

The Orgasm.

If you want to experience the orgasm – if you want to experience what the orgasm is for you - if you want to achieve all the benefits the orgasm can give your body – not least the rush of oxytocin, the happy hormone, that will prevent the smile to leave your face – you have to be ready to die! That is – you have to surrender, give up, give in – not to the one with whom you have sex, massage or cuddle – not even to yourself – but to the sensations that will occur in your body. You have to give up every single expectation of what your orgasm is, how it shall feel, how it shall manifest.

You have to give up the expectation of getting the orgasm.

Give up, give in, surrender – and sense what is actually going on in your body. - give in to even the smallest impulses to move the body – follow the impulses to move – follow the impulses to give sounds. Allow the breathing.

You must – you have to – let the orgasm happen. It is an allowance. You allow the orgasm to happen. You can not force it to happen – and nobody can give it to you. Allow it to happen. Only you can allow it to happen.

This you know is the truth, because you can prevent it to happen – or if you force it, you may achieve a certain amount of tension release – but not the orgasm.

Your lover can not give you the orgasm – not even yourself may be able to give you the orgasm.

In masturbation there is still this expectation, this want: I want to have an orgasm.

If you want it – if you have expectations – it will probably not happen.

Every orgasm is anyway different.

If you really want to go into orgasm, you must give up every inch of control. You do not know how it will manifest this time – anything can happen – there can be wild sounds, explosive movements, secretions – laughter, tears, crying, screaming, blood, spit, urine, shit. Anything.

And you have to allow it all to happen.

Don't be shy – don't condemn anything. Do anything – ask for anything to be done – that will raise your sexual heat.

You must give up the idea that somebody shall/can give you the orgasm.

Nobody outside you can – and you can not yourself either – but you can allow.

The other – and luckily it is so in most cases when you have learned to allow – the task of the other is to create such circumstances that you can feel your relaxed state, your trust, your peace, your sexual heat, your desire – so that you can allow your body to experience what is actually happening inside it.

Forget the other. Go inside.

Give up any idea of what it should be like. You don't know!

Allow and enjoy!

Vishwas, March 2019.

The above is not THE TRUTH. It may not be your truth.

But it is my experience of, how life can be.