

December 8, 2020: Learning Not to Bypass My Own Safety

This journal entry was written during my own process of exploring cannabis, meditation, breath, touch, and orgasmic response. It predates the development of my later orgasmic learning framework and is presented substantially as originally written.

That said, "the poison is the medicine." I've seen this in my life in more than one way now and this "thing", Marijuana, that I believed caused me so much pain, to my surprise, offers me so much healing.

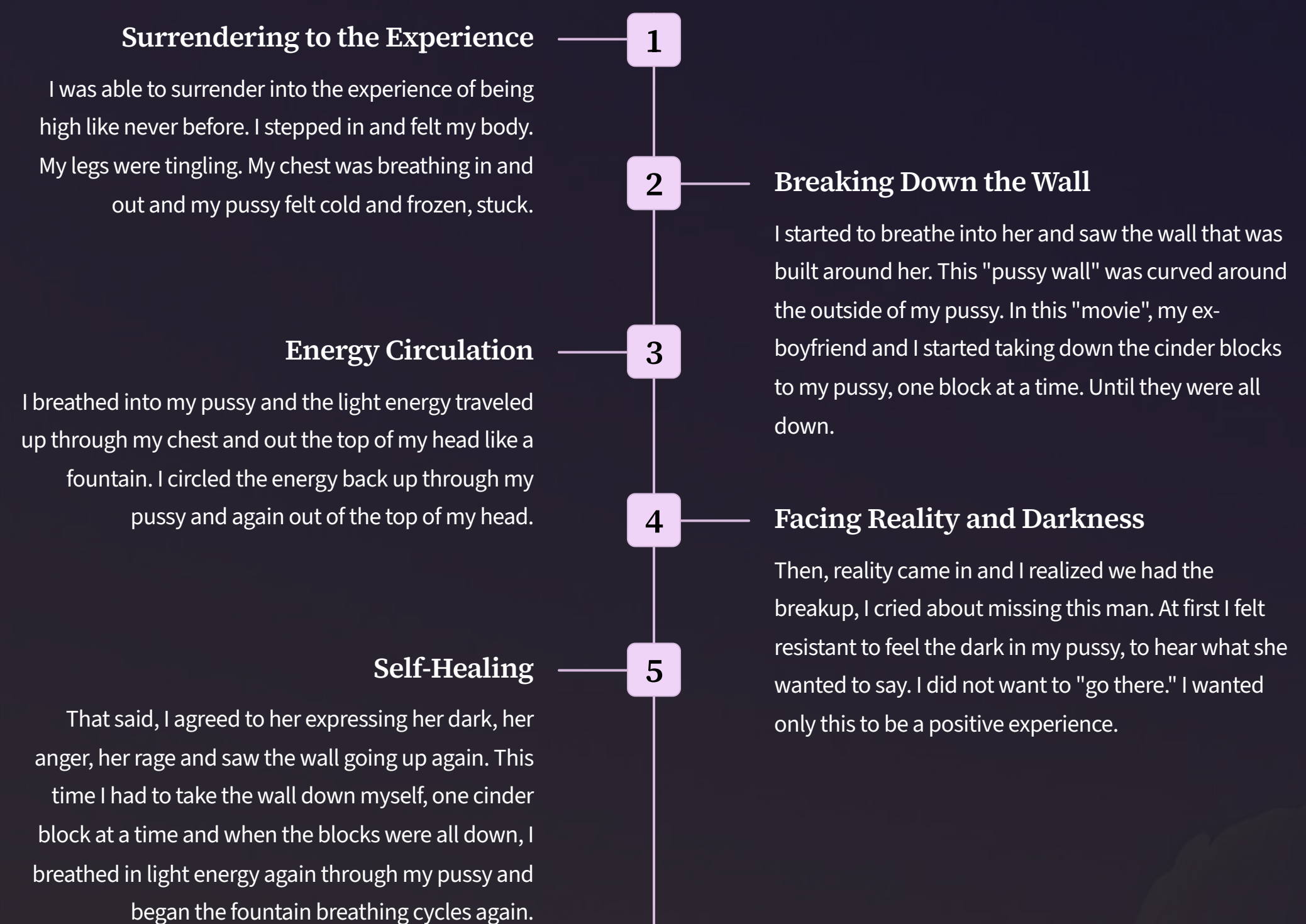
We have since ended our relationship, sadly. I have not been "high" from marijuana for at least six months. He stopped using it and I did too. I stopped for fear that it would trigger his constant use again and begin the cycle over with my being re-traumatized by it.

My experience today was such that it inspired me to write this post. Healing and awareness occurred on multiple levels. At first I felt the resistance as my body started feeling the sensations of "getting high" and I was like, "Oh no, what if I am not ok?" "What if I do not want to be high?" I felt a little panicky. Then, I just started breathing and focusing on my breath and enjoying the sensations in my body. The high started to "show me" the path. I saw my name being written as if I were beginning to watch a movie. "*S u z a n n e*" was written out in gold letters and cursive as I began to enter my other dimension.



I started meditating daily about 6 weeks ago. Doing Jon Kabat-Zinn's meditation and last week I made my own meditation for using my breath to create and visualize pleasurable sensations in my body. This week I added to my meditation practice 20 minutes per day of exploring my body with touch following the meditation.

This morning I decided to go through my resistance and try the body exploring exercise while being high. I felt resistant because it was the morning, and I had energy and "things to do." I wanted to wait until later in the day and had this little inner dialog to find a solution. It was 6:00 am in the morning and dark out and I figured okay - by 8:00 am, I would be finished, per se, with being "high" and could go on with my productiveness.



The sensations of just opening my sternum - opening my vulnerability - even without touching my clit were much to feel and experience. I saw this "opening in my sternum" and I saw "gold" as she opened.

I did come to a climax and probably pushed myself in some of my old ways as I felt contractions as I climaxed. I was in full acceptance of my climax. No judgment and grateful for my body giving me pleasure.

I realize I have to now not bypass my opening - not bypass my own range - my own safety. Rather, to allow this part of me to open and expand over time.

I had been so focused on 'achieving this orgasm' that I bypassed my own safety to get to an end result.

I am realizing that I have "pushed myself" to achievement in so many areas of my life that are rewarded in society. However, this strategy does not work with my body and I am just beginning to learn this.



by Dr. Suzanne Mulvehill