

Resources for hosting Orgasmic Meditation® (OM) Circles

Welcome to our resources for the group practice format for Orgasmic Meditation® (OM), known as an OM CircleSM. An OM is always the same, and follows the Form and Container of OM. However, there are many different ways to set up your OM practice. For example, some people only ever OM with same person while some OM with more than one partner. Some people only ever OM privately (i.e. in a room alone with the person they are OMing with), while others OM both in private and in OM Circles. Each practitioner can set up their OM practice in whichever way suits them. OM is a partnered practice for any adult who would like to try it, whether single or in a relationship.

To assist OM practitioners who wish to create opportunities to participate in OM Circles, we have created this OM Circle Holders Guide.

In addition to the OM Circle Holders Guide, the remaining documents that make up the OM Circle Manual must be read, understood and complied with as an element of hosting an OM Circle. This is to maintain the consistency of the practice of OM and of OM Circles, so that people can do the practice anywhere and with any OM practitioner and be assured that the same simple steps will be followed. At present, the OM Circle Manual is comprised of this OM Circle Holders Guide and the following documents:

The Form and Container of OM

<http://onetaste.us/container>

The OM Circle Policy

<http://onetaste.us/om-circle-policy>

OM Circle Holder Guide

Policies & Guidelines

1. Conditions of Use of OM Circle Holders Guide

Use by any person of this OM Circle Holder Guide is permitted strictly on condition that it is fully complied with. This OM Circle Holder Guide forms part of the OM Circle Manual which is a series of documents that codifies the format of OM Circles. Please refer to the OM Circle Manual to find the complete conditions, policies, procedures and protocols for hosting and attending OM Circles.

You may only call an event an “OM Circle” if you use this OM Circle Holders Guide and comply with it fully in respect of the OM Circle.

Not following this OM Circle Holders Guide and the OM Circle Manual is a serious matter. These documents have been designed to ensure consistency in OM Circles wherever they take place. This is essential in order to make the practice widely available in a safe, consistent manner. Any OM Circle Holder who does not comply with these documents puts the community-based, inclusive and welcoming character of OM Circles at great risk.

2. Venue Setup

As the Circle Holder, arrive at least 30 minutes early to set up and make sure the room is handled. You may not OM in the circle if you are the holder. Your job is to keep your attention on the room.

Set the room up -

- make sure a neat arrangement of towels and gloves is available
- check the doors and make sure you know how to lock and unlock them
- check the windows and blinds and make sure there isn't a way to peek inside
- have a printed copy of the latest OM Container document on hand (<http://onetaste.us/container>)

Welcome people as they come in!

As the Circle Holder, you will hold the time and the space for the practice container. This means you must inform practitioners of how much time there is before the circle begins, when the OMs start and end, and lock and open the doors.

If the circle you are holding does not have its own pillows, zafus, blankets and yoga mats, the strokers will bring the nests. After the first OM the strokees remain in nests. Remind strokees that if they are only participating in OM #2 they must either bring their own complete nest or accept that there may not be a nest for them for the second OM. Oming without a nest is not an option.

The OM Circle is a practice space similar but not identical to a meditation hall or yoga studio. The same sensibilities around deliberate and respectful movement through the space apply. That means people should be:

- moving slowly and deliberately - not running,
- being aware of their surroundings so as not to knock into others,
- taking care when handling their belongings or other objects in the space, not making extra noise, and
- setting up their nest space properly and neatly,
- holding conversations in the practice space is not allowed.

Be prepared to answer any questions about the form or etiquette of the practice itself. Read the OM Container and Form document and be able to refer people there.

Participants who break form or container, except in extreme cases, will be given an opportunity to address their behavior and make appropriate changes and amends. It is your responsibility to guide them through this process.

If a participant will not make the appropriate adjustments, you should let them know that you will be referring them to the Ethics Committee and that this may result in sanctions including but not limited to revocation of OM Circle admission.

3. Waiting Space

Your OM Circle venue must have a designated area for practitioners who are not Oming to wait while an OM is taking place.

The main purpose of this is so that individuals can come in to the venue before the front door is locked and wait for the second OM if they are not participating in the first OM.

These are the requirements of the waiting space -

- Must be inside the overall venue and not accessible from the outside world without the front door being unlocked
- Must be physically distinguished from the practice space by some kind of barrier
- Must be at least 20 feet away from any OM nest if not separated by a wall

Ideally the waiting space is a room separate from the practice space. However we recognize that not all OM Circle venues will have such an accommodation. For this reason, the waiting space may be separated from the practice space by any of the following types of barrier -

- Walls
- Floor-to-ceiling curtains
- Shoji screens (or other kinds of privacy screens)

Additionally -

- The waiting space must not be blocked from an exit at any point in case of emergency or other need to exit
- The waiting space should have seating accommodations
- Transitioning between the waiting space and the practice space should be easy and fast for the participants

As the OM Circle Holder, you must know clearly where the waiting space is and be able to direct participants there.

4. Privacy

In order to accommodate everyone's right to exit the space at any point, it is a requirement for an OM Circle venue that the exit door from the practice space be able to open without exposing the interior of the practice space to public view.

Therefore at venues where the exit door opens directly to the street, or any other kind of public area such as a lobby or corridor space in a multi-tenant building, **visibility from outside the doorway through to the practice space must be obscured**, either intrinsically by the architecture of the space (such as the practice area being around a corner), or through the use of a privacy screen.

Additionally, any exterior-facing windows must prevent visibility into the practice space, either through opaque curtains, privacy screens, frosted glass, or tinted glass. Whatever the method used, it must be impossible to see inside the practice space from the outside, either from street level or from a neighboring building.

5. Partners

Under no circumstances may you as the Circle Holder arrange, suggest, or assist OM practitioners in finding partners. Practitioners are 100% responsible for finding their own partners.

Participants must arrange their partners before the start of the first OM. There is no opportunity to arrange partners after the first OM begins.

6. Practitioner Etiquette

The following items are good practitioner etiquette. If you see conduct that is not in accordance with these points, please say something to the individual(s) concerned.

- Set up nests with at least 1.5 feet of space between nests. There should be no physical contact between sets of OM partners in adjacent nests.
- Do not stare or fix your gaze on other OMers in the space.
- Refrain from wearing strong perfumes or colognes to OM Circle.
- Loud grunting or moaning from the stroker position is poor form.

7. Timing

The first OM of the circle begins at the time posted. So if it's a 7pm circle, that means fingers on clitorises at 7pm.

As the holder, you must arrive at least 30 minutes before the start time.

This allows ample time to set up the room, open doors and welcome practitioners, give the opening dialog, and allow practitioners time to set up their nests, locate their partners, gather their supplies, ground, notice, and prepare to begin stroking promptly when the timer starts.

Clock time may vary between circles, however the guidelines of timespans must be the same for any OM Circle. For example, if a circle starts at 6pm, this would mean the front door would be locked at 5:50pm.

The script uses a placeholder for the locked-door time. Go ahead and pencil in what that time is for the circle you are holding based on the start time.

Starting on time is just as important as ending on time!

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How to Run a Circle

Definitions

Venue - the entire building where OM Circle is held. Includes the “Practice space” and the “Waiting space”. The venue must have a door that can lock.

Practice space - the space in which the actual OM sessions take place. The “Practice space” must be hidden from sight of any public-facing windows and be separated from the “Waiting space” by some kind of physical barrier.

Waiting space - the space where OMers may wait if they are not participating in one of the two OMs. Moving between the “Waiting space” and the “Practice space” is permitted in between the two OMs.

Front door - the entry into the venue from the street. The front door must be able to lock in order to prevent entry from the outside during the OM Circle, but be able to unlock easily from the inside to allow exit in case of emergency.

Circle holder - the individual leading the circle. They may not OM during the circle at any point, for any of the OM sessions.

Times

Doors-open time - *25 minutes* before the first OM begins. This gives 15 minutes before the door is locked for practitioners to check-in, set up their OMs, and purchase lube.

Locked-door time - *10 minutes* before the Start of First OM. All practitioners are rounded up at this point.

Start of First OM - this is when the actual OM begins (“fingers on clitorises”).

OM Circle Script

This section is to be read aloud to the OM Circle participants. Read from a printed copy of this document before every OM Circle. **The portions in italics are to be read out loud.** The smaller gray text are notes are instructions for you as the holder.

15 minutes before the beginning of the first OM. Safeport the attendees that the door will be locked in 5 minutes. Get everyone’s attention for the announcement -

Can I have everyone’s attention? Thank you. It is five minutes until the door is locked! If you need to go to the bathroom now is the best time. This is also the best time to make sure you have a partner for both OMs.

10 minutes before the beginning of the first OM. Lock the door. Gather everyone around and focus their attention before reading this section. Make sure nobody is in the bathroom or elsewhere.

Welcome to OM Circle! My name is [your name] and I'll be the holder for this Circle. Very soon we will begin our Orgasmic Meditation sessions. I'll walk you through every step of the process, so you can relax.

Through OM, we build our capacity for connection and empathy. Utilizing our biology's natural wiring to focus on Orgasm, we anchor our consciousness at the level of the body. Remember there is no goal other than to feel and be present.

Let's introduce ourselves by first name, starting with... [point to someone to begin].

Now I'm going to go over some rules and guidelines for OM Circle. In order to create the container for this space, I'll need everyone's active and explicit opt-in to each of the following:

- 1. Practitioners from outside the space will not be admitted after the first OM starts, nor between OMs. Everyone must arrive by [locked-door time] so that you have ample time to sign-in, and so we can be sure everyone hears and agrees to these guidelines.*
- 2. Practitioners must bring their own lube, or purchase it before OMs start. There is no sharing or borrowing lube.*
- 3. We will observe functional silence during practice times. That means any communication that is part of the OM container is allowed, but all other conversation is saved for after the circle officially ends. Please use a soft tone for communication in the practice space.*
- 4. The waiting space is [point out where the waiting space is in your venue].*
- 5. Those not OMinng cannot be in the practice space during an OM session. They must wait in the waiting space. Please observe silence while in the waiting space. If you are in the waiting space for the first OM, I'll let you know when you can come in to the practice space in between OMs.*
- 6. Anyone may leave at any time. However, it is the best possible etiquette to stay in the venue until the circle completes, and wait in the waiting area if not OMinng, as this minimizes disruptions to the practice and helps us to protect everyone's privacy.*
- 7. It is best practice to arrange partners for both OMs prior to the start of the first OM. Between OMs, partner-ups may happen in the waiting space, as long as both practitioners are fully clothed.*
- 8. Silence all cell-phones during OM Circle. That includes vibrate, which is still audible.*
- 9. It is the responsibility of both partners to uphold the OM Container. Working knowledge of the OM Container is required for anyone to attend OM Circle.*
- 10. OMinng without a nest is not an option.*
- 11. Either partner may end the OM at any time they wish. If your stroker or strokee asks you to stop while you are OMinng, it is your responsibility to do so.*

If you agree to all of these guidelines, please raise a hand. Great! Just like in OM, I'm going to safepoint you for how the circle will be run.

At this point, if anyone does not agree to the guidelines, simply say, “I see you. Let’s talk after I finish these announcements.” Then see [Appendix A](#).

In a moment you’ll go set up your nests if you haven’t already done so, and begin the OM. I’ll walk you through each step. Please listen for my instructions and don’t skip ahead of me. I will keep time for the OMs.

Once we complete the first OM, we will have 4 minutes to transition between OMs. Please have your supplies ready to go for both OMs before we begin. A reminder we observe functional silence from this point until the circle is over.

As soon as I give the signal, you will go to your nests. Those without partners will go to the waiting space. Strokees please wait for my cue before undressing. You may proceed now.

Now you oversee them setting up their nests in an orderly fashion. Once their nests are all set up, continue with the script.

Strokees, you may now undress from the waist down. Stokers, wait next to your sitting cushion.

Wait until the strokees are all in position.

[START OF AN OM] *Stokers, go ahead and get into position.*

Wait until the stokers are all in position.

Stokers, safeport your partner and begin grounding.

Wait 10-15 seconds.

Begin the noticing step.

Wait 10-15 seconds.

Stokers put on your gloves. Once you have your gloves on, apply lube to your left index finger and your right thumb.

Allow them to get ready.

Stokers, safeport your partner, and you may begin.

At this point start the timer. Your timer should have a bell that is audible for everyone to hear. Now you observe the OMs from a good distance. Do not crowd anyone’s nest.

You may give certain adjustments to the room during the OMs. Do not use too many in quick succession. These adjustments may be used, but not any others:

- *Stokers, relax your shoulders.*
- *Strokees relax your hips.*

- *Bring all your attention to the point of contact between finger and clitoris.*
- *Keeping the stroke short and tight on the clitoris only.*
- *Everyone take an exhale.*
- *Remember you can make offers and requests.*
- *Strokers, slow down (enough to feel each ridge of your fingerprint).*
- *Strokers, hook your index finger.*
- *Strokers, brush don't rub with your fingertip.*
- *It's feeling good in here!*
- *Remember Orgasm can be fun!*
- *The only thing to do is feel.*

At the 2 minute mark, say (loud enough for everyone to hear) -

Two minutes. Follow the natural peak and slowly, smoothly change to downstrokes.

Once the timer runs out -

Time. Begin the final grounding.

Wait 10 seconds.

Now move into the towel stroke.

Once they complete the towel stroke,

Remove your gloves, and then strokees please sit up. Now share frames.

Wait about 30 seconds.

[END OF AN OM] *Bring your frames to a close.*

If there is another OM -

Strokees can stay in the nest. Strokers find your second partner. Those in the waiting area may now come in. The next OM will begin in 4 minutes.

At this point, OMers from the waiting area may come into the practice space if they are OMing during the next OM. Reminder there is to be **no** arranging partners during this period.

If you are a strokee and just coming into this second OM, go ahead and get into position. Strokers stand beside the sitting cushion.

Once all the strokees are in position, start from **[START OF AN OM]** and continue through **[END OF AN OM]**.

Wait until everybody's frames are complete and they come to silence.

That concludes the OM Circle. Strokees please get dressed. Everyone help pack up the nests and clean up all supplies. Thank you all for coming. Once everyone is fully clothed, I will unlock the door.

Appendix A

What do I do if someone does not agree to follow the guidelines?

If someone does not agree to one or more of the guidelines for OM Circle, do not engage them in a group setting if it can be at all avoided.

If you have any kind of co-facilitator or helper available, it is an ideal task for them to address the person who expresses concerns about or will not follow the guidelines individually, so that you as the holder can keep your attention on the rest of the participants.

Otherwise, wait until the opening round-up ends, and most people are setting up for the OMs before you address the person who doesn't agree to the guidelines.

Once you have engaged them appropriately and individually, simply inform them that they cannot attend OM Circle without agreeing to the guidelines and let them know they'll have to leave the practice space, and they are welcome to wait in the waiting area or leave if they choose. Let them know that you're happy to discuss the matter as much as they want to after the circle completes.

Revision History

Version	Date	Author	Change
v1.0	July 28, 2016	Hamza Tayeb	Initial version
v1.1	July 29, 2016	Rachel Caine, Eli Block	Added to the list of adjustments to the room that may be given (EB). Added "Compliance" language (RC).
v1.2	Aug 5, 2016	Hamza Tayeb, Kevin Williams	Moved compliance section to the top (KW). Added stronger language about Holders not being allowed to OM (HT). More language about not talking in the practice space (HT). Added to the list of adjustments to the room that may be given (HT). Add space for them to introduce themselves (HT). Clarified language in Appendix A (HT).

			<p>Allow partner-ups to happen in the waiting area between OMs (HT).</p> <p>Clearer explanation of what the waiting space is, and the holder explicitly points out where it is (HT).</p> <p>Replace language “OM Circle space” with “venue” (HT).</p> <p>Added “Privacy” section which clarifies the requirements around an OM Circle venue (HT).</p> <p>Clarified language in the script around entering/exiting the space (HT).</p>
v1.3	Aug 17, 2016	Kevin Williams	Added the cover page