

# **ESSENTIAL PROGRAMME**

## **HABIT 1 1**

**Regular Orgasms**



*...powerful habits to transform your life!*

Devised by  
**Stephen Kirkbride  
& David Orrey**

**[www.VibrantHealth.me.uk](http://www.VibrantHealth.me.uk)**

## Quick Guide

Habit 11 is entitled ~ **Regular Orgasms.**

**This one is the elixir of the gods 😊!**

This one is the most uplifting, exhilarating, and energising habit you could possibly do! This is about connecting on the deepest level of your being. It will make you smile and put a twinkle in your eye when you do it!

**Use this habit to knock 7 years off your facial age.**



### Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

## Habit No 11 ~ Regular Orgasms

*“The orgasm is a doorway to the divine, it gives the experimenter a momentary glimpse of self-realisation.”*



### 11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 - **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 - **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 - You're supercharging your health & immune system with a focused gut health routine.
- 8 - **You're boosting your general health and wellbeing with regular exercise.**
- 9 - You're tapping into the serenity of inner peace, blissful states and mindfulness.
- 10 - **You're nourishing and energising your body with high vibrational foods.**

### Regular Orgasms

This one is likely to charge your perception of the 'big O' when you fully appreciate what it really is!

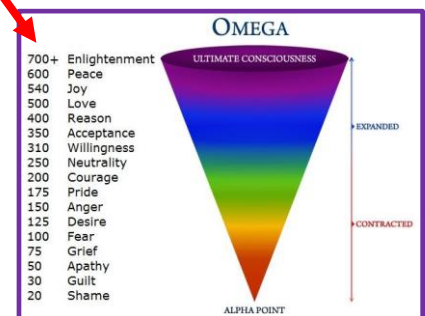
Some of the habits in this pack might take a bit of discipline to make them habitual, this one however, should be very easy indeed.

### Your doorway to the divine

You're now familiar with the emotional frequency chart (right) and how everybody's resting vibration is somewhere on that chart.

...And how the majority of the population (75% - 80%) are below the 200 mark.

The orgasm gives you a momentary glimpse of what it's like at the **top of the chart!**



## It's simply about connecting

It doesn't matter if you're in a relationship or 'flying solo' this one is about understanding what the orgasm really is (as explained both above and below) and regularly connecting with the beautiful divine energy of it, to experience the multiple benefits.

Not only will it give you immense natural pleasure as you know, by regularly tapping into and bathing in this energy, you'll enhance your health and wellbeing on many levels!

You might be surprised at the additional proven benefits of an orgasm!

It doesn't get better than this one 😊!!!

## Let's start with the basics.

We all know that we're biologically programmed to instinctively procreate to continue the human species.

And to make sure this happens; our creator has given us a very strong impulse and desire to want to copulate with the opposite sex. This is achieved by making the whole experience very natural and pleasurable, so we generally don't need much persuasion.

And as you know, for conception to take place, the male obviously needs to ejaculate, therefore (in the vast majority of cases) you can't have conception without the male orgasm.

As every male who has had sex or who has masturbated knows, the impulse to reach orgasm is incredibly strong. This very powerful impulsive desire is what ensures the continuation of the human species.

## It is actually a doorway...

The orgasm is a doorway which gives the experiencer a glimpse of self-realisation (of who you really are). At the point of orgasm, you experience a very brief window of no time and no ego, as you momentarily enter a truly blissful state (at the **top** of the chart Emotional Vibration Chart!).

For a few brief moments you engage with who you really are (a multi-dimensional, divine being) as you experience your own blissful divinity. Wisdom says the key to inner peace is completely letting go and being in the moment.

Now humans usually have a hard time doing this as our brains are so active, except during that brief window of an orgasm. At the point of orgasm, none of us have any problems with letting go and just being in that moment!

Next time you're about to climax, just observe yourself and what is happening to your attention. I guarantee you that just before and during the orgasm you won't be thinking about tomorrows to do list or about putting the washing on 😊.



I'm certain, you'll be fully present, bathing in that blissful divine energy (and that's how it should be 😊).

### **It is the elixir of life!**

It is the ultimate natural high we can experience as humans that, like an addiction, makes us want to experience it again and again, throughout our lifetime.

The craving of sex to experience the orgasm is not actually about the other person but about your urge to self-realise. By that I mean experience the blissful state of your own divine nature.

The tantra masters say that if you could experience the orgasm for much longer instead of just a few moments, sex would become a doorway for enlightened self-realisation, rather than just a pleasure-seeking activity.

They say if you could experience a continual orgasm for 7 minutes (imagine that 😊), you would be free from the craving of sex for months.

And if you could experience it for 3 hours continuously, you would be free of the craving of sex forever!

In a nutshell, the orgasm is a very beautiful and divine experience that allows you to momentarily experience who you truly are (a powerful divine soul, temporarily having a human experience).

It is pure divinity and tapping into this beautiful divine power has multiple benefits for your health and wellbeing as I'll shortly explain.

### **There's a potential problem though for females!**

Often through religious teachings and strict upbringings, society has damned women for thousands of years making them feel ashamed to feel pleasure through sex and orgasm. Leaving them to believe that sex is purely for conception purposes and not for pleasure.

It has made them feel ashamed of wanting to explore their sexuality and experiment with themselves, which is a perfectly natural and instinctive act.

Thankfully in modern times, women are much more liberated and aware. However, hurtful words such as Frigid, Shy, Fat or Too Old has turned a lot of women away from sex and the pleasure of the orgasm through associated feeling of shame and embarrassment.

### **It's mostly in the mind for women**

Female experts pretty much agree that having an orgasm is 90% in the mind for women. Letting go of all that mental chatter (use the meditation and breathing habits to aid this) is pretty important for a lot of women to be in the mood for arousal.



In effect, it's about turning your brain off (letting go of mental clutter) so you can become sexually turned on and ready (giving yourself permission) to experience pleasure.

It is your God given right and your strongest impulse to want to experience orgasms, so there should never be any shame attached to it. Shame can also lead to a condition called "Sexual Anhedonia" where a person cannot feel pleasure from an orgasm.

This is why I've dedicated quite a bit of space to explain what an orgasm really is (energetically) to help you fully understand the beauty of it and why you should regularly connect with it, regardless of (upper) age, status, or shape.

There are multiple benefits (physical, emotional, mental, and spiritual), hence you are encouraged to go there as frequently as you desire.

### **Age, status, or shape is not a barrier**

Regardless of your age, your relationship status or physical condition, I urge you to connect or reconnect with your body and its divine right to experience beautiful and blissful orgasms.

If for any reason you have any reservations due to conditioning from your upbringing or religious beliefs, I'm giving you permission right now to release those conditioning thoughts immediately and start reconnecting with your divinity.

I say there is a global epidemic of under-orgasmic women and want to widely educate and reverse this epidemic!

So, let's change the tone and talk about the benefits...

### **Would you like to look 7 years younger?**

You'll love this (I hope)!

Based on a scientific study, Dr Oz says that 200 orgasms a year can make you appear 7 years younger!

I've been telling women for a few years now, that you can buy all the expensive face creams you want, but it's an inside job.

In other words, your outside appearance is a reflection of what's going on inside you, from the foods you eat and the general energies (via orgasm, meditation, stress etc) that you stir up.

Regular orgasms bathe you in divine energy and put a glint in your eye 😊.

Apart from the obvious feeling of exhilarating pleasure, orgasms also reduce stress, lower anxiety/depression, relieve pain and make you a nicer person. You can also utilise the divine energy to rejuvenate your health and vitality on several levels (will explain how shortly).



There isn't a downside, apart from maybe having to buy lots of batteries 😊.

### **Additional female advantage**

Did you know the female vagina has around 8,000 nerve endings whilst the penis and scrotum have only 3,000!

So, ladies get the lion's share of nerve endings and have the capacity for more pleasure, yet 96% of men are happy with their orgasms and the majority masturbate without a care in the world.

Conversely, a fair proportion of women are not fully embracing their divine power and experiencing regular beautiful orgasms.

If you're under-orgasmic, regardless of whether you're in a relationship or not, it's down to you to start reconnecting.

### **5 foods for better erections**

Nature can be very beneficial for stimulating erections...

1. **Garlic** ~ Allicin in garlic helps keep your blood vessels and arteries clean which helps improve blood flow to the penis.
2. **Ginseng** ~ During a double-blind placebo-controlled study, they discovered men suffering from performance issues reported bigger and stronger erections after taking ginseng.
3. **Ginkgo leaves** ~ a University of California study found that ginkgo leaves have a similar effect to garlic in improving the blood flow to the penis by expanding blood vessels.
4. **Ginger** ~ a study at Aga Khan University Medical College found that ginger has a similar effect to both garlic and ginkgo leaves in expanding blood vessels to help blood flow faster to the penis.
5. **Green Tea** ~ it contains an ingredient known as EGCG which can be particularly good for strengthening the blood vessels in the penis.

Notice how all 5 begin with a 'G'! To help remember them, perhaps think natural foods beginning with G means **G**reat big penis 😊!

### **Increasing the quality of your orgasm**

Your breathing can make a big difference to the intensity and quality of your orgasm.

You'll notice generally that your breathing changes depending what type of activity you are doing. For example: if you're relaxed your breathing will be quite slow, if you're anxious your heart will beat faster, and you'll breathe faster.



As you become more sexually aroused and are getting close to orgasm, your breathing rate will automatically speed up.

When you're on the cusp of the big 'O', pay attention to your breathing and slow it right down by taking long slow nasal breaths. The slowness of breath will open deeper and deeper vistas of pleasure, as the orgasm washes over you.

### **Try the Egyptian practise of 'ankhing' to utilise your powerful divine sexual energy**

The Egyptians believed that the sexual energy from an orgasm was the key to eternal life (they understood it as the divine life force) and believed that we only had a finite amount of this energy.

Whereas the majority of people just let go at the point of orgasm and never give a second thought as to where that energy goes, the Egyptians devised a technique to utilise this sexual energy.

If you pay conscious attention to what happens to your sexual energy at the point of orgasm, you'll notice it travels up your spine and dissipates out the top of your head.

The Egyptians believed that if this energy was controlled and not just left to dissipate, you can bathe your body in it and use it to rejuvenate every cell in your body.

They were looking for ways to harness this energy and ultimately achieve eternal life through this process. We'll just concentrate on using it for rejuvenating your cells for health and wellbeing purposes. Are you ready?

### **The 7 'ankhing' steps**

Do whatever you need to bring yourself close to orgasm.

1. The moment you feel the sexual energy about to rise up your spine, take a very deep nasal breath, filling your lungs about 90% full, then hold it.
2. Allow the sexual energy of the orgasm to come up your spine. But at the moment it reaches the fifth chakra (located at the base of your throat), with your willpower you must turn the flow of sexual energy 90 degrees out the back of the body.

It will then automatically continue inside the *ankh* tube (see symbol above). It will slowly turn until it passes exactly through the eighth chakra (located one hand-length above the head) at 90 degrees to the vertical. It will then continue to curve around until it returns to the fifth chakra, where it began, only this time in the front of the body.

Even if you don't understand what was just said, it will happen automatically if you get it started out the back of the body at the fifth chakra, and it will automatically come back around to the front of the body and reconnect at the fifth chakra. You just have to make it turn 90 degrees so that it begins.





It will often slow down as it approaches its point of origin, the fifth chakra. When it approaches the fifth chakra from the front of the body, there is sometimes a jolt as it reconnects with this chakra again. All this takes place while you are holding your first breath.

3. The instant the sexual energy reconnects with its source, the fifth chakra, take in the full breath. You had filled your lungs only 90% full, so now you fill your lungs as completely as you can.
4. Now exhale very, very slowly. The sexual energy will continue on around the *ankh* channel as long as you are exhaling. When you reach the bottom of this breath, you will continue to breathe very deeply, but a change happens here.
5. Continue to breathe deeply until you feel the relaxation begin to spread throughout your body. Then relax your breath to your normal rate. Feel every cell becoming rejuvenated by this life-force energy. Let this energy reach down into the deepest physical levels of your body structure even past the cellular level. Feel how this beautiful energy surrounds your very being and brings health to your body, mind, and heart.
6. Once the relaxation begins, slow your breath down to a normal shallow breathing.
7. If possible, allow yourself to completely relax or even sleep for a while afterward.

It might seem strange at first. You're simply using your imagination and will to direct the divine energy out of your upper back through the imaginary ankh tube.

This will take a bit of practise, but the more you do, the more divine healing energy will flow through you to rejuvenate you mentally, emotionally, and physically.

Have a go and enjoy the experience. If for any reason this practise does not feel right, stop, and return to normal.

### Book recommendations & Reference

Book: '[Pussy, A Reclamation](#)' Regina Thomashaver

Book: '[Love Your Lady Landscape](#)' Lisa Lister

Ankhing method (from): '[The Ancient Secret of the Flower of Life – volume two](#)' ~ Drunvalo Melchizedek

### Final words

As you can see, having an orgasm isn't just about sex, it is tapping into the top of the emotional frequency chart and bathing in your own divine power.



David and I have a friend who has 365 orgasms a year, it's part of her daily ritual, she doesn't start the day without one.

Go and connect with that beautiful divine power inside you as often as you feel the urge, it will do wonders for your physical, mental, and emotional health 😊.

### **Recommended habit action steps**

- ✓ Do any further research as required to fully understand the divine power of the orgasm and the multiple benefits to your health and wellbeing.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.



***Here are the related essential programme visual aids....***



# The Rules for Being Human

## 1. You will receive a body.

You may like it or hate it, but it will be yours for life.

## 2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

## 3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

## 4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

## 5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

## 6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

## 7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

## 8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

## 9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

## 10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

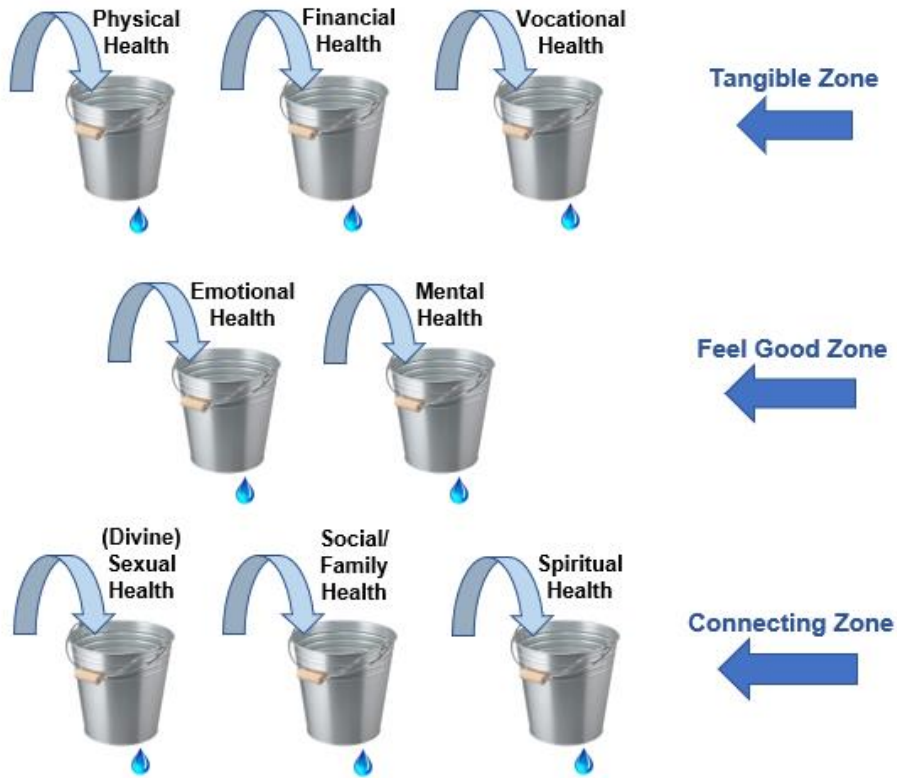
## 11. You will likely forget all this...but you can remember it whenever you want 😊.



## Key Charts & Visual Aids

### Your 8 Health Buckets

(each has a continual, very small leak)



### OMEGA

