

Imagine how amazing it would be to find a spot on your body guaranteed to give you shuddering orgasms every time it's touched; that sent pleasure pulsing through your body, making your fingers tingle and your toes curl. Well, this amazing hot spot is no longer the stuff of fantasies. OM – orgasm meditation – is the latest craze to come to the UK from America.

OM-ing might sound like the kind of thing you'd serve up with a side of beansprouts, but it's actually a whole new way to experience a full-body orgasm: feather-light strokes of one very tiny point on your clitoris can drive you wild. But precision is everything – the magic spot is located in the upper-left quadrant of your clitoris and is so specific, even the most sexually adept woman probably won't have found it.

The bad news is you can't OM solo – not knowing when you'll be touched is a big part of it, so it's like trying to tickle yourself. But once you've recruited a partner, you're already halfway to orgasmic bliss...

The lowdown

Because it's such a tricky technique, Nicole Daedone, the UK's only 'OM teacher', runs One Taste OM workshops in the UK every six weeks to teach men and women the secret of finding your body's most sensitive spot. Nicole tells me the clitoris has around 8,000 nerve endings, and the 'one o'clock' spot has the highest concentration.

"Touch it with anything that feels heavier than a feather, and it'll be painful," she explains. "If you've used a clitoral vibrator, chances are it's never actually gone beneath the protective layers of the hood, because no one would be able to stand it."

OM-ing is all about being able to switch off and concentrate. To find your OM spot, you lie down, propped up by pillows, and open your legs – feet together, knees falling open. Your partner should sit to your right, resting his left leg over your right leg. The 'stroker' folds back your clitoral hood, and applies a pea-sized amount of lube. Then he parts the inner labia with his left thumb and middle finger and, with the tip of his forefinger, strokes the upper-left of the clitoris (the one o'clock spot). He moves his finger and adapts pressure, according to the feedback you give him. He should stroke for 15 minutes (this move is all about *your* pleasure...) while you let yourself go.

OM-ing put to the test

OM workshops cost £185 – anyone can attend: single men and women or couples – as long as there are equal numbers of men and women. At first, I decide to watch from the sidelines. I assume some of the single men are there for less than savoury reasons, but I'm pleasantly surprised.

"I've had a lot of pleasure in my years, and I want to learn how to give back," says Darren, a 30-year-old IT worker. "I've been a bit of a box checker in the past. I don't want to do that anymore – I want something with more of a connection."

When it's time to try the technique, the group pairs off. Nicole and Justine, her assistant teacher, circle the room, stepping in where necessary to redirect fingers and remind the men to lighten their touch. They may be beginners but at least half the women have something interesting to report from the workshop. "I had one moment of tense electric shock. My clitoris was fluttering involuntarily," says one.

"I thought nothing was happening at first; then, for a few seconds, he hit a point of my clitoris and I felt a warm expansion of energy and a sense of letting go," reports another. And

the women who partner with strangers also seem to have a positive experience.

"I nearly sat out, but the guy I was partnered with made me feel comfortable," says Tracy, 34. "After five minutes it felt like our breathing was synchronised. I was touched by how much he was concentrating and felt much warmer and more open. Now sorted to him afterwards."

When I get home, I tell my boyfriend Chris what I've witnessed, and he agrees to try a private class with me the following week. In Justine's studio, I take off my knickers, feeling embarrassed. The most daunting thing is having two people stare at my naked genitals while Justine explains the technique to Chris.

But after a few minutes, I lie back and relax. The 15 minutes feel like 15 seconds. It certainly isn't like any orgasm I've had through sex or masturbation – I experience a powerful tickling sensation all around my lower spine that I've never felt before, and leave with a healthy, rosy glow. Justine says to practise three times a week. We don't follow the rules (the technique is an end in itself, not to be used as foreplay, and you're supposed to use a timer). But the important thing is, we've found something

new and fun to do in the bedroom, and I've learnt a different way to have my buttons pressed. As Chris says, "I think that all 16-year-old boys should be taught this as part of sex education. I almost have a sense of guilt that for all these years I've been so 'heavy handed' while thinking at the same time that I was giving you pleasure..." Better late than never, I say.

• For more info on One Taste's OM group classes and private tuition, go to Turnonbritain.co.uk.

The more you OM, the more benefits you'll get...

Regular OM-ing is said to improve attention

Frequent OM-ing is said to increase clitoral sensitivity

OM-ing is said to help the woman and stroker connect emotionally