

I Came With My Man

From My Personal Orgasm Training Journal

This is part of my personal journal documenting my years-long journey to understand and heal my orgasm difficulty after seeing four sex therapists over more than 30 years. These writings capture my experiences, reflections, and discoveries as I lived them and as I began creating my own path toward healing.

Originally written in 2018

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I Came With My Man

On Saturday, September 22, 2018, in the afternoon of a seemingly ordinary autumn day, my man and I went to an elusive destination — a place we had set out for but had never been before. It was a place I did not even know existed in my world.

I came for the first time through G-spot stimulation to the point of ejaculation. I had never realistically given any thought to the possibility of having an orgasm this way. It just never seemed possible for me, and I believed it was completely out of my range.

I had an epiphany — an experience of my body flowing into something I had doubted, fought for, strived for, and gone to counseling for, for 38 years.

I wanted the "formula," the "directory," the "steps" to achieve this thing.

I am not just talking about ejaculation. I am speaking about the entire realm of experiencing pleasure with a partner.

I just wanted to "know how."

The irony was that there was no striving to achieve anything. There were no steps needed, no directory, nothing.

In fact, my brain did not need to "know" anything.

My mind just needed to "be" so I could arrive at this beautiful destination.

The Moment It Happened

As I was kneeling on the edge of the bed, my man was standing in front of me, working his magic.

Feeling a tremendous amount of sensation and energy in our passionate connection, I had no thoughts.

As I leaned back to expand the sensations, my "inner good girl" prompted me to sit back up.

My man, sensing this, said, "I have you, baby," while cupping the back of my neck.

I thought, "He does have me."

And I leaned back.

I relaxed.

I let go.

In that momentary lapse of my guarded self, where no vigilance was present...it happened.

"You're starting to come! You ARE coming, baby!"

My body swayed as I heard and felt these new, foreign juices flowing out of my vagina.

Emotional Release

I burst into tears while ejaculating for the first time in my life.

Along with the physical release came an emotional breakthrough. The mental block of "I can't have this" seemed to be flushed out.

I collapsed onto the bed in relaxation while my lover consoled me.

Surrendering into climax with my lover gave me immense pleasure and satisfaction. His love, willingness, and ability to "handle me" helped open me up, creating a foundation of safety that allowed me to let loose and go out of control.

I felt as though I could stop counting and wondering if and when I was going to have an orgasm and begin embracing the empowerment and essence of being a woman.

I was finally "getting" free.

At the time, I believed that taking one hit of medical marijuana from a vape pen approximately two hours earlier may have contributed to this first experience of ejaculation. I went on to experience ejaculation a number of times after this, both with and without marijuana.

"The impossible becomes possible." — Osho

Postscript — 2026

Preparing these words for the Female Orgasm Training Institute in 2026, I can still feel the emotions behind what I wrote in 2018 and behind that experience itself.

I remember becoming so deeply absorbed in the sensations that the experience seemed to bypass my thinking — something I had struggled with for more than 30 years — and my body responded with an orgasmic release.

At the time, I did not have the language to describe that state. I only knew that something was different. I was not striving, monitoring, or trying to make orgasm happen. I had bypassed my own thinking. I was absorbed in the sensations.

The Female Orgasm Training Institute did not exist in 2018. I had no idea that I would return to school for my PhD, advocate for women with orgasm difficulty, help change state medical cannabis policies, publish research papers, or eventually identify and synthesize evidence-supported pathways to orgasm that were already present across the research literature.

In 2020, when I returned to school for my PhD, I wanted to understand these experiences scientifically and ultimately create better ways to help women with orgasm difficulty.

For the next six years, I tried to understand what I was seeing within traditional sexual response models and within the existing language and frameworks of female orgasmic disorder and difficulty.

Eventually, I began to see something those frameworks did not fully capture.

Absorption became central to the scientific framework I developed for Orgasmic Learning.

My forthcoming peer-reviewed paper, "**Orgasmic Learning as a Treatment Framework for Female Orgasmic Disorder/Difficulty**," identifies six evidence-supported pathways through which orgasmic response may be learned, strengthened, or regained. Across those pathways, a common feature emerged: increased access to sexual sensation and the ability to become absorbed in that sensation.

Absorption is also incorporated into the **Neuroregulatory Model for Female Orgasm Function**, which I currently have under peer review.

What amazes me now is that in 2018 I was describing the experience before I had any of this language.

I did not know about orgasmic learning. I had not identified pathways to orgasm. I had not developed a neuroregulatory model.

I was simply describing what happened in my own body: the striving stopped, I became absorbed in sensation, the experience bypassed the thinking that had interfered with my orgasmic response for decades, and my body responded.

I was living the phenomenon years before I knew how to explain it scientifically.