WEEK 5:

THE NERVES THAT MAKE THE BIG ‘O’ POSSIBLE

This video peeks at some of the latest theories on female orgasm, some of which have been rigorously proven and others that remain hypothetical, so please take this in with a grain of salt.

I've taken this information from Sayin H.U.'s paper: *Doors of Female Orgasmic Consciousness* and this is the segment from the **Four Nerve - Six Pathway Theory of Female Orgasm** (I've included the entire paper as one of the PDFs this week and you can access it through the 1st video page or in the ALL DOWNLOADS page).

There are **4 Nerves**—Pudendal, Pelvic, Hypogastric, & Vagus Nerves—which are responsible for delivering the sexual responses and pleasure signals.

This is exciting because it confirms the phenomenal complexity and beauty of our orgasmic system!

We are going to get our GEEK on for this section because it's vital we understand **how our orgasmic pleasure signals** are actually delivered to our brain.

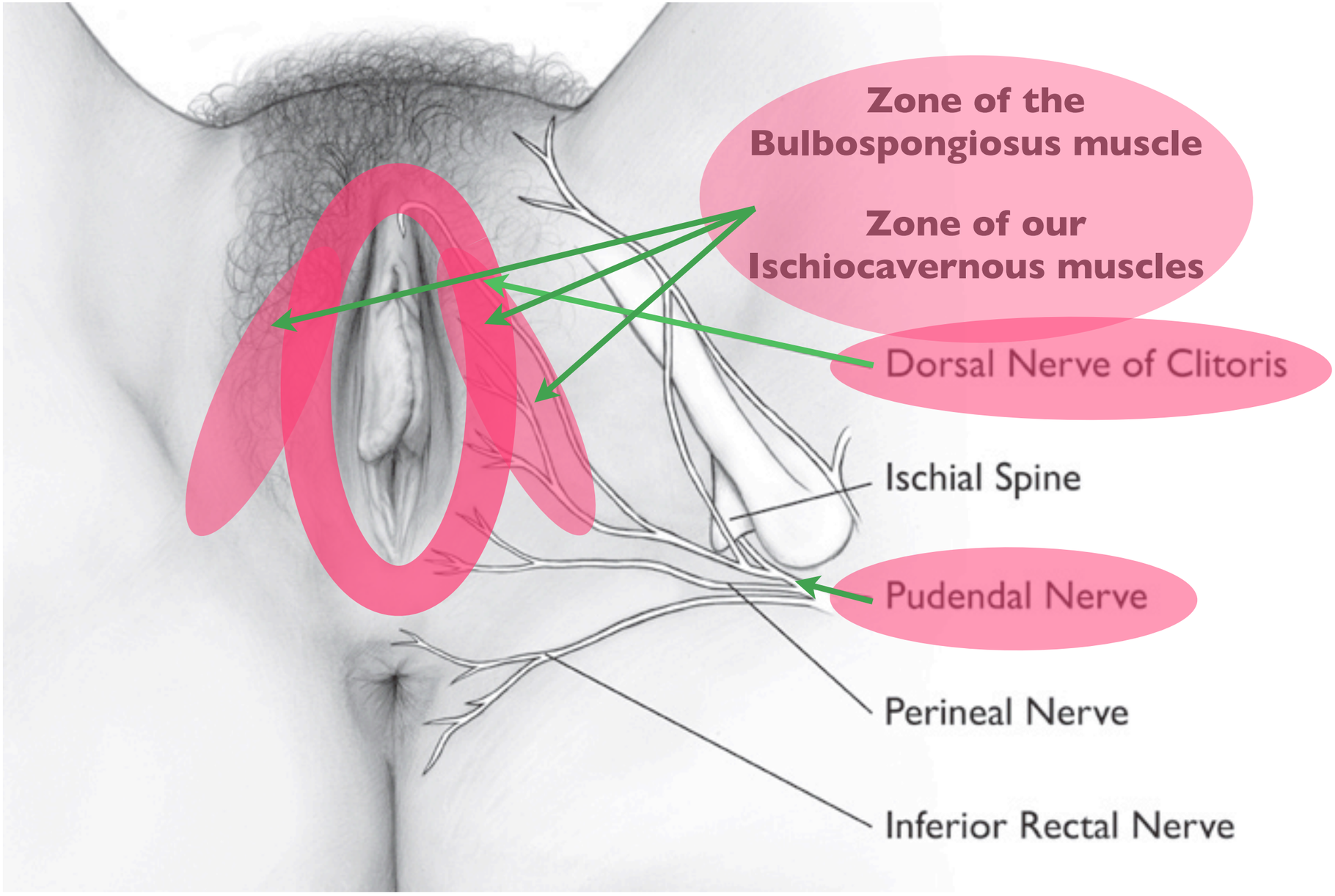
Now keep in mind, I'm not a medical doctor, so this is the "Saida version" of our orgasmic neural pathways.

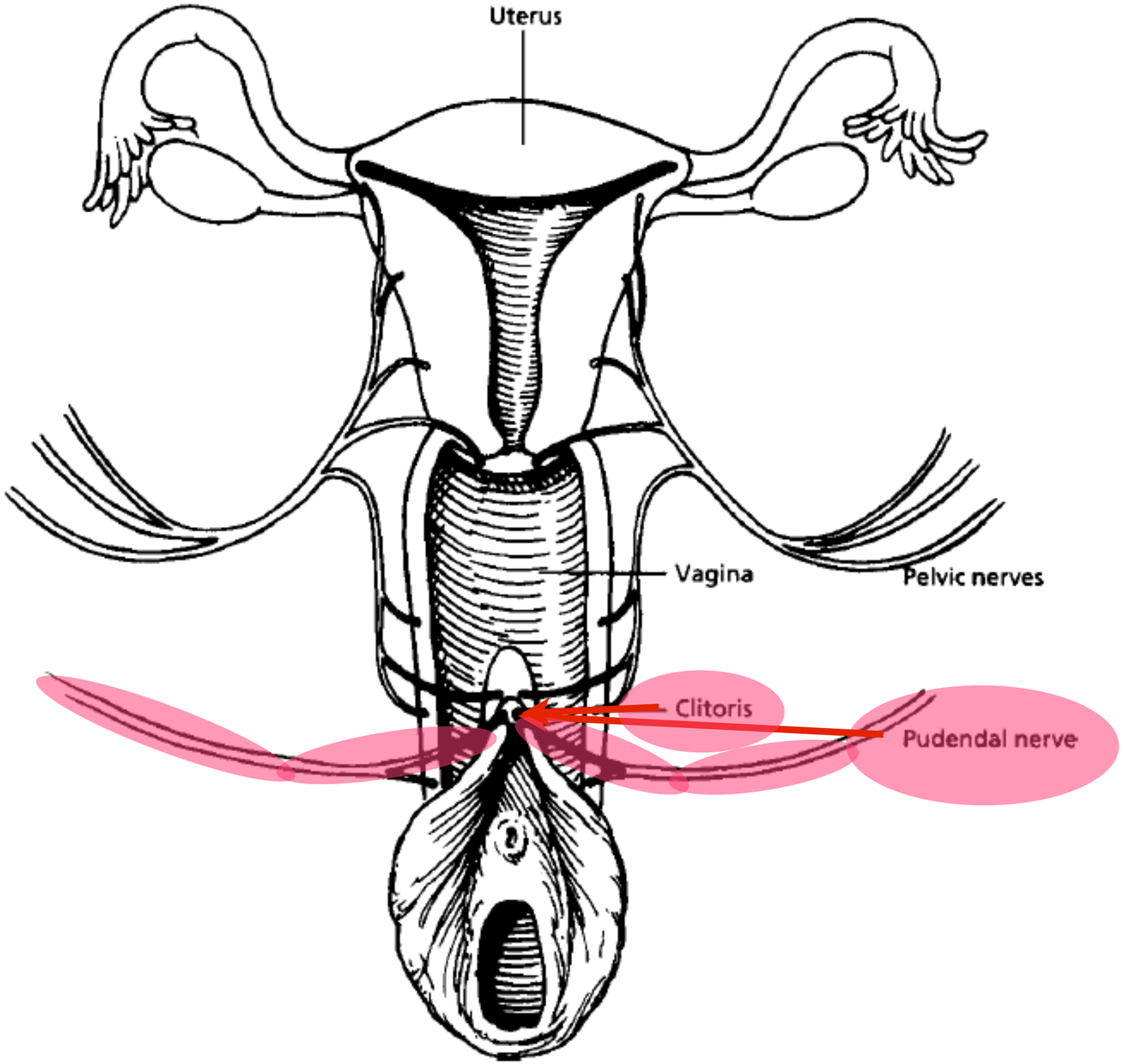
I'll go into some detail about the 4 nerves and their pathways, as well as add a few more bits & pieces at the end of this presentation.

Let's have a look at our pleasure pathways
and this newer orgasmic theory...

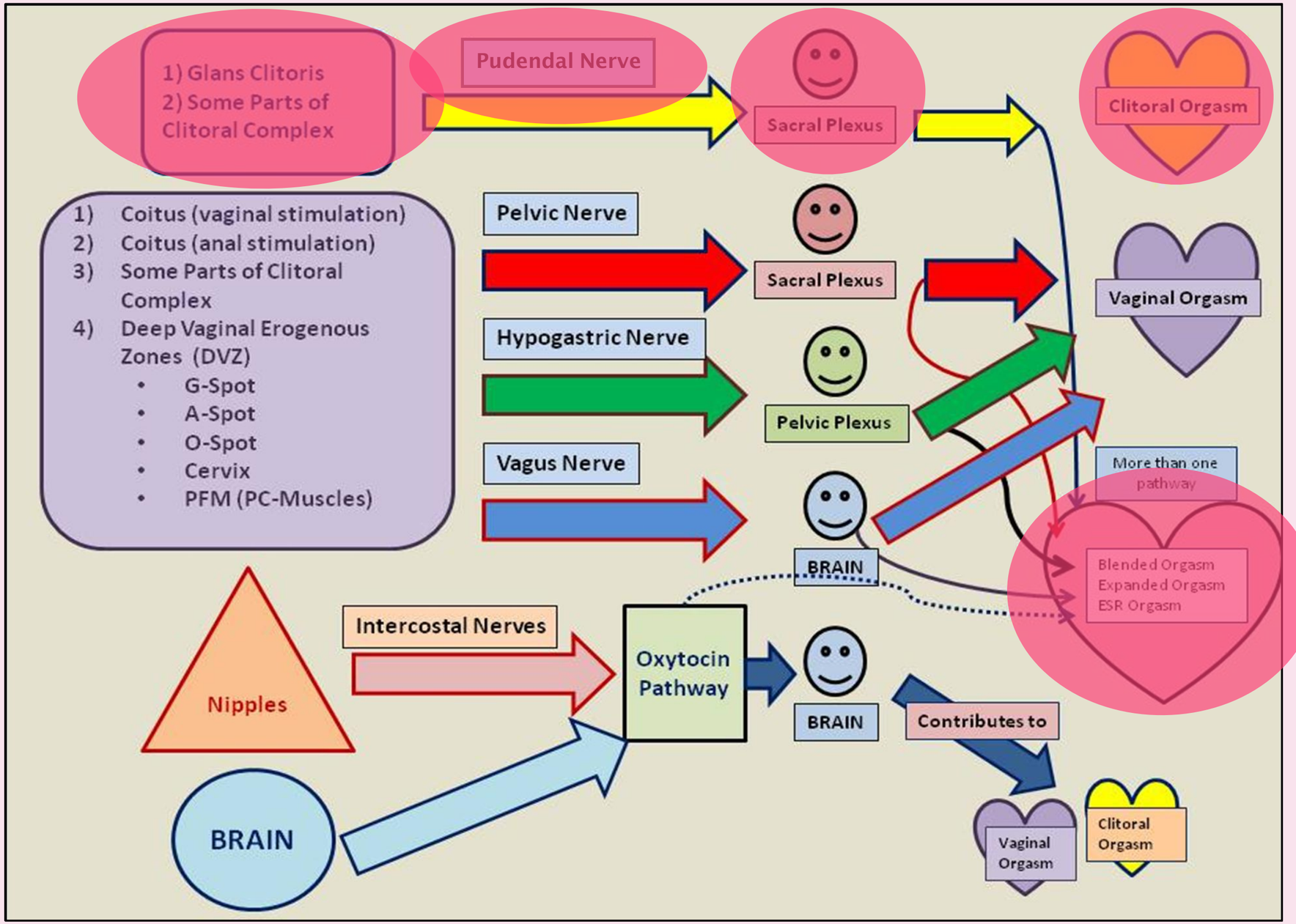
1. Pudendal Nerve

This is literally our super-highway to exquisite pleasure!





Summary of Pathway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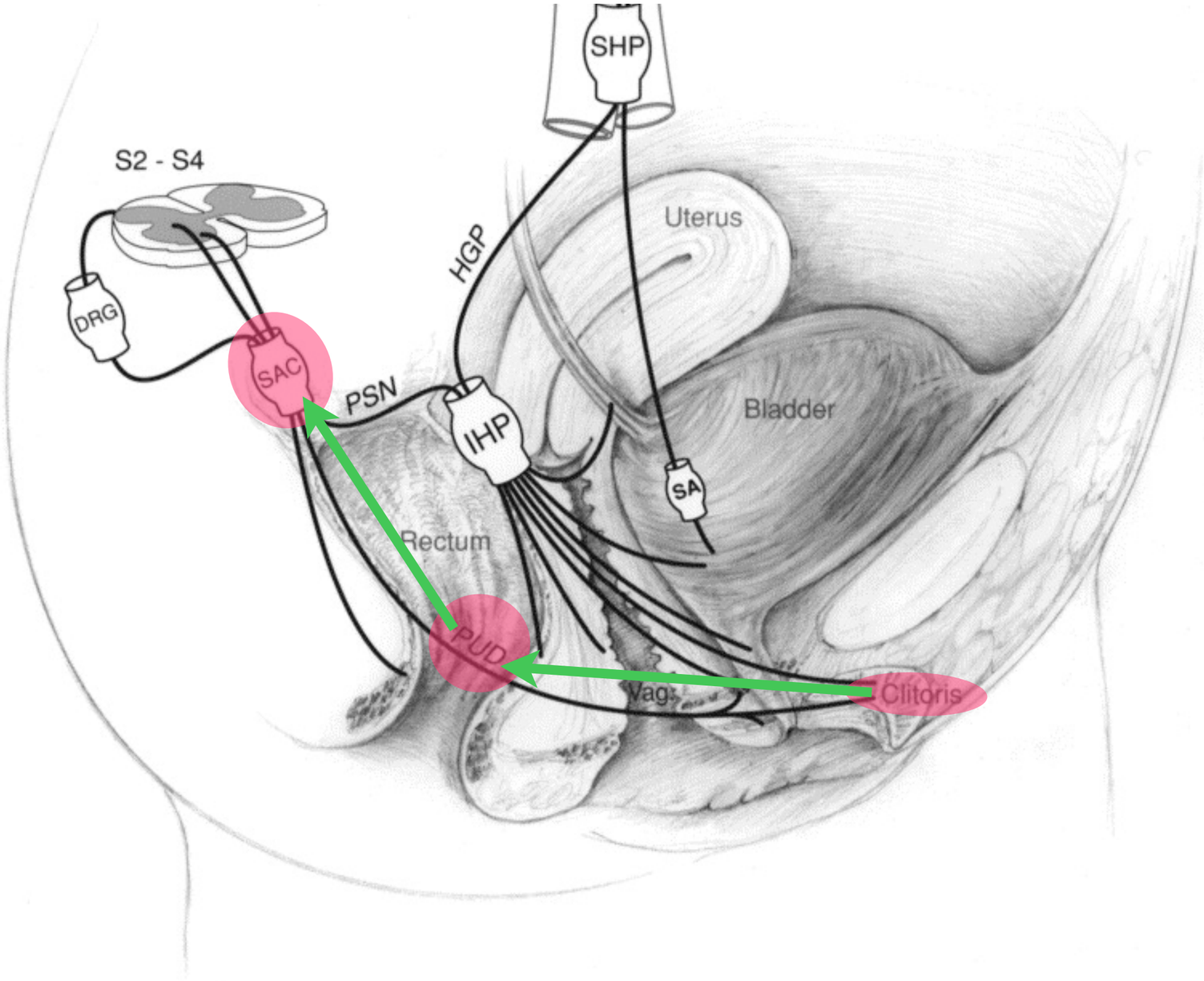
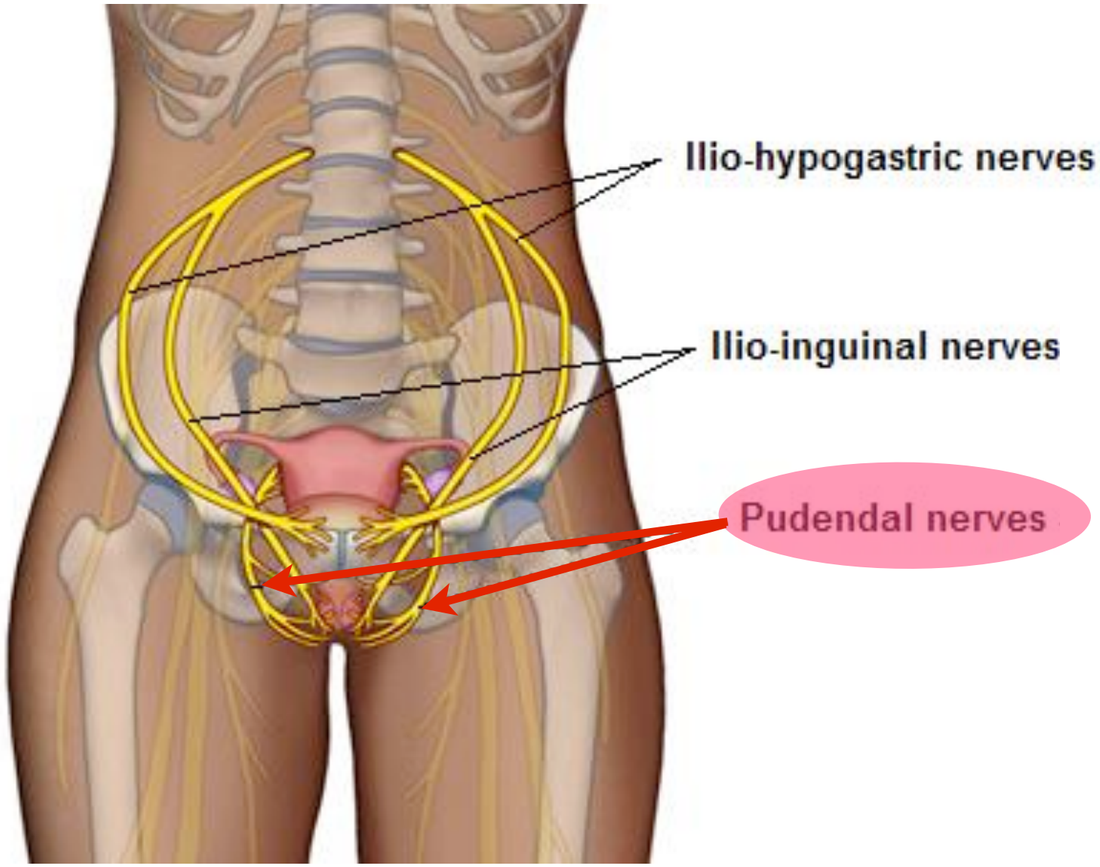

SHP
S2 - S4
HGP
Uterus
DRG
SAC
PSN
IHP
Bladder
SA
Rectum
PUD
Vag.
Clitoris

Pleasure Tip:

Now that we understand the pudendal nerve pathway of pleasure, we can see that we miss out on a lot of juju if we only focus on the glans or tip of our clitoris.

By stimulating the whole of our clitoris, along with our clitoral legs, ischiocavernosus muscles and our bulbospongiosus muscle, we further accentuate the signals of bliss via our pudendal nerve.

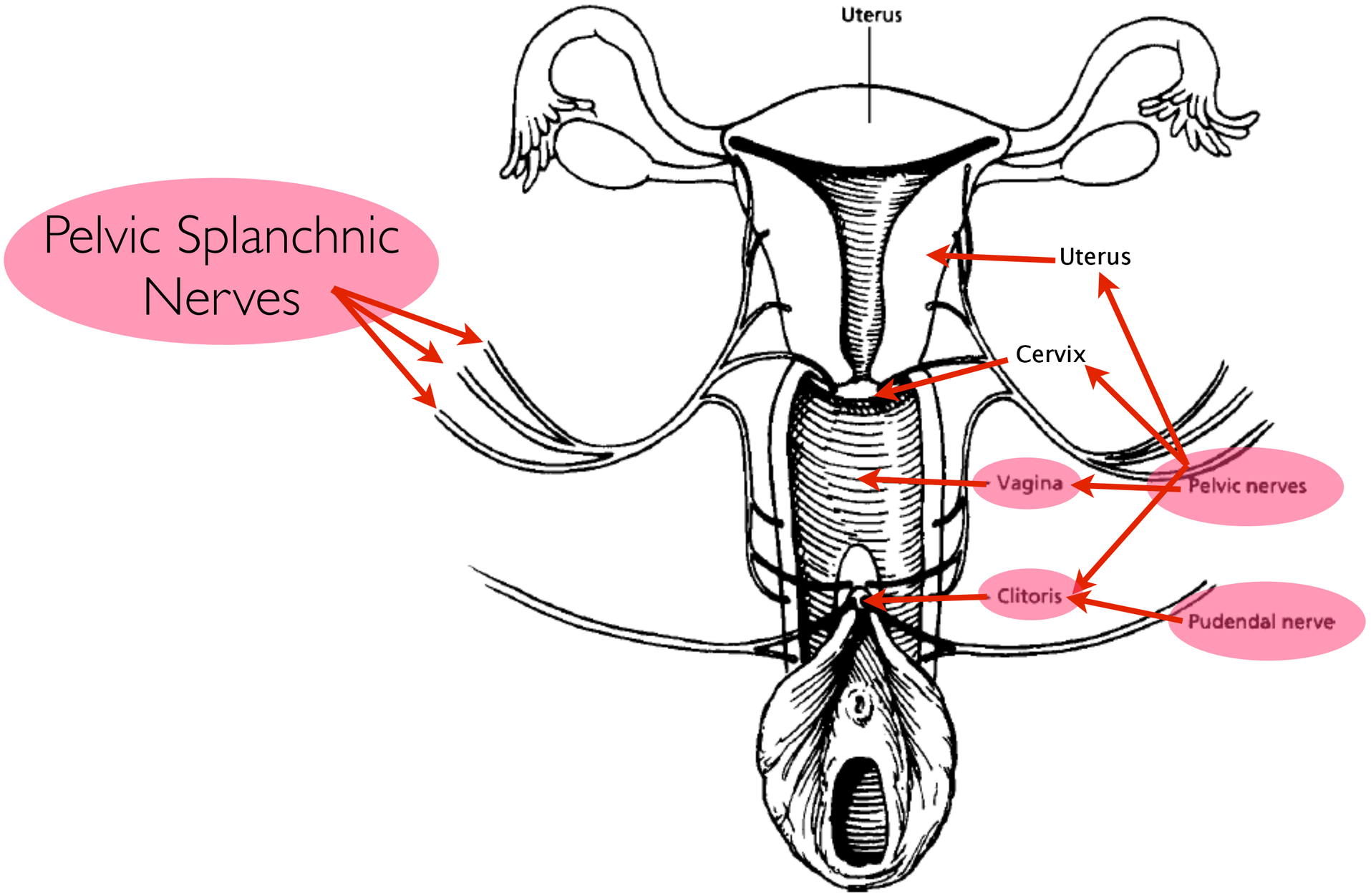

Ilio-hypogastric nerves
Ilio-inguinal nerves
Pudendal nerves

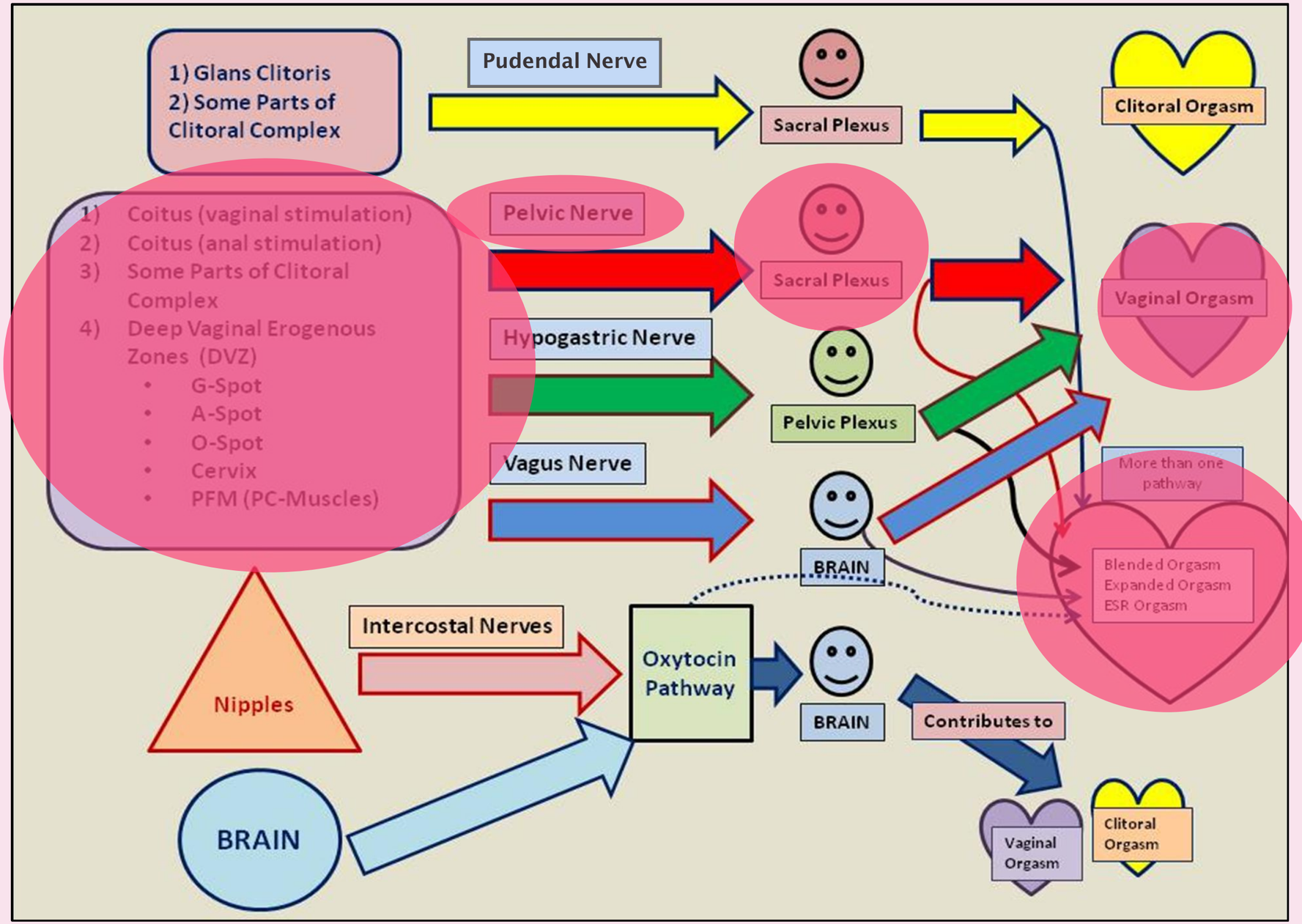
One last magical piece of information: *our Pudendal nerve has no parasympathetic fibers.*

Now I'm not a neural scientist, but parasympathetic nerve fibers normally are needed to allow the body to relax and calm down.

Perhaps the **sole function** of our Pudendal nerve is **to excite us** and that it doesn't play a role in the rejuvenation/relaxation response cycle, unlike its neighbor, the Pelvic nerve.

2. Pelvic Nerve


Pelvic Splanchnic Nerves
Uterus
Uterus
Cervix
Vagina
Pelvic nerves
Clitoris
Pudendal nerve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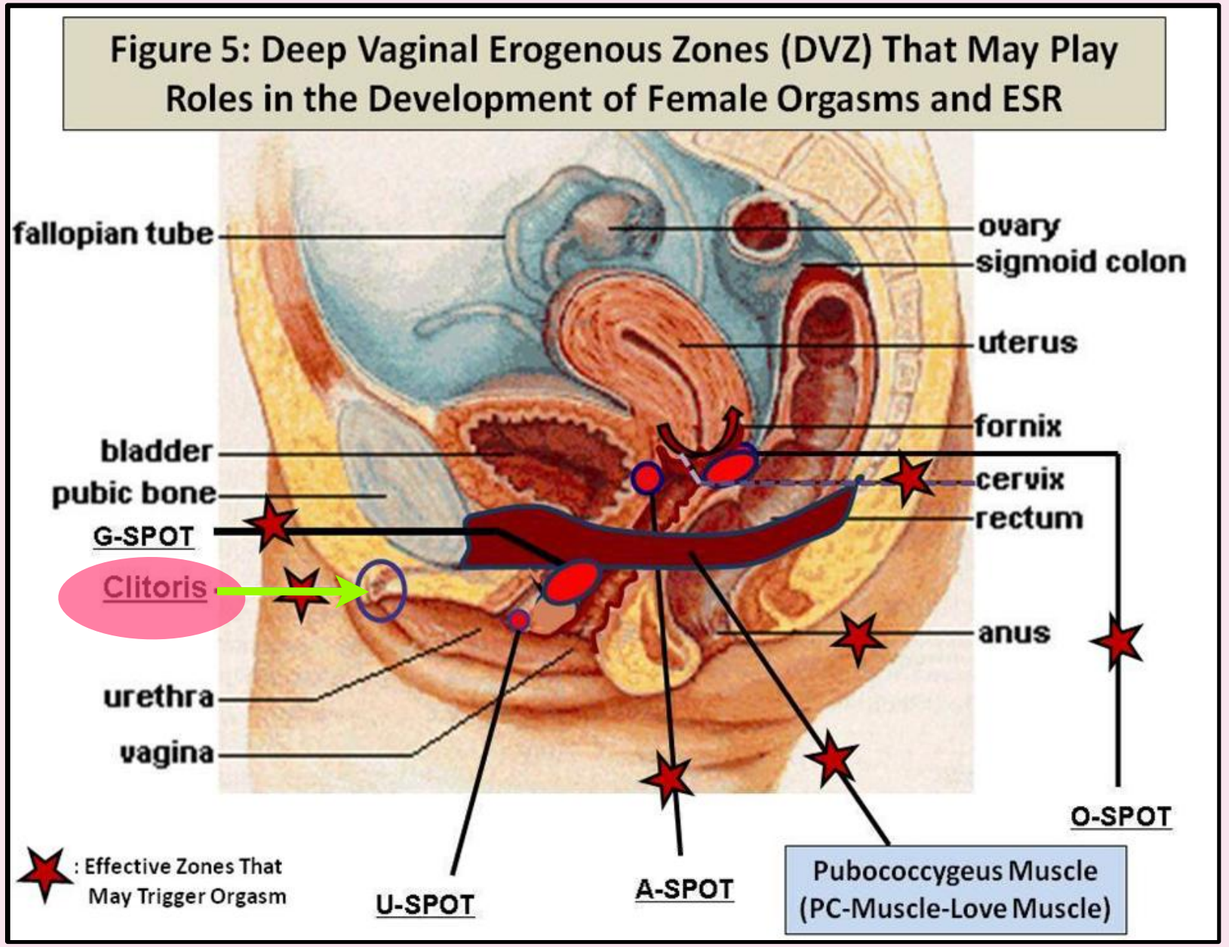


Figure 5: Deep Vaginal Erogenous Zones (DVZ) That May Play Roles in the Development of Female Orgasms and ESR
fallopian tube
ovary
sigmoid colon
uterus
fornix
bladder
pubic bone
cervix
rectum
G-SPOT
Clitoris
anus
urethra
vagina
O-SPOT
: Effective Zones That May Trigger Orgasm
U-SPOT
A-SPOT
Pubococcygeus Muscle (PC-Muscle-Love Muscle)

But what is MOST remarkable about this nerve is its connection with whether or not we are **turned-on as a whole** or not.

I'd like to continue on my postulation I started with the Pudendal nerve where I was looking at how our Pelvic nerve DOES have **parasympathetic fibers**.

My assumption says that it plays a role in our **rejuvenation/relaxation response.**

Which actually makes sense since new studies are showing that through **RELAXED arousal** we ignite or turn-on the parts of our brain that enable us to feel more **confident, creative,** and **expanded** in our consciousness.

So being able to wake up our vagina from a **relaxed, non-goal oriented place** not only turns all of us on, but it also continues our on-going process of innervating our vaginal tissue and surrounding pelvic area to have more and more **receptivity and conductivity of pleasure signals.**

From personal experience, I have been able to awaken my entire vagina to where every part of her is deeply alive and pleasureful.

However, our **pleasure doesn't end here**, we have a few more super-stars to mention, but before we move on...

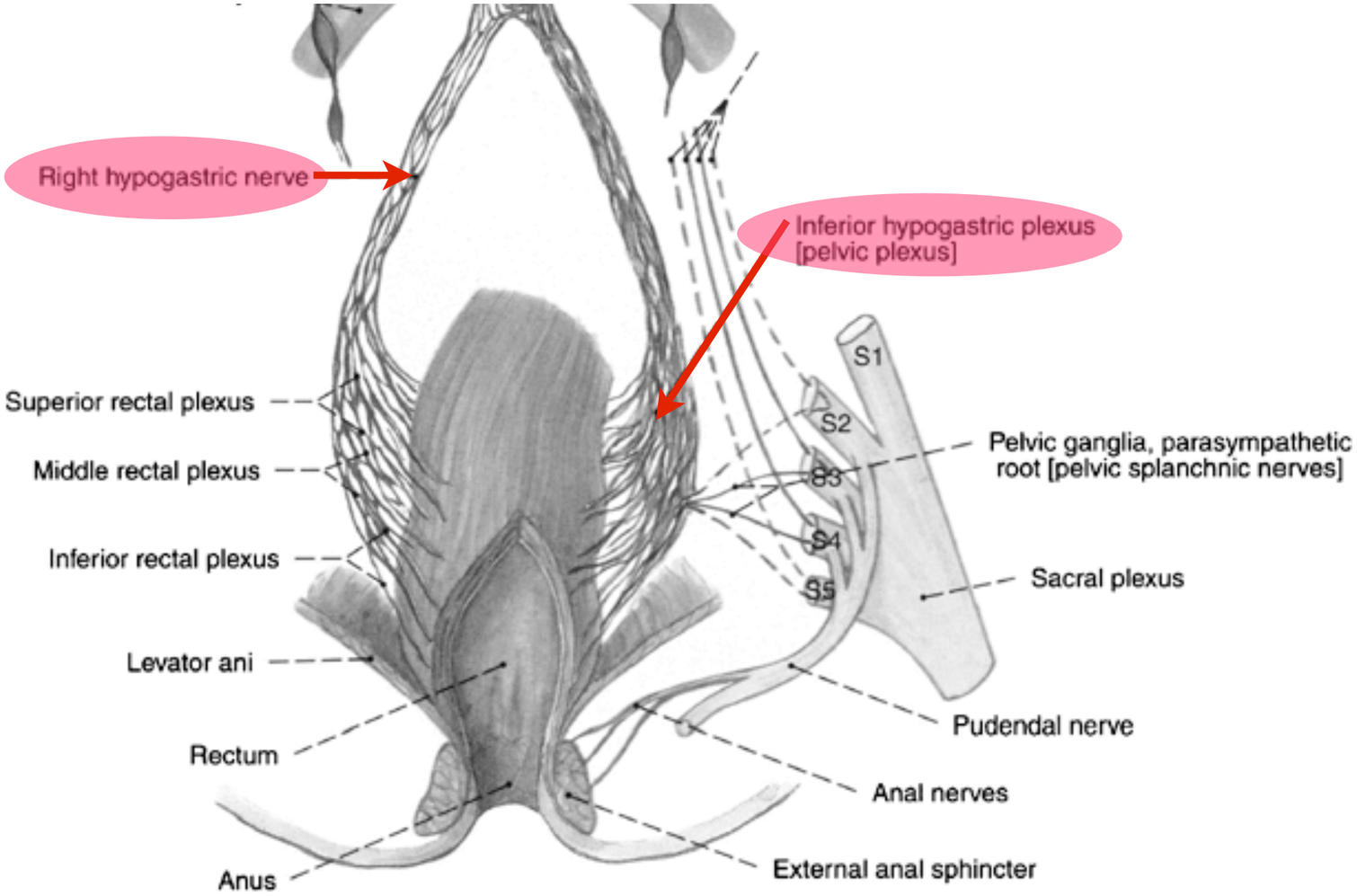
Pleasure Tip:

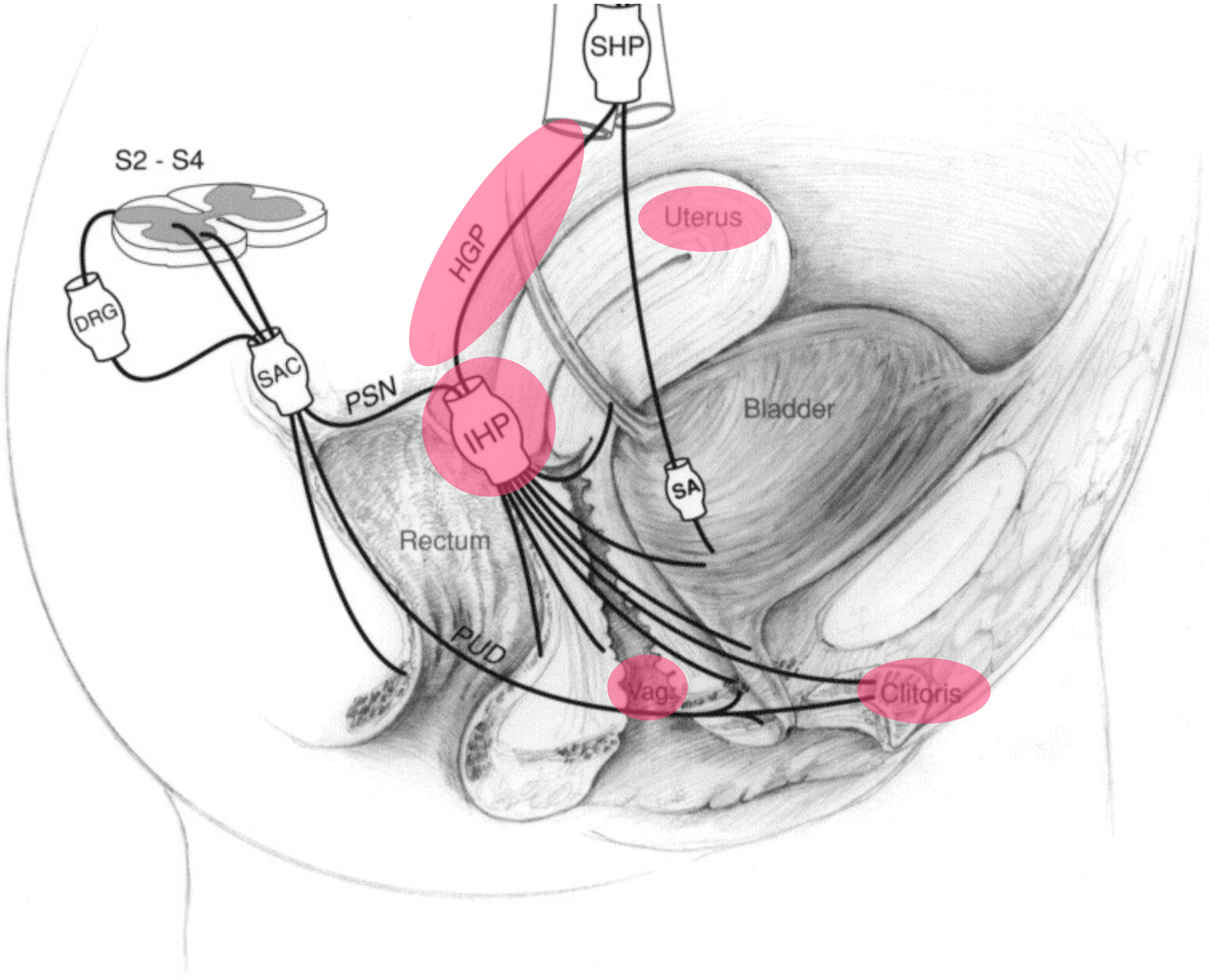
We're actually going to access and activate our pelvic nerve when we practice with the Jade Egg exercises. So in today's and all future Jade Egg practices, see if you can start to become aware of your own relaxed arousal.

In fact, it is really good to do the egg practice just with your finger. My favorite is to find a place inside my vagina that feels good. I gently stimulate it and then I completely relax and hold still and just breathe. I alternate between gentle stimulation and deep presence and stillness.

I'd love for you to try this and see what happens for you.

3. Hypogastric Nerve


Right hypogastric nerve
Inferior hypogastric plexus [pelvic plexus]
Superior rectal plexus
Middle rectal plexus
Inferior rectal plexus
Levator ani
Rectum
Anus
S1
S2
S3
S4
S5
Pelvic ganglia, parasympathetic root [pelvic splanchnic nerves]
Sacral plexus
Pudendal nerve
Anal nerves
External anal sphincter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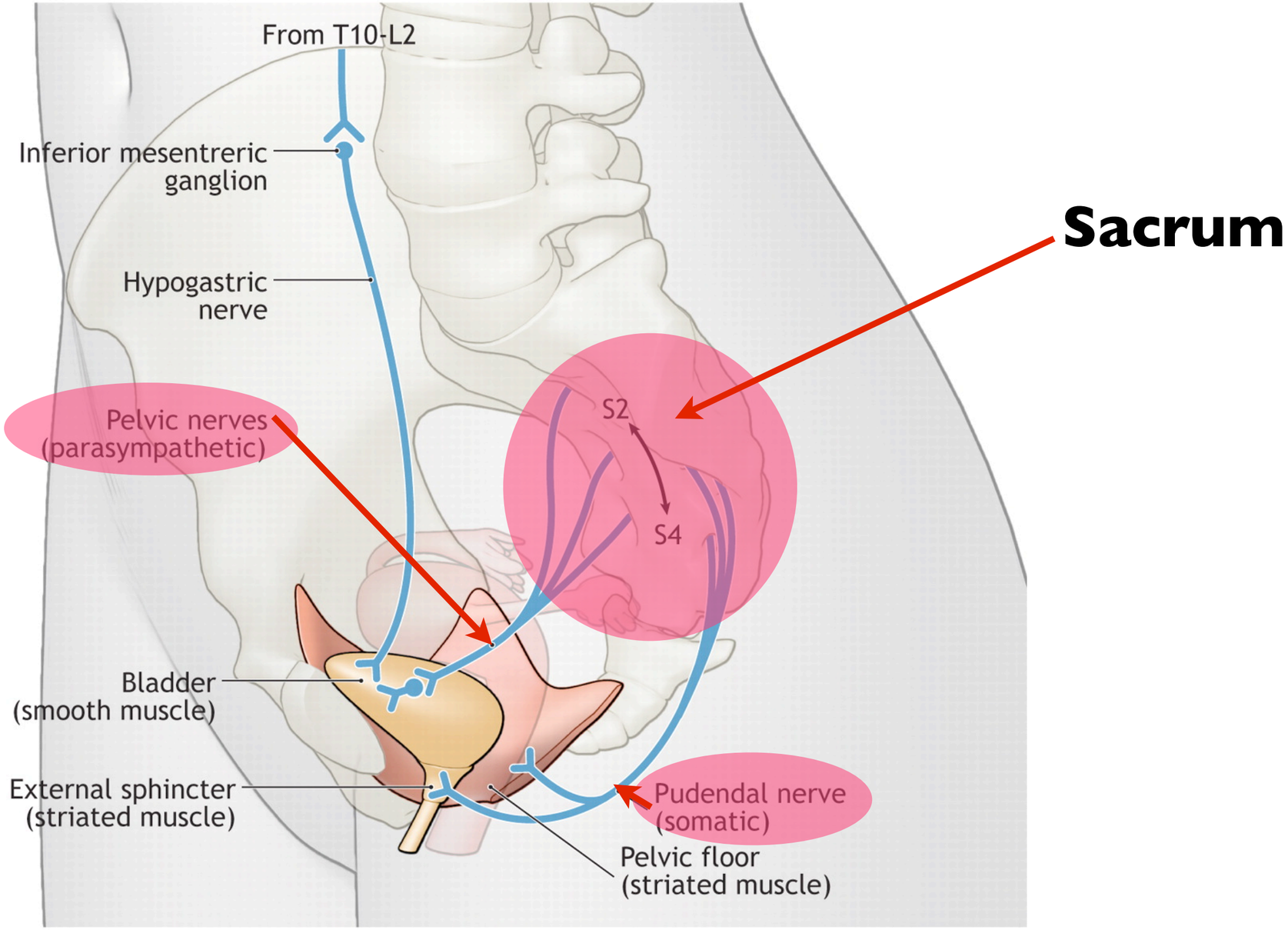
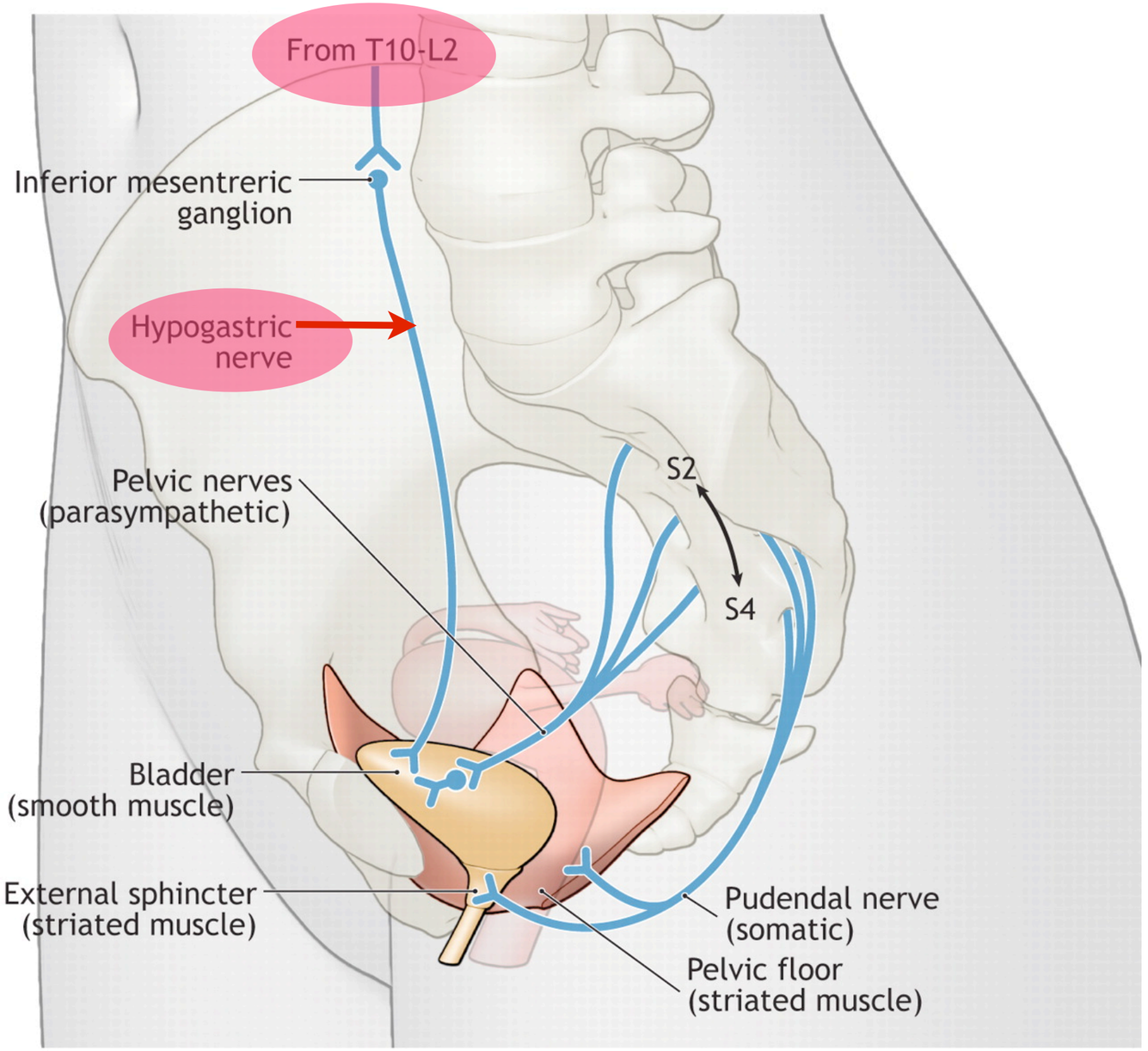
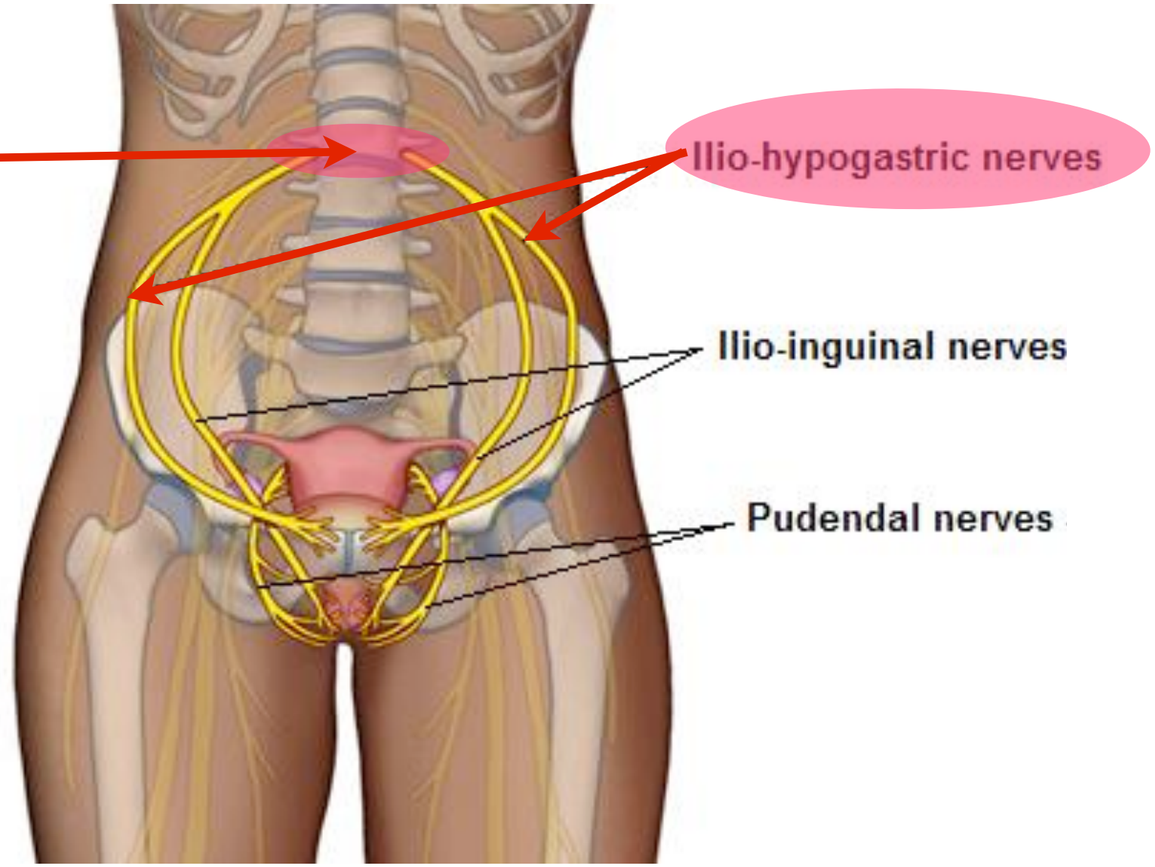
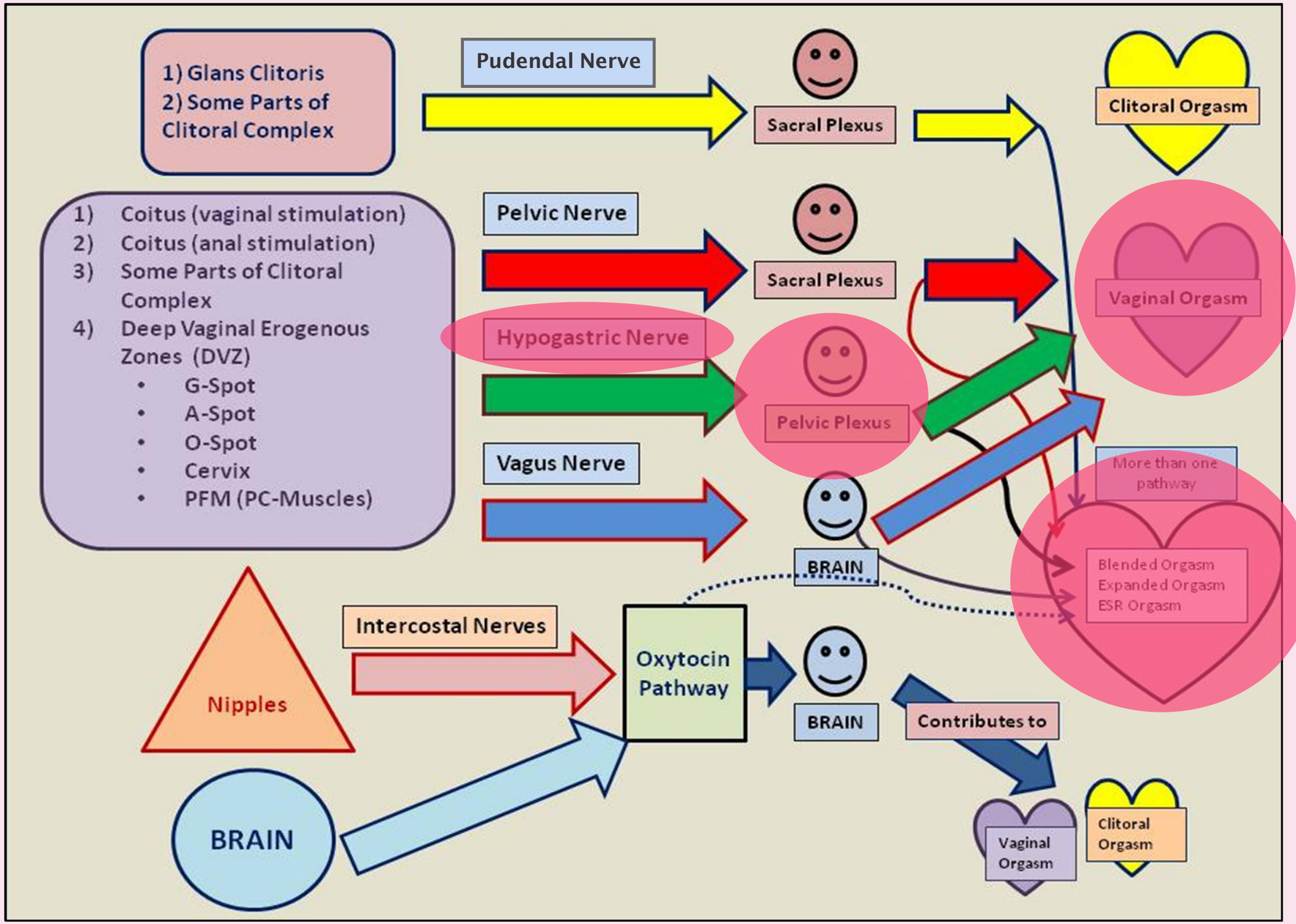



From T10-L2
Inferior mesentreric ganglion
Hypogastric nerve
Pelvic nerves (parasympathetic)
S2
S4
Bladder (smooth muscle)
External sphincter (striated muscle)
Pudendal nerve (somatic)
Pelvic floor (striated muscle)

T-10 &
L-5


Ilio-hypogastric nerves
Ilio-inguinal nerves
Pudendal nerves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Pleasure Tip:

Sometimes our pleasure will travel from our vagina, cervix, and uterus through our hypogastric nerve.

So for this tip, I want you to focus only on your cervix. You ‘ll need to raise your knees up towards your chest to be able to reach your own cervix with your finger(s).

Then, gently and softly massage your cervix and notice any sensations. Through the hypogastric pathway, you may be able to induce what I call a ‘heart-gasm’ or an orgasm of the area of your heart.

Don’t worry if it doesn’t happen, all stimulation of this kind will just keep helping to accentuate and heighten your pleasure neural pathways.

4. Vagus Nerve

This final pleasure super-star is extra special because it actually **doesn't bother to connect with our spine**, but instead, it travels through the **very core of our body!**

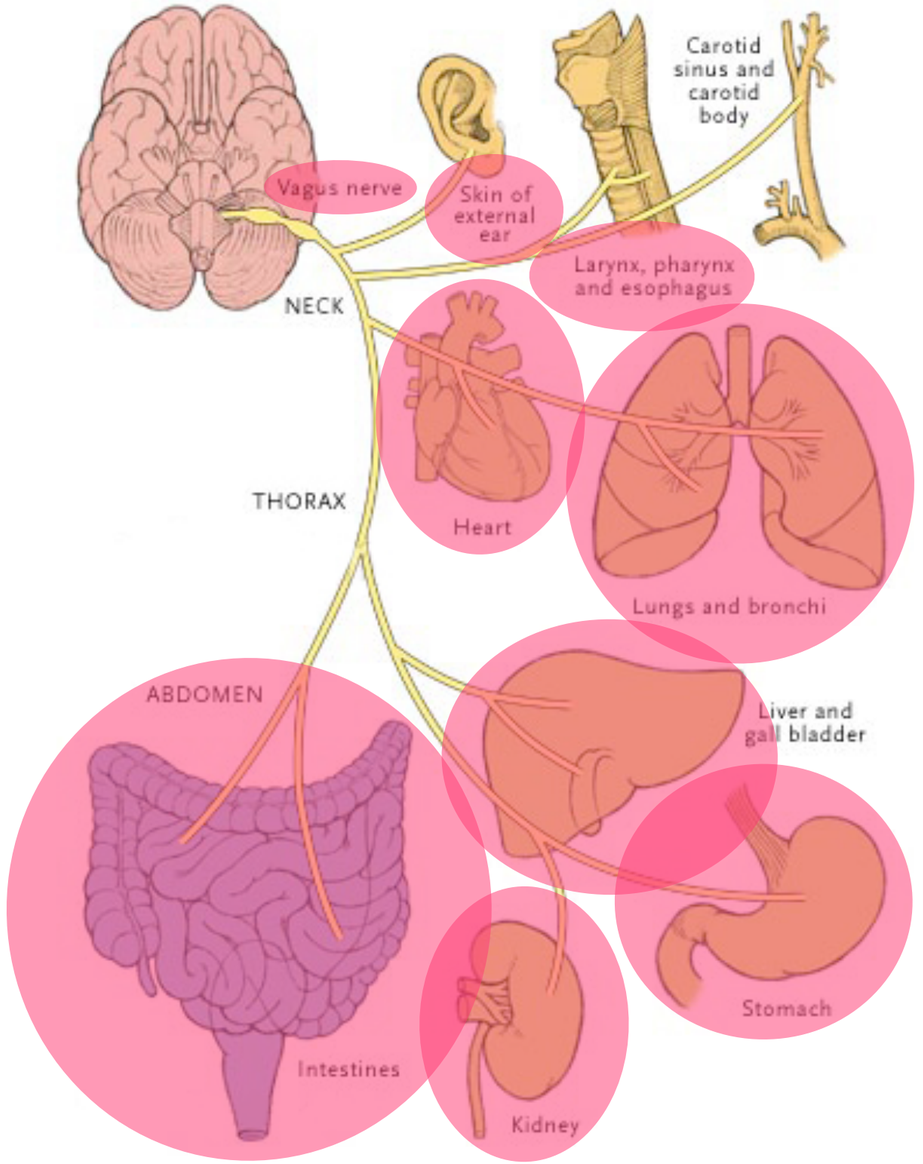
This is why its known as the **vagrant or wandering nerve**.

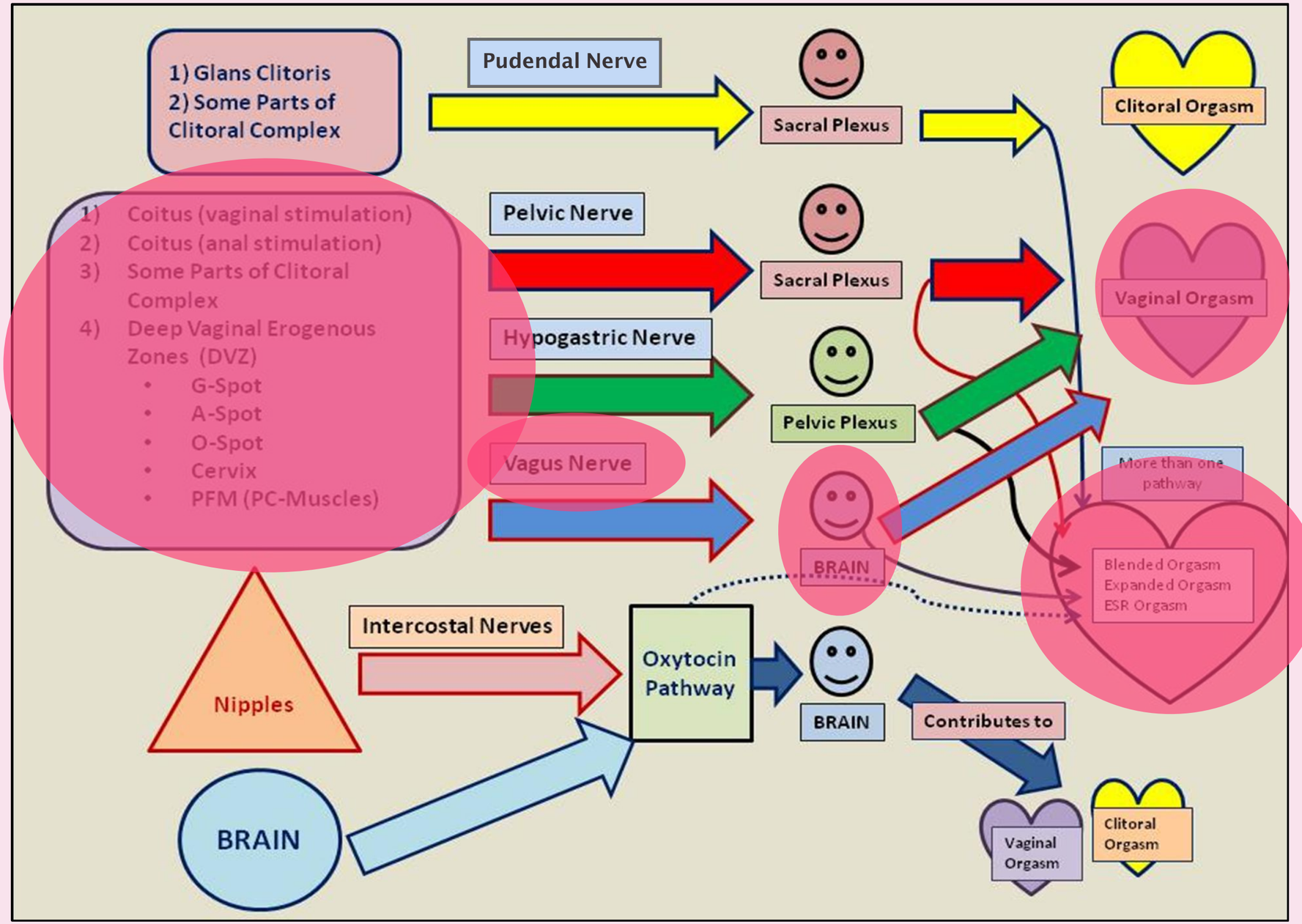
What I love about this nerve is that our pleasure signals can literally travel from our vagina, cervix & uterus through our abdomen, chest and neck and directly into our brain!

This is especially important for women who have had spinal injuries as it means they still can experience deep, orgasmic pleasure!

But what this also means is that we can experience orgasmic sensations throughout our entire torso, not just our genitals.

This is what is meant by the Taoist Sexual wisdom which speaks to having **orgasms in our organs.**


Carotid sinus and carotid body
Vagus nerve
Skin of external ear
Larynx, pharynx and esophagus
NECK
THORAX
Heart
Lungs and bronchi
ABDOMEN
Liver and gall bladder
Stomach
Intestines
Kidney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Are you getting the picture of how amazing, how vast,
how interconnected your full pleasure system actually is?

Pleasure Tip:

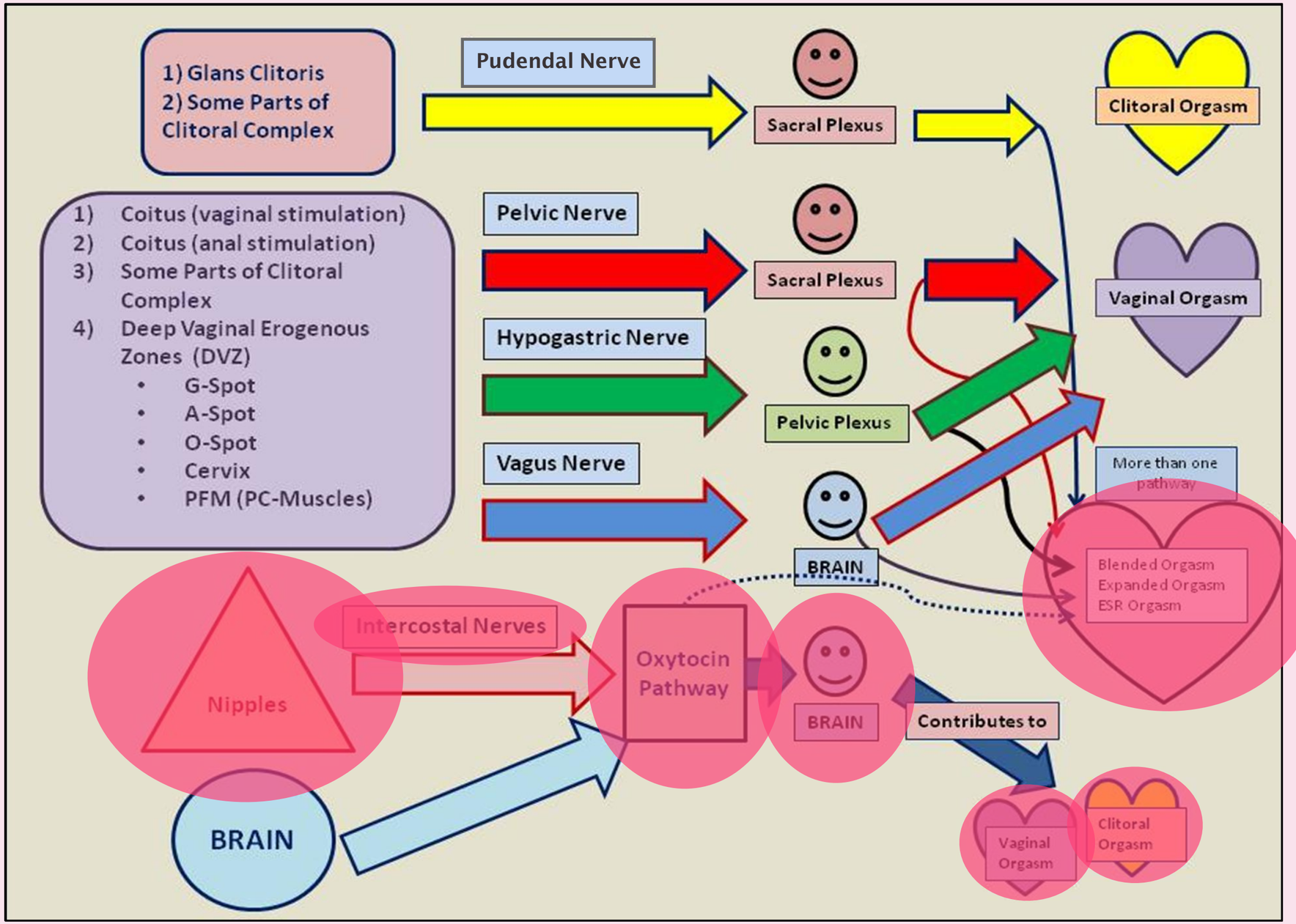
This pleasure tip is a little more unusual. Instead of focusing on your typical erotic zones, I want to invite you to explore your outer ear.

Touch it very slowly and gently while breathing consciously.

You may want to also make sighs and sounds of pleasure and thereby stimulating a 2nd vagus nerve site.

Play and notice what happens.

5. Intercostal Nerves & Oxytocin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Pleasure Tip:

For this pleasure tip, we'll focus on our Intercostal Nerves.

I actually want you to avoid your nipples at first and just very lightly stimulate the skin around your breasts, including your chest & neck.

Move very slowly and lightly. When you start to feel goose-bumps or aroused, then once in awhile, stimulate your nipples.

Notice how this feels in your body.

6. Your Sexy Brain

I want to start this section with an anonymous quote:

"Since women as a whole experience orgasm when several different areas of the body are stimulated, it presents the possibility that the area of the spinal cord and/or brain that causes orgasm to occur doesn't know or care where the messengers originate."

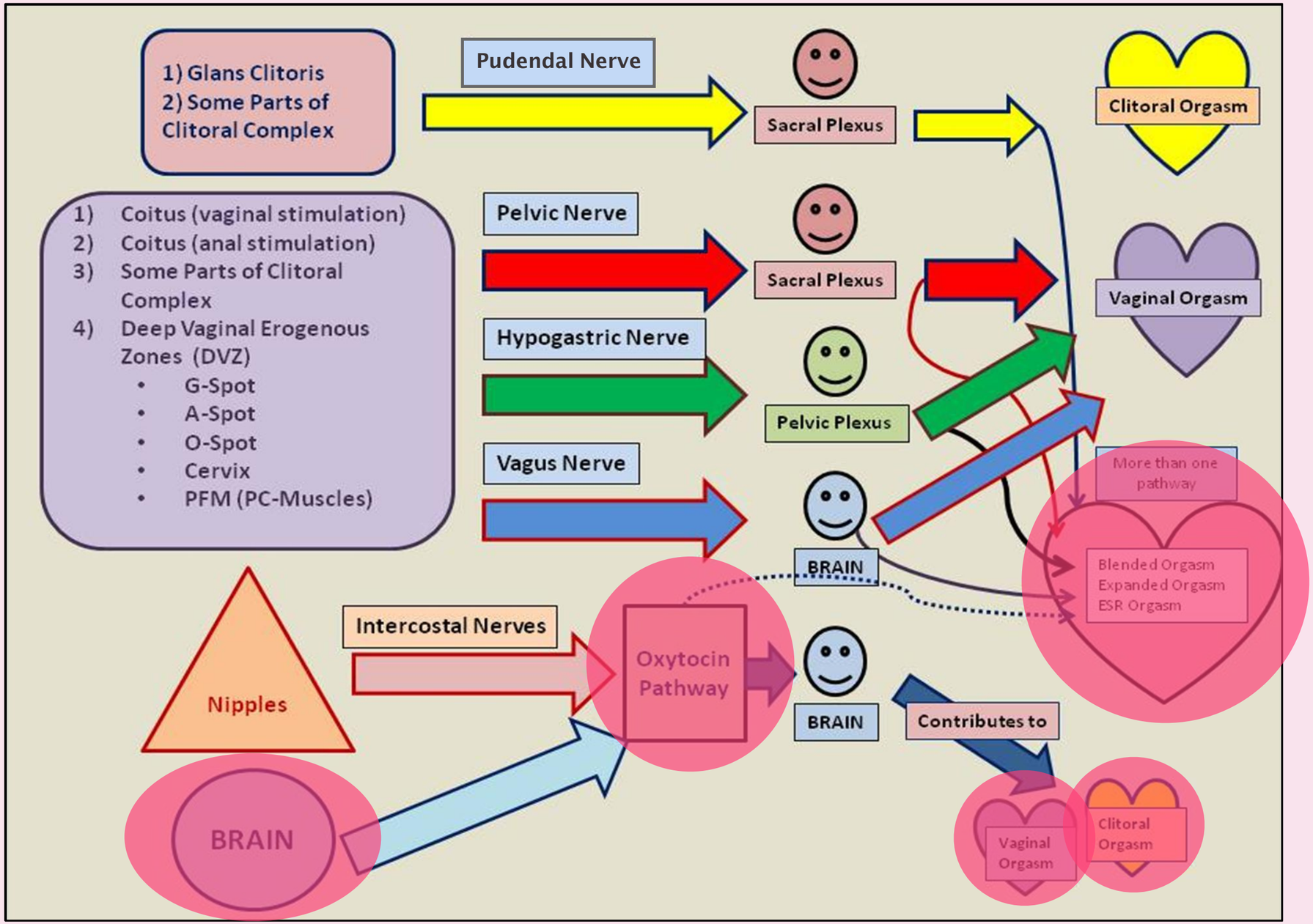
I love this quote because it speaks to our most powerful sexual organ: our brain. In fact, our brain is so incredibly sexy that we can literally entrain any part of our body to become a potent and delicious erogenous zone!

Here's another quote from Psychologist Rafe Biggs who suffered an accident that rendered him a Quadriplegic:

"There's research that suggests your body is much more orgasmic than you think. It's not all in your genitals. It occurs in the brain."

He was able to retrain his thumbs to be as orgasmic as his penis!

What his experience and many studies show is that our brain is exceptionally adaptable and that we can not only heal areas of our body, but also **accentuate any part of our body to be receptive and expressive of pleasure.**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"The most significant implication is: Women are only as sexual as they are permitted to be, and as a result, believe themselves to be.

A woman's sexual potential is influenced, if not controlled by, her beliefs.

It also suggests the manner in which a woman's body image may influence her sexuality; how ***mental perceptions alter the physical workings of her body.****"*

Pleasure Tip:

Our final pleasure tip is to practice, at once per day for the next week, is to engage your creative erotic genius.

What would you love? Truly love erotically? Sensually?

Sense into your whole body and whole being that you are hard-wired for pleasure and delight.

Claim your pleasure and your orgasm with a fully being YES! Say it with your body, your heart, and your mind.

After every pleasureful experience, no matter how small or big, say YES! Thank you! More Please!