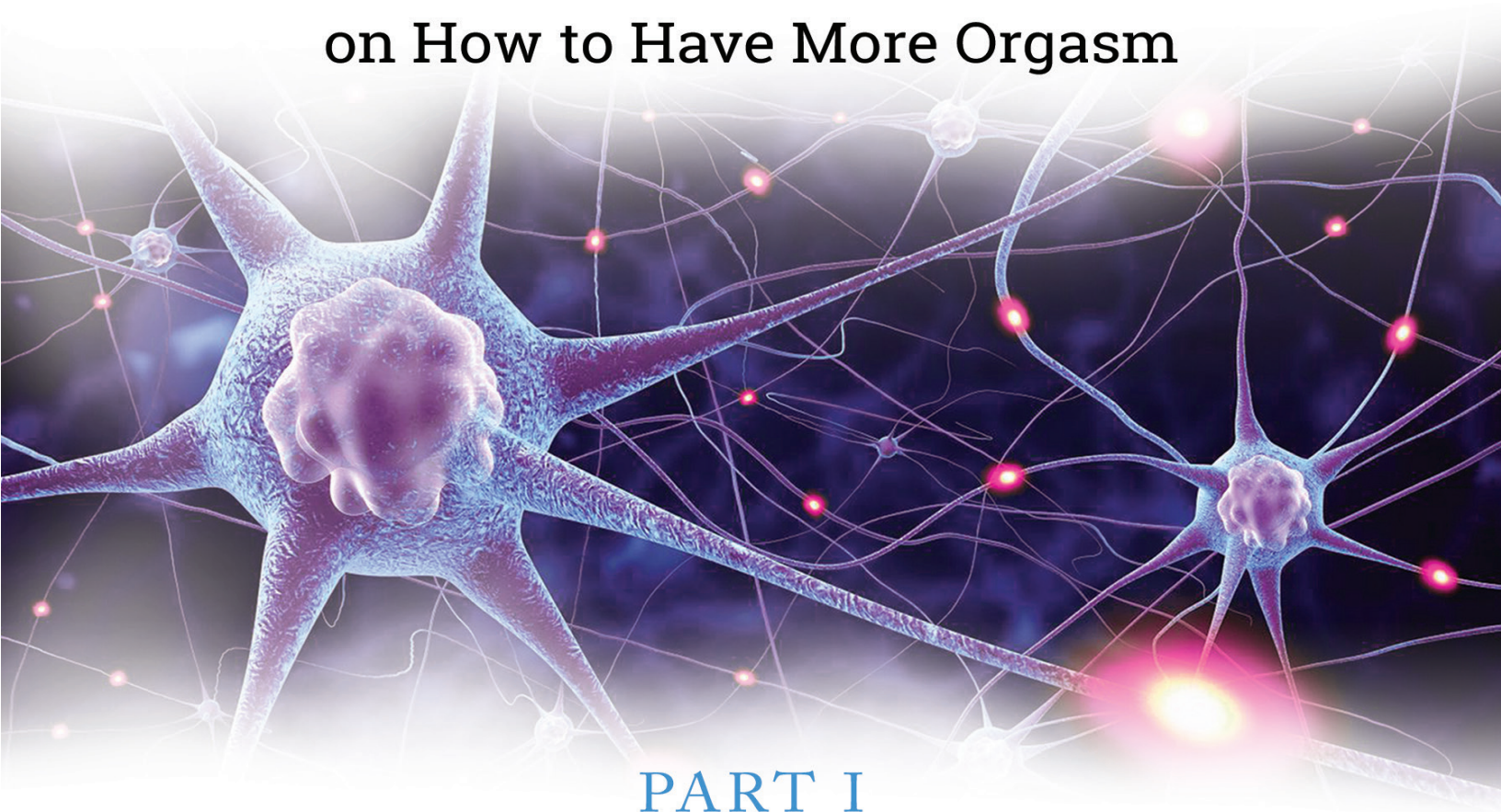


Laying the Foundation for a Nourishing Connection
and Deeper, Sensational and Intense Sex

AMPLIFY YOUR ORGASM

A Practical Guide for **Women** and **Men**
on How to Have More Orgasm



PART I

MICHAEL CHARMING

Amplify Your Orgasm

A PRACTICAL GUIDE FOR WOMEN AND MEN ON HOW TO HAVE MORE ORGASM

DESCRIPTION

Orgasm, we know it all. But do we? We all want to have it, no matter who we are or how old we are. No matter how often we've experienced it before, we still crave more.

We live in a world where harder and faster sex is considered better and sex toys and porn are the norms. The belief that erection is proof of men's masculinity creates massive performance pressure. Women are being objectified and shamed for their bodies creating huge confidence issues. Men believe that they know it all when it comes to sex. Women, on the other hand, often don't give themselves the permission to explore their true desires.

We spend a large part of our lives desiring sex and pleasure but very little time enjoying it! It doesn't have to be this way!!!

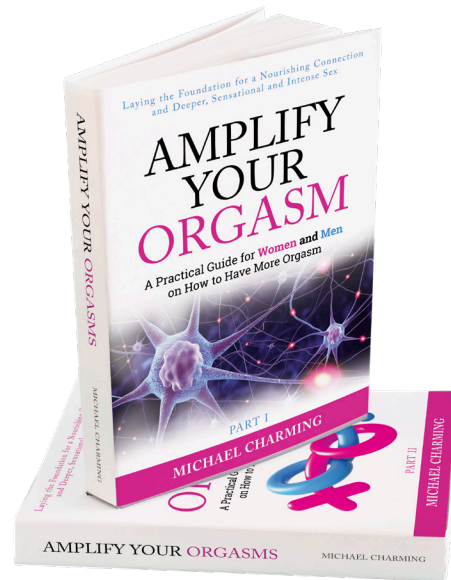
Amplify Your Orgasm was inspired by my own journey to amplify my own orgasm as a man. In this book, I speak about the hard realities we face in our relationships and sex lives.

This two part book series draws on the latest in neuroscience, biology, and sexology as well as ancient ways of exploring sex through spiritual practices and energetic bodywork to help the reader explore their body and mind in new and profound ways.

The accompanying workbook offers a step by step and practical guide for both women and men on how to lay the foundation for a nourishing connection and deeper, sensational, and intense sex.

“Orgasm happens both from within us and from the connection between us. Your partner doesn't give you orgasm. Your partner creates the space for it to happen.”

—Michael Charming



READERS WILL LEARN...

How to explore different dimensions of the human body to experience sex and orgasms that go well beyond the physical realm

A path away from sex that is fast, disconnected, and depleting to developing sex as a practice that feels deeply nourishing, pleasurable, and energizing

How to identify harmful beliefs that block our access to sexual pleasure and replace them with healthier and more positive narratives

How neuroplasticity offers practical tools to reprogram our mind and body to open up new pathways to experience amplified orgasm and heal from sexual trauma

How energy moves through the body and can be harnessed to experience mind blowing orgasms including: mindgasms, whole body orgasms, and becoming multi- orgasmic

The deep connection between desire and fear and why these are connected to sex, orgasm, and indeed our higher purpose on our life journey

To better understand each other's communication, consent, and boundaries which enables orgasm to flourish and amplify

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“Orgasm is an experience to be fully sensed and felt from moment to moment. It is not an achievement to be aimed for.”

—Michael Charming

Uncover in These Pages...

There are a lot of myths in our culture that unfortunately get in the way of our ability to experience amplified orgasms that celebrate human connection on every level: emotional, mental, energetic, physical, and spiritual.

Do these common stories about sex and orgasm sound familiar?

Orgasm and climax are the same thing

The secret to sexually pleasing a woman is to have a large penis

Female orgasm is mysterious and sometimes unachievable

Sex is a purely physical activity

The path to male and female orgasm is essentially the same

Sexual desires and fantasies should be carefully guarded in secrecy

The path to experiencing more nourishing connection and more satisfying orgasm is the same for everyone

Amplify Your Orgasm explodes these myths and offers a fresh perspective informed by the latest findings in neuroscience, biology, sexology as well as teachings from practices such as yoga, meditation, mindfulness, and other energetic modalities.

PART I of Amplify Your Orgasm:

What is amplified orgasm? The first book in this two volume series lays the foundations for understanding embodiment as a layered experience that includes the emotional, mental, energetic, physical, and spiritual dimensions.

Diving into each layer of the body creates a map to amplified orgasm that readers can explore at their own pace.

This comprehensive and engaging book includes nearly 100 citations to peer reviewed scientific literature exploring the neurology, sexology, psychology, and biology of sex and orgasm.

PART II of Amplify Your Orgasm:

The second volume in the series opens the door to more advanced practices as well as a deeper look into the relationship dynamics at the heart of building deep and nourishing connections that create space for even deeper experiences of amplified orgasm.

Practical Workbooks:

Both books include a workbook that contains practical exercises to build specific skills, mindsets, and practices that will enhance the reader's ability to experience amplified orgasm including whole body orgasms, mindgasms, and becoming multi-orgasmic.

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Michael Charming is an *Orgasm & Relationship Coach, International Speaker, Certified Bodyworker, and Author.*

Michael grew up in India, birthplace of the Kamasutra, the world's first sex treatise, and home to many ornate erotic temples. Despite the fact that sexual education was once a norm in Indian society, it has followed the West by turning it into a taboo subject. Of course, this made it all the more important for Michael to explore and learn more!

Since the age of 17, it has always been his dream to become a pioneer in the field of sexuality and bring about positive transformation in society. He is very well connected with spirituality, love, and compassion. He believes in leading a balanced life consisting of both masculine and feminine qualities.

His coaching practice focuses on providing an experience of love and approval and specializes in supporting his clients living a desire-based life full of authenticity, power, and freedom. He designs unique techniques for each individual so that they can feel safe to come out, grow, become sensual beings, and zing in all aspects of their lives and relationships.

Michael believes that our inner world works in conjunction with our outer world, and as such it is important to give adequate attention to both. He also believes that because relationships often reflect aspects of ourselves that we keep hidden, the relationship is the perfect place to get in better touch with ourselves and create the life we want.

Michael's bodywork clients have experienced transformational changes in their lives. Many have felt profoundly relaxed, more confident, rejuvenated, joyful, emotionally light, and peaceful with themselves and their partners. Many of his clients have also experienced whole body orgasms and amazing sensations in different parts of their bodies that were either numbed out or inaccessible due to past trauma. Michael's core vision is to help people have more orgasm in their life and to spread love, happiness, and deeper human connection.



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