

# GREAT SEXPECTION 12

Anal sex is dirty  
or perhaps you may believe  
Anal sex is just for gay couples

I've gotta say if you're limiting your sex to vagina penis intercourse, then you're missing out on some really **yummy orgasms**.

The anus is one of the most sensual erogenous zones.

The ladies get indirect stimulation of the g-spot, while the men get direct stimulation of the prostate.

And regular stimulation of that area actually decreases a man's chances of getting prostate cancer.

Given one in ten men get prostate cancer, it's a really pleasurable form of prevention.

Just a couple of things to beware of if you haven't had anal sex before.

You have a sphincter that needs to be warmed up – it's a very delicate, sensitive area with lots of nerve endings, that's why you **MUST** go **slow**.

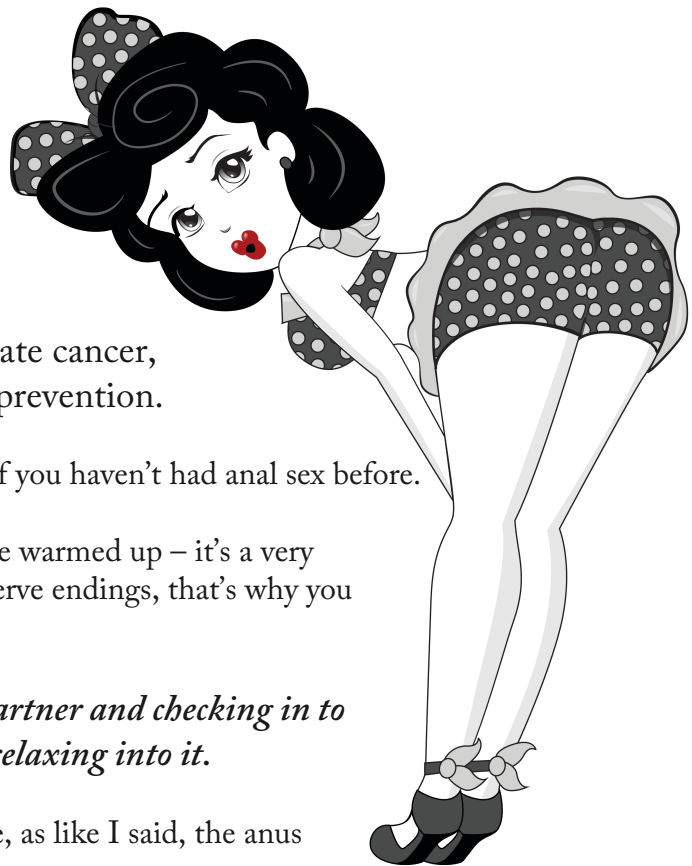
*Keep communicating with you partner and checking in to see how they're going – focus on relaxing into it.*

And you also want to use lots of lube, as like I said, the anus is not self-lubricating.

Something most people don't know, is that **your anus is the one area of the body that you can apply pressure to, to relax the autonomic nervous system in the body** – which is responsible for regulating our digestion, circulation and breathing.

So the next time you get really stressed out and you want to relax, play with your bum.

If you're partner comes home stressed and cranky, offer to play with *their* bum and see how quickly they relax!



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# Are ready to strip off your great **sex**pectations?

Sexpectations limit our experience of orgasm.

So I really invite you to question what you've known about sex until now, so you can experience more than you have in the past, such as the joys of multi, full body and even *energetic* orgasms.

If you do wish to get rid of the sexual conditioning around sex – which we all have – then take a listen to our [free 45-minute audio playshop 'The Naked Way'](#).

For those of you interested in our [Jade Eggs](#), you can [purchase them online](#).

We also have a [90-minute Jade Egg playshop](#) that will give you a deep insight into the origins of the Jade Egg, how to awaken your vaginal tissue and derive the many health benefits, as well as dozens of eggsercices!

If you're super keen to learn how to circulate your sexual energy for those yummier orgasmic experiences I talk about, [then you'll love our Sexual Self 6-week course](#), which gives you a complete handbook on how to go deep into your sex while clearing out any mental and emotional blockages that would limit your pleasure.

I also do [one-on-one sessions](#) where I can personally guide you to connect more deeply with your sexual self.

And if you simply want a fun and sexy read, then grab a copy of my second memoir [Getting Naked – The Dating Game](#) where I share all about my experiences in and out of the bedroom!

On that note I will leave you with this quote from *Eli Khamorov*:

**'The best things in life are unexpected – because there were no expectations.'**



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