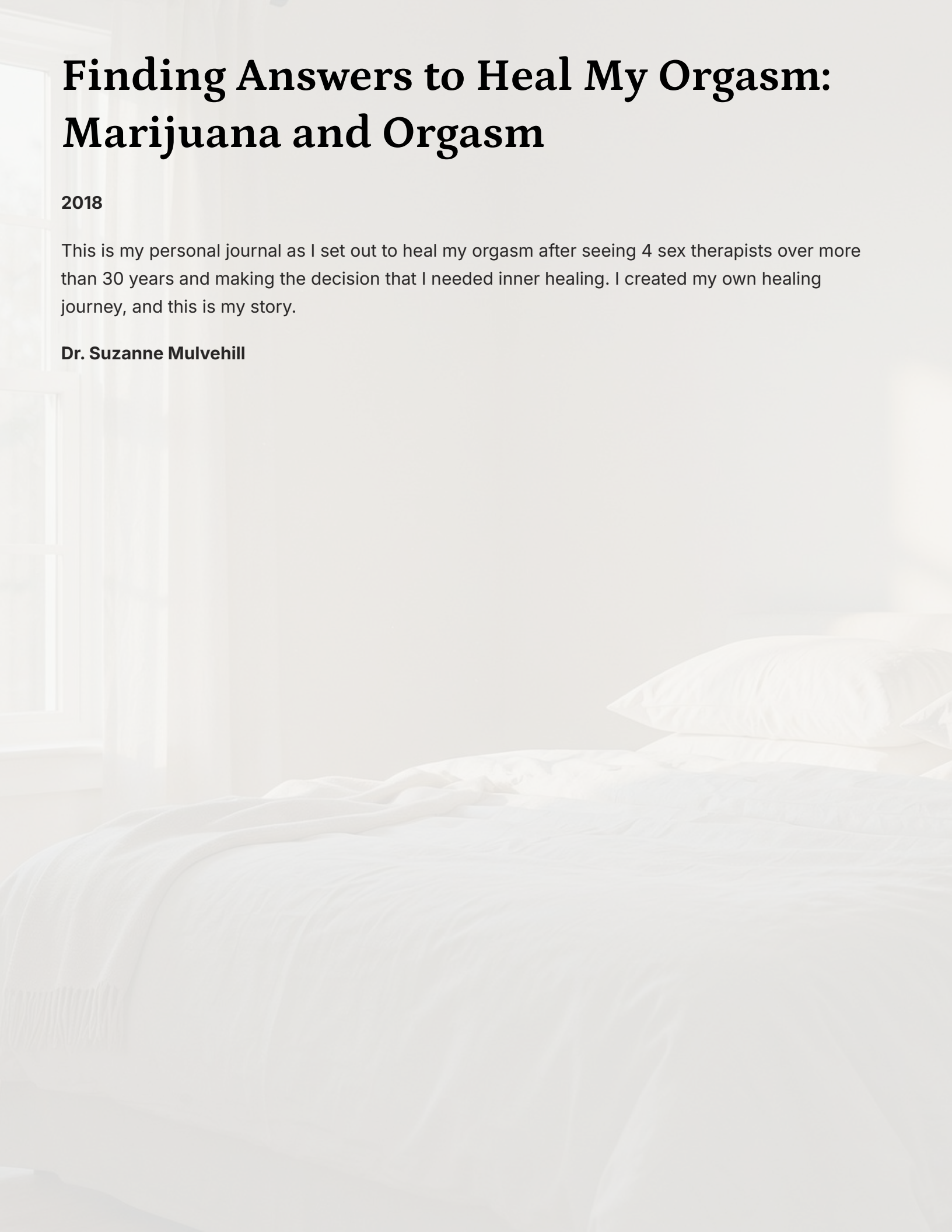


Finding Answers to Heal My Orgasm: Marijuana and Orgasm

2018

This is my personal journal as I set out to heal my orgasm after seeing 4 sex therapists over more than 30 years and making the decision that I needed inner healing. I created my own healing journey, and this is my story.

Dr. Suzanne Mulvehill



Marijuana and Orgasm

To my surprise, I stumbled on something, marijuana, that is actually bypassing my vigilance center and allowing me to experience pleasurable sensations during sex. Marijuana is giving me the ability to feel uninhibited during sex and feel and experience my full sexual self. I ask for what I desire during sex and take the focus off of the ever-elusive orgasm, thus experiencing more pleasure.

Marijuana is becoming my teacher in the bedroom. I am taking what I am learning while I am "with my teacher and lover," and bringing the sensations and thought processes into sex without marijuana—it is like my brain is being rewired while high. For example, when I focus on feeling the pleasure of my lover's cock deep inside my body while high (with his cock at a certain angle where I feel the highest sensation), I feel intensely pleasurable sensations deep in my vagina. When I relax and breathe into the pleasurable sensations, the sensations expand throughout my entire body. I am calling this my orgasm or climax. I have never had vaginal orgasms with a partner before, so this experience is entirely new and exciting in and of itself.

Finding Answers to Heal My Orgasm

For me, it is an answer to heal my orgasm.

The other answer that I have found so far is a loving partner. Someone who I truly connect with and feel connected to. I am sharing a great love with this man. That said, all the love and desire that we feel did not bring me to climax. When we first started having sex, I struggled with my lack of sexual confidence and years of being unable to experience orgasm with a partner the way I desired. Marijuana only came into the picture recently, in the last month, the fourth month of our new relationship.

I had trauma reactions to his desire to smoke marijuana due to years of trying to control my ex-husband's marijuana use. I reached a point where I decided to take the poison myself. This poison, what I saw as marijuana, something I never once smoked with my ex-husband or any other guy for that matter (or at all), due to my blaming pot for the demise of our marriage. There were many deeper issues, but it took me time to separate them. I leaned in, "Give me that joint," and took a deep breath. To my surprise, the poison became the medicine.

A lit candle with a bright flame and a wisp of smoke rising from it, set against a dark, textured background. The candle is cylindrical and appears to be made of white wax. The smoke is thin and curls upwards. The overall mood is contemplative and serene.

An Unexpected Solution

I never would have guessed marijuana was an answer to my ever-elusive orgasm. I have been Ms. Anti-drugs my entire adult life, notwithstanding the fact that I have seen four sex therapists over the last 35 years trying to solve what I called "my orgasm dilemma." I felt very alone with this orgasm issue. Even sex therapists did not know about it or have the answer to help me. That is why I know sex therapy is not the answer. That is, however, a topic for another blog post.