibility for any discomfort or disorder you have now or may incur in the future including sexual addiction. By reading this e-book you accept this disclaimer and take 100% charge of your health and your sexual pleasure. This report is provided for entertainment. If you are having a problem or discover a problem in the future, immediately seek medical help.

First of all

You must learn to pleasure yourself.

If you have a lover, for now please them in any way. Make them a sumptuous breakfast, give a long deep massage, buy them a gift, shine their shoes or make a fabulous dinner . . . give them pleasure in as many ways as you can think of. Do whatever you want. But in bed, later or tonight or now, please yourself.

Sex should be pure enjoyment without any thought.

Touch Yourself.

Right now, as you are reading this, touch yourself. Gently rub your hands together. Touch an index finger to your upper lip. Rub a hand down the outside of your legs. Softly lay your hand on the back of your neck. Bring your hand

around to the cheek and now gently stroke the top of your forehead. Finger the eyelashes of your right eye and next do the same to the left eye.

As if brushing something off, discreetly touch the nipple of your right breast and let your hand rest between your legs in your lap. Now, do the same for your left breast, gently—and depending on where you are reading this, discreetly touch your left nipple and let your hand rest between your legs.

DOES WHERE YOU ARE STOP SEX?

If you are not having the **ULTIMATE ORGASM** and you want more out of your sexual life, you might question your assumptions by asking these questions:

ASK THESE QUESTIONS

- ✓ Do you stop being sexual because you are in a certain place?
- ✓ Can you only be sexual with a man?
- ✓ Does age matter?
- ✓ Is sex dirty?
- ✓ Am I touch deprived?
- ✓ Do I fear my own desires?
- ✓ Do I really pleasure myself?

NADINE SAYS:



Dreams and memories can feel real.

Some people have resistances to being orgasmic. That is, they are weighed down by sort of a blah feeling. Now that you've touched yourself, so what?

You may want to think of a scene from a movie you watched. Perhaps you'll find yourself picturing an especially erotic scene, noticing the sensual way a couple kiss, . . . you know . . . the way they lovingly caress each other, how they play, how they seductively remove each other's clothes. Right now, you actually feel the way they feel as you remember what you're observing them doing. They are teasing each other, tenderly beginning to explore each other's bodies; with lips and fingers just like the feeling you felt when touching your face and body, you feel their fingers touch you. As you notice this, you may also hear them

responding to the pleasure, the sounds of pleasure, the tender loving things that are being said.

Right now, again gently touch your lips and move your hand to your right ear. No matter where you are, you can give yourself permission to touch yourself.

Again: No matter where you are you have permission to touch yourself.

Lightly squeeze one ear lobe and as if absent-mindedly feeling an itch in your ear, insert your little finger inside. You may have some memories of your own and they can come freely to mind; sensuous, erotic experiences you shared with someone in the past, or you wished you had shared. Your finger in your ear now may remind you of a lover's tongue and the delicious excitement of that deep ear kiss.

Relax. As you become deeply involved and absorbed right now in memories and dreams, in enjoying the excitement of interaction, feeling what you know how to feel and you felt then . . . just experience the excitement and pleasure. You can remember the texture and gentle softness of skin, silky and smooth; the feel of warm pleasant curves, and the sensation of soft hair; you can hear faint breathing, whispered words, and sighs of pleasure.



POLYMORPHUS (many forms)

Do you know how really excited you can become? How truly, totally turned on? Did you know you can feel arousal from your toes to your nose, in every nook and cranny of your being?

Take a deep breath. Put both hands on your knees. Squeeze them. Depending on where you're reading this, discreetly place your hand on the upper part of your thighs. Push your thumbs into your crouch near your vagina and slide your hands down toward your knees. Repeat.

Feel the blood flow.

Rest.

Cross your fingers together. Put your thumbs over each other and interlock your fingers. Notice how you have interlocked them? One thumb is on top. Now, interlock your fingers another way, this time with the other thumb on top. Keep trying, you can do it. You see, there are two ways to do this. Cross your arms over each other. This is the same. There are two ways: Sometimes the right arm and sometimes the left arm is on top.

This example shows that every human being falls into the trap of routine. We make habits and then our habits make us. Why does this matter? It matters because if you are going to have the ULTIMATE ORGASM you need to discover a different way to experience life. With this e-book you will break out of your normal routine and break through to deep, more satisfying, purging and cleansing releases.



WHAT DOES SPUMONE TASTE LIKE?

Spumoni (from spuma or "foam"), plural spumoni, is a molded Italian ice cream made with layers of different colors and flavors, usually containing candied fruits and nuts. Typically it is of three flavors, with a fruit/nut layer between them. The ice cream layers are often mixed with whipped cream.

If you've never eaten spumoni, how are you going to know what it tastes like? Similarly, although you will soon find a written description of the **ULTIMATE ORGASM, how are you going to know what it's like unless you have one? You're going to have to experiment, get to know yourself, break the routines, do new and have new experiences and new impressions. You must do this if your body is to accumulate enough charge that the discharge will bring the state of pleasure called the **ULTIMATE ORGASM**.**

But first, is sex dirty?

Let's ask Nadine.

Nadine says:



An emancipated person might say sex was “dirty,” and have a good laugh. Another person might say sex was “dirty,” because they felt dirty doing it. It all depends on your point of view. What comes next in this report could appear “dirty” to some. **Hope it gives you pleasure because that's what the ULTIMATE ORGASM is about.** See the secret at the end of the e-book if you haven't already read it.

Oaky, now you are going to go on a fantasy journey and while you read this section you are going to touch your clitoris and bring yourself to orgasm. If you are reading this in what you feel is an inappropriate place then please adjourn

to some place else that is private. For instance, if you're in a coffee shop you could excuse yourself and go to the rest room. At home, if it's busy, you may want to go to another room where you can sit down and touch yourself.

Allow yourself to pleasure yourself.

When you are ready to begin, start reading and touching yourself.

Please note: **Touching yourself** means to bring yourself to an orgasm.



A FANTASY

You are at your place and all the chores are done. It's empty now and you have a chance to take a little breather. You've been thinking a lot about sensuality--how your body seems almost to be a glow close to fire, but for right now it certainly feels good just to sit down and take a little rest. But, there's a knock on the door. For caution, you hook the latch and just open the door a crack. It's a service person.

"Telephone service, I need to come . . . inside . . . and check the system. Need to discharge some of the capacitors. There's too much cross static. The whole thing's crashing. Got a little work to do. Got to rewire. Down. Release."

"What! I don't understand. Who are you with?"

They show you the badge and ID and you show them the way around the back. Six foot two young and full of muscles with shoulders.

"I'll open the bush up here" the service person says, "and if I can get my extension in, I'll have a go."

Back in your place, you think about that strong young service person, the muscles and you wonder how it does, when a knock comes again at your door. It's the service person shaking.

"I fell in the bush. I'm allergic to that plant. I gotta use your shower. It could kill me."

"I'll call 911."

"No, no. Not enough time. I just need to shower this stuff off. Please!"

Hesitantly you let them use your shower and after a few minutes you hear a sudden sound like someone falling against the wall.

You knock. "Are you okay?"

When there is no reply you enter and they're naked, slumped over in the bathtub. Without stopping to think, without turning off the water you begin to lift, and a hand reaches up to you. Steam fills the room. You can't see. Suddenly, you can feel strong arms around you. The shower makes you wet. You're pulled hard. You seem to be swimming. Warm breath is in your mouth. A tongue penetrates deep into you, and now a warm moist mouth covers yours and your tongue is sucked deep into their mouth. You're kissed everywhere all over your body. A sweet mouth on your nipple sends an electric charge down to your sex. Water is everywhere. It's so wet now. You're open and ready and this person is down on you, licking you with a tongue—a lance of fire knowing exactly what you want, pleasuring you over and over. You are on fire ready to explode.

TAKE YOUR TIME

AND PLEASURE YOURSELF AS YOU PLEASE AND LET THE FANTASY PLAY OUT ANY WAY YOU CHOOSE WITH WHOMEVER YOU CHOOSE. WHEN YOU'RE READY COME BACK TO THE TEXT.
READ ON.

I WONDER WHAT NADINE WOULD SAY ABOUT ALL THIS. LET'S ASK HER.

NADINE SAYS:



HOW MUCH PRACTICE?

How much does a person have to practice before they achieve the **ULTIMATE
ORGASM?**

This is a very good question. It depends.



The Goddess Story.

Once a beautiful and powerful Goddess and a wonderful lady were walking in the forest. Light streamed in through the trees. The air was fresh and the moss green, and everywhere they walked little animals came out of hiding. Humming birds flittered in the honeysuckle and Doves graced the open air and a cool breeze touched their cheeks. The lady turned to the eternal Goddess.

“Goddess,” she asked. “What is time?”

“To me,” replied the Goddess, “A billion years is like a second to you.”

They walked on a little more and the lady looked again on the Goddess.

“Goddess,” she asked, “What is pleasure?”

“Pleasure, to me, “ replied the Goddess, “is like drinking from a cup filled to the brim with bubbling planets, exploding galaxies, effervescent multi-dimensional realities . . . a cup so filled with love that the very thought of it whets one’s lips for eternity.”

The lady thought for a moment. “Goddess,” she asked, “may I taste of that cup?”

The Goddess smiled and replied, “In a second.”

WHAT IS AN ORDINARY ORGASM?



The stages of a normal orgasm are desire, excitement, plateau, and climax or orgasm.

- Desire comes from your sex drive or libido. This potential for arousal depends on different clues. For instance, you might see someone who turned you on, or smell a fragrance that took you back to an intense time.

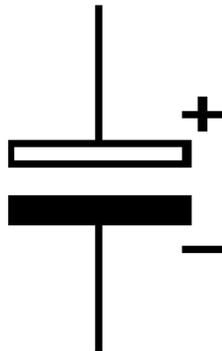
You might be dancing, or simply touch someone, or remember a touch. You could have a fantasy. These depend on your hormone level and various factors in the environment, for instance the attention your lover or lovers give you.

- The second stage of the orgasm is excitement, or the arousal phase in which you sense erotic feelings and experience your mind and body's responses. This may take time, fantasy, intimate contact, commitment, sharing and love and this time varies from person to person. During this time glands fill, your vaginal walls become lubricated, and the upper portion of the vagina widens, the clitoris enlarges, and the labia separate.
- In the Plateau stage you sustain a high level of excitement in which you may reach a level of arousal and then drop back, surge toward climax, and drop back to a lower level of arousal. Physical changes that took place in the excitement stage increase. The vagina expands more. Lubrication increases, your nipples become larger. And the labia darken in color. The clitoris becomes extremely sensitive and retracts under the clitoral hood.
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- **The Climax stage occurs at the peak of the plateau. It is characterized by involuntary muscle contractions of the pelvic regions with a sudden release of tension. The body issues forth chemicals called endorphins which create intensely pleasurable sensations throughout the whole body.**

THE HUMAN CAPACITOR

A capacitor is an electronic device that gathers a charge until it reaches a certain level and then it discharges that energy. This is the symbol for a simple capacitor:



Electricity flows from the negative pole to the positive pole; in the diagram above when the bottom plate has as much as it can hold, it releases its charge to the upper positive plate. At that time, one might say the bottom plate is experiencing a climax. The analogy is that when your body has accumulated charge in the first three stages, it becomes like a capacitor and it climaxes in the orgasm stage.

What would Nadine say?



HOW TO HAVE THE ULTIMATE ORGASM

As with Spumoni ice cream, unless you eat it you can't really tell what it tastes like. When you have the **ULTIMATE ORGASM** you'll know what it's like, but as the mystics say about cosmic consciousness, Nirvana, or bliss . . . one can't describe it by words. . . .

But one can try: **The Ultimate Orgasm lasts much longer than a normal climax. It is such an absorbing total body experience where thought, the criticizing observer, is completely absent. It refreshes and cleanses the body and raises the body's tone so that any dross of fear, anxiety, hostility, resentment and anger completely disappears.**

With the **Ultimate Orgasm**, **one moves from boredom to strong interest, enthusiasm and exhilaration with living. In the Ultimate Orgasm one flows in the river of existence in which there is no time, no space, and no you. There is only pleasure and renewal.**

Afterwards, peace.



HOW TO DEVELOP A CHARGE

You are a human capacitor. The orgasm takes place when you discharge accumulated electrical energy. To have the sustained **ULTIMATE ORGASM** you need to enhance your ability to get charged and increase the amplitude of the charge so

You release maximum endorphins and experience maximum pleasure.



The MASTER CONTROL ROOM.

Deep inside your mind is a master control room. The instruments in this room control how you can accept change in your life. **To achieve a sustained, intense and**

purging orgasm beyond what you have previously experienced will take change.

This control room is the hypothalamus part of your brain. This is just a big word for where you house all your feelings and desires. You can see the lights and different panels. One regulates your appetite. Another panel regulates how you interpret sounds. And another panel regulates your level of sexual desire, arousal, degree of the erotic charge you can handle, and your orgasmic potential. On those panels you'll see a knob that turns from zero to ten.



Reach out and move that knob to a higher level. Notice you are feeling more alive, more vital, with more delight and exhilaration. Hormones are being released into your blood stream,

pulsing, and flowing through all of your body. . . especially in certain places which now may feel warm and erotic. Slowly increase the level to a higher state and know when the time comes your plateau will build to a much higher charge and when that accumulated energy discharges it will be a totally new and fantastic release.

HOW ALL HUMANS WORK

All humans eventually become tepid and dull when they don't take in new impressions. An old saying tells it all, "If your food tastes like straw, you're life probably is pretty dull." The things we touch, smell, hear, move through, and see are impressions. These sense impressions are real food that not only sustains us but without them we die. The way to build a charge so that later you can discharge your capacitance at a high orgasmic level is to

take in NEW IMPRESSIONS.

Taking in new impressions begins with liking yourself. When you like yourself you don't fear criticism. You're happy with who you are. You know you are a

sexual person and you accept that. Right now, stop reading for a moment and say to yourself:

"I like myself." Repeat it. **"I like myself."**

Now, say it again but with more vigor.

I like myself.

I like myself!

Okay. Wrap your arms around yourself and say:

"Wonderful, wonderful me!" Repeat three times but with meaning.

"Wonderful,

Wonderful,

Wonderful me!

"I like myself!"



Experience something new today. Touch yourself or someone else in a new way. Taste a new flavor. See something new. Go somewhere new. Smell a new fragrance. Dance in a new way. Enjoy yourself and your new sexuality.

You are a special wonderful person.

You deserve pleasure!



THE SECRET
SEX IS ABOUT
pleasuring
YOU



Well, that's just about it. Oh yes, one more thing. We'd really love it if you could please share this free report. Here's the link

<http://wisdomgame.org/orgasm.html>

if you enjoyed this free report, please copy the link and paste it into an email and send it to your friends. To Have the **Ultimate Orgasm** means taking action, experiencing the new, sharing information and making connections. This is extremely important.

When you start to share this information you will get closer to your purpose and closer to a life of love--pleasure--freedom, joy and abundance.

Please share this on your Facebook and Twitter account:

Ultimate Orgasm. Free report. <http://wisdomgame.org/orgasm.html>

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Thanks. *Steve*

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Email: steve@wisdomgame.org

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