



Cannabis for Sexual Healing: A Mindful Approach

This lesson will help you explore cannabis as a healing partner for sexual wellness. You'll learn intentional practices that foster connection.



by Dr. Suzanne Mulvehill

Intentional vs. Recreational Use

Recreational Use

Focuses primarily on euphoria or social enjoyment.

Often consumption-oriented with less mindfulness.

May lead to disconnection from bodily sensations.

Healing Use

Approaches cannabis as a conscious healing partner.

Centers on presence and embodied awareness.

Creates space for deeper connection with yourself.





Why Intent Matters



Root Causes

Most orgasm struggles stem from stress, mind chatter, trauma, inhibition, or disconnection.



Focused Healing

Intent helps clarify what you're inviting into your experience.



Coming Home

You're not overriding your body. You're returning to it.



Setting Your Intention

Explore Without Judgment

Release criticism and embrace curiosity about your body's responses.

Reconnect With Pleasure

Return to sensation and joy after disconnection or trauma.

Soften Fear, Invite Sensation

Use cannabis as medicine to release tension and welcome feeling.

Write your intention before each session. This creates clarity and commitment to your healing journey.



Dosage Basics



Start Low

Begin with just 1-2.5mg THC for therapeutic effects.



Consider Ratios

Note the THC:CBD blend when choosing products.



Time It Right

Try 30-60 minutes before intimacy or self-exploration.



Track Effects

Keep notes to find your personal "sweet spot" dosage.

Medical Guidance

1

Consult Experts

Seek a cannabis-informed medical professional for personalized guidance.

2

Get Tailored Advice

They'll help with dosage, delivery methods, and product selection.

3

Consider Prescriptions

Medical cards offer access to tested products in legal states.

4

Ensure Safety

Professional guidance addresses potential interactions with medications.



Creating Your Healing Ritual

Create Sacred Space

Find a quiet area with soothing music and minimal distractions.

Gather comfortable bedding, pillows, and anything that feels nurturing.

Center Yourself

Begin with grounding breath work before cannabis consumption.

Recall your written intention and hold it gently in awareness.

Mindful Consumption

Use cannabis as a way to slow down and deeply listen.

Move attention through your body with curiosity and compassion.



Tracking Your Experience

Before

Note your emotional state and body sensations pre-cannabis.

Adjust

Reflect on what you'd change for your next exploration.



During

Record dosage, strain, and method of consumption.

After

Document new sensations, emotions, or insights that arose.



Closing Reflections: Honoring Your Healing Journey

1 Integration is the key to transformation.

Take what you've learned—about intention, ritual, and mindful cannabis use—and begin weaving it into your real-life practices. True healing happens when we consistently align with our intentions, honor our boundaries, and give ourselves permission to experience pleasure without judgment.

2 This is a beginning, not a destination.

Your relationship with your body, your pleasure, and cannabis as a supportive tool will evolve over time. Stay curious. Continue tracking your experiences, adjust with care, and remember: sexual healing is not a race—it's a reconnection.

Ready for More Support on Your Pleasure Journey?

Visit our website for:

- ✨ Free pleasure guides
- ✨ Mindful cannabis & sexuality resources
- ✨ Courses to support your healing journey

Let's stay connected!

Dr. Suzanne Mulvehill –

Orgasmologist

→ 📱 @drsuzannemulvehill on

Instagram, TikTok, YouTube

🎧 *The Orgasm Hour Podcast* –

where pleasure meets possibility

www.orgasmhour.com

www.femaleorgasmtraining.com



