



Video Transcript

Activate Orgasmic Frequencies Through the Chakras

Hi, I'm Meg, and this is going to be a lovely practice for you to unlock orgasmic frequencies by tuning in to each of the chakras. The chakras are energy centers within the body that also correspond to different organs and also different ways of embodying our own energy. Also processing energy. As we explore these sounds, we may even awaken pleasure, and we also are going to help to free up any blockages, any tensions that might be holding us back from experiencing the full bandwidth of our pleasure.

And as you explore, you might also notice that certain sounds are especially helpful and you can carry that forward. Into your own self-pleasure practice or, uh, when you're in connection with your own partner, because oftentimes we lock our expression in and this can also lock in energy. So as you explore really giving yourself permission to feel into each of these sounds, you might feel a little silly because this might be a little bit outside of what you're used to.

But you know, go gentle and easy, and I promise you that if you take that time to really explore, you will start to feel new sensations, new awarenesses opening up. So let us begin. So go ahead and just bring your hands down onto your knees, make sure you're comfortable. I'm on a nice little pillow here so that I can feel nice and supported in my spine.

And we're gonna start with stimulating our root chakra. So this is the chakra that corresponds with the base of our spine. It also corresponds with safety, and it is also the color red. So what I

want you to do is you're gonna make the sound of, um, the sound that you might make when you eat something really, really delicious.

We're gonna keep the sounds low and deep, so it'll sound like this. Mm.

Mm

mm As we're making these sounds, we're noticing that I am moving my spine a little bit. Mm. And that's purposeful because I'm trying to actually bring that vibration and that resonance Mm. Into my pelvic floor. So just continue. Mmm. Making those nice, gentle sounds. We can also feel a little vibration in the face.

Mmm. It can also help to smile just a little bit here, so I might think of something. Mmm. Really delicious. Mm, pleasurable. Mm. See if you can also vibrate right into your sensual organs. Mm.

Few last moments here. Mm.

And just going back to center. Feeling that for a moment. Now we're gonna move into our saac chakra. And so this lies just in the, um, in the lower part of the abdomen, and it also corresponds with the color orange. It's connected to creativity, also to our sensuality. And in this center we're gonna work with the sound of, Ooh.

So it sounds like this. Ooh.

Ooh. Really trying to get that vibration. Ooh. Into that center. Ooh. So allowing your spine to move. Oh, imagine you're vibrating right below your navel. Uh

oh. And here we can also work with an ah, sound as well. This is gonna be the one chakra that we can work with two sounds. So I want you to also explore ah, and getting that sound. Uh, right below Thel. Uh, it's very primal, deep. Oh,

uh, one last time, uh, um, I'm just coming back up to center and now we're gonna move up into our solar plexus. So this is the area right here where our diaphragm lies, and it's also associated with our personal power, connected to our confidence. So in this center, I want you to work with a sound of er. So we're gonna make a little bit of an R sound at the very end.

That sounds like this.

Ah, you can see I'm also making a very primal expression with my face, right? It's very animalistic. Ah, try to feel that vibration in that diaphragm. Ah, right. Think of that fierce energy. Ah. So we can connect with that pleasure. We're also very much unlocking this primal energy, so I want you to really give yourself permission.

Ah, just embrace that part of you that, ah, that animalistic sensuality ah, just embraces ah, pleasure. Ah. And coming back to center and just feeling that might feel a little more lifted through your spine. And now we're gonna move into the heart chakra. So this is located right in the center of our chest.

It's also associated with the color green emerald, beautiful emerald green. And in this center, when we're open in this center, we're also open in our compassion, our empathy, our love. And in this center we're gonna work with a sound of ah, right. We make that sound. Ah, I can just feel that heart opening up, ah, vibrating right into that sternum.

Ah, using that nice open awe sound, ah, to open that heart ah, like massaging with the sound. Ah. A few more times. Ah, if it helps you to see the color, you can do that as well. Ah, and then coming back to center, now we're gonna move into our throat Chakra. So this is located obviously right in our throat.

It's also associated with the color blue. And it's connected to our communication, our ability to express our truth. So if we're not expressing our truth, oftentimes this area can be really locked in. And here we're gonna work with a sound of, oh, that nice Oh, shape. We're gonna feel that vibration in the throat.

So it's going to look and sound like this. Oh.

Oh,

really? We're stimulating the glandular system here too. Oh, the thymus vibrating. It's so good. Oh, to really allow yourself to feel the pleasure and that vibration. Oh, a few more times. Oh,

one last time. Oh

good. And coming back to the center. And now we are going to open our third eye, an orgasmic sound of, eh. So when we make the sound of, eh, you can feel when you make that sound that you get a little bit more lifted. We're lifting the palette. We're widening, and we're gonna concentrate our energy right between our eyebrows.

So we're gonna vibrate right in here, so it's gonna look and sound like this, eh? Eh,

eh, you can see here too, I'm kind of bouncing a little bit through my lower spine 'cause it is a little bit more to get the vibration up here. Eh, so let yourself ah, really again, feel into that vibration, eh, lifting those cheekbones, eh.

And this is also associated, I didn't mention this, but with the color indigo, eh, might see that color, eh, coming back to center. And rest. Now we're going to open up our crown. So this is

where we're gonna bring all that orgasmic energy through the entire body. You might feel that when you're having a nice full orgasm, that crown actually will open.

So as we do this particular sound, it's very similar to the eh sound, but we're gonna imagine an A in front of the EH. Sound. So we're gonna really lift even more. And just like we had to work a little bit more to get that sound up the bounce. This time we're gonna use our arms to kind of help to really lift the sound.

So I want you to, as you're working with this, try to imagine that the sound is moving all the way up to the crown of your head, and especially through the upper back of the crown. So it's gonna look and sound like this. And also, by the way. The resonance is gonna be a little higher as we explore this upper center, so it's gonna look and sound like this.

Ah, ah,

ah.

Uh, am I gonna make you laugh a little bit? Uh ah.

Ah, that's good. Ah, one more time. Ah, sometimes when you're at the height of orgasm, you sometimes even say the word yes. So that's the kind of resonance that you're getting in that last expression of sound. Okay, so now to to finish, I want you just to bring one hand onto your belly. Another hand onto your heart.

Then we're gonna come back to that root sound of Mm. Just to help us to ground the energy here. Mm. I can think about this moment as a little bit. What sometimes we call the afterglow. Mm. That moment of experiencing the orgasm and we're letting it sink in. Mm mm Just imagine all of that energy landing. Mm.

To every cell. Mm. Feeling that love. That also comes as we explore our pleasure. Mm. Just letting yourself receive all of it. Mm

mm.

Beautiful. And gently opening your eyes. Thank you so much for practicing with me today. I hope you enjoyed that, and I look forward to seeing you in our next practice.