






# Putting the power of health in women's hands

## — Orgasmic Meditation

is a meditative practice which has been scientifically proven to have powerful neurological and physiological effects. Evidence from multiple studies suggests that it may help to address key mental health conditions, with the speed and efficacy of psychedelic therapies but with the safety and consistency of alternative, body-based healing practices like yoga and meditation.

This practice involves no substances and only takes 15 minutes. It taps into the innate power and resources within the body to deliver powerful health results to participants.

There is an invisible mental health crisis plaguing women. OM suggests that within women's bodies lies the cure to health and flourishing.

-  Women are twice as likely to be diagnosed with **anxiety** than men.
-  Women are 60% more likely to have a **mental disorder** than men.
-  A CDC study shows about 1 in 10 women of reproductive age in the United States reported symptoms suggesting an episode of recent **major depression** in the last year.
-  About 1 in 10 women will develop **PTSD** at some point in their lifetime. Women are two to three times as likely as men to develop PTSD.
-  1 in 3 women will experience physical or sexual **violence** in her lifetime.

## Orgasmic Meditation

is a safe meditative practice conducted by two people which has been shown to address critical barriers to mental health and lead to flourishing. In this practice, one partner, a female, chooses to begin, undressing from the waist down and then lying down in a simple and comfortable arrangement of pillows. Their partner, either, male or female, remains clothed, and sits down next to them. After an initial grounding step, the female partner indicates she is ready to begin. Her partner, who is wearing gloves, then strokes her clitoris for 15 minutes with very light pressure. At the end of the 15 minutes, each partner shares about their experience. The female partner gets dressed and the practice is complete. The goal of the 15 minute meditation is not sexual climax, but to **train the mind to feel arousal the body**.

People integrate the practice in to their lives at whatever frequency they choose. The set protocol allows for a safe, consistent and repeatable experience.

## Scientific Research

Research began 8 years ago to evaluate the physiological effects of Orgasmic Meditation, with the most extensive partnered sexual stimulation study since Masters & Johnson, evaluating 125 pairs of practitioners, by a researcher out of UCLA.

Since then 7 IRB-approved studies have been conducted by a diverse group of leading researchers in their respective fields from top university research labs in the country, ranging from neurology and physiology to women's health. Peer reviewed studies establish OM as a premier alternative healing modality along the lines of meditation and psychedelic-assisted therapies.

## Recommendations from Women's Health Experts

*"Ah! Combining meditative awareness with sexual pleasure! What could be better – or more life-enhancing than this?"*

**Dr. Christine Northrop**  
OB/GYNs, author of "Women's Bodies, Women's Wisdom"












*"I consider OM a crucial addition to the language of female empowerment and experience. Perhaps most important, OM may be the best treatment available for our stress-crazed lives and overtaxed adrenal glands. It may just be the best possible hormone therapy for women of all ages."*

**Dr. Sara Gottfried**  
Harvard-educated doctor, author of "The Hormone Cure"



## Scientifically demonstrated benefits of OM

-  OM produces intense happiness
  -  OM increases practitioners' feelings of closeness and connectedness
  -  OM may help people with traumatic childhoods regain full sexual function
  -  OM is a safe and promising intervention for people suffering from PTSD
  -  OM reduces negative affect including depression, anxiety and anger
  -  OM modifies emotional states without blunting the capacity to feel emotions
  -  OM may improve cognitive performance
  -  OM may promote altruistic and pro-social behavior
  -  OM is a safe way to bring about "mystical states", altered states of consciousness that have been shown to have many benefits
- Studies are underway to further evaluate the effects of on PTSD, depression, and dopamine

Leading Research University Studies Observe Powerful Results from OM Practice

