orgasm

*physiology of the male orgasm*

Arousal is triggered by various stimuli: visual, auditory, emotional, tactile, fantasies, memory cues ~ physiology responds

Brain releases neurotransmitters like dopamine and nitric oxide ~ messengers ~ dilate blood vessels in pelvic region, including those in the penis

Dilation of blood vessels allows more blood to flow into penile tissues. Penis has 3 cylindrical chambers made of sponge-like material. When chambers fill with blood, the penis becomes erect. Nerve endings become more sensitive, touch / friction is met with heightened sensation.

To maintain erection: veins that usually allow blood to flow out of the penis become compressed ~ helps to keep the blood in the penile chambers, sustaining erection.

As stimulation continues: tension builds within the pelvis region. Bulbourethral glands (Cowper’s glands) are a pair of small exocrine glands at the base of the penis ~ produce clear, alkaline fluid that is secreted during sexual arousal and helps to lubricate the urethra and neutralize acidic urine ~ “pre-ejaculte”.

Sperm travels from testes through the vas deferens. Seminal vesicles and prostate gland secrete fluids that mix with sperm to form semen.

Rhythmic contractions of the pelvic muscles ~ release of semen through the urethra ~

o r g a s m

Semen is expelled from the penis in a series of spurts, usually coinciding with sensations of orgasm: pleasure, release through release of semen and neurochemicals like endorphins in the brain.

Enzyme PDE5 helps break down the chemicals that cause the dilation of blood vessels ~ blood drains out of penile tissues.

Refractory period: relaxation, emotional well-being, oxytocin, endorphins.

*physiology of the female orgasm*

A complex psychological and biological experience. Orgasm can result from many types of stimulation including clitoral, vaginal, touch in erogenous zones.

Orgasm is often connected to the stimulation of the external glands of the clitoris. The clitoris has the most nerve endings in the human body ~ it has legs and vestibular bulbs that wrap around the vagina ~ contain erectile tissue that fills with blood and expands during arousal.

Some women can feel different kinds of orgasms from stimulation of select regions inside the vagina, e.g. the g-spot, cervix, or blend of multiple.

Stimulation of erogenous zones activates genital sensory cortex in the brain. During arousal, blood flows into the genitals, causing them to be more sensitive. Swelling in the inner and outer vaginal lips occurs. As arousal increases, heart and breathing rate increases. Lubrication through the vaginal glands begins. Rhythmic muscles spasms in the vagina, uterus, anus during or after orgasm. Contractions usually last between 0.8 and 17 seconds.

Some women squirt a mixture of urine and skein’s glad secretions from the urethra during orgasm (contains urea, creatinine, uric acid, prostate-specific antigen).

Orgasm is often a physical and psychological response ~ multi-layered elements create a field that makes orgasm possible. Orgasm may increase fertility.

*full-body orgasm ~ the energy body*

C o n d u c t i n g energy through the whole body (channels, meridians) can stimulate a whole body orgasm, or orgasm through / in all parts of the body. Openness in the body’s midlife (e.g. heart, pelvic bowl…) is especially important to conduct energy ~ releasing energy locks. Orgasm occurs through the energy body (beyond genital or erogenous zones stimulation).

*kundalini*

Roots of kundalini teachings can be traced back to ancient Hindu writings, particularly the Upanishads

The earliest documented reference to Kundalini often depict it as a serpent coiled at the base of the spine. According to the Upanishades, the Kundalini energy is dormant within every individual, curled up near the base of the spinal column. Kundalini practice seeks to stimulate the latent power within a person and channel it through a series of energy centers, called chakras, situated along the spinal column. The practice culminates in attaining spiritual enlightenment and uncovers one’s true nature.

m i c r o c o s m i c ~ the Divine force within all human beings, which motivates us to return to Source. When Kundalini is active in our subtle body and chakra system, the term Kundalini Shakti is used to describe Her, because she is the essence of love.

m a c r o c o s m i c ~ the force that creates and sustains the whole universe

Vajra rising : There are six types of Kundalini rising, each named after the *nadi* through which the energy rises. The Vajra rising starts in the sexual center, *Swadhistana*, the second chakra, then travels down towards the first chakra, *Muladhara* and then proceeds upward towards the brain centers. The *Vajra nadi* is the channel used by all people to produce the unitive experience of orgasm, when prana flows through it.

Kundalini is not energy. It’s the subtle, divine feminine force of awakening within every human being. After being released from her home at the base of the spine, she ultimately rises to the top of the head, Bindu, to unite with Shiva, her masculine partner, or pure consciousness. Kundalini is the inner force that enables awakening to happen, and has been called by many different names in different spiritual traditions: Holy Spirit, Divine Mother, Shekinah, Shakti…

*tantra*

Vedas ~ Upanishads hold the cosmology of the universe having been created by the union of Shiva and Shakti, that all existence is interdependent on both the feminine and the masculine. Late Vedic Sanskrit text that documents the transition from archaic ritualism of the Veda into new religious ideas and the emergence of the central religious concepts of Hinduism.

The Tantra system was perceived as a system disparate from the Vedas, where a set of deities different from the Vedas was worshipped using a codified system of mantra, yantras, etc.

The main purpose of Tantra is the “unification of the contraries at all levels of the human being.”

“In Tantric tradition, orgasm is seen as a state of expanded consciousness in which the limits of the mind are abolished and one plunges into the abyss of beatific void.”

The man and the woman are seen as expressions or reflections of the two most fundamental macrocosmic energies, represented by Shiva and Shakti. The union of the two opposite poles drives the liberation of mind and body and the endless cycle of the unconscious reborn. The man and the woman include in their beings the entire world’s possibilities and experiences. When they are in fusion, these possibilities reveal themselves in a new harmonious way and produce an ineffable unity, a state which is at the basis of the entire creation.

/

the big bang ~ a cosmic orgasm ~ the conduct and fusion of creational energy through the union of Shiva and Shakti

orgasm is to touch the zero point, the void of the universe, the expansion into nothingness and everything at the same time ~ dissolution of time and space, holding eternity and endless spaciousness