

Key's
Hall



The Pleasure Portal

Unlock Mind-Blowing Orgasms In Just 15 Minutes A Day!

The truth about **orgasming...** is that it's a skill.
This is how you master it.

It's the **first step to becoming multi-orgasmic!**
No matter where you're starting from.

I should know... **it's what brought me from**
"was that it...?" to "HOLY F*CK YESSS!"

Step 1: Creating Your Ritual Space

Pleasure flourishes in a safe, comfortable, and intentional space. Take a moment to create a space that supports your journey by engaging your senses:

✦ Sight

Set the scene. Dim the lights, light candles, or set up warm, inviting lighting that makes you feel sensual and relaxed.

✦ Sound

Do you want music or silence? Choose sounds that enhance your ability to relax and drop into your body.

✦ Smell

What smells will add to your experience? Essential oils or incense can greatly enhance your pleasure!

✦ Touch

What are you wearing? What are you touching? Bring in blankets & textures that make you feel safe & sexy!

✦ Safety

Make sure you won't be interrupted! Lock the door, silence notifications, and allow yourself the freedom to be fully present.

✦ Tools

You may want to bring out some sex toys or lube to continue exploring your turn on after the audio is done!

Step 2: The Four Pillars of Pleasure Activation

This practice will introduce 4 foundational skills to awaken your pleasure.

✦ Breath

The gateway to pleasure. Conscious breathing brings energy into the body & expands your capacity for sensation.

✦ Sounding

Sound releases energy, deepens relaxation, and allows pleasure to flow more freely.

✦ Energy Movement

Free movement and circulating the sexual energy through your body is key to expanding your pleasure!

✦ Intention

Your intention shapes your experience. Intentionally focusing on your desired goal enhances your ability to surrender.

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IT'S TIME TO TURN ON THE AUDIO!

Step 3: Journal Prompts for Integration

After your pleasure activation practice, take a few moments to reflect. This helps deepen your connection to yourself. Answer only the questions that call to you after each practice!

- ✦ What do you want to experience in your pleasure?
- ✦ Is anything holding you back from experiencing what you want? Can you see this part of you with love & acceptance?
- ✦ What did you feel or notice during today's pleasure session?

✦ Write down an affirmation about your pleasure.
Example: I am worthy of deep pleasure. I surrender to my body's wisdom.
Place this affirmation somewhere visible and read it aloud to yourself every day!



What Next?

- ✦ **Use this practice daily** and notice the shifts in your pleasure and orgasmic capacity! This is **not about performing or achieving—it's about allowing, surrendering, and remembering**. Your body knows what to do.
- ✦ Use the journal prompts to integrate your experience.
- ✦ Send an email to connect@krishall.ca to let us know about your experience!
- ✦ **Ready for more pleasure & power?**
Explore the **Wild, Worthy & Orgasmic** coaching program at <https://www.krishall.ca/coaching>
And step into **your full orgasmic potential!**

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