

# Understanding and Cultivating a Pleasure Practice

A pleasure practice is a deliberate and personalized approach to cultivating and expanding the sensations of pleasure within a woman's body. Far from being a one-size-fits-all regimen, this practice is uniquely tailored to each individual's specific needs, boundaries, and experiences. It represents a journey of rediscovery—of reconnecting with one's body and its capacity for positive sensations in a mindful, intentional way.

For women who have experienced sexual trauma, a pleasure practice serves as a powerful healing modality, especially when combined with cannabis medicine. It provides a framework for retraining the nervous system to recognize safety, helping to quiet the hypervigilant mind that often remains in a state of high alert following trauma, especially sexual trauma. Through consistent practice, women can gradually lower their defenses, allowing pleasure to be experienced without triggering fear responses or dissociation. This neurological repatterning helps bridge the disconnect between mind and body that trauma frequently creates.



## Neurological Benefits

Rewires trauma responses and creates new positive neural pathways associated with touch and sensation



## Emotional Healing

Builds a compassionate relationship with one's body and helps process emotions stored in physical form



## Empowerment

Restores autonomy and agency over one's body and sensual experiences



## Expanded Capacity

Gradually increases ability to experience various forms of pleasure, from simple sensory enjoyment to deeper sexual fulfillment

Techniques for developing a pleasure practice might include mindful self-touch exercises that begin with non-erogenous zones, sensory awareness meditations, breathwork, movement practices like dance or yoga, and gradually progressing to more intimate forms of exploration as comfort allows. The key is patient, consistent engagement without pressure to achieve specific outcomes—success is measured by increased presence and comfort rather than particular sensations.

With regular practice over time, many women report a significant expansion in their range of pleasurable experiences. Sensations that were once muted become more vibrant, and physical awareness becomes more nuanced. Perhaps most importantly, the practice fosters a sense of embodiment—fully inhabiting one's physical being rather than living primarily in the mind. This integration creates the foundation for a more fulfilling relationship not only with one's sexuality but with the full spectrum of sensory experiences that make life rich and meaningful.



by Dr. Suzanne Mulvehill