

TECHNICAL STUFF

First of all, make sure you are running the latest version of **Safari, FireFox** or **Chrome** for the best results with the videos.

2ndly, make sure all your other programs such as **email, FB, twitter** or any other attention grabbing programs are **switched off** for the time you will spend with each lesson. This will maximize your internet connection and will also assist you in creating a space to be fully present with the material.

3rdly, this brings our attention to phones, partners, kids, pets, etc anyone or anything that can be distracting to you as well. **Make sure to book some 'alone' time to dedicate to this program.** One of the secrets to successfully experiencing the material is to approach it with a sense of relaxation and enthusiasm.

4thly, be sure that you do have our email address in your address book so that you receive all emails from us: [saida@saidadesilets.com](mailto:saida@saidadesilets.com)

**Special Note for Gmail users:** Unless you OKAY all emails coming from [saida@saidadesilets.com](mailto:saida@saidadesilets.com), all emails from me will be redirected to your PROMOTIONS folder and you won't have immediate access to the links & material. So be sure, if you haven't already, that you okay my email address so that they go directly to your INBOX.

5thly, use the **comments area** for your questions, your insights, and any other thoughts. Myself and my team will be checking in regularly to see how things are going.

6thly, if you need to get a hold of us, **please give us 48 hours** grace period to respond. We will respond to your email as your queries are very important to us.

Finally, if there is anything else we can do to make your experience more delightful and delicious, do not hesitate to let us know as well by writing us an email with the subject line: ***More Delicious Please!*** and send to:

**[saida@saidadesilets.com](mailto:saida@saidadesilets.com)**

GETTING STARTED

First of all, before we start, I want to invite you to promise me two things:

**1. *That you won't believe I word I have to say.***

What I mean is in order for us to move forward and dismantle and recreate our relationship with Orgasm, we must be able to question everything, including what I present to you.

By using your discerning mind, you will be able to redefine *in your own words* what ORGASM means for you.

I certainly invite you to take in what I share with you, chew on it, keep what fits and send the rest to the compost bin.

The reason I ask this of you is that we have, for far too long, mistrusted our own internal guidance and over-valued external or 'expert' advice.

Part of becoming a **Multi-Orgasmic Woman** is to be willing to risk asking questions and not accepting everything we are told at face-value.

There are multi-billion dollar industries invested in keeping the status quo, that is, discouraging women from asking questions while putting full faith in the authorities on the subject as well as encouraging mistrust in our own inner guidance (how could we really know what is going on, we are not doctors, etc).

## **2. *That you will leave your seriousness outside the door.***

Attitude is everything when it comes to orgasm. The more 'serious' we are, the more in our head we are. Orgasm is meant to be experienced in our entire body.

By lightening up, we begin to explore from a place of curiosity, delight, and wonderment.

That said, I just want to cover a few important points to take note of during the duration of this course:

**#1: Whenever we start something new we are always faced with our fears and doubts.** It is important to notice those feelings AND to move forward without them.

It is known that when we breathe deeply, we can *transform our fear into exhilaration.*

Remember, everything in the course is given to you as an **invitation**, there is **nothing you HAVE to do.**

That said, the more you free yourself from feeling like you *'already know that'* and approach each lesson with the attitude of *curiosity* and a *beginner's mind*, the more you will get out of each lesson.

**#2: It is easy to let life take over,** especially when we want to make important, fundamental changes in our life. The best way to avoid this inertia is to actually put a time in your calendar for each week's lesson as well as some additional time to put into practice the ideas and exercises shared with you.

**#3: We recommend that you keep your experience to yourself *initially*.** A lot of people do not understand the choice to claim pleasure as a birthright and may choose to poo-poo your experience or breakthroughs. By holding the experience in your heart and finding sisterhood through the women in this course, you will be able to nurture the incredible changes that have already been set in motion.

**#4: Keep a yoni journal.** This is a special journal where you will write your insights from the course and also practice *listening to* and *writing from* the voice of your yoni (genitals). As bizarre as this sounds now, it will make more sense as we move through the course.

GREAT! Now that we are aware of our **self-sabotaging patterns** we can break-free from them from the get-go and start our adventure in the beautiful world of orgasm.

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Just before we jump-in, I want to point out a few tips that will make your experience with the material **more fun** and **easeful**, so let's have a quick peek into lesson 1.

# WOMAN

*Online Course*



Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

# 1

'Breaking the Myths  
of Orgasm'

## Video 1 : Redefining Orgasm



Listen to Audio



Action Sheet



Next Video

All Videos  
& Downloads

### Comments :

Name: (Required)

# WOMAN

*Online Course*

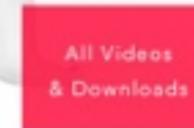


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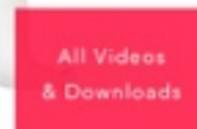
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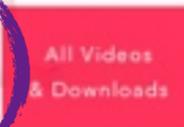


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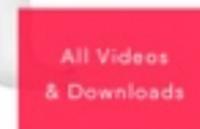
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Comments :

Name: (Required)

Enter your name...

Email: (Required) (Will not be published)

Enter your email...

Comment:

[Text area for comment]

Captcha (Calculate and enter the sum of below numbers)\*

4 + 1 =

[Input field for captcha]

Post It!

Week 1

Week 2

Week 3

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Week 8

# 1

'Breaking the Myths  
of Orgasm'

## All Videos :

Video 1 : Redefining Orgasm

Video 2 : Breaking the Myths of Orgasm

Video 3 : Activity Menu and Warm-Up

Video 4 : Awakening Your Subtle Sensations  
Meditation

Video 5 : Awakening Your Erotic Field  
Meditation

Audio 1 : Body Love Meditation

## All Downloads :



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## 'Breaking the Myths of Orgasm'

### All Videos :

**Video 1 :** [Redefining Orgasm](#)

**Video 2 :** [Breaking the Myths of Orgasm](#)

**Video 3 :** [Activity Menu and Warm-Up](#)

**Video 4 :** [Awakening Your Subtle Sensations Meditation](#)

**Video 5 :** [Awakening Your Erotic Field Meditation](#)

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So without any further distractions, let's jump in and claim our full pleasure potential!