

Awakening Women's Orgasm



A Guide for Women and their Lovers

by Pala Copeland and Al Link

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INTRODUCTION

Women have a capacity for orgasm that is truly awesome. It is a power of pleasure that ranges from sweet to sublime to superlative and it is one that almost every woman—including you—can unleash. You simply need to learn a few new things and unlearn a few old ones.

For instance:

- Contrary to what you've been taught it is not your partner that will bring you to the heights of bliss but your own ability to let go into your sexual pleasure.
- Good girls do like sex and can be very skilled at it.
- Lovemaking isn't something that just comes naturally.
- Your sexual satisfaction is a good thing, not just for you, but also for others in your life.

In this eBook you will learn about the many different [types of orgasm](#) your body is waiting to give you. You will realize the importance of granting yourself [permission](#) to experience pleasure and allowing yourself the [time](#) to truly feel it. You will understand that sex is more than physical, it is also an emotional and energetic experience.

[Exercises](#) for your mind, your heart and your body help you open up to your sexual self. While you will gain some understanding about your orgasmic potential by simply reading this eBook if you want to fully grasp your pleasure do the exercises!

Although your sexual satisfaction is ultimately your own responsibility a skilled and attentive partner is a very

good thing to have, so there are also explicit [tips](#) for your eager paramours on how to make love to a woman.

Be patient, playful, respectful and loving of yourself as you read through and work with this eBook. Congratulate yourself for every step forward you take, no matter how small it may seem. You are worthy of every frisson of pleasure that awakening your orgasm will bring you. Remember, if you want it you can have it!

A Cornucopia of Orgasms!

Women have a remarkable capacity for sexual pleasure. They can experience any number of many types of orgasm: clitoral orgasms, vaginal orgasms, ejaculatory orgasms, whole body orgasms, energy orgasms. Orgasms come in varying degrees of intensity, physical focus and duration. They can be a pleasurable little tingle or a body/mind/soul explosion. Some last for seconds, others minutes or even hours. While often stemming from genital stimulation, orgasms need not be confined to the genitals alone. Indeed as the following list of some types of orgasm shows—orgasms are available all over!

Clitoral Orgasms

While there are disagreements about trying to describe or classify other types of orgasm that women experience, just about everyone, including good old Dr. Freud and pioneer sexologists Masters and Johnson, agrees that women can experience orgasm through



clitoral stimulation. Stroking or massaging your [clitoris](#)—whose essential function is sexual pleasure—with fingers, vibrators, tongues, flowing water and any thing else that may come to mind, can lead to orgasm. For many women this is the easiest way to come.

Not all love button orgasms are the same—some are tiny ripples of pleasure others are a major climax. They can arrive one at a time, in a spaced out series, or in a continual flowing from one to the next.

Vaginal Orgasms

Your [vagina](#) (or yoni as it is called in Tantric sex practice) is a powerful pleasure place—a truly sacred cave. Although some parts of your yoni may be more easily sensitive to pleasurable stimulation every part of the yoni from its wondrous mouth all the way back to the cervix can be taught to respond orgasmically. The response may vary from subtle to earth-shattering.

The vaginal g-spot has received a fair bit of attention in the last few years. It was so named for a western medical doctor, Dr. Graffenberg who “discovered” this highly erogenous zone. You may also think of it as the goddess spot as modern Tantric lovers call it—ancient Tantrikas called it the *saspanda*, Taoist sacred sex lovers called it the Black Pearl. Stimulation of an aroused [goddess spot](#)—the *urethral sponge*, which can be reached through the upper inside wall of the vaginal canal at about a depth of 1½ to 2 inches—is one of the most commonly used methods for learning to reach vaginal orgasm.

Ejaculatory Orgasms

During an ejaculatory orgasm fluid is expelled through your [urethra](#). This expulsion may be accompanied

by intensely pleasing sensations or by a very minor little ruckus. The fluid, which can be quite copious, is not your regular sexual lubrication nor is it urine—even though the ejaculate comes out your urethra. Some women, mistakenly believing that it is urine become embarrassed, tense up and stop themselves from repeating the experience. If, during your lovemaking you ejaculate (not all women do) don't fret about it, simply break out extra towels, relax and go with the flow!

Energy Orgasms

By working with your energetic body as well as your physical body you can experience energy orgasms. Focused [breathing](#), squeezing specific [genital muscles](#), visualizing, and undulating your body during lovemaking all help to build a high energy charge which you can direct from your genitals up through your entire body in a kundalini wave. Tantra and Taoist sexual masters share this energy with their sexual partners and through it connect to the Divine or cosmic consciousness. Energy orgasms are quite powerful and can be enormously healing.

You can also experience *Valley energy orgasms*, in contrast to Peak energy orgasms. Valley orgasms come through deep relaxation, great stillness, intimate genital connection with your lover as you focus intently on allowing the energy to flow freely through you in a [divine meditation](#).

Anal Orgasms

Your anus is packed with nerve-endings and if you can relax past the cultural taboos associated with this sensitive part of your genitals the right type of stimulation may lead to intense orgasm.

Mini-Orgasms

Not all orgasms are body-shaking climaxes that come from deliberate genital stimulation. Women can experience mini-orgasms through thinking erotic thoughts, or focusing intently on the pulse of their bodies, or tensing and relaxing their genital muscles, or by eroticizing other pleasurable physical sensations—gentle caresses, the sun’s warmth, soft breezes. Mini-orgasms are waiting inside you to wiggle their way out—let them!

Blended Orgasms

You may be conscious of very separate and distinct types of orgasm, for instance coming to climax as your lover licks your clitoris, or as he sucks your nipples, or as he fingers your g-spot. You may be thoroughly aware of how and where that delicious release of feeling begins and ends. However, you are just as likely to have blended orgasms, where pleasure plows through you from clitoris and yoni and breasts in a delightful mix of sensation. The mix is a limitless orgasmic sea: clitoral/vaginal; vaginal/energy; clitoral/anal; ejaculatory/vaginal/energy and so on and on!

Soul-Sex Orgasms

Soul-sex orgasms are mind-blowing, body-wracking and heart-opening. They usually occur through extended, intense physical sex accompanied by deep emotional vulnerability and fearless opening to the flow of energy. Sex-goddess and educator [Annie Sprinkle](#) calls them “megagasms”. Their power is enormous: you may scream, laugh, cry, sob as your whole body explodes with pleasure that lasts and lasts and lasts, fed by euphoria, visions, and even past-life memories.

It doesn't really matter what your particular way of experiencing orgasm is—this is not an orgasm competition! Rather, what's important is that you begin to pay attention to your body and its responses and to know that there is a vast reservoir of sexual pleasure and satisfaction waiting inside you!

Orgasms come in many forms!

Personal Responsibility

Each woman has an orgasmic potential that is virtually unlimited. It is a potential that all women are born with and that most women can develop, for orgasm, like much of what is worthwhile in life, is a learned activity. This is very good news, particularly for women who have rarely or never felt “the earth move”. There is something you can do about it—if you want to—because although your drive for the sexual satisfaction of orgasm is a natural body impulse, how you experience it depends a lot on your desire to learn and your willingness to explore. It’s like learning to dance, everyone can naturally sway to a rhythmic beat but venturing out to try the tango, the lambada, even the Bird Dance requires a little daring and a lot of focus.

Orgasm is something you learn

The first move toward fully awakening your orgasmic self, whether she’s already fairly alert, still slightly groggy, or in a dead sleep, is to recognize that your sexual satisfaction is **your** responsibility. It’s time to let go of our culturally cherished myth that all it takes to really wake your Sleeping Beauty is a dashing Prince Charming. You and only you can do it. No lover, even if he were the sex god of the century, can do it for you.



Of course, you want an adoring, attentive and skilled partner—after all it takes two to tango and preferably two who know which way to step. However no matter how caring and artful your lover is if you don't allow yourself to go to that orgasmic place inside you won't experience all the pleasure that is waiting for you.

Recognizing that fundamentally you are the one who determines how much sexual satisfaction you have is extraordinarily freeing. It lets both you and your partner off the performance anxiety hook. Now neither of you has to do it **for** each other. You can playfully learn to do it together.

Two very important orgasmic awakeners you will learn about here are:

1. Permission
2. and Time

PERMISSION

Becoming Sex Positive in a Sex Negative World

No matter that the media constantly titillates, tantalizes and taunts you with images and ideas about sex, no matter that society *seems* to be encouraging you to be sexy by wearing the right clothes or eating the right food or being seen in the right place, despite all this buy and try and fly our culture's underlying belief is that sex (even though you're told it's fun and something everyone wants) is BAD.



Not only is it bad, it's especially bad for women and so women who really like sex are by correlation really bad! Although we now have readily available birth control, women's magazines, like Cosmopolitan, that always

include some sort of sex tip or quiz and even entire television channels, such as SexTV, that are devoted to sex. The message that still comes across—sometimes subtly, sometimes loud and clear—is that “good girls don’t”. For many women, even though they may tell themselves they know this is nonsense, that a liberated woman can also be a happily sexual woman, this message is so deeply engrained that they deny themselves the full sexual satisfaction that is their birthright. Sex becomes compartmentalized, only the “bad girl” part of you may think of truly letting go into passionate sex. The you that is a business woman or serious student, community activist or attentive churchgoer, loving wife or caring mother holds something back. And if part of you holds back—staying in control out of fear or shame or guilt—the ultimate magic can’t flow through you, for control is the enemy of ecstasy.

You must allow all of you to frolic unrestrainedly in your bed—your “good girl” as well as your “bad”. Permission to do this can only come from you—not church or state, family or friends.

How do you give yourself permission, not just in your mind but in your heart and body? Start by identifying any sex negative messages you give yourself.

For instance:

- What do you tell yourself when you think someone might hear you having sex?
- What do you tell yourself about having or exploring sexual fantasies?
- What do you tell yourself about your ability to have a fabulous sex life based on your: physical appearance, age, role in life?
- What do you tell yourself about passion lasting in long term relationships?

- What do you tell yourself about your desirability as a sexual partner?
- What do you tell yourself when you think about asking for what you want in bed?



Be vigilant, some messages may be very understated, others may be very overt. Whenever you hear a sex-negative voice in your head acknowledge it then [change the message to a sex-positive one.](#)

For example:

- “Good girls don’t really like sex”.
 - Take note: “Oh yes, there’s *that* idea again”.
 - Then change it: “But I’m a ‘good girl’, a good mother (career woman, sister, friend, citizen, artist, teacher, environmentalist...) and I like sex so ‘good girls’ do like sex”.
- “I’d be embarrassed to ask for what I want in bed.”
 - Take note: “That idea holds me back.”
 - Then change it: “I need to let my partner know what I like if I’m going to get it.”

After you identify your sex-limiting messages and shift them to sex-encouraging ones you then have to take action to support your choice. Push beyond your previously learned boundaries of comfort and sameness. Let yourself simmer over erotic fantasies. [Dare to ask for what you want](#). Risk making love with eyes wide open in the daylight.

Give yourself loving recognition for every step forward you take. You’ve had a lifetime to absorb sex-negative conditioning, don’t expect to shed all your barriers overnight.

Exercise:

Identify and Shift Your Sex-limiting Messages

On a piece of paper make two columns:

Column One: write down a minimum of three thoughts you have in your mind that keep you from being the sexual being you want to be.

Column Two: change each sex-negative message to a sex positive one.

Reread these positive messages to yourself weekly (more often if you want to).

Add to your list whenever another sex-limiting thought attacks you.

Cultivate a Pleasure Attitude

There is an extraordinary woman in New York City named [Mama Gena](#) who teaches women how to experience pleasure in their lives. Her classes on “the womanly arts” cover topics like: identifying your desires, having fun no matter where you are, owning your beauty, and the art of sensual pleasure. Mama Gena’s goal is “to enhance and expand the voice of women by fanning the flames of their desires, which opens the doors of pleasure and fun for everyone.”

Although it may seem strange that contemporary women (and men for that matter) must learn how to have pleasure—the sad fact is that we do! When we are small children we instinctively know what pleases us and what feels good and we naturally give most time and attention to those things. However, as we grow up we’re taught to put our pleasure on a lower priority level, to focus on “more important” things, that life is hard and there is “no gain without pain”. While it is true that adversity can be character building, pleasure teaches many life lessons too. Warm hugs let us know we are loved; the joy of success nurtures self-esteem; great food with good conversation nourishes our bodies and our minds.

Perhaps you shy away from pleasure because like many you confuse living a life of pleasure with becoming a hedonist. Hedonism seeks only pleasure—always—craving instant gratification of momentary desires and avoiding discomfort or pain at all costs. On the other hand, adopting a pleasure orientation to life means seeing what’s best in all situations; enjoying to the full the sensual realm of the body; cultivating an attitude of gratitude and appreciation; and when life’s trials and pains strike, using them as teachers and then letting them go.



Exercise:

Do Something Pleasurable for Yourself Today

Make a commitment that at least once per day, every day, you will do something just for your pleasure.

Do a “small” thing:

- Move your body to music you love for five or ten minutes
- luxuriate in a bubble bath or long hot shower
- read something stimulating or frivolous or erotic
- apply your body lotion with attentive, sensual, loving strokes

Do a “big” thing:

- a full day of pampering at the spa
- a women’s weekend retreat
- an unplugged day—no phones, no computers, no commitments, just you

It doesn’t matter what you do for your pleasure – as long as you do something every day!

Body Image: Learning to Love Your Body

If you want to fully experience all the sexual pleasure your body can offer you, you must grant it permission to give you pleasure. This means being completely present in your body, relaxed and comfortable with your physical self. You can't share your body freely with a lover if you feel it isn't worthy.

Sadly, many women are dissatisfied with their bodies, probably because they are trained from an early age to see their bodies as ongoing renovation projects—never quite good enough, always needing improvement. Magazines, television, radio bombard you with the message that you need to lose weight, build muscle, smooth your skin, restyle your hair. Believing that your body isn't "beautiful enough" for great sex is a major impediment to sexual ecstasy.

How can you come to love and appreciate your body for what it really is—an extraordinarily complex organism, capable of amazing feats and home to your true self, your Spirit? It appears to be easier said than done of course, revering your body as the temple of your spirit. But actually it's simply a matter of perspective and through awareness and attention you can teach yourself to change your perspective.

Guide yourself on an appreciative investigation of your body. Do this in a private place at a time when you will not be disturbed for at least half an hour. Create a sensual ambience for your body discovery. Make sure the room is warm. Lighting should be bright enough to see clearly but soft and caressing to your skin. Put on soft music, music that relaxes you and makes you feel sensual. You will need a full-length mirror.

Looking at Yourself with Loving Eyes



Exercise:***Looking at Yourself with Loving Eyes***

Begin by saying aloud to yourself. “I come to this exploration with love and acceptance.”

Start with your head and work your way slowly down your naked body, looking, touching, sniffing, tasting.

As you explore, picture all the things you do and feel with your body.

Look at the shapes, lines, curves, colors. Imagine you are an artist considering the beauty of human form.

If negative thoughts and images come up during your discovery (“My breasts are too saggy. My hips are too big”) don’t get caught in them and don’t admonish yourself. Acknowledge the thought (“Oh that’s a judgment”) and then pursing your lips blow it out and away from you, down to the earth for cleansing. If you find you cannot let the negative images go, stop the exercise, and come back to it again later. You want to make this a positive loving experience. With practice you will. You’ve had years to develop a critical eye. It can take time to shift your view into that of a lover.

To complete your loving body discovery kiss your hands, hold them for a moment at your genitals then place them over your heart and give yourself thanks. Say thank you aloud and say your name

Love Your Yoni

Ancient Eastern lovemaking traditions ([Tantric and Taoist](#)) revered a woman's genitals, her yoni—the source of life. Her juices were nectar, full of energy and power. In pre-patriarchal times in other cultures female genitals were also magical, mystical and sacred. A little of this awe managed to slip through the cracks of our male-dominated world, for instance exteriors of medieval Irish churches were adorned with sculptures of Shelah-na-Gig, a vulva icon. However for the most part female genitals have been relegated to a very distant second place behind their male counterparts. They are considered “dirty”, requiring sanitizing with douches and deodorant sprays and pantliners to remove their scents and fluids.

In reality, your [vagina](#) and [perineum](#) carry less bacteria than your mouth. Unless you have an infection friendly, balanced bacteria keep your yoni sweet and fresh everyday—she is self-cleaning! A simple rinse with water is all the help she needs. You certainly don't have to douche and you shouldn't use soap on your yoni unless it's very mild, because most contain perfumes that can irritate your sensitive tissues. Soap can be used on your anus, perineum and pubic mound.

As far as scent goes, each yoni has an aroma that is uniquely hers. Your female fragrance also offers variations due to factors such as hormonal fluctuations and even what you eat. Only if you have an infection will your smell be disagreeable.

One of the easiest accesses to orgasm for women is through [cunnilingus](#) (oral sex) yet many women are shy about allowing their lovers to please them this way. They worry that their partner really doesn't want to have his face

there that long. Well, in addition to the turn-on that many men experience from the sexual scent of a woman, there are also other forces at play that entice him to be “up close and personal”. Your vaginal canal produces female pheromones, chemical attractants that draw human beings to each other. Although pheromones don’t have a smell as such, they are detected through a small organ in the nose called a vasometer—so it’s mother nature’s way that your lover wants to sniff you, and to like it!