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## The Responsibility of Orgasms

by Pam Babbitt, S.I.

Most lovers want them. Some try very hard to get them. And many believe that orgasms are the only way to prove that sex was good.

Like snowflakes, orgasms are uniquely beautiful, no matter how they show up. They may be earth moving, heart thumping, full body blasters, out-of-body odysseys, toe curlers, skin tinglers, hair raisers, or the good old Rocky Mountain "YeeeeeeHaaaaww."

So what happens when the Big O is elusive? Whose responsibility is it?

**Scenario I** – Carol is being pleased by her partner Bob. Last week Bob turned 50 and has become concerned about his sexual performance, and now he *really* wants to give Carol an orgasm. At least one. He is diligently touching her in all the right places and in all the right ways, but it just isn't happening. That voice in his head takes over, "What am I doing wrong? This worked last time. I can't even do this like I used to."

Carol had a stressful day at work, and although she is enjoying Bob's touch, she is not yet able to fully relax. Soon Bob's determination to produce the Big O is apparent. "Oh darn, I can tell he is trying really hard to give me an orgasm, but I don't think that's going to happen tonight. I hate to disappoint him. Should I fake it again?" The pressure to perform is so distracting that Carol is now unable to enjoy the pleasure of Bob's touch at all, and lovemaking is feeling like her workday - a job with performance expectations.

Bob becomes impatient and snarky. The shift is obvious to Carol who is frustrated and discouraged. The pleasuring ends abruptly with no cuddling or communication. Both partners feel like failures.

**Scenario II** – Alice is erotically pleasuring Ted who is being playful and sharing that he is *really* in the mood tonight. As Alice continues, she notices that he is less responsive than usual, and then she notices a yawn. A bit later, a change in Ted's breathing pattern indicates that he may have dozed off for a minute or two. Alice decides to match Ted's energy, rather than trying to re-direct it. She gradually changes from erotic touch to soft, slow, non-sexual caresses, and soon Ted falls asleep. Alice covers him with a blanket, kisses his forehead, and smiles to herself as she recognizes her supportive role in his journey to slumber.

Ted's body wisdom spoke and Alice chose to honor it. Initially, Ted thought that his need was for erotic pleasuring, but his body indicated otherwise. Both Ted and Alice enjoy engaging with no goals or expectations – they honor the energy however it shows up or shifts. Ted was able to relax and surrender to Alice's touch; while Alice was comfortable fully stepping into the giver role. They both viewed the pleasuring session as just perfect, with no sense of failure.

## Myths

- A good lover can give his or her partner an orgasm. At least one.
- If sex is good and satisfying, there will be an orgasm for everyone. At least one.

## Truths

- Orgasms can't be given. They can be invited and allowed. Ultimately, everyone is fully responsible for his or her own orgasm(s). There are many factors that determine whether or not an orgasm is likely. Remember that an orgasm is a body function, and don't forget that the human body is very intricate, and the female energy body is especially known for its flowing, variant nature. Emotional, relational, and environmental issues also play a part.
- What constitutes "good, satisfying" sex is subjective. Many people fully enjoy ecstatic sexual pleasuring without experiencing an orgasm. Some lovers consciously choose to refrain from orgasm and/or ejaculation with the intention of retaining and re-circulating that juicy erotic energy.

Being present, rather than goal oriented, can boost your pleasure potential immensely, along with your orgasm probability. When your lover is sweetly caressing your back, but you are thinking, "How soon is she going to get to my genitals?" you are not fully enjoying the touch. Picture ripples of pleasure floating off into space, rather than permeating your body.

If orgasms are more elusive than you would like, have hope. Guidance is available to help you learn to become fully present, deepen the heart connection, release goals and expectations, and surrender to pleasure.