

THE
CONTAINER
& FORM
of
ORGASMIC MEDITATION®

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Foreword

This document is a supplement to basic training in the practice of Orgasmic Meditation® (OM) delivered through current or past training options such as online training materials, an introductory course taught by a OM Life® Certified Teacher, or private training offered by an OM Life® Certified Coach. It is not a replacement for any of those things. The Institute of OM™ strongly suggests receiving some form of basic training through one of the aforementioned resources before attempting to practice.

The Orgasmic Meditation® Container has been through a number of different (mostly incomplete) iterations before the creation of this document. You'll find them in the book, *Slow Sex: The Art and Craft of the Female Orgasm* (Grand Central/Hachette, May 2011), by Nicole Daedone, and in the now retired “OM Essentials” and “How to OM” digital documents given to OneTaste® course participants after having been trained in courses in years past. Each of those documents represents both a version and a corresponding angle on the practice of OM and was “just the right thing” for the time and purpose they were meant to fulfill. The version in the book is written for a mainstream audience of existing couples practicing alone (likely never having access to OneTaste® or The Institute of OM™ training), where the other documents reflect a more nascent, close-knit community practice where the materials didn't have to be comprehensive because new practitioners would “catch on” to all the nuance through exposure to experts.

The purpose of this document is to meet the practice where it is in present time: A modern and innovative concept that is becoming mainstream, and has been shown to increase connection, empathy and generosity, and forge deeper connections with others.

In precisely the same way that the common internet communication language that allows our smartphones, computers, cars, refrigerators, etc. to seamlessly interconnect had to be standardized at

the birth of The Internet, Orgasmic Meditation® must also be well documented and standardized so that no matter where a practitioner may go or who they OM with, OM is OM.

The distinctions contained in this document are crucial to understanding that Orgasmic Meditation® is a specific practice performed under detailed instructions and compliance guidelines, not a sex act.

There will be revisions to this document listed at the end in a “revision history” section that lists the changes as each progressive version improves upon the last. Please send suggestions to container@instituteofom.com.

The Container v The Form

The “container” of the practice refers to the unchanging, non-negotiable aspects of the practice which include:

- No reciprocation - both roles in OM are done solely for their own enjoyment not for any additional benefit or expectation of compensation
- 15 minute duration
- Safeporting at two distinct points
- Stroker remains fully clothed, strokee only undresses from the waist down
- “Nothing extra” in the nest i.e. no romantic gestures, added or subtracted steps, changes to the time limit, etc.

Think of the container as both the context and the environment created to hold the practice.

The “form” of the practice refers to how practitioners conduct themselves in and around the practice i.e. how we do what we do inside the container in terms of intention, behavior, and technique. When we OM, each partner overtly opts-in to holding the container and practicing good form.

Falling out of the form is not always the same as breaking the container though both matter greatly to the integrity of the practice. The form of OM serves us by showing us the gap between where we are now and our aims so that we may examine what lies in the expanse and continue to refine our practice with rigor. Falling out of the form due to habit and conditioning is human and expected to happen from time to time. If we could all maintain perfect uninterrupted attention while staying connected to our bodies in the simplest of ways our practice wouldn't be nearly as rich or necessary! Both container breaking and bad form can be deliberate or accidental. Rigor is a necessary element in any OM practice.

A few examples:

- OMing with the goal of achieving climax out of habit (on behalf of either partner) is a common example of behavior that is not breaking the container yet would usually be considered an accidental lapse in form.
- If your timer battery died mid-OM and you went longer than 15 minutes that would be an accidental container break.
- An example of good form would be avoiding towel contact with the anus during the towel stroke.
- In contrast, wittingly allowing the timer to go over (or under) 15 minutes, hitting on your partner during the execution of the practice, charging money or accepting compensation for OMs, etc. would break the container deliberately. Deliberate or accidental, each practitioner is responsible for their actions in and education surrounding the container.

Because of our cultural bias towards climax, the term “goallessness”, to the equal intrigue and appeal of many who find OM, often starts out as being synonymous with “not climax-centric”, or “not created to produce climax”. Indeed, people seem to know that there is more to connection and Orgasm than what’s been prescribed as the one-size-fits-all approach. As strokers and strokees begin their practice they often confront their relationship to climax as they feel their way through their experiences noticing their attachments to various feelings, stories, and expectations of how things “should go”. The attachment to climax is perhaps the most obvious preoccupation reported by practitioners but while its perhaps the most obvious its far from the only one. In this context, being “goalless” is more closely defined as not habituated to any specific experience of Orgasm. For example, there are some who shy away from climax and instead prefer stillness and calm. There are those who like a sense of play and those who prefer a sexier frequency of Orgasm. Orgasm includes all channels and if you OM, you are by definition asking to be moved by your body’s own electricity into states that might feel unfamiliar.

The principle of “goallessness” isn’t meant as an instruction to relinquish all aims or desires to receive benefits from the practice. On the contrary, OM is designed as a “goalless” practice in order to increase our receptivity to its benefits. Releasing our experience from the bondage of a fixed goal outcome OR flavor opens the possibility for the unplanned and unexpected to occur. The beauty of the practice is that if we agree to let go of what we think Orgasm should feel like and rather learn to be with the beauty of it exactly as it is.

Training in the practice of OM (in person, via video conference, or online) is designed to advise practitioners on good form and container keeping! Contact info@instituteofom.com for more details.

The Menstrual Cycle, and Personal Care

Our culture has many expectations and prescriptions for how a strokee should care for and present their genitals as well as the surrounding areas. Strokees may feel as though they must somehow prepare their genitals for the benefit of their stroker. OM does not require any specific form of preparation beyond that of a person practicing their own best sense of personal care, whatever that means to them. Many strokees have reported that Oming on their cycle is beneficial in a variety of ways. Oming on your menstrual cycle is a personal choice for the strokee as is informing your partner that you are on your cycle. Lastly, bear in mind that for many OM is practiced as part of a process to reclaim their humanity. Every practitioner will be at different places in their practice doing their own personal best to embrace their own and other’s humanity. Should either partner get their feelings hurt, as with most aspects of this practice, it’s often wise not to take it personally.

OM Training, Practice, and Practice Forms

The online training platform created by OneTaste® and OM Life® Certified Coaching in the practice of Orgasmic Meditation® help practitioners learn the practice and expand the range of what's possible in their Orgasmic Meditation® experience through personal training and instruction in the practice of OM. From time to time a client may be offered a certain focus for an OM or series of OMs in order to help the client work on some aspect of themselves through the practice. This is referred to as an OM Practice Form. For example, if a client is having trouble speaking their desires, the trainer may offer a custom OM Practice Form where the client uses their voice in a way that helps them with their issue but would be outside the normal form of offers and requests found in a typical OM. In cases like this, the modified form should not be thought of as a lapse. Other examples may include OMs where one partner or another speaks aloud beyond offers and requests or strokes with a specific intention ie purely downstrokes for the duration of the OM. OM Practice Forms may change the form of the practice but do not modify the container ie 15 minutes, no commerce, finger-to-clitoris only etc.

Before the Nest

Standard training in Orgasmic Meditation® is available through the following channels:

1. Online using the iOS app, 'OM App: Partnered Meditation' found [here](#)¹,
2. Private coaching offered by a OM Life® Certified Coach in good standing (or certification candidate) **Note - OM Life® Certified Coaches will never be present with clients while clients are OMinig. All training is done verbally and/or via fully clothed demonstration either in person or via telecommunication.**

After an exhaustive amount of informal research and feedback on the topic, we suggest that potential OM partners receive training from official sources.

We suggest asking your potential OM Partners where and how they were trained to find out who has been trained. Asking potential partners if they have read this document comprehensively is also recommended.

Asking Form

In OM, we ask in a way that reflects the reality that you're doing something together, not that one partner is perhaps doing something *to* or *for* the other. Additionally, when asking somebody to OM, keep the request simple. Mixing invitations to OM with other offers like dates, sex acts, and miscellaneous social activities is highly discouraged. This helps eliminate the expectation of commerce from the practice and otherwise keeps OMinig relationships clean between practitioners. One of OM's greatest benefits is that is based in simplicity - nothing more or less than

¹ Or the web app version compatible with Android phones and desktop computers available [here](#).

needed and it need not rely on any other activities or forms of relationship in order to exist.

You'll want to set a specific time and place for the OM rather than leaving those details undefined.

Either the stroker or the strokee may ask for the OM. OM is desire-based so one partner must express desire to OM. The person receiving the request is free to accept or decline without explanation. People say no for many reasons that aren't personal. If you get a "no", simply say "thank you" and remember that it might just be "no" for right now.

Proper form:

Would you like to have an OM?

Would you like to OM?

Improper form:

Will you stroke me?

Can I OM you?

We should OM sometime!

Container and Form in the Nest

At minimum, a nest consists of a fresh washcloth, at least three pillows (head, and one for each leg), a blanket, gloves, lube, a timer, and a firm pillow for the stroker to sit on. It's recommended but not mandatory to place a yoga mat under the blanket if OMing on a hard floor. The following description is the practiced, non-negotiable series of events that comprise the experience of Orgasmic Meditation®.

1. Get into position in the following way - Strokee takes off their pants and lies down in the nest. Stroker removes their footwear, and optionally their belt, and besides those articles remains fully clothed. Once the strokee is in the nest, stroker mindfully enters nest by stepping over and across strokee with their left foot and sits down next to the strokee on

strokee's right hand side so that the stroker may stroke with their left index finger.

Form Note: Stokers might not be able to distribute their weight as described above and can modify the entry into the nest to something suitable to their physical condition such as first sitting down on the sitting cushion facing the foot of the nest and then swiveling to face the strokee.

2. Once both partners are physically comfortable the stroker gives the first of two safeports informing the strokee that they are about to give some grounding pressure.

Example: *I am going to give you some grounding pressure now.*

During the grounding pressure the palms of the stroker's hands press down on the insides of the strokee's thighs, one hand per thigh using medium pressure. This step is not a massage nor is it a light "lover's touch". The hands remain relatively flat, surface to surface against the thighs. This step typically lasts between 10-15 seconds at most.

3. The noticing step consists of a one or two sentence value-neutral (in terms of shape, color, location, texture, etc) physical description of some aspect of the strokee's genitals. The etiquette is simply for the strokee to acknowledge this observation by saying "thank you" afterwards.

Example: *Your inner labia are a light coral color and bend slightly to the left".*

This step is brief, around 10 seconds. During the noticing step, metaphor, desires, compliments, and the like are not part of the practice. Stroker keeps their hands on the strokee's thighs during the noticing step!

4. Stroker puts on gloves taking care that the glove is flat and wrinkle free as it adheres to the left index finger.

Form Note: It never hurts to keep the elbow or forearm connected to the strokee's thigh to maintain physical connection during this step.

5. Lube is applied to the stroker's gloved left index finger and gloved right thumb.
6. Stroker gives the second of two safeports letting the strokee know they are about to touch their genitals.

Example: *I'm going to touch your genitals now.*

Form Note: Safeporting happens at 2 specific times - grounding pressure and genital contact, as well as if either partner needs to make some kind of physical adjustment (postural or otherwise) during the OM. Other safeports such as stepping over the strokee are extraneous and should not be included or expected. An example of an appropriate safeport during an OM might be if the strokee gets a leg cramp and needs to shift positions, or if the stroker needs to remove their hands from the strokee's genitals to make some other postural adjustment. Safeporting before normal bodily functions (flatulence, coughing, sneezing) is optional.

7. Stroker begins the 15 minute countdown before genital contact is made (in an OM circle, it begins when the Circle Holder indicates that time has begun). A timing device is used to keep time.
8. Stroker carefully makes contact with the strokee's genitals using the following form known as *the lube stroke*:
 - a. **Form A** - With the labia gently parted using the middle finger and thumb of the left hand, the left index finger begins at the base of the introitus and deliberately, with one stroke, draw the tip of the index finger up through the parted labia and onto the clitoris.
Form B - With the labia gently parted using the middle and ring finger of each hand, the left index finger begins at the base of the introitus and deliberately, with one stroke, draw the tip of the index finger up through the parted labia and onto the clitoris.
 - b. At this point, the left thumb is placed at the clitoral hood and gently pulls the hood back to expose the glans of the clitoris.
 - c. The right thumb is placed at the base of the introitus - not penetrating or moving, simply resting stationary with no more than the middle of the thumbnail over the threshold of the introitus. It simply rests with solid contact at the base of the introitus to provide a constant ground and feel contractions.
 - d. **Lube stroke form notes:**
 1. **The two forms of lube stroke offers a set of practical alternatives to difficult anatomical (both genital and body shape/size/ability) combinations. Pick the one that best suits your use case.**

2. ***Depending on what form is used, the thumb may be placed at the base of the introitus before or after the labia is parted and the thumb and index finger of the left hand are settled at the hood and clitoris, respectively.***
 3. ***There are from time to time physical size and flexibility issues that prevent strokers from being able to place the right thumb at the base of the introitus. In such cases it may be placed on the strokee's right thigh or disregarded. Strokees may also request to omit the thumb due to pain or sensitivity in the introitus. Please refer to an OM Life® Certified Coach for guidance if desired.***
 4. ***Due to contractions and other naturally occurring motion during the OM, the right thumb may either recede or advance in the introitus. Strokees can simply ask for the adjustment "can you please move your thumb further out/in my introitus?" Should a stroker notice, good form dictates that they return to the proper placement.***
9. During the OM offers and requests can be made. Offers and requests exist in order to help practitioners find the spot of highest sensation between them, not to satisfy one partner's agenda at the expense of the other's. It's good form to assume your partner is offering or requesting in order to find the most resonant connection between the two of you.
- Examples of proper form for requests and offers:
Can I have a firmer stroke?
 Specific and actionable.
 After the stroker hears and answers the request, the typical form is for them to say "thank you".
- Examples of the form of an offer:
Would you like a slower stroke?
 Specific and simply yes/no.
10. Once 13 minutes has elapsed, the stroker gives a 2 minute warning. "2 minutes" is always be vocalized by the stroker (or Circle Holder). Downstrokes in these final two minutes (and for the rest of the OM) remain focused on the clitoris and employ the left index finger only for stroking. Both partners set their intention to coming down.

Form Note: The left thumb remains in contact with the strokee's clitoral hood/lower

pelvic area during the final two minutes. The thumb does not float above the hood.

11. Once time runs out, the stroker places their left hand flat against the strokee's genitals with fingers pointed downwards. There is no gap between fingers and the the aim is for both sets of labia to be enclosed by the left hand of the stroker. The heel of the right hand, fingers pointed up, is used to press against the back of the left hand. Both hands are used in conjunction to apply firm, sustained pressure towards the strokee's head and/or down on the strokee's public bone. This step typically lasts between 10-15 seconds at most.
12. The towel stroke is done and then the gloves come off. The form is to do the towel stroke first and then remove the gloves to provide the most sanitary environment possible.
13. One frame is shared per partner after the strokee has sat up. Frames are specific, low abstraction and typically last 10-15 seconds. Frames include one or some of the following descriptors of a bodily sensation in terms of shape, temperature, vibration, location, movement, etc and may also include a description of when in the OM the frame occurred. Frames involving metaphor, imagery, intentions, desires, or abstract concepts aren't generally considered frames.
Good form: There was a moment I felt a light buzzing warmth in my chest.
Poor form: There was a moment I felt connected and like we were flying and I really wanted to kiss.
14. Exit the nest and strokee puts their pants back on. Put the nest supplies away and the OM is complete! You're all done!

The Container is Key

In order for us to enter into a State of Orgasm, we must feel safe. This is especially true for women. Why? Because her internal guard dog - the center of vigilance - is about to go off duty for a while. Orgasm is, by

definition, letting ourselves open up to what we normally might not be feeling. For many this is akin to letting go of control. The consistent structure of OM creates a sense of regularity that our bodies learn to trust over time allowing us to increasingly let our guard down and open up to what we're feeling.

Sticking to the structure - for example, ending the OM at the agreed-upon time, even if it still feels good - gives us something extremely valuable in the long-term: a practice that we can rely on for both the orgasm and limbic connection we hunger for. The integrity of the container is like the foundation of a house you live in - everything that happens either builds it up or tears it down. On a partner-to-partner level, if we ask a partner to break the container we enter into tricky territory. Sloppy container holding and breaches that are entirely consensual can have unintended long term effects. For instance, both partners might be a "Yes" on the front end for the hit of instant gratification while remaining blissfully unaware that they've put a kink in their practice on the back end the same way a building contractor might cut some corners to save on costs while introducing flaws. One or both partners may begin to get the feeling, no matter how subtle or quiet, that their partner is easily swayed and their confidence in the container grows weak by extension. Such a "loss of containment" tends to refuel the grip of the vigilance center.

While many of us will experience pleasure and wonder at the beginning (and all stages) of our practice, as a human with a full range of emotions, sensations, etc. available we will eventually feel more of everything. Sharing that experience with another person is one way to describe intimacy. A strong container we can trust enables us to feel safe enough to experience a fuller range of experiences in connection in and out of the nest. If a fuller, richer, experience of life is one of the benefits you'd like from the practice, we suggest keeping a tight container.

Further...

Many people want to learn Orgasmic Meditation® asking for change, transformation and more power in their lives and then want to change the external circumstances like the parameters of the practice. Our minds say "If only this or that part of the practice was different, or this person or that thing would be more to my liking and comfort in this way or that then I'd be happy and free!" But we know this isn't really how it works. Our willingness to be with and expand our ability to stay conscious in both pleasure and discomfort determines the quality of our lives. The whole idea of practice is that we have found something to surrender more and more deeply into regardless of whether the day brings pleasure or pain. Most of us have inherited and developed habits, thought forms, and preferences that limit our experience to a relatively narrow range or "comfort zone". We refer to these unhelpful ways of thinking as conditioning or "crossed wires". One way of thinking about the container of OM is as a set of consistently held external circumstances that we create so that we can enter, experience whatever the practice wants to show us, and have that internal landscape changed by it. In this way we are the ones who get worked, find more personal freedom, power, and internal space for adjustment despite what may be happening at the point of connection in the nest or in our lives. We know deeply that freedom is available regardless of external circumstances. Keeping the container is our opportunity to practice and work those muscles and become stronger, more vulnerable, more sensitive, more willing to ask for what we want when its deeply confronting to do so, more willing to be felt, etc. knowing that we're inside something strong enough to hold us as we learn to be with the things we cannot control. Having a practice allows us to explore the great expanse of what's possible with regularity. It is *because of not in spite of* the restrictions of the container that we are able to go increasingly deeper in Orgasm.

The notion of a container that fluctuates at the whim of negotiation between partners, while it might be fun, is antithetical to the benefits described above. The practice relies on our consistency and the

knowledge that at no time will there be a request to change it or that OM will suddenly come off the table if such a request is denied. Imagine if we introduced a flexible, negotiable container and practitioners got reputations as "hard bargainers" or "easy pushovers". At that point we'd be right back inside of our normal transactional conditioning all over again with nothing more than an excuse to play it all out under the guise of a practice. When we surrender in an OM, we're not surrendering to our partner, we're surrendering to the OM and to the Orgasm State.

Further yet...

OneTaste® has no prescription for what people should do with their bodies or in their personal lives. We fully encourage consenting adults to do whatever they like including containerless genital stroking if that's what makes them happy. When we refer to Orgasmic Meditation®, we are making direct reference to the parameters of the container listed above that produce a specific set of benefits in both partners. Explicitly, simply because genitals are being stroked does not mean you are OMing. The container *is* what defines the activity as OM. Anything outside of those parameters is no longer OM and ought not to be referred to as such or conflated with OM.

Opting In and Opting Out

After you've said yes to an OM and have taken the steps to set a time, arrive, get into position, remove pants (for the strokee) etc. you can consider yourself "opted into" the experience of OM as described in this document free from modification. That means safeporting and stroking, as well as the elements of the practice that do not require safeporting (getting into position, putting on gloves, etc) will occur as you and your partner move through the steps to OM outlined above. As with anything in life, either partner may always opt out of the experience at any time and it is each person's complete responsibility as an adult in an adult practice to state that overtly should they decide at any point that they do not want to proceed with an OM. As rare as it is that something should happen that would cause an OM to stop, its crucial that both partners understand their role in both speaking and responding to each other should that occur. Should you find yourself in a situation where you need to opt out and stop the OM, you can use the same safe words you learned in your Intro to OM or private training - red, yellow, and green. Red - meaning that you need to stop and check in, yellow - that you're feeling uncomfortable (which is actually oftentimes a good place to be!), and green - smooth sailing. If your partner happens to go to red during an OM, a good question to start with might be "what do you need?" Sometimes all a stroker might need to do is keep the finger very still without stroking for one or both partners to catch their breath. And, sometimes, we may need to stop the OM. In this case talk through the experience and stay connected to discern the next best step.

Nest Etiquette

Post-OM processing of the experience is contrary to form while extra physical contact (hugging, kissing, fondling, etc.) while in the nest are both contrary to form and container. The practice is already vulnerable enough for both people and quite the offer to say yes to. Adding additional weight to the experience reduces your likelihood of a repeat practice partner.

Remember we all train each other! If I OM with Sally and Jenny, and Sally routinely wants to talk a bunch after OMs while Jenny is more of a "OM, be friendly and then leave - nothing extra" kind of person, when I am wanting exactly what the practice offers in its "nothing extra"-ness i.e. an experience of raw, unfiltered electricity and connection with another person, I am definitely calling Jenny. Sally has been relegated to my "call when you can say yes to a bunch of talking after the OM" list. People notice these things and they do matter. Over time, pay attention to what habits your OM partners demonstrate that have you coming back for more versus the ones you're less likely to seek out again. Asking your partners for extra time to share experiences after the OM is complete, strokes pants are back on and the nest is put away is always ok and like the rest of life, may elicit a yes or no.

On Community

There are a number of grassroots communities throughout the world. Though OneTaste® publishes this document as well as training materials on the clitoral stroking practice it teaches, under the trademark Orgasmic Meditation®, it does not manage or preside over these or any communities in any way. As with the varied and unique styles and flavors of yoga, meditation, and other mindfulness practices it's commonly understood that in the same way that an OM practice session or OM Circle are physical practice spaces, the OM Community is practice-based community. As many people are new to practice and even if they are not they are new to OM, it's suggested to take some time and learn the norms of any practice community, whichever you may explore.

Please Do Not...

There are a number of ways one could attempt to modify the practice and solicit for your own personal services or projects, engage community members in other practices by means of promotion, or engage in conversation about male genital stroking. Orgasmic Medtiation® has given rise to a consciousness-based clitoral stroking conversation and community. We all heard about a clitoris stroking practice and philosophy. We were educated about the benefits of clitoris stroking and how it benefits us all to stroke clitorises. We have perhaps seen a demonstration of clitoris stroking either online or in person. Based on what has drawn us all together, let there be no mistake about the purpose of these communities.

Orgasmic Meditation® , Orgasm and Demonstrations of Orgasm

Orgasmic Meditation® is a clitoral stroking practice that cultivates the Orgasm State. Demonstrations in all venues that feature a strokee on a demo table are not demonstrations of OM per se. Though they may be referred to as such from time to time and include many elements of OM, they are done by practitioners with various levels of experience in an art form located at the intersection of life and Orgasm known as the *Demonstration of Orgasm*. These practitioners have trained in a container referred to as *Demo Training* which ranges in intensity from very light to quite rigorous. Thus, you may see techniques in demonstrations that do not belong in the OM practice.

Note: OneTaste® does not certify OM Life® Certified Coaches to teach Demo Training forms (anything you don't find in the standard OM container). Demo Training has been discontinued.

Additional Notes

- OM is a practice of “nothing extra”. Additions of music, eye-gazing, specific breathing techniques, being under the influence of alcohol or other substances while OMing, etc. aren't part of the practice.
- When it comes to voice, strokees will find that with training and a consistent practice over time the sensation their voice produces will match the sensation in their genitals. It takes a while! The form for strokers is to direct their available attention and sensation they feel into their finger, not their voices. Attention should not be drawn to the experience the stroker is having.
- As OM is explicitly **not sex** and not a form of dating or romantic encounter, sexual accoutrement is not part of the practice. That means lingerie, or other provocative clothing, seductive behavior, or overtures such as roses, a bottle of wine, etc, no matter how positively intended, are not welcome and will likely taint the experience if attempted.
- Partners without clitorises are always strokers while partners with clitorises are almost always strokees. Partners with clitorises may receive training in the stroker role. Refer to OneTaste® online training or an OM Life® Certified Coach if you are interested in being trained in the stroker position.
- “Thank you” is a neutral response that acknowledges a communication was received. Noticing and adjustments can be capped with a “thank you” indicating the communication was received.
- Regarding climax - in OM we neither try to create it nor try to muffle it. If climax occurs during the course of the practice, that's great! If it doesn't that's also great!
- Stroker always sits to the right of the strokee unless prevented by physical impairment (i.e. nerve damage, missing digits, etc). In cases where strokers need alternate positions they can refer to an OM Life® Certified Coach for guidance. Persons with disabilities that make it difficult to sit are also able to OM after learning alternate positions.

- The clitoris is the only part of the genitals being stroked. Stroking the labia, anus, or other parts of the anatomy, as well as using multiple fingers to stroke at any point during the OM are considered container breaches. The exception is in the case where a strokee's clitoris is too sensitive to touch. Most of the time we find that strokees have often been stroked too hard and simply stroking softly remedies the situation. If not, the next step is to try either/both a) holding the finger still on the clitoris and experiencing the sensation at the point of connection or b) using a thick amount of lube on the forefinger and stroking the clitoris with the lube as opposed to the finger's surface. As a last resort, stroking on the hood is permissible.
- Strokes occur in two directions - up and down, no other directions i.e. circles or side to side.
- We've found that the 1 o'clock spot, located in the upper left hand quadrant of the clitoris (strokee's left), tends to be the location with the highest nerve concentration and so we primarily focus our attention there.
- All adjustments are made verbally i.e. no "let me show you" where the strokee directs the stroker physically with her hands.
- Standard etiquette in an OM is to limit talking to offers and requests - no sexy talk.
- Stokers and strokees want to relax their bodies as much as possible - i.e. no gyrating or moving hips.
- The stroker's visual attention should remain on the genitals during the OM. Looking at the strokee's face while safeporting and frames are the two routine exceptions.
- On the topic of sexual activity between OM partners, the form of the practice for sexually active couples is to finish the OM, strokee puts pants back on, nest is deconstructed, and supplies are cleaned up. The suggestion is to take a few minutes to fully punctuate the experience. and if you can, change context. Get a glass of water, leave the room, etc. The form is to avoid using OM as foreplay, else your OM practice may begin to depend on whether you want to have sexual experiences

afterwards. Beware of that which no matter how innocuous it may seem attaches itself to your practice!

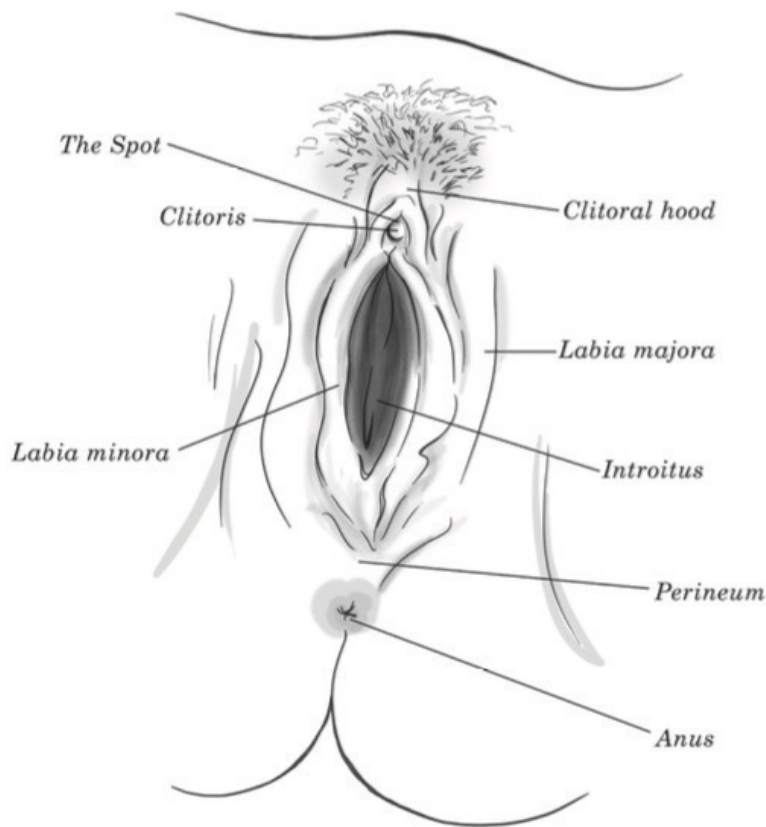
- If you want to have two OMs back to back, complete the first OM including frames before beginning the second. Change gloves.
- Do your best to remove your OM practice from the context of your sex life i.e. "We made out, then we OM'd, then we had sex" would be uncouth. In a home or hotel, OM on the floor not on the bed if possible.
- The gloves are a physical safety barrier and are a part of the practice. Don't ask not to use them.
- To prevent contamination of lube do not use bare fingers in the lube jar. Always use a gloved finger in lube.
- No "double dipping" - Once a gloved finger has touched a woman's genitals it is not to be dipped back in the lube jar for more lube. Should this occur the lube can be considered contaminated and should be disposed of.

Appendix A - Anatomy

- Anus
- Perineum - the area between the anus and the introitus.
- Introitus - the entrance to the vagina, the area within the inner labia.
- Labia majora - outer lips.
- Labia minora - inner lips.
- Clitoral hood - the labia minora meet at the top and form a hood covering the clitoris.
- Clitoral glans (the 'clit') - the highest concentration of nerve endings in the body.

Its singular purpose is pleasure.

- The 1 o'clock spot (or "the spot") - the upper-left quadrant of the glans, under the hood.



Revision History

Revision 1.5, July 17, 2023

- **Added links to the new iOS App and web app version in the Before the Next section**
- **Shifted language of *Bird and Bees of the Container* to *The Container is Key***
- **Changed one instance of OM to *Orgasmic Meditation®* for clarity**

Revision 1.4, Jan 11, 2019

- **Clarified and updated lube stroke language**
- **Cosmetic overhaul!**

Revision 1.3, October 22, 2018

- **Moved *Orgasmic Meditation®*, *Orgasm and Demonstrations of Orgasm* section down**
- **Updated language around *OneTaste®* product offerings throughout**
- **Opting in and Option Out section moved to more fitting location just below *Birds and Bees***
- **Added a section on the menstrual cycle and personal care**
- **Edited “On the topic of sexual activity between OM partners” for clarity**
- **Updated section pertaining to Community**
- **Standardized language referring to coaches to current terminology of *OM Life®***
- **Miscellaneous minor grammar, spelling and clarity edits throughout. Special thanks to those who proofread and caught the mistakes!**

Revision 1.2.2, November 13, 2017

- **Lightly cleaned up the language in the climax v orgasm section.**
- **Clarified the “thumb in the introitus” language.**
- **Added some basic voice use information to the Additional Notes section**
- **Added some basic language around frames and specificity**
- **Cleaned up some spelling and grammar issues**
- **Changed font to Century Gothic for visual agreement with other documents**

Revision 1.2.1, August 17, 2016

- Added OM under the influence to the “Additional Notes” section.
- Revised treatment of “goallessness” in the opening sections.
- Touched up the Form Note related to safeporting.
- Added some stronger language in the Opting In and Opting Out section.
- Reversed the order from gloves off and then towel stroke to towel stroke then gloves off for sanitary purposes.
- Refined initial steps regarding getting into position.
- Expanded the discussion of climax and state habituation
- Revised “pussy” to value-neutral “genitals”.
- Updated references to OM Circles to reflect changes to OneTaste® no longer hosting circles
- Added appropriate symbols to reflect OneTaste’s® registered trademarks

Revision 1.1, March 12 2016, soft release. Will do a formal launch of big changes soon.

- **Minor grammar and punctuation fixes (thanks everybody!)**
- **Minor word changes for clarity - example being in The Birds and The Bees, changed “confidence in the container is weak” to “grows weak”**
- **Modified OM Hub section to reflect OM Community Etiquette**

Revision 1, September 2015

- **First Release!**