

Chapter 10: Surrendering to Better Orgasms

Introduction

Orgasm is the most powerful connection you have available to you. It is the energy of pleasure, creation, and relief-in-action. My intention with the next chapters is to walk you through a process to reconnect, direct, and add new fun in your life, from the bedroom to boardroom.

You began this powerful reawakening in the previous chapters, and now you get to bring it all together.

There are many ways to go about discovering your own sensual pleasure. We will play with some of my favorite ways here. My hope is that you will find the way that is most fulfilling for you and your partner/s, and that you will lean into that way as you continue to embrace your own sexual nature.

The most important aspect of this adventure is to turn on your sensations, and to connect them with your awareness—first practicing alone, and then with your partner. Focus on your physical sensations grounding the sexual experience will increase your ability to orgasm.

For many of my clients, it is common to not feel, or be able to connect to their sexual sensations since their abuse was confusing and it's common that this disconnection leaves them feeling incomplete, insecure, and embarrassed. In the previous chapters, you defined your sexual preferences, boundaries, and expectations. Now it is time to put all of that into practice throughout the rest of this program.

Let's get turned on:

I imagine you remember the mirror practice from earlier in this program? Now we are going to expand on it. For both men and women, it is OK to have sex without orgasming. When you are connected to your sexual organs you can relax and read into your body, sometimes orgasming and having mind blowing orgasms, and other times feeling, connecting and opening while not orgasming at all

FEEL the sensation. This is your orgasmic gateway to unlocking your pleasure.

For men:

What part of your penis is full of sensation?

When soft, can you feel every area of your penis, or is there numbness somewhere that you can awaken? Repeat this exploration when you are hard, too.

If you are numb in areas and need more or less pressure to feel sensation, learn that about yourself; then you can begin awakening these areas to open to more sensation.

This practice of awakening connection is the most profound tool I have found to help reconnect to all the sensation in your lingam (your penis) has to offer, toward better sex and more satisfaction in your love life. I discovered this practice through myofascial release. This practice is very powerful and, although it takes patience, it will help you feel more connection to your partner. It will also help you develop control over your own sensations, so as to extend or shorten your sexual interactions.

For women:

What part of your vulva or clitoris is full of sensation?

Reach your finger, or even better, a yogini pleasure wand (or dildo), to isolate feeling internally: recognize where you have sensation and where you are feeling more numbness within your vagina, and around your clitoris and labia.

The practice to awakening connection—a myofascial release practice:

Create your safe space—and have some delicious coconut oil handy as lubricant.

Begin by awakening your connection, by touching yourself with awareness. Notice where you experience more sensation, and less.

For women, using a pleasure wand is fabulous; the energy from the wand is divine, and for many, fingers are just not long enough to awaken all angles of your internal vaginal walls.

A Somatic Mediation

Therapist can lead the bottom of foot practice.

The Practice:

Step 1 – Connect with your breath and focus all your attention on your lingam or yoni.

Step 2 – Feel the sensation or lack of sensation in each area of your lingam or yoni, beginning with the top / 12 o'clock position and working around in a clockwise direction, as if going up (for men) or in (for women).

Step 3 – In the places it is challenging to feel sensation, or where it feels tight or tense, allow your muscles, skin, and tissue to begin to awaken—relax and surrender to your presence. To do this, breath into this part of yourself with intention while holding your finger, hand, or pleasure wand on the spot until it relaxes or softens, or until sensation returns. This can take three to five minutes per spot.

Step 4 – Move to the next area and repeat step 3, again and again, until you awaken the soft tissue of your lingam or yoni.

Be patient with yourself. This practice is less about finding your G-spot or creating arousal than it is about awakening this sacred area of your body with intention. As you do so, your nervous system will reconnect with your genitals and you will have more, fuller, and longer orgasms.

Ladies, once you have awakened your yoni, I highly recommend using a yoni egg on a regular basis to continue creating sensation, awareness, and strength. The yoni egg comes in three sizes, each of which depends on your unique yoni's needs.

The basic yoni egg practice: For Women

The first step to your yoni practice is to get your yoni egg. Choose a yoni egg that is made from natural materials and that already has a hole you can thread.

Warm up your yoni egg. (I put mine in warm water.)

As my egg is warming, I warm myself up. Dancing, touching, feeling, and connecting with your body is a wonderful way to awaken your yoni to receive your yoni egg.

Create your sacred space and lay down with your legs open. Begin breathing into your womb-space.

Never push yoni eggs into your vagina. Instead, use your breath to connect with the energy of the egg—breath your yoni egg into your body.

Begin to do this by relaxing your vulva and opening your legs, placing some coconut oil or saliva on the yoni egg. Then begin to breathe. As you inhale, allow your vagina to relax and soften. As you exhale, do a Kegel; by contract your pelvic floor.

Hold the warm yoni egg at your virginal opening without pushing it inside of you, hold it in place allowing your body to invite the egg within you.

While inhaling the egg will be welcomed within allow your vagina to invite to yoni egg into it. This process can take time; be patient and continue to breath and receive.

While exhaling, practice your Kegel and gently hold the egg in place, as this will push the egg out a bit while you create space to relax and invite it in even further.

Pulse your pelvic floor 3-4 times, on the exhale.

Inhale and ‘yawn’ allowing your labia and vagina to soften and open to the egg pulling it into you.

Between the two simply hold the egg in place lightly with your fingers, neither pushing it into yourself or letting it be pushed out.

This may take months (as it does for many of my clients) to learn to receive your egg fully into your yoni canal. Once you have received your yoni egg into your body, you can hold it there, feeling it within, and practicing your pulses for as long as you like. This practice allows you to relax and build your relationship with your pelvic floor. Unlike a man’s penis or a dildo that pushes into you, allow the yoni egg to be sucked up into your sacred space.

The art of female orgasm:

Female orgasm is about being present within your body’s sensations, rhythmically massaging your inner and outer clitoris and all the tender parts around it—all while relaxing, surrendering, allowing, and receiving the amazing attention given to you. When your body begins to orgasm, it begins to tighten, so to allow your orgasm to expand, invite yourself to relax and receive. Relaxing and receiving your orgasm, while also turning your attention to kissing your partner, shifts your orgasmic energy back to him and allows you to relax more for your next wave of pleasure.

Levels of orgasm:

Outer clitoral orgasm: The outer clitoral orgasm's rush is fast, and the sensation goes away within moments—this is what most women know as an orgasm. This “quicky” is great for stress-relief.

The G-spot or inner clitoral orgasm: This spot builds a more sensational orgasm that usually runs up and down the pelvis and can radiate to the body. When tense, this orgasm lasts moments, but when relaxed into and allowed to expand in the body, this orgasm can last five to ten minutes.

The clitoral orgasm + cervical sensation or “bladder tickles”: This orgasm is multi-leveled and can create rushing sensations from your head to your toes. When in action, it is common for your toes to curl and your body to tense, as if creating a ball of energy about to explode. When you surrender to this reaction and relax into the sensation, this orgasm can multiply with ease and create sensation lasting as long as you let it—some even say it can produce up to thirty minutes of wave-like orgasmic sensation pulsing through your body. Otherwise known as the toe-curling orgasm.

ALL of this together creates “the squirt”: Although this reaction is particularly famous, it is also most like “the male orgasm for women”, creating an instant release of sexual energy and feeling of completion. You can continue to have sex, and most women find it easier to have multiple orgasms after they squirt. Many women stop themselves from ejaculating (from squirting) because it feels like you are about to pee. To eliminate some of this fear, go to the bathroom before having sex and clear your bladder. Then ride your waves, and when you feel the sensation to pee, allow yourself to relax and surrender to it instead. Your partner and you will be happy you did. After you get used to this sensation and actively surrender to it, squirting can be a fun wave to ride and, for many, it is possible to move from one level of orgasm-intensity to the next with ease.

The next level: Add love and spirituality to this mix and the sky is the limit so to speak. In the sacred art of sexuality, orgasm is even used as an energy-force and ejaculation is frowned upon. This is the case in Tantra. Within the tantric tradition, there are many different practices. Tantra Yoga itself has very little to do with sex however, and more to do with ritual and mastering your energy in relation to your body. Tantric sex is simply “the master-key”. Remember that, as in previous chapters, finding our feminine and masculine energy balance and learning about our etheric field is meant to help you master the art of great sex.

There is a reason that people used to marry before sex. There is a sexual bond that you have with every partner wanted or unwanted. This bond can be cut, healed, ignored, and broken, but there is an energy cord/bond/tie that happens, an inevitable force generated when two people come together sexually.

There was a study done over many years that I find interesting and not only brings awareness to the chemical, hormonal, and spiritual sacredness of sex but also the physical. Chemically, when pleasure is induced the connection hormone oxytocin is released. In men this lasts about 2 minutes after orgasm and for women the higher levels can last up to 20 minutes. This is one reason why it is more common for a woman to feel connected and “in love” with a man after sexual intercourse. This bonding hormone is a beautiful reaction when sex is done consciously but not so much through casual sex. Oxytocin is also released with masturbation and can help you form a strong bond with yourself.

The study I am referring too was done on male microchimeric at first this Y-chromosome-specific to males was thought to only cross over to women who had given birth to sons or where at one point pregnant and lost a son. However, in later studies it was found that the male microchimerism was also found in women’s brains without sons. This is important to know because the study suggests that when a man releases his sperm into a woman, it is possible that the male Y chromosome embeds in her brain, forever, leaving a piece of him within her DNA. ⁱ

For men this is important as well, because your genetic energy aka soul tie lives on in the women you choose to cum into.

For me this is a bit triggering because I do not want any part of my abuser near me. However, it also frees me to understand that there may be a genetic consciousness within me that is not mine, that I now get to learn to live with. Knowing how impactful sex is on all levels and its lasting impact on your body, may help you to think twice before jumping into bed with a stranger and it is definitely a plus for using a condom, at least.

Respecting this heavenly connection and the effects it has on your body, mind, and soul is a self-love practice and when it comes to having great orgasms knowing who you are sharing yourself with and the effects of sex beyond the physical can make or break a sexual experiences.

Taking the HARD ON pressure off - For men:

There are a few reasons why men have erectile dysfunction. According to Dr. Gloria Brame in her audio course – “Lessons in Male Empowerment” stating that like women – men you too “have been trained too be uptight and shamed of their genitals. That means that they develop unhealthy habits and sex negative attitudes that can actually ruin their virility in bed.” ⁱⁱ

I agree with her and see how pills, and quick fixes as well as the circumcised or not debate has become a billion-dollar big business for men. Much like this shaming of women has worked for big business and women.

There are reasons why erectile dysfunction happens, but more than not, it is not a natural reason such as aging, use of prescriptions or weight issues causing blood flow issues. More often than these far to real physical reasons for erectile issues, the real reason is that penis and sexual health isn't talked about or practiced. Today in this can change for you.

Dr. Gloria Brame explains 3 kind of erectile dysfunctions:

Situational softness – This can happen anytime, can be nerves, too much to drink, emotionally charged or vulnerable, or simply your body or your mind aren't into it. This is common for most CSA survivors.

Erectile dysfunction – an underlying issue preventing blood flow to your penis, including prostate issues. Meaning every time, you try to get hard, you cannot. Visiting a urologist to help you regain connection with your penis. This is normal and you can recover.

Chronic impotence – This is when having an erection is no longer possible due to a medical issue or loss of function.

How to take care of your sexual health is to take care of your circulatory system. We don't talk about male pelvic floor practice and today, I am going to share with you a practice that will help you keep yourself youthful and full of vitality.

Things that help:

Pelvic floor glory – This practice will help keep you lifted, healthy and connected to your prostate. Practicing kegals helps to strengthen the pelvic floor and keep your blood flowing.

Masturbation – Regular masturbation will help you de-stress, as well as help you catch any erectile dysfunction before it becomes anything chronic.

Manage your weight – When weight is an issue, circulation is often a factor. When losing weight normal function can be ignited.

Manage your stress – Sleeping and meditation and working out will help you avoid situational softness. Along with open communication and self-care. The message here is to allow yourself to stop working so hard, value your health and happiness over your productivity. It is common for CSA survivors to feel they have to prove something to the world. This blocks many from truly being able to feel valuable and appreciated. Start with appreciating yourself and de-stress.

The art and need for regular masturbation:

To keep you going and stay youthful, masturbation helps you to stay in shape, this goes if you are single, or in a sexless relationship. To maintain healthy sexual function, multiple orgasms, and genital heal it is important to masturbate. According to Dr. Gloria Blame after age 40 many men stop masturbating because their sex drive goes down and the natural urge is lower. However, “this is worst time to back away from an active sex life because men who abandon their sex lives in their 50’s are more likely to age faster than other men and less likely to maintain genital fitness.”ⁱⁱⁱ

- Masturbate to heal your relationship with your penis rather than to simply relieve the pressure.
- Masturbate to strengthen your sexual center and be able to maintain healthy sexual function for the rest of your life.
- Masturbate to know what you enjoy and be able to communicate that with your partner.
- There are many ways to masturbate, stroking, using sex toys, with your partner or solo.
- Practicing pelvic lifts, lifting the balls using the premium using long holds and small pulses. Practicing this while at a stop light is a great way to pass the time and strengthen your sexual core.
- Lower your stress level, masturbating helps you to release stress and it is healthy to be able to orgasm 2 times a day. Orgasms help you to regulate your heart rate and balance your blood pressure. You can masturbate when the urge comes up, and also plan conscious masturbation where your goal is to connect with yourself, to know your potential, to explore yourself.
- Give yourself permission to enjoy yourself sexually.

Now that you are tuned into your lingam or yoni, it is time to turn yourself on:

For men and women, the most important aspect to mind-blowing orgasms is to RELAX. Yes, relax, both mentally and physically. Invite yourself to focus on the whole experience and allow yourself to have fun along the way to your amazing orgasm. There are a few things that get in the way of orgasm. To experience effortless orgasm, recognize these and, without fighting them, work around them.

1) If your partner or you are not fully aroused, hard, or wet:

There are a number of reasons this happens: stress, prescription or non-prescription drugs including alcohol, a feeling of disconnection with your partner, numbness, hormones. If stress, disconnection, or numbness are the issue, slow down, breath with your partner, clear the air with NVC or a clean-up, take time to create turn-on by playing with your partners or your erotic sexual personalities. If substance or hormones are the issue, taking the pressure off of performance by having fun without penetration this can create a freeing environment. It is important to understand our hormonal life cycles, and both men and women have them. For women, it is commonly talked about because of menstruation. For men, however, testosterone levels lower at about the same age as women's estrogen levels, which creates menopause for both genders. During this hormonal fluctuation, create adventure around foreplay, sensation, and turn-on that does not always include needing to be hard or wet. Eventually things will level out and you will find your tune.

2) If you are too "in your head" and not present with your partner or yourself:

I think most people can relate, when you are thinking too much it is hard to feel anything making sex and orgasm challenging.

For instance, I had a client once who had trouble orgasming, in fact she wasn't sure she ever orgasmed before. We had gone through the yoni egg practice; she could orgasm when masturbating and she loved her partner. I asked her what was getting in her way and she said she didn't know if her partner liked what she was doing in bed. She was scared she was boring. I asked her if she had asked him and she said she had not cause she is so scared to hear his answer. I asked her if he had trouble orgasming or if he didn't show interest in sex. She told me he came just find and was always in the mood. This told me, he liked what she was dishing out enough to keep coming back. Then I asked her what she was thinking about during sex. She said she was just trying to figure out what to do next, what he wanted. I knew right away that over thinking was the issue. First, I asked her to focus on what she wanted. I then invited her to focus on her bodies sensations and what was pleasing to her. In our next session she reported it was like a miracle, she thought she had an orgasm, the sex was mind blowing and even her man said it was the best ever. I asked her what changed, she told me she did what I suggested and kept

her mind focused on what she was feeling, and her mind settled down. We continued to go deeper helping her and her partner communicate about what turns them on and their sexual personalities. However, this was her biggest breakthrough.

Sex can be a great way to get out of your head, but only if you are willing to let go and be present with your body. For women, when their partner is mentally all over the place, she does not feel his/her presence, which would otherwise be the foundation of her feeling safe enough to fully surrender to orgasm. For men, when a partner is not present in her/his body, I have been told it feels more like having sex with “a limp noodle” or “a dead fish”, which doesn’t make for a mind-blowing orgasm either. So, do what you need to do ahead of time to get out of your head: journal, talk, work out, take a shower/bath—let the day go, or kiss and make out until all you can think about is your partner and you together.

3) Take it slow; knowing your partner’s rhythm and erotic sexual personality will help you set the pace.

For most women, when being thrust into too rapidly (like watching a porn, or as my man calls it, ‘rabbit fucking’), the woman goes numb in order to “take it”. This way of doing it has been overly normalized and takes away sensation and connection for both the man and the woman, making it nearly impossible for a woman to orgasm. Finding your rhythm and communicating is key to riding the wave of pleasure up and down until you each climax. After many women’s first climax, the vagina continues to swell and opens/softens closer to her next. If this is you and you are opening, to multiple orgasms, practice relaxing and opening instead of clenching up; this will help you ride the wave higher and higher together.

4) Take off the pressure:

Pressure to perform is probably the number-one reason I hear that men go soft or that women freeze up. Whether you are alone or with a partner, setting the stage for adventure, connection, pleasure, and good old-fashioned adult play time is the key to success. Communicating this to your partner and remembering that the journey is the real pleasure, you will both have more fun. If parts don’t get hard or wet, or there’s no orgasm, then focusing on the touch, romance, flirting, play, and connection are well worth your time.

Directing your sexual energy--Going to the next level together:

Be aware that you are energy, and so is your partner. You will exchange physical fluids when having sex. Yet, even more powerfully, you will exchange energy. When you interact with your partner in order to have mind-blowing, earth-shaking orgasms—directing your energy and intentions will increase your intimacy. There is nothing like creating heaven-on-Earth like surrendering to the power of the connection only you and your partner can provide for one another

For women, as if you are using a yoni egg, allow yourself to receive your partner: Visualize his lingam like a golden sword entering your sword holder or sheath. (Did you know that, in Latin, 'vagina' literally translates to sheath a sword holder?) Receive his gift of protection and hold him. When a man feels you receiving him, he will feel your desire, and he will be fulfilled by making you happy.

For men, respect the power of your sword: Visualize your energy entering your partner, and offer your partner intentional energy. When your partner feels admired, safe, and cherished, she will orgasm from your presence alone. Create this safe container for her and she will surrender to your presence, again, and again, and again.

For both women and men: Imagine a line of energy running up your body, from your lingam or yoni to your head, making love with this connection in mind, and managing your creative energy. Giving it back to your partner will increase all sensations and deepen your connection.

Begin working with this energy by placing one hand on your heart, and the other on your genitals. Breathe. If you are with your partner, place your hand on their heart, bring your foreheads together, and begin to inhale and exhale together as you connect with your genitals. Visualize this magnetic energy circling between the two of you, or up and down your own spinal channel, from your crown to your creative center. The next time you are making love, slow down, connect, and feel your energy move—first yours and then your partner's. Find your rhythm and breath together (or kiss); this is a wonderful way to circulate your energy and it also helps prolong sex.

I have heard from male clients that when their partner receives them by bringing their sexual energy down into their genitals, they find it easier to climax.

TIP: (to build connection)

Don't just jump off and run. If you are finishing within your partner, stay in, relax, and allow sensation to expand in your body. Many men often find that if they don't pull out, and they connect heart-to-heart with their partner as they both rest in orgasmic bliss, they are ready to keep going and can have multiple orgasms, too.

The 5 keys to great sex:

- 1) Presence
- 2) Relaxation
- 3) Intention
- 4) Openness
- 5) Self-awareness

All the positions and frequency in the world will hold nothing to these five keys to great sex. When you are aware of yourself, you can be present with your partner and that alone creates the foundation for a fulfilling adventure. When you create a safe space both in your environment and in your relationship where you can surrender and relax, you will have longer orgasms and more of them. When you and your partner know your intentions about the relationship, there is freedom to be honored. This can be a one-night stand or a forever-partner; intention is everything. Openness to exploring new things that your partner desires may necessitate you to stretch yourself to explore; to do this, you'll need to communicate your desires, fantasies, interests, and sexual personality— first with yourself, then with your partner, all of which make sex a win/win for everyone and keeps things exciting.

How do you stretch yourself into new situations for more fun and adventure in the bedroom (or out of it, if you are into that sort of thing)—especially when you have fear, reservations, and triggers that may come up? In the next chapter, I am going to cover how to keep the fun alive by honoring your inner child. If you are in this program, I am guessing that your inner child knows more about sex than he or she would like to. Now it is time to help her/him change that fear into excitement and to begin to trust yourself, to open to your new normal and multiple layers of orgasmic bliss!

ⁱ <https://pubmed.ncbi.nlm.nih.gov/16084184/> **Male microchimerism in women without sons: quantitative assessment and correlation with pregnancy history**
Zhen Yan¹, Nathalie C Lambert, Katherine A Guthrie, Allison J Porter, Laurence S Loubiere, Margaret M Madeleine, Anne M Stevens, Heidi M Hermes, J Lee Nelson

ⁱⁱ 1 Introduction – Dr. Gloria Blame – minute

ⁱⁱⁱ 2 Masturbation for sexual fitness – Dr. Gloria Blame – minute 12.30