The Benefits of Orgasmic and Other forms of Meditation by OneTaste

When people first learn about orgasmic meditation, or OM, they often focus on the word “orgasmic” instead of on the word “meditation.” Although OM is sexual in nature, it is simply a form of meditation, and it offers many of the same benefits of more traditional forms of the practice. Whether you practice mantra [meditation](http://en.wikipedia.org/wiki/Meditation), a moving meditation like yoga, or OM, you can achieve an array of positive results, including decreased stress, increased positivity, and greater overall health and balance.

Today, many Americans find themselves overbooked with work, constantly glued to their smartphones, and lacking any time for relaxation. Meditation can serve as a valuable time for yourself, a way to clear away the information overload. Individuals who incorporate a daily meditative practice often learn that they have power over negative emotions; they also report the ability to live more fully in the present. Additionally, some forms of meditation, specifically OM, can re-energize and promote deeper interpersonal connections.

Over the years, OneTaste has taught thousands of people the benefits of OM. The San Francisco-based company offers workshops and other events across the country. For more information about OM or upcoming OneTaste events, please visit <www.onetaste.us>.