

# Great Sexpectations

## Debunking 12 myths that get in the way of heart-opening sex.

Hello new friend!

Have you ever had a full body orgasmic sexual experience that has left you feeling unearthly alive and completely nourished for days after?

If so, then you are one of the beautiful few who have. If not, you are certainly not alone. The great news is, that this is the kind of sexual experience that is available to you. And if you're not having it, it's not your fault, you simply need to be open to exploring sex in a new way, that allows you to really touch the depths of yourself.

And that is what this resource is for! These 12 Sexpectations are based on a talk I gave at Sexpo Australia a few years back. They go a long way in helping to debunk the myths that may have you experiencing a mediocre or even painful sex life, that could be leading to a low libido, or that perhaps make you wonder: *Is this all there is?*

No! That is *not* all there is! There is sooooo much more. However, heart-opening full-body shaking spiritual sex is very different to what you'll find in porn and most Hollywood movies. Very different, and very *profound*. This kind of sex heals our mind, body and soul and thus, heals your relationship with you!

So my suggestion with this resource, is to make yourself a cuppa tea, then sit down and have read through the **12 Sexpectations**. Make notes, and then see if you can apply a few of the things you learn. Most of all, let this resource open and nourish you! You so deserve it!

Hearts and kisses,

Tamra xx 

**Tamra Mercieca**

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# GREAT SEXPECTATION 1

## I can't orgasm

or what's really common for many ladies is

## I can't orgasm during intercourse.

If you're not experiencing orgasms at all, or if your orgasms are not full body spiritual experiences like you've read in Tantric and Taoist texts, then don't get down on yourself or your relationship.

Get educated.

Every person, regardless of age, sex, gender preference or physical make-up can experience not only **full body orgasms** that last for hours, but *nipple-gasms* and even **energetic** orgasms.

The biggest reason most women are not experiencing this kind of bliss in the bedroom, is because of a lack of self-education and self-exploration.

**For many women, their vaginal canal is numb.**

Sure they feel movement during sex, but they don't necessarily feel **pleasure**, hence why they need external stimulation of the clitoris to reach a peak.

That is, if they're experiencing orgasms at all!

**This is where I introduce women to *Yoga for the Vagina*, which is a lush, healing practice that uses a Jade Egg.**

You can train your vagina to sip the Jade Egg inside and once there do various exercises that wake up the vaginal tissue so that you can *feel* more pleasure – as well as gain vaginal dexterity so you can essentially **play rhythms on a man's penis** (if that so takes your fancy!)

Imagine your partner inside of you and neither of you are moving, and your vagina is massaging the penis into arousal.

**Sounds sexy doesn't it?**

Once this tissue is active, that's when a woman's able to have deep vaginal orgasms, such as deep full body cervical orgasms and lovely multiple g-spot orgasms...



# GREAT SEXPECTION 2

## Not all women have a G-spot

There's certainly a lot of confusion about the illusive G-spot.

All women and men have a G-spot.

You'll find a man's G-spot in his arse; also known as the prostate gland, it's situated behind the pubic bone and just below the bladder, near the internal root of the penis.

A woman's G-spot is located one to three inches up the front wall of the vaginal canal.

*Instead of going straight into the vagina you follow the natural curve in.*

When you put your fingers in you can feel a slightly ridged surface, and as it's stimulated into arousal it swells and becomes spongy.

Every man and every woman is able to achieve a G-spot orgasm – it's simply a case of waking that area up, so it can feel again.

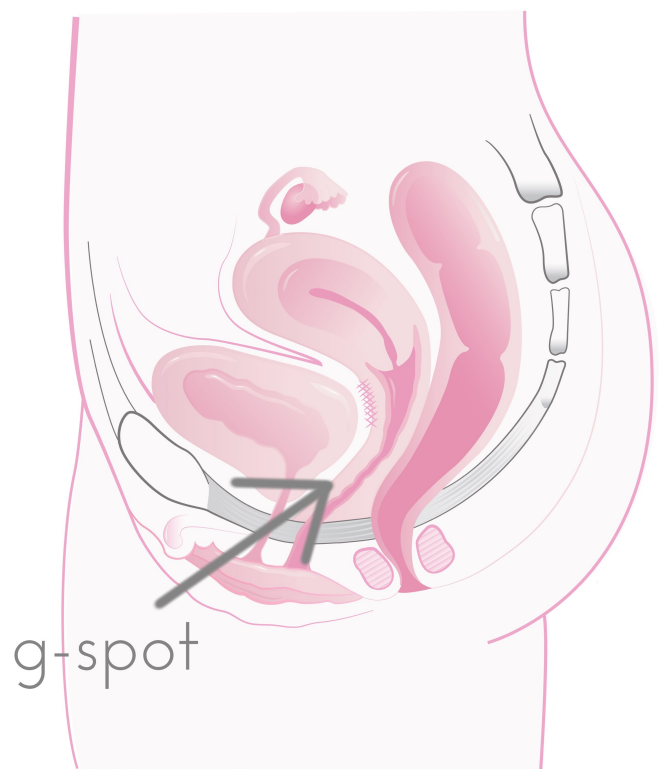
When I began my G-spot exploration, it took about two weeks of regular soft massage before I was able to feel pleasure there.

So if, when you start to awaken the G-spot, if you feel nothing, that is completely normal – it can take a little time to get feeling there.

Now **the female G-spot loves fingers** because often during intercourse the penis goes right past that spot – unless you're blessed with a man who has a penis that curves in precisely the right way.

**Lucky you!**

And studies have even found that not one finger, not three, but two fingers is the magical number to help awaken the spot.



The G-spot is where you want to be stimulating to be able to enjoy multiple orgasms, and it's also the spot that will make it possible for a woman to ejaculate, if that's something you want to experience.

*It's not uncommon to feel the need to urinate when your G-spot is being stimulated.*

For this reason, **ensure you go to the toilet before you start your G-spot play.**

Once you feel that need to urinate, simply allow yourself to relax into it.

Even push out!

Just so you know, the G-spot orgasm, being physically deeper is also **emotionally** deeper than a clitoral orgasm or a typical orgasm for a man that only involves penis stimulation.

What I'm saying, is if you have any fear – if you lack trust with your partner – it's going to make it really difficult to fully embody those orgasms.

# GREAT SEXPECTION 3

## Ejaculation and orgasm are the same

This is the big doozy getting in the way of men experiencing deep pleasure, and often leads men to think they can't have a good time unless they cum.

Yeah?

Male ejaculation is not the peak experience we've been led to believe.

Crazy I know!

Most men are familiar with what I call the 'Balloon Effect'.

The man's penis inflates, he continues to pump energy into that area, then not quite sure what to do with all that energy - cause there isn't a lot of good information out there - he pops; his penis ejaculating and his mood and energy deflating very quickly.



**This has led to very rushed sexual experiences.**

*Studies show the average man lasts around two minutes once he's inside his partner.*

Now that's not nearly long enough to build your sexual energy so you can experience multiple and full body orgasms.

In order to take that sexual energy to the next level - so you can indulge in those deeper more expanded orgasms - you need learn how to *not* ejaculate and just have the orgasm.

**Orgasm and ejaculation are two separate processes.**

The orgasm cums first!

The orgasm energises you, whereas the ejaculation depletes you, bringing intercourse to a premature end.

Now learning how to have orgasms alone, does take a little work.

**For starters, you need to build *physical* control of the PC muscle in the penis.**

According to the authors of the G-spot a man with a healthy penis should be able to lift and lower a towel on his erect penis, just by squeezing his PC muscle.



Please give it a go!

And if you're not there yet, that's ok because there are specific exercises you can do to gain that PC strength.

I teach these exercises – and so many more – in my **Sexual Self** 2-month course.

You'll learn how to awaken your penis to new pleasures.

You also want to look at how you **programmed** your penis as you were going through puberty.

In a bid not to get caught masturbating, many boys rush to the finish line.

This sets up a pattern of behaviour where your penis is essentially on autopilot.

So no matter how hard you try to hold off, your penis acts as it always has.

**'Real sexual fulfillment lies not in feeling the life going out of you but in increasing the awareness of the vital current that flows through the loins.'**

- Great Tao master Mantak Chia

It really is about clearing the *mental* conditioning, as much as building physical strength when it comes to enjoying longer lovemaking sessions.

# GREAT SEXPECTATION 4

If I love sex people will think I'm a nymphomaniac

False.

And if they do, they're just jealous!

**It really is ironic that sex is everywhere, yet it's still such a taboo topic.**

Those intimate conversations you see the girls have in shows like *Sex And In The City* are rare!

So this is where we need to understand that we were born as multi-orgasmic beings.

Believe it or not, most of us were pleasuring ourselves to orgasm in our mother's womb.

Yes. It's true!

*Scientists have observed fetuses during the third trimester playing with themselves in ultrasounds.*



Sex is what created us.

It's a part of being human.

Unfortunately, many people – women especially – tend to have a lot of shame and guilt around expressing themselves sexually.

**This is a result of social conditioning.**

So I really encourage you to give yourself permission to enjoy sex without the fear of being called a "nympho" – or any of the other nasty names going round.

All that said, if you do in fact have an *addiction* to sex, in that you *need* it and can't survive without it, then that is a deeper psychological problem.

And just like a gambling or drinking addiction it's something you want to address with a therapist such as [myself who practices subconscious mind techniques](#).

# GREAT SEXPECTION 5

## Sex is physical

which goes hand in hand with the sexpectation

## Orgasm is the result of sexual stimulation of the genitals

If you've heard my personal story you'll know I started getting curious about sex, when I experienced an orgasm during a massage!

The experience certainly taking me by surprise!!!

Upon researching how the hell it was possible to orgasm without any genital stimulation, I found that you could actually have an **energetic** orgasm.

An orgasm without any physical touch what-so-ever!

**Lady Gaga was apparently having them and I wanted them too.**

I continued my research finding a brain scan of a woman who had an energetic orgasm.

What doctors found, was that the pleasure centres activated in someone who used visualisation and breath to reach orgasm, and someone who reached orgasm via physical stimulation, were exactly the same.

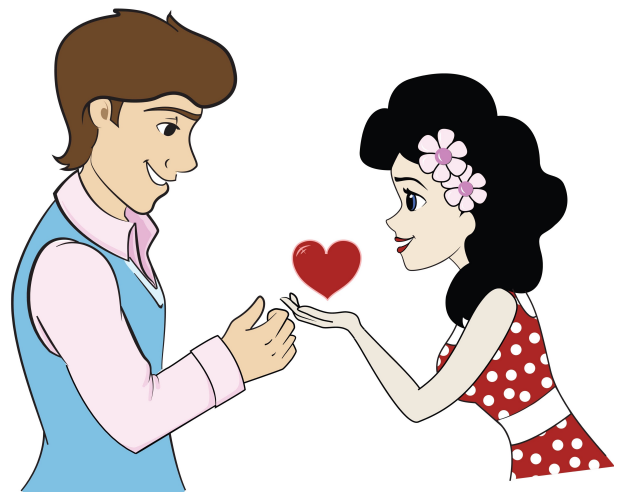
*This has since been proven by studies showing that even women with spinal chord injuries can experience orgasm.*

So while the 10-minute-get-your-rocks-off-routine is fun, I highly recommend exploring the *energetics* of sex.

That's what's going to deliver you those deeper, more satisfying orgasmic experiences.

You could be making love to your partner while they're sitting across the room from you!!

That's what's possible when you start to explore your sexual self in this way.



And this is where I take you in my **Sexual Self** course – into the energetics of sex and how to move that sexual energy around your body so **you can experience multiple and full body energetic orgasms.**



# GREAT SEXPECTION 6

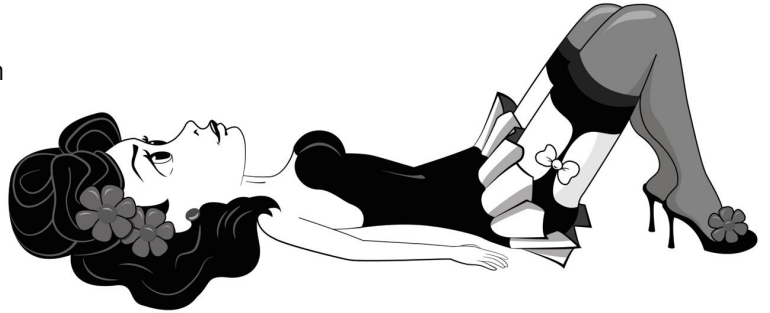
## My partner is responsible for my orgasm

It's gotta be said: The only person responsible for your orgasm, is YOU!

Unlike flowers or chocolates, an orgasm can't be given to you.

Orgasm comes from *within* - and while physical skill can certainly enhance orgasm, learning how to circulate your own sexual energy - and play with it - is what will deliver you the best orgasms.

The **breath** is just one tool you can use to circulate your sexual energy.



***When we approach orgasm we tend to take more shallow breaths and this constricts the energy.***

But if we start taking slow deep breathes - breathing right down into our genitals - then we're able to learn how to use the breath as a vehicle to transport the energy around the body.

Now most people have trouble circulating their energy like this, because we've been taught to have a very busy mind.

And a busy mind keeps us in our heads.

To access our sexual energy we need to be in our body.

If you'd like to learn how to let go of the mental chatter and sink more into your body to enjoy those deeper sexual experiences, have another listen to ***The Art of Self-Love playshop*** you would have received as part of your *Self-Love Starter's Kit*.

The limiting beliefs we took on as a child and throughout our life, are what ultimately limit our experience of pleasure.

Hence to say, if you clear the negative emotions and beliefs from the subconscious, then you start to re-wire the body to experience more than it has in the past.

Our experience of sex really is an example of the mind / body connection.

# GREAT SEXPECTATION 7

## Men have a higher libido than women

As you're probably starting to realise, getting horny and having a great libido is about expanding your sexual energy.

**And sexual energy doesn't just reside in men!**

That said, men and woman can differ in **how** they get aroused.

If we look at the Taoist philosophy, **men are like fire**, they ignite quickly, while **women are like water**, they need to be gradually brought to the boil.

So if you're in a relationship with a woman, it's not that she doesn't have a libido.

It just means you may need to work out what's going to get her **hot**.

Preheat your lady with a back massage, kiss her intimately - kissing releases the feel-good hormone oxytocin into the body - and spend more time gently stimulating her breasts.

*The breasts are what starts arousal in women - opening her heart to you, while also helping her vagina get wet so she's ready for penetration.*



For many men, often just touching his penis is foreplay.

Of course I'm generalising - but men tend to be more genitally focused - based on the idea that the energy begins in the genitals and then rises to the rest of the body.

Where as, it tends to be the opposite way around for most women.

So really start to pay attention to what your partner does and doesn't like - and if you're not sure, **ask** them.

# GREAT SEXPECTATION 8

## I need to use lubrication for vaginal sex

Now you'll notice I emphasise **vaginal** sex here, because you absolutely DO need lube for anal sex, as the anus is not self lubricating.

But when it comes to vaginal sex, you actually don't.

A woman's body is designed to self-lubricate if given the right stimulation.

**So if your woman isn't gushing wet, if she's not begging you to enter her, then she's not ready and you need slow down.**

Perhaps spend some more time, playing with her breasts, and learn what she needs to get her juices flowing.

We know a man's aroused and ready when his penis is erect.



Well a woman's barometer to her arousal is how **wet** she is.

**Use these cues to know where your partner's at.**

You don't want to enter a woman before she's ready because, not only might it hurt, you'll create numbness and tension in the vaginal canal, which can inhibit orgasm.

For many women, the vaginal tissue may also need waking up.

There are glands in the vagina that are designed to secrete liquid.

If they're not working properly, gentle massage with a finger or using the [Jade Egg](#) can help get them going again.

Even women who are going through menopause can become juicy again, by using the [Jade Egg](#) regularly.

If you'd like to learn how to use a Jade Egg, simply visit the [Yoga for the Vagina](#) site to get your free Starter's Sequence.

# GREAT SEXPECTION 9

## I need toys to orgasm

Toys can be **fun** and there are stacks to choose from to add a little spice to your love life.

I do, however, want to warn you about **vibrators** in particular.

With **overuse** vibrators can desensitise your special bits, making it more difficult to orgasm.

If you consider a tongue, finger or penis, it cannot go as hard and fast as a vibrator!

**That's why avid toy fans often have trouble orgasming with their partner.**

So I'm not saying don't use them; just use them in **moderation**.

And if you find you have already desensitised your vagina – that's ok, because you can reawaken the tissue.

Gentle massage with a finger will help you start to feel again, as will the **Jade Egg** practice which is perfect for waking up the tissue as well.

Now if you do like your toys, please make sure your toy box doesn't contain anything with **phthalates** in them.

**Phthalates are carcinogens.**

You find them in those squishy, jellylike dildos – the really cheap ones.

They're toxic!

They leech chemicals into one of the most absorptive place in our body.

If you have any toys like that, **please throw them out.**

Studies have even linked them to **cancer**.

What you want: are toys that are non porous, and made of materials such as silicon, glass or stainless steel.



# GREAT SEXPECTATION 10

## I can't have sex before the big game

Well that depends entirely on the *type* of sex you're having.

And I am going to refer to men here, as **women loose most of their energy when they menstruate**, not usually through sex.

So this idea of 'no sex before the big game'; it's been around for decades.

**Mohammed Ali was known to refrain from sex for six weeks before a fight, so he could increase his energy.**

Now while abstinence may seem like a good strategy – **having** sex could actually work in your favour.

You see, on the build to orgasm our body releases dopamine.

Dopamine is like a cocaine high – it's what drives you to achieve and take risks.

Dopamine also builds testosterone, which boosts performance.

### **Here's the dilemma.**

When you orgasm, you get a release of another hormone called prolactin.

The prolactin counteracts the dopamine and leaves you feeling all relaxed and calm, which is lovely, not so much if you're looking to increase your dynamic edge.

So what you want to be doing the night before the big game, is not **avoiding** sex, but having sex in a way that allows you to cash in on the dopamine hit.

And you can do this through circulating your sexual energy so you can orgasm without ejaculating.

Unlike ejaculation which depletes you, orgasm *energises* you.

There's even this **study** where men were shown porn at work.



They divided the men into three groups.

Men not viewing porn at work.

Men viewing porn at work and masturbating to ejaculation.

And men viewing porn, masturbating and NOT ejaculating.

**Guess who had the highest productivity?**

The men who masturbated but did **NOT** ejaculate.

Revving up their sexual energy gave them a mental boost, while ejaculating depleted them, reducing their productivity.



### **Taoist philosophy:**

He who withholds semen 10 times during sexual union will be immortal.

# GREAT SEXPECTATION 11

## If my sex doesn't resemble a porno, I'm doing it wrong

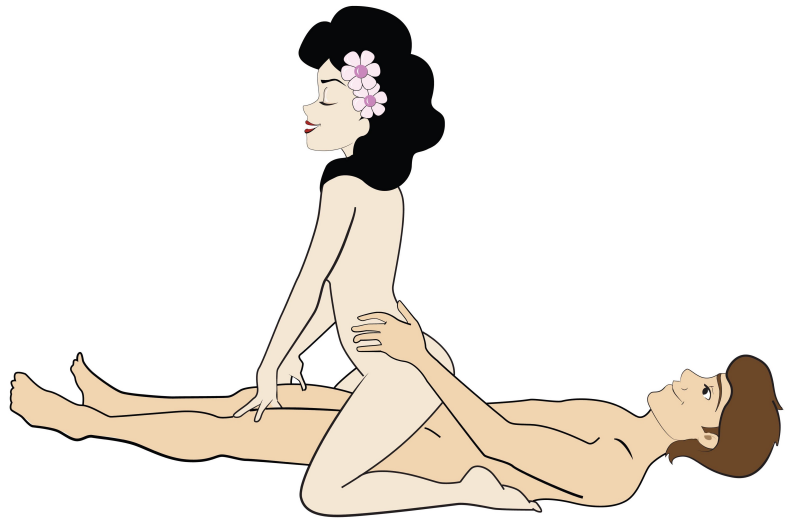
Sorry guys but porn was **never** designed to be an instructional guide.

**It's for entertainment purposes only.**

Those scenes where you see the guy sticking it into the woman's arse without any prior stimulation?

It doesn't happen.

The anus needs lots of timely preparation, hence why the warm-up scenes often get left on the cutting room floor.



And this is just one example of how porn isn't where you want to learn about real life sex.

We've learnt a lot about how sex should look and feel from pornos, friends, the internet.

This essentially programs us to have sex in a very physical goal-oriented way.

*And it's this social conditioning that gets in the way of us having the more profound sexual experiences that nourish us on all levels.*

You know the experiences I'm talking about...

Multiple and full body orgasmic bliss that leaves you feeling transformed!

That's what's possible to all of us, if we stop taking lessons from what we see on television and start feeling into our own bodies.

# GREAT SEX EXPECTATION 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 earlier, 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!





# 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'd like to explore what I've shared with you here in more depth, then you may like to enrol in the **Sexual Self** course.

This 2-month online course takes you under the covers of all things love and sex, teaching both men and women how to shed the conditioning keeping them from expanding their pleasure, awakening your whole body so it can experience full body, and even **energetic** orgasms, and sharing how to open your heart to invite in a deeper connection with your partner.

**Please note:** Due to our sexual experiences being tied up in our childhood conditioning, in order to complete the **Sexual Self** course you must have completed the **Remarkable Relationships** 3-month online course first.

Enjoy playing with have shared with you in this Great Sexpectations PDF.

And I will leave you with this quote from *Eli Khamorov*:

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

