## WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

**AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS** 

www.pleasurepowerexperts.com.au

#### **Personal Reflection Worksheet for Video 1: Fabulous Orgasms**

1. What did your mother (the primary woman in your life) teach you about Orgasms?

2. What is YOUR personal experience of Orgasm?

3. Have you ever FAKED an Orgasm? Why? - Really sit with this... What were your thoughts/ feelings at the time?

4. Why are Orgasms good for YOU?

5. What % of women have intercourse Orgasms?





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6. How do YOU best have/ reach Orgasm -solo or with a partner?

TOUCH> toys, hands, sensory play? TONGUE> oils, lube, spit, oral? THRUST> penetration (fingers/ penis/ dildo/ crystal wand).

- 7. What's the truth about the clinical structure of the clitoris? Did you know this already?
- 8. What do Tantric Empowerment Sex Terms/Words offer us to maximize our Orgasms?

- 9. What's the difference between Explosive and Implosive (NEO) Orgasms? Have you ever experienced an implosion orgasm?
- 10. How did you relate to the story of how Suzie learned to Orgasm?





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11. What are the (core principals) of the 4 Golden Keys of Tantra?

12. Is there something that was discussed in the video that you would like to explore more/ know more about?

13. What's your biggest takeaway/ "Aha!" moment?

14. What will you commit to?

Remember orgasms are your birthright and we are ALL orgasmic! So, be specific: What action steps will you commit to this week, and in the future, to honour your own orgasmic nature and claim your inner sex goddess?



