

# WOMENS *Pleasure* POWER

with Pleasure Power Experts Dr Janet Hall & Ella Hall

AUSTRALIA'S FIRST MOTHER-DAUGHTER SEXPERTS

## Self-Pleasure as Self-Care

The Exquisite Art of Solo Sex



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WOMENS  
*Pleasure*  
POWER



# Welcome to Women's Pleasure Power

I'm Ella Hall Transformational Life Coach & TANTRIC Practitioner

and my mother is Clinical Psychologist and Sex Therapist Dr Janet Hall

Together we are Australia's first mother daughter SEXPERTS!

Dr Jan comes from a clinical/ psychological viewpoint and

Ella comes from a tantric/ wholistic one.

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Both of us are dedicated and passionate about educating and empowering all women to claim *their inner sex goddess.* .

Today we are talking about-

***Self-Pleasure as Self-Care***

***The Exquisite Art of Solo Sex***

We are so grateful you're here and honored to share our magic with you ...

# So let's define Self-Pleasure?

- Women can pleasure themselves in many ways –
- from putting your feet up to watch a chick flick
- To taking a bubble bath.
- The self-pleasure we are focusing on today is all about allowing her to pleasure herself sexuality.

One of the most obvious things to do for self-pleasure is ... *masturbate* until you have an orgasm!



Q - So why aren't all women having fabulous orgasms with themselves when we both believe this is the number one self-care routine and ritual a women could have!

It's our *birthright* and yet so many women say they don't do it!

We will share with you why... :)



Dr Jan says:

- In my clinical practice I see this is often due to the Negative Judgements some women have About Masturbation
  - It's Taboo
  - Immature
  - Selfish
  - Shameful, Dirty and Wrong

Ella says-

- More so I see and work with the *Busy* women who view self-pleasure as a luxury they can't afford as they are far too busy taking care of everyone else's needs before their own!
- They don't give themselves permission
- Something that takes up too much time
- They have no space or energy for that...
- If they do self-pleasure its usually with a vibrator focused purely on the goal of achieving orgasm, focused solely on the clitoris and is done hard and fast. ..

Much like the way many of them live their lives.

- Like we discussed in our episode on Fabulous orgasms for women where I went into the difference of the Explosive Orgasm vs the Implosive...
- A clitoral stimulated orgasm is explosive and actually drains them of energy.
- Many of them tell me - "Yeah it helps me go to sleep!" - that sounds somehow familiar wouldn't you say ???

Actually, humour is so important... another self-care ritual!

- Jan tell me some of those corny old jokes you know about masturbation? Let's Laugh About It

Here's some old but good jokes I like to tell!

- **Remember the 1<sup>st</sup> time you had sex?**

You were probably alone at the time ;)

- **99% of men do it...**

The other 1% lie ;)

- **If *God* didn't want us to Masturbate...**

Then why aren't our genitals between our shoulder blades? You know that spot that is hard to reach with your towel?

- We've said it before ... but the words we use to describe things can be sooo powerful.
  - Often it's the energy and meaning behind the words that unconsciously create a feeling response within us that can actually have a physical reaction... The word: '*Masturbation*' for example...
  - Take a deep breath and just notice...How does that make you feel?
  - Not very 'in the mood'... And interestingly *Masturbation* in Latin means “to defile oneself with one’s hand”.
- That’s certainly NOT what I choose to think or say or do!
- So LET’S play with CHANGING THE NAME from *Masturbation* to something with a different meaning and *energy*...

Some much more beautiful words I use are:

- *Solo Sex & Self-pleasure*

- I love those words...

So now just feel into the energy of them... close your eyes.

(Speak them slowly...)

*“Solo Sex”*

*“Self-pleasure”...*

- Ok open your eyes... a very different feeling in your body hey!?

- I feel a lot more open and excited when I hear self-pleasure than I do masturbation!
- It's an amazing thing just to start to notice what **words make you FEEL** certain ways and **how your *body responds*** to them...
- This is our women's wisdom!

It lives in our body... but due to conditioning and lifestyle, we forget this.

Agreed. Actually, let's go deeper into talking about Self-pleasuring as Your Birthright... just look at children who are the most beautiful examples of this... free!

Children love to Self-pleasure. Even though they don't necessarily know what they are doing- Maybe it starts with an itch they need to scratch and then they just know it FEELS really good!

- I remember that story you told me of me being 3yrs old and you walked in on me playing with my bits.
- Very beautifully and not in a shaming way at all you simply educated me that this was something that was perfectly natural, but we did it when we were by ourselves...  
so I promptly proceeded to ask you to leave the room! :D



- I was always destined for this!
- It's amazing now I get to work alongside my mum and teach other women about claiming their own pleasure-power!
- I like to say that your body is a beautiful instrument... You need to learn how to play it and make it SING!
  - Then you can begin *Conducting Your Own Orchestra!*

Ella says:

- I teach women that there are 3 Keys to self-care and reclaiming your birthright .

# 3 Keys to Self Care & Self Pleasure

- Permission
- Choice
- Self Responsibility



- 1- PERMISSION:

You have Permission and You are the only one who can give that to you, ever! You are ALLOWED: to slow down, to play, to ask for what you deeply desire.

- 2- CHOICE:

You have choice to prioritise YOU first: SELF-IS- not self-ish!

Give yourself space and its ok to say *no* to others demands of you.

- 3- SELF RESPONSIBILITY:

Nobody else is responsible for your pleasure BUT YOU.

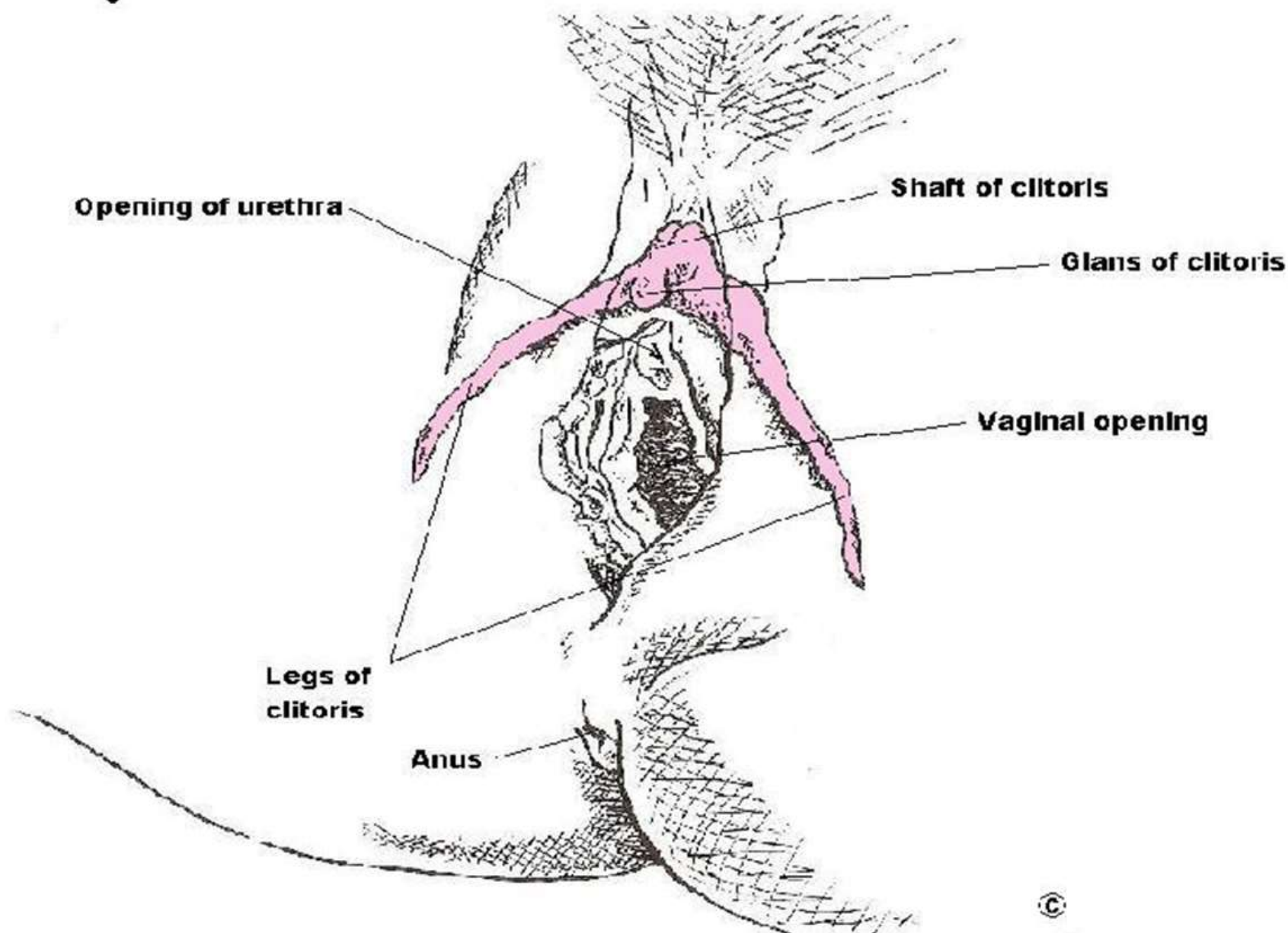
**SO BE YOUR OWN BEST LOVER!!!**

# Let's review our female anatomy and the Types of Orgasms we can have with mindful self-pleasure:

From the academic point of view there are 3 main ways-

(refer to next image)

- Clitoral
- G-Spot
- A-Spot (Cervix?)



- In Tantra there are endless ways of experiencing Orgasm!  
No limits!!!

- - Vaginal entrance Orgasm.
  - - Breast and Nipple- Gasm (or heart-gasm)
  - - Anal - gasm.
  - - Throat -gasm
  - -Womb-gasm
  - And the list goes on!
- 
- Each one of these have such a unique flavor and are their own experience. Some of them can even happen simultaneously!

Every-BODY is Multi-Orgasmic!!!



Be transported into bliss and learn to slow down and touch yourself the way you *desire a lover to touch you!*



- In Tantra we practice being mindful when we self-care.
- We are present in the moment and not 'trapped' in rushing around.  
In this present space we make better decisions and choices for ourselves.
- We SLOW DOWN!!!
- We eat better
- Sleep better
- Function better
- We can tune in and start to listening to our body's wisdom and hear our true  
*YES and NO!*

So for now, from our hearts to yours,  
We wish you all the MORE you deeply desire...

Remember to keep practicing and giving yourself permission again and  
again and again to self-pleasure...

You are ALLOWED!

**BE the powerful pleasure filled *Sex Goddess* you are!**

**SELF PLEASURE IS SELF CARE – PUT YOU FIRST –  
YOU ARE WORTH IT!**







But wait... want MORE?!?!?

**The gift that keeps giving...**

**Discover Tantra & *Claim Your  
Pleasure Power* with Ella**

**[www.ellahallcoach.com](http://www.ellahallcoach.com)**

# Want to take your journey even deeper?!

Do you want to get better educated - feel empowered - and dip your toe in the waters to have your own personal experience of orgasmic awakening?

Let Ella be your guide as she takes you by the hand and lovingly walks you through her introductory and super powerful *Claim Your Pleasure Power with Tantra* Audio Mini-series.

**A must have for beginners** and a perfect partner to the **Women's Pleasure Power GOLD Course!**

Here is what another beautiful client shared:



*“ What a gift to those wanting to expand their energy, horizon, pleasure and life. Ella walks the walk, talks the talk and oozes natural sensuality. She lives as she teaches, and her messages are given with genuine honesty and conviction from her heart. Value for money - yes. Value for presentation - definitely a yes. Value for information - most definitely a yes. Value to you - YES, YES, YES! ☆ ☆ ☆ ☆*

*☆ Aaahhhh...”* **S.M Melbourne**

For a limited time **ONLY** as part of this course you can add Ella's Tantric Audio miniseries: ***Claim Your Pleasure Power with Tantra*** for only \$29USD

**[CLICK HERE](#) to Claim Your Pleasure Power With Tantra NOW!**