

WEEK 1:
BREAKING THE MYTHS OF ORGASM

Let's begin today's lesson by **redefining orgasm** by looking at today's accepted Wikipedia definition of Orgasm:

Orgasm (from Greek οργασμός *orgasmos*, from organ to mature, swell) is the sudden discharge of accumulated sexual tension during the sexual response cycle, resulting in rhythmic muscular contractions in the pelvic region characterized by sexual pleasure.

Human orgasms usually result in the stimulation of the penis in males, typically accompanying ejaculation, and the clitoris in females.

Sexual stimulation can be by self-practice (masturbation) or with a sex partner (penetrative intercourse, non-penetrative sex, or other erotic sexual activity).

With this, and other typical definitions of orgasm, we are strictly remaining in what I like to refer to as the **“functional” model of sexuality.**

The functional model is one where we only look at **how things work physically** such as using ‘this or that’ body part or ‘this or that’ hormone, etc.

Yet, if we are going to only define orgasm in this way, then many of us may sense that we have either **never had a REAL orgasm** or that **they are rare and random.**

After teaching thousands of women world-wide, one of the primary insights that has emerged is the fact that many of us do experience pleasure, but because of our **current definition of orgasm** we *believe* that we do not experience **real orgasm.**

Here's a quote from Dr. Rachel Abrams, the Author of the **Multi-Orgasmic Woman book**:

"Most sexologists have concluded that sex and orgasm are largely learned responses, which means that, like many elements of our lives, what we feel is often what we expect to feel."

What is your current definition of orgasm?

What are signals you look for in confirming that you are or have experienced an orgasm?

By answering these questions, you may start to enter the realm of possibility or what I like to refer to as the **'meaning model' of sexuality.**

This model looks at the **deeper meaning of sex** in our lives and its relationship to our psycho-sexual well-being.

As we seek to redefine our understanding of orgasm, it is valuable to take into consideration that perhaps sensations and orgasmic experiences that are outside of our current scope of experience *may actually exist*.

When we are open to that possibility, we can begin to access our '*full orgasmic potential*'.

Our **full orgasmic potential** lives outside of the currently accepted and limited model of female orgasm.

It lives within each of us, as a birthright. Yet normally we may only access a fraction of its full expression.

How can we begin to activate this unlimited resource? *It first begins by holding it within our own realm of possibility.*

Then, it continues with our desire and curiosity to **acknowledge all of our different nuances of pleasure** and letting go of defining them through what is considered *normal* or already *pre-defined*. This process happens through *self-validation* and *self-definition* of our own pleasure.

Just because no one else has documented **your unique type of pleasure & sensation**, doesn't mean it isn't valuable and that it doesn't exist.

In fact, most of our **undefined orgasmic experiences** are quite delicious and enriching, albeit inexplicable.

Are you willing to begin to hold the space for your pleasure to expand?

Are you willing to experience pleasure in new ways, ways that perhaps you have never 'heard of' before?

Are you willing to self-validate your version of orgasm and therefore actually anchor the experience in your cellular memory so that you can keep growing and expanding upon it?

This capacity to self-define and trust in our own ability to experience pleasure is something all Multi-Orgasmic women claim.

The *meaning model* is woven throughout the entirety of this course and may eventually feel as natural a perspective as the *functional model* of sexuality currently is.

Now that we understand that the current model of orgasm is *finite* and *restrictive* and that we can willingly claim a much *fuller* and *richer* experience of pleasure for ourselves, we can start to look more deeply at some common misconceptions about orgasm.