

The 4 Pillars of Profound Pleasure

CHECKLIST

How to experience profound
pleasure, mind-blowing
orgasmic states, and feel
deeply connected everyday.

Welcome

READY FOR THE SECRETS OF PROFOUND PLEASURE?

Do you feel like something is missing from your life? Are tired of unsatisfying encounters that only leave you wanting more? Are you ready to learn the secrets of profound pleasure, mind-blowing orgasmic states, and deeper connection with yourself and your partners.

PLEASURE MADE REAL

My name is Mare Simone and I'm a world-renowned tantra healer and sex surrogate. Over the years my work in sexual healing has touched thousands of lives and helped give my followers permission to explore their pleasure. Now, I want to share my secrets with you and show you how pleasure can be used to enhance your entire life, even outside of the bedroom.

Most people have something that holds them back from experiencing pleasure at its highest level. This shows up in the form of past traumas, limiting beliefs, or ideas that we picked up early on that influenced our self-image in a negative way. I'm here to help change that as you step into your highest and best self and begin to experience pleasure through orgasmic states of living.

I support my tribe in many ways on their journey through self-education and exploration. Check out my site at MareSimone.com for more information. This guide is just the beginning of the many ways we can work together.

My mission is to bring more love, light, and pleasure into the world. I hope you enjoy this guide. If you have questions please email me at TantraMare@gmail.com.

PILLAR 1: MINDSET

Contrary to popular belief, profound pleasure doesn't begin in the body... it begins in the mind. The ability to experience deeply satisfying pleasure is often blocked by thoughts that prevent the mind and body from working together. They must both be active and on the same page in order for you to experience pleasure at its true depth.

- Set an intention for your encounter:** Whether you are exploring alone or with a partner, you can set an intention to be open to feeling more sensation than normal. This sets the stage for a healthy mindset.
- Release your anxiety:** Anxiety in sensual experiences often starts with a thought that something is going to go wrong or with a desire to get things moving as quickly as possible. Slow down and trust in your mind that everything will be perfect.
- Think "surrender":** When you feel that you must be in control during sex you're directing your brain to only feel pleasure through the specific actions you have in mind. Surrender yourself to the experience and open your mind to feel the pleasure in every touch.

PILLAR 2: BREATH

We breathe all day long, but we often forget that breathing can greatly enhance or diminish the pleasure we feel through sensual experiences. Breath provides us the power to grow our experience beyond pleasure as quick fix or tool stress relief and into a state of being that enhances every area of our life.

- Take long thoughtful breaths:** The way we breathe creates varying energies in the body. Rapid shallow breathing can trigger hyperventilation and numbs your overall sensation where long deep breaths provide more oxygen and increase your ability to feel.
- Breathe to expand your sexual energy:** As you breathe mindfully, allow those breaths to carry the sensation of pleasure throughout the rest of your body. Doing this allows you to have a more fulfilling whole body experience.
- Relax more deeply with each exhale:** Use breath to slow your heart rate and to relax your body and mind. As you let go of tense muscles you open yourself to enjoy everything in your experience on a more profound level.

PILLAR 3: MOVEMENT

Movement is a crucial component to experiencing profound pleasure. As you move and explore your partners body (or your own) you are shifting energy that can intensify the volume of pleasure that you are able to feel. Awakenning the body through movement is an easy way to boost your experience and your pleasure.

- Take it slow:** We tend to rush our sensual experiences but give yourself permission to go slow. Savor each moment and give yourself time to notice the response from your partner or your own body beyond your initial reaction.
- Build your muscles:** Maintaining a strong pelvic floor keeps your sex organs healthy and happy. Make exercises to build these muscles a part of your regular routine for wellness and mindfulness.
- Use your hands:** The hands are a great tool for purposefully moving the energy of pleasure around your body. Use your hands to physically move orgasmic energy from your sensual centers up your body and all the way to your head.

PILLAR 4: EXPRESSION

Expression is key for getting pleasurable energy flowing. As the energy flows and you express it, you begin to expand and make room to hold even more pleasure in your body. Suppressing your pleasure may lead to more intense feelings in your sensual center, but whole body pleasure comes from open expression.

- Match the vibration:** As you feel pleasure your body will begin to buzz with positive energy. Allow yourself to freely express these feelings throughout your body without judging yourself or worrying about judgment from your partner.
- Make some sound:** The sounds we make during sensual experiences send signals to our brain and our partner about what we are feeling. The expression of pleasure creates more pleasure as your partner mirrors that emotion back to you.
- Start early:** Many people are comfortable with expressing the pleasure they feel at the moment of climax. Yet, expressing yourself all throughout the experience builds more enjoyable energy and the ability to experience it with more depth.

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