

Yoni Eggs, Prolonged Orgasms, and The God Spot with Megan Riley.

Episode 21: Show Notes.

Today on the podcast we welcome Megan Riley. Megan is a sexual empowerment coach, trainer, psychic, and the host of The Woman's Guide to Living Your Orgasmic Life Podcast.

Throughout her career, Megan has worked with more than 19,000 men and women over a period of 14 years to heal the past and create more love, abundance, freedom, peace, and joy in all aspects of their lives.

She believes that everything happens for a reason, and in today's episode, Megan opens up about her story of dealing with alcohol addiction and how her experience with a Yoni egg completely turned her life around.

We dive into the benefits of the Yoni egg crystal, how it works with a woman's body, and Megan shares her advice and practices for first-time users.

Finally, we hear from Megan about how to better communicate with your partner to close the "orgasm gap" between men and women, and why she believes the prostate to be the "God Spot" for men.

Key Points From This Episode:

- Megan's story and how she became a sexual empowerment coach.
- What is a Yoni egg, and how does it work?
- Advice for first-time Yoni egg users; what are the first steps?
- How to communicate better to bridge the orgasm gap between partners.
- Why the prostate is the God spot for men AND how to pleasure it.
- Understanding how to approach the subject of giving a prostate massage.
- The step-by-step guide to prostate massage.

Tweetables:

"You know, women, our neurosis is a direct relation to how many orgasms we have; the more orgasms we have, the less neurotic we are." — Megan Riley [0:08:03.1]

"If a woman is feeling resentful about something not being done about the house, she is less likely to be able to get into her body and much less likely to orgasm." — Megan Riley [0:12:01.1]

Links Mentioned in Today's Episode:

Megan Riley — <http://meganmriley.com/>

The Woman's Guide to Living Your Orgasmic Life Podcast — <http://meganmriley.com/pages/podcast>

Work with Megan — <http://meganmriley.com/pages/services>

Megan on Facebook — <https://www.facebook.com/Megan.M.Riley0/>