

# orgasmic birthing

## *HOW IS IT POSSIBLE?*

Child birth is frequently associated with pain and sometimes even punishment. Yet there is increasing talk, scientific studies and experiential evidence that birthing can be an enjoyable, blissful and even orgasmic experience. Various studies involving midwives and mothers show between one and 10 per cent of women experience what some describe as a full-blown orgasm during birth. »

# *WHEN THERE IS TRUST IN – AND SURRENDER TO – THE NATURAL PROCESS OF BIRTHING, IT DOES NOT HAVE TO BE A PAINFUL, HORRIBLE OR EVEN TRAUMATIC EXPERIENCE AT ALL.*

## **Anatomy**

Sceptics and traumatised mums with negative birth experiences scream out loud at hearing 'orgasm' and 'childbirth' mentioned in the same context. However, anatomically, orgasmic birth shouldn't come as a surprise. In fact, the intense stimulation of the vaginal canal, cervix, clitoris and uterine contractions during labour have a lot in common with the sensations otherwise experienced in a sexual context and science shows that such stimulations can reduce pain. In other words, the sensory neurotransmitters tasked with transmitting "ouch" messages to the central nervous system are debilitated by vaginal stimulation.

In addition, two regions of the brain that become active during orgasm – the anterior cingulate cortex and the insula – are also active during painful experiences. There is obviously something very intriguing going on between pain and pleasure. The fear of pain is a pleasure block.

## **Perception of pain**

In the same way that every woman's anatomy is different, so is every woman's pain threshold and every woman's attitude. Thus, some women may experience pleasure during childbirth while others feel only the pain. If a woman fears sensuality or if all of her expectations of childbirth are negative, she is more likely to be tense during labour. This then counters the natural process of opening and releasing and can impede her from having an enjoyable experience.

## **Resistance to the flow is one of the biggest triggers of pain in childbirth.**

If you expect pain, it is most likely that you will focus on and indulge in it. If you are open to the possibility of pleasure and bliss, you are more relaxed and more likely to start feeling that way. Luckily, dealing with and managing pain is something that can be influenced and improved.

## **Hormones**

When a woman gives birth, her body secretes many of the same hormones that are released during intercourse. Oxytocin is one of them. It makes us fall in love, increases our well-being and happiness levels and supports effective uterine contractions. It is released naturally in the birthing woman's body and can be increased via sensual pleasure and loving support from her partner. Adrenalin and oxytocin have an opposing relationship: One increases when the other one decreases. A well-supported mother produces significantly lower levels of stress hormones.

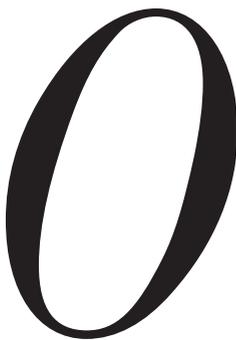
In addition to jump-starting labour and making contractions more regular and effective, orgasms can be used to manage the intensity of sensations.

The endorphins released during orgasm are a natural painkiller and tranquiliser, more powerful than any over-the-counter drugs – including morphine.

*Pain and pleasure run on the same neural pathways in the body. Orgasms can support us in converting the sensations of labour from pain into pleasure.*

## **Movement**

A lot of sensual energy pulses through a woman's body when she is giving birth! In fact, one of the best natural ways to manage pain during labour is belly-dancing. The circling and spiralling of the hips was traditionally used as a dance and tool for pregnant and birthing women. Instead of resisting the intense and overwhelming energies, movement and vocalisation help surrender to them and allow the flow go to where it is most needed in the body.



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## **Vocalise**

Research has shown that there is a strong connection between our upper and lower lips. The more relaxed and open our mouths and throats are, the more our lower body softens and opens during the birthing process. Thus laughter, singing, kissing, moaning and breathing deeply are tools that support the body's opening and can help bring pleasure and ecstasy, both during intercourse and in child birth.

*Even greater is the beauty that labour is a journey that reverberates beyond birth into a woman's experience of motherhood and womanhood in general.*

## **Feel**

When you are disconnected from feeling, you are numb to *all* sensations – the enjoyable and the challenging. Our cultural focus on numbing the intensity of childbirth has blocked us from feeling the ecstasy that childbirth can instigate. Dropping resistance and learning to feel is a pivotal part of a

woman's ability to become more orgasmic and enjoy childbirth!

*Have we forgotten that, mostly, births are a reminder of the Divine sparkle and wonder that is life on earth?*

## **Safe and enticing environment**

A warm and welcoming environment helps us relax into an experience, turn off our minds and allow our bodies to lead. Dim lighting and privacy, and feeling safe, loved and unhurried, are some of the things that help us slip into the trance-like state of labour! The moment we feel unsafe, our primal instincts get ready to run. If a woman does not feel safe in a brightly-lit room with strangers in white clothes, this will increase the level of adrenalin and reduce the oxytocin in her body. Labour halts.

The vast majority of births, when accurately staged and supported, will take their natural course,

providing not only for the optimal health of the newborn, but also for the physical, mental and emotional well-being of the mother.

*Childbirth can be one of the most empowering, transformative and pleasurable experiences in a woman's life.*

## **Trust and surrender**

When there is trust in and surrender to the natural process of birthing, it does not have to be a painful, horrible or even traumatic experience at all. Like most transitions in life, it is never easy, always intense. The idea of a woman slipping into an orgasmic state as part of the birthing process is intriguing but, much like in sex, the harder one tries, the more elusive it can feel. While it really isn't the point of the experience, it is most likely to occur when a woman is able to let go of her mind, thoughts, fears and doubts and allow her body and the primal blueprint within to take over.

*Orgasmic flow results not from any kind of doing, but from a deeper trance-like connection and surrender. ❶*