Cannabis-Assisted Orgasmic Learning

An evidence-supported pathway for accessing, learning, and strengthening orgasmic response

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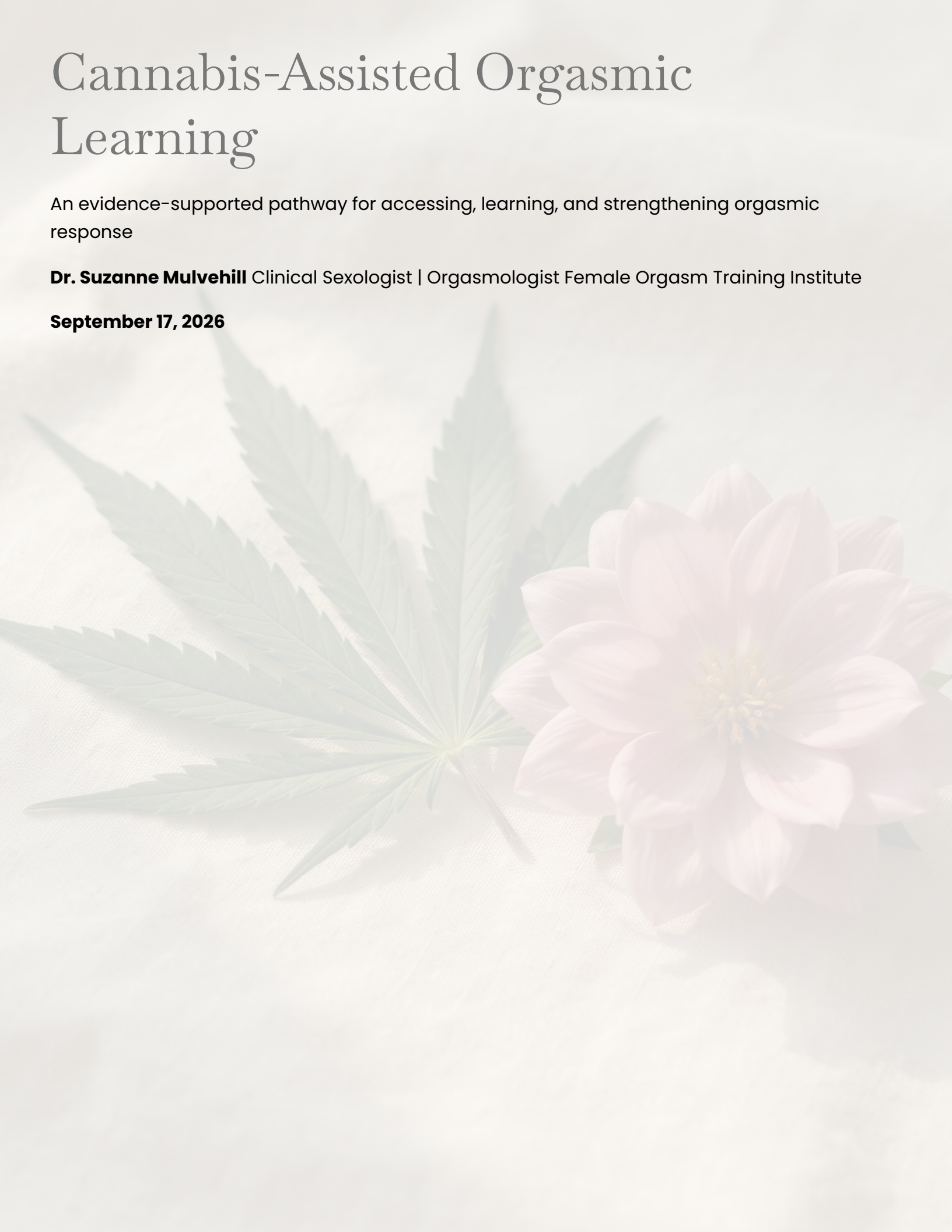

From Treating Orgasm Difficulty to Learning Orgasmic Access

Female orgasm difficulty has traditionally been approached through interventions such as:

Directed masturbation	Sex education and sex therapy	Cognitive and behavioral approaches	Mindfulness
Sensate focus	Relationship or couples therapy	Pelvic floor interventions	Medication review

These approaches can be valuable.

But more than five decades of research on cannabis and female orgasm reveal another possibility:

> A change in state can make an orgasmic response that was difficult or inaccessible become accessible.

That is the starting point for **Cannabis-Assisted Orgasmic Learning**.

What Is Cannabis-Assisted Orgasmic Learning?

Cannabis-Assisted Orgasmic Learning looks beyond the question of whether cannabis improves orgasm.

It examines how cannabis may provide **access to orgasmic response** and how that experience can become part of a learning process.

Research indicates that cannabis can affect several processes relevant to orgasm simultaneously, including:

Sensory responsiveness	Present-moment attention	Interoceptive awareness	Anxiety
Cognitive distraction	Inhibition	Arousal	Bodily connection
Orgasmic response			

These combined effects make cannabis particularly relevant to a learning-based model of female orgasm. **(Mulvehill, 2026)**

More Than Five Decades of Evidence

Research on cannabis and female orgasm did not begin recently.

A 2025 systematic review identified **16 studies involving 8,849 females**.

Nine studies specifically examined cannabis use before sexual activity, and all nine reported improvement in at least one aspect of female orgasmic function, including:

Orgasm frequency

Orgasm ease

Orgasm intensity

Orgasm quality

Multiorgasmic capacity

(Mulvehill & Tishler, 2025)

Early Evidence of Orgasmic Access

In his 1970 book *The Marijuana Smokers*, sociologist **Dr. Erich Goode** reported a woman who could reach orgasm only under the influence of cannabis.

The report came from Goode's 1969 research and represents one of the earliest documented examples of cannabis providing access to an orgasmic response that was otherwise unavailable.

(Goode, 1970; Mulvehill & Tishler, 2025)

Women Learned to Orgasm With Cannabis

Also in 1970, Barbara Lewis published *The Sexual Power of Marijuana*.

Lewis described women who **learned to orgasm with the aid of cannabis**.

Some reported that once they had learned, they **no longer needed cannabis to orgasm**.

(Lewis, 1970; Mulvehill & Tishler, 2025)

This is an early description of the process at the center of Cannabis-Assisted Orgasmic Learning:

1

Access

Cannabis makes orgasmic response accessible

2

Experience

Woman experiences orgasmic sensations and state

3

Learning

Response becomes increasingly familiar over time

4

Transfer

Response may occur without cannabis

2024 Observational Study: Women With Orgasm Difficulty

A 2024 observational study specifically examined women who reported difficulty achieving orgasm during partnered sex.

Among the 202 women with orgasm difficulty:

72.8%

Increased orgasm frequency

reported increased orgasm frequency with cannabis before partnered sex.

71%

Easier to achieve

reported that orgasm was easier to achieve.

67%

Improved satisfaction

reported improved orgasm satisfaction.

All three findings were statistically significant.

(Mulvehill & Tishler, 2024)

78.4% Gained Orgasmic Access

One finding is particularly important for Orgasmic Learning.

Among women with orgasm difficulty, **74 women reported that they almost never or never orgasmed without cannabis**.

Of those 74 women:

> 58 experienced orgasm when using cannabis before partnered sex.

That means:

78.4%

Gained orgasmic access

of women in this subgroup gained orgasmic access with cannabis.

(Mulvehill & Tishler, 2024)

The published study reports that 58 women who almost never or never orgasmed without cannabis experienced orgasm when using cannabis before sex.

This creates an important shift in perspective.

If a woman can orgasm under one set of conditions but not another, the capacity for orgasm may already be present.

The issue may be **access to that capacity**.

Cannabis Is a Multimodal Treatment

Female orgasm difficulty can involve multiple interacting factors.

These may include:

Sensory processing	Attention	Anxiety	Inhibition
Trauma and hypervigilance	Cognitive distraction	Relational factors	Medication effects
Psychological and cultural influences			

MacCallum and Russo classified cannabis as a **multimodal treatment** because it can act on multiple symptoms and processes simultaneously.

(MacCallum & Russo, 2018)

This is particularly relevant to female orgasm difficulty because cannabis can influence cognitive, emotional, sensory, and physiological processes at the same time.

(Mulvehill, 2026)

How Cannabis May Facilitate Orgasmic Access

Research suggests that cannabis can influence several processes that support orgasmic response.

Increased Sensory Responsiveness

Touch and sexual sensations may become more noticeable or salient.

Present-Moment Attention

Attention may shift away from evaluation and distraction and toward what is happening in the body.

Increased Interoceptive Awareness

Internal bodily sensations may become easier to perceive.

Reduced Anxiety

Anxiety that interferes with sexual response may decrease.

Reduced Cognitive Distraction

Competing thoughts may become less dominant.

Reduced Inhibition

Processes that suppress or interrupt sexual response may diminish.

Together, these changes can create conditions in which orgasmic response becomes more accessible.

(Mulvehill, 2026)

From Sensation to Absorption

Physical stimulation alone does not necessarily produce orgasm.

A woman can receive substantial sexual stimulation while simultaneously:

- Thinking
- Evaluating
- Monitoring herself
- Anticipating
- Worrying
- Remaining vigilant
- Wondering whether orgasm is going to happen

Orgasmic access may become easier as attention becomes increasingly absorbed in sexual or orgasm-relevant experience—whether that experience arises from genital stimulation, non-genital bodily sensation, imagery, fantasy, breath and movement, or internally generated experience such as hypnotic suggestion.

Across these different pathways, the process can be understood as a progression from access, to attention, to reduced interference, to absorption, and ultimately to orgasmic response.

Sensory or Experiential Access

Sexual or orgasm-relevant experience becomes available.

Attention

Attention becomes increasingly focused on that experience.

Reduced Interference

Monitoring, anxiety, distraction, and inhibition become less dominant.

Absorption

The woman becomes increasingly immersed in the experience.

Orgasmic Access

Orgasmic response emerges.

Absorption Is Central to Female Orgasm

In 1994, Louis Swartz proposed the **absorbed state–sexual arousal–orgasm pathway**.

Swartz proposed that absorbed states accompanying sexual arousal may be an obligatory pathway to high physiological arousal and orgasm in many—and perhaps all—women.

For men, he proposed that absorption can facilitate and enhance orgasm but is not necessarily required in the same way.

(Swartz, 1994)

In other words:

> The ability to become absorbed in sensation may be particularly important to female orgasmic response.

My forthcoming paper, **"Orgasmic Learning as a Treatment Framework for Female Orgasmic Disorder/Difficulty,"** also identifies absorption as a central state within Orgasmic Learning.

Across the six evidence-supported pathways, increased sensory access and the capacity to become absorbed repeatedly emerge as common features.

(Mulvehill, forthcoming)

Access Can Become Learning

Once orgasmic access occurs, the woman has experienced something her nervous system can learn from.

She can begin learning:

- What orgasm-related sensations feel like
- Where her attention goes
- What reduced monitoring feels like
- What reduced inhibition feels like
- How sensations build
- What absorption feels like
- How her body moves toward orgasm
- What it feels like to allow rather than force orgasmic response

The experience of orgasm itself becomes part of the learning process.

Orgasmic Capacity Can Sensitize

Evidence from another Orgasmic Learning pathway demonstrates how dramatically orgasmic capacity can change through learning.

Pfaus and Tsarski documented a woman who underwent years of tantra and yoga training and developed the ability to intentionally enter and control an orgasmic state without genital stimulation.

Her training was associated with an expansion of orgasmic capacity beyond the conditions under which she had originally experienced orgasm.

Pfaus and Tsarski concluded that **the ability to be orgasmic sensitizes with sexual experience throughout the lifespan** and proposed that training may sensitize spinal and brain circuits involved in sexual climax and orgasm.

(Pfaus & Tsarski, 2022)

This demonstrates an important principle of Orgasmic Learning:

Orgasmic response is not necessarily fixed.

It can be learned.

It can be sensitized.

It can be strengthened.

It can expand.

From Cannabis-Assisted Access to Learned Response

Cannabis can create a state in which orgasmic response becomes more accessible.

A woman may experience:

Without Cannabis

- Greater cognitive monitoring
- Reduced sensory access
- Greater inhibition
- Difficulty becoming absorbed
- Orgasm difficulty

With Cannabis

- Greater sensory access
- Reduced interference
- Greater bodily presence
- Greater absorption
- Orgasmic access

Once she has experienced that state, she now has something to recognize and learn.

Historical cannabis reports show that some women who learned to orgasm with cannabis later became able to orgasm without it.

(Lewis, 1970; Mulvehill & Tishler, 2025)

Research from other Orgasmic Learning pathways shows that orgasmic capacity can sensitize and expand through repeated experience and training.

(Pfaus & Tsarski, 2022)

Together, this evidence supports a central principle of Orgasmic Learning:

Access can become learning.

Cannabis Does Not Help Every Woman

In the 2024 study, **4% of women with orgasm difficulty who used cannabis** had not yet experienced an orgasm **(Mulvehill & Tishler, 2024, 2025).**

This is important because Cannabis-Assisted Orgasmic Learning is **one pathway**, not every woman's pathway.

Different women may gain orgasmic access through different conditions and different forms of learning.

One Pathway, Not the Pathway

Cannabis-assisted orgasmic access is one of six evidence-supported pathways identified within the broader Orgasmic Learning framework:

1. Cannabis-Assisted Orgasmic Access
2. Hypnotic Induction
3. Tantric Breathwork and Yoga
4. Pelvic Floor and Movement-Based Learning
5. LSD-Assisted Psychotherapy
6. Imagery and Fantasy

The pathways are very different.

Yet common processes repeatedly appear across them:

Sensory accessibility	**Focused attention**
Reduced interference and inhibition	**Altered neuroregulatory state**
Absorption	**Repetition**
Learning	**Sensitization**

What Cannabis Can Teach Us About Orgasm

Cannabis is important not only because it can improve orgasmic response.

It also provides a window into **how orgasmic access changes**.

For some women, the same nervous system that struggles to reach orgasm in one state becomes orgasmic in another.

What changed?

01

Sensation became more accessible.

02

Attention changed.

03

Interference decreased.

04

Inhibition decreased.

05

Absorption increased.

06

Orgasm became accessible.

And once orgasm was accessed, the experience itself could become part of learning.

Cannabis-Assisted Orgasmic Learning

Cannabis can increase access to sensation.

It can reduce processes that interfere with orgasm.

It can change attention and nervous-system state.

It can support conditions associated with absorption.

For some women, it can provide access to an orgasmic response that was previously difficult or unavailable.

Evidence from cannabis and other Orgasmic Learning pathways demonstrates that orgasmic response can be learned, sensitized, strengthened, and expanded.

Orgasmic capacity can be learned, strengthened, and expanded.

Educational Note

This resource summarizes published research and the emerging Orgasmic Learning framework.

> Cannabis effects vary according to the individual, dose, formulation, medications, health history, and other factors. Cannabis is not appropriate for everyone.

Clinical use should involve appropriately qualified medical guidance when indicated.

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