

Orgasmic Training Through Ritual

A Guide to Getting Out of Your Head and Into Your Body

by Dr. Suzanne Mulvehill

Introduction

This guide is for women who desire to feel more sensation... ...for the women who feel like they are 'stuck in her head'... ...for women who have tried everything—books, toys, lovers, techniques—and still can't fully let go.

You're not broken. You've just never been taught the sacred art of surrender.

Rather than teaching you how to *achieve* orgasm, this guide helps you return to what's already inside you. Through simple rituals grounded in ancient wisdom, you'll awaken your body's memory of pleasure, sensation, and release.



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Why Ritual?

In ancient times, women were guided through initiation rites that prepared them—physically, emotionally, and spiritually—for erotic awakening. These weren't "how-to" manuals. They were embodied experiences.

The frescoes at the **Villa of the Mysteries in Pompeii, Italy** depict one such initiation—showing women learning to surrender to ecstatic states before marriage. These weren't shameful acts. They were sacred passages.

This guide is an invitation to reclaim that reverence.



Sacred History

Ancient cultures honored female pleasure as a pathway to spiritual connection and embodied wisdom.



Embodied Experience

Rituals create a container for transformation that goes beyond intellectual understanding.



Modern Reclamation

By reviving these practices, we heal the disconnection between our bodies and our pleasure.

Ritual 1: Prepare the Body as Temple

Purpose: Shift your relationship with your body from judgment to reverence.

Practice:

- Light a candle and stand nude or semi-nude before a mirror.
- Gently place your hands on your heart, belly, and vulva—one at a time.
- Speak aloud and repeat with reverence:

"My body is sacred."

"I am worthy to receive."

"I open myself to divine guidance and wisdom."

- Close with a slow, nourishing oil massage (no goal, just presence).



Journal Prompt: What emotions or thoughts came up as you touched and spoke to your body?

Ritual 2: Breath of Opening

Purpose: Reconnect to sensation by awakening breath and awareness in your pelvis.

Prepare

Lie down comfortably with knees bent.

Inhale

Breathe through your nose, expanding your belly, hips, and pelvic bowl.

Exhale

Release through your mouth with sound: a sigh, moan, or whisper.

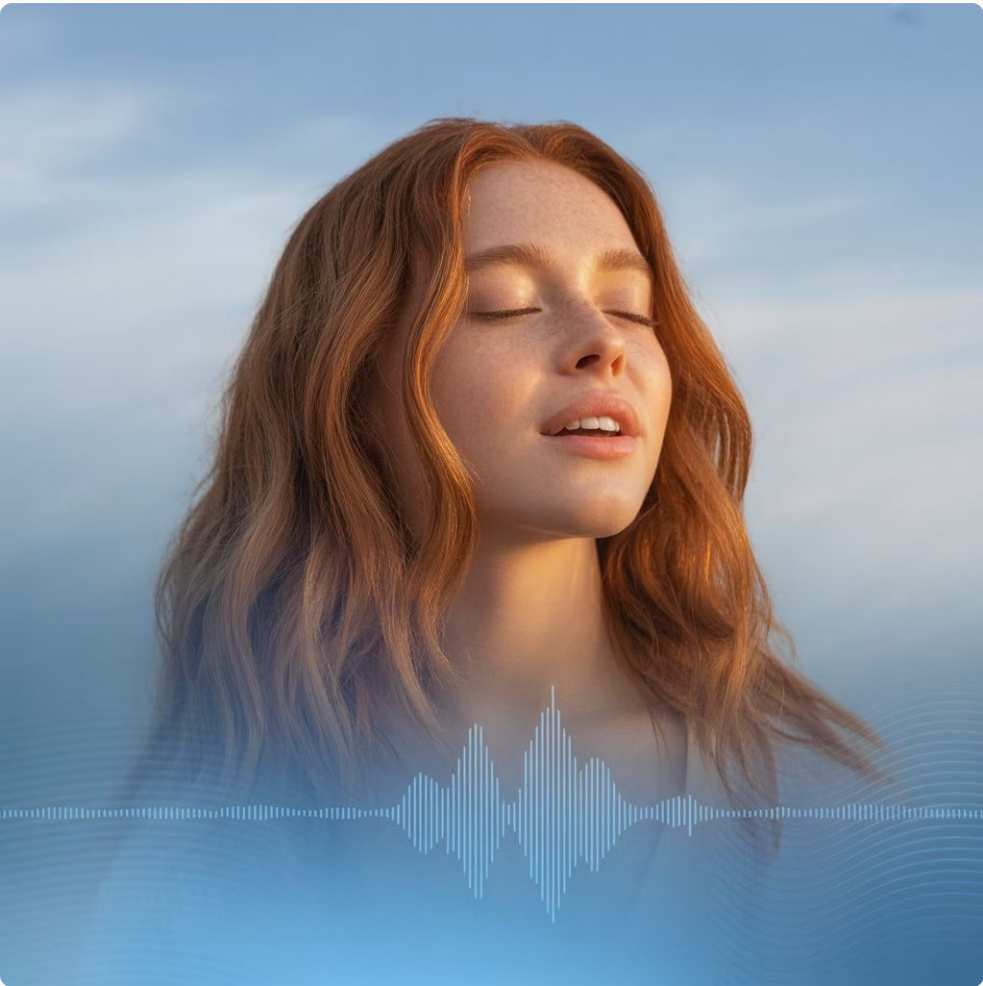
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Repeat for 5–10 minutes, letting your breath grow more natural and sensual.

Journal Prompt: What did you feel in your pelvic area? In your body? Was your mind quiet so your body could speak?

Ritual 3: Letting Go Through Sound

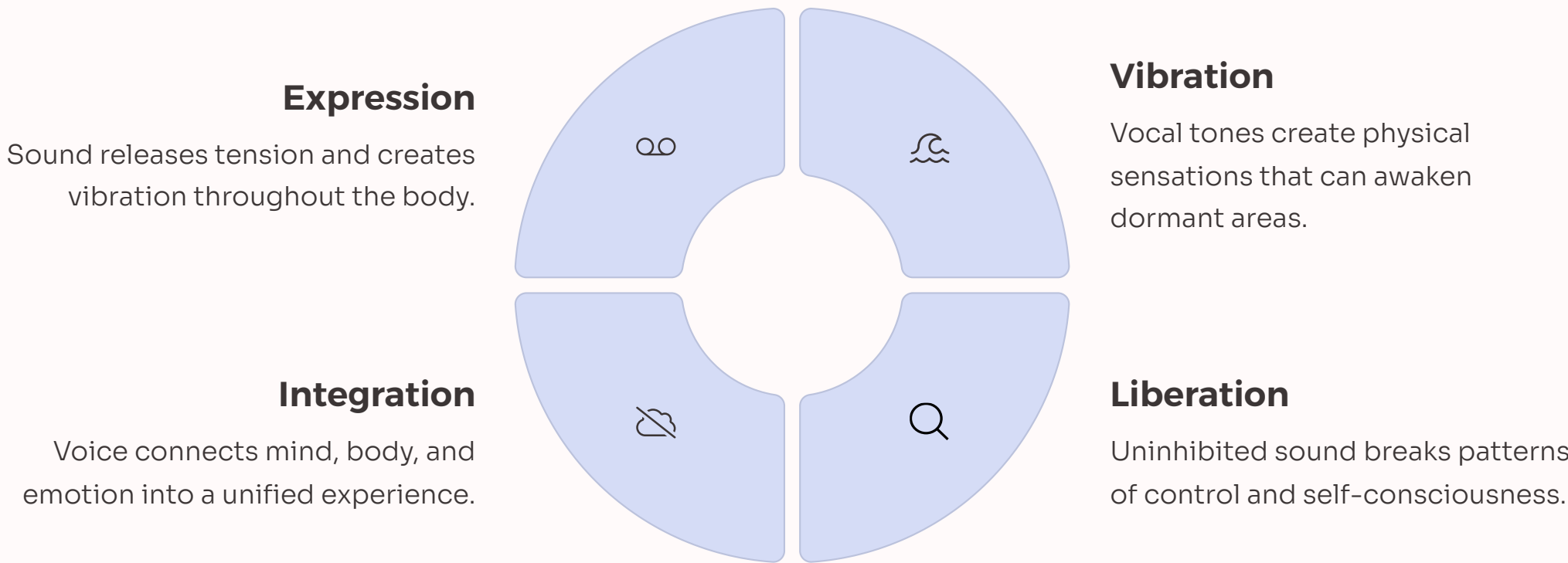
Purpose: Release control through the voice—one of the body's primary pathways to surrender.



Practice:

- In a private space, begin humming or toning long vowel sounds (A, E, I, O, U).
- Let your voice get louder or softer, higher or lower, without judgment.
- Shake out your hands and hips as you vocalize.
- Try moaning without stimulation. Let the sound lead the sensation.

Journal Prompt: How did this ritual feel to you? Do you censor your pleasure sounds during sex?



Ritual 4: Ritual Bath of Receptivity

Purpose: Create a space of sensual permission and relaxation.

1 Prepare Your Sacred Bath

Take a warm bath with Epsom salts, petals, or herbs.

2 Set the Atmosphere

Dim the lights or use candles.

3 Speak Your Intention

Before getting in, whisper: "I am safe to receive. I am open to feel."

4 Immerse Fully

Allow yourself to fully enjoy the warmth, scent, and touch of the water.

Journal Prompt: Where in your life do you resist receiving? Where could you soften more?

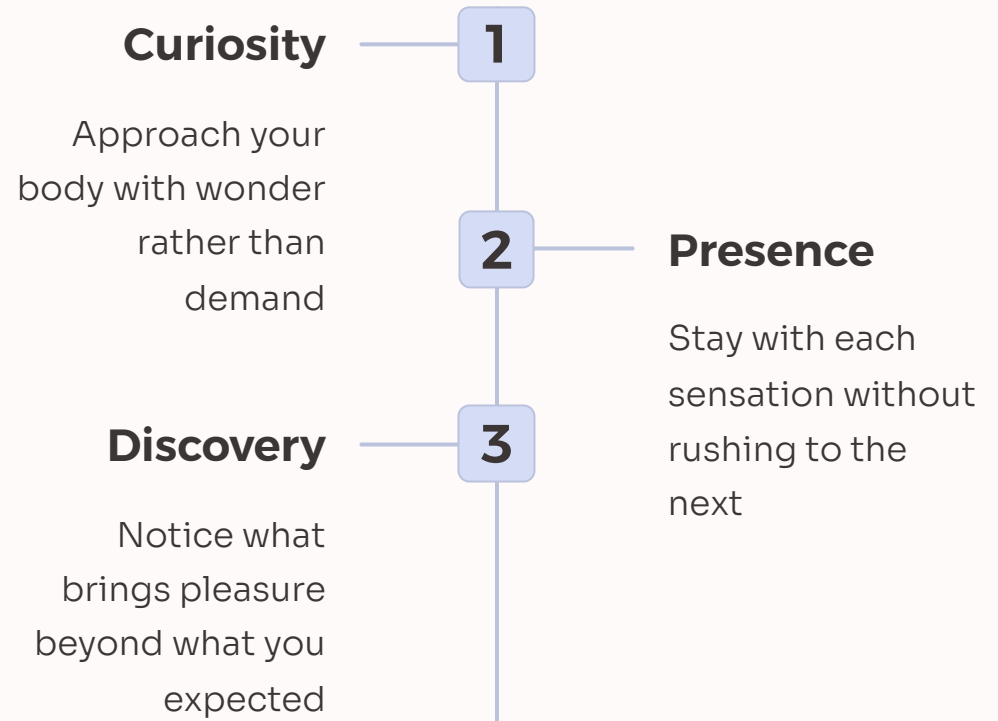
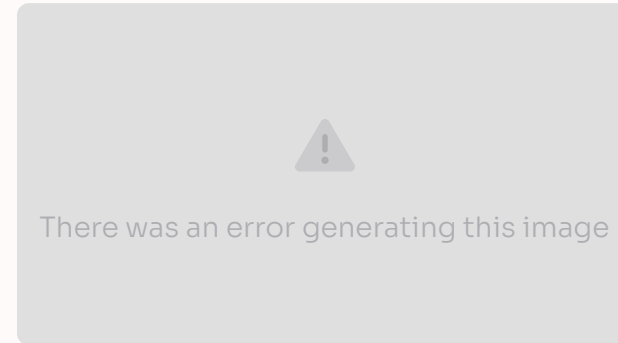
Ritual 5: Self-Touch Without Agenda

Purpose: Repattern the nervous system away from performance and into exploration.

Practice:

- Set a timer for 20 minutes.
- Touch your body with the curiosity of a lover discovering new terrain.
- Stay away from your genitals for the first 5-10 minutes.
- Focus on sensation and pleasure. Release expectations.

Journal Prompt: What did you notice when orgasm was not the goal? Did any parts of your body surprise you?



Ritual 6: Cannabis as a Sacred Portal (Optional)

Purpose: Use cannabis intentionally to enhance presence and bodily sensation.



Mindful Selection

Choose a strain known for body awareness (many women report hybrids or indica-leaning strains help).



Intentional Dosing

Dose mindfully, starting with a small amount.



Ritual Integration

Pair with any of the rituals above.



Present Awareness

Stay present with your body—no distractions, no rushing.

Journal Prompt: How did cannabis affect your experience of breath, sound, touch, or emotion? Did it help or hinder surrender?

Integration Ritual: The Daily "Yes"

Every day, ask your body: **"What do you want to feel today?"** Whether it's stillness, movement, pleasure, or rest, *honor her answer.*



Movement

Dancing, stretching, or flowing in ways that feel good to your unique body



Stillness

Meditation, rest, or simply being without the pressure to produce or perform



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Pleasure

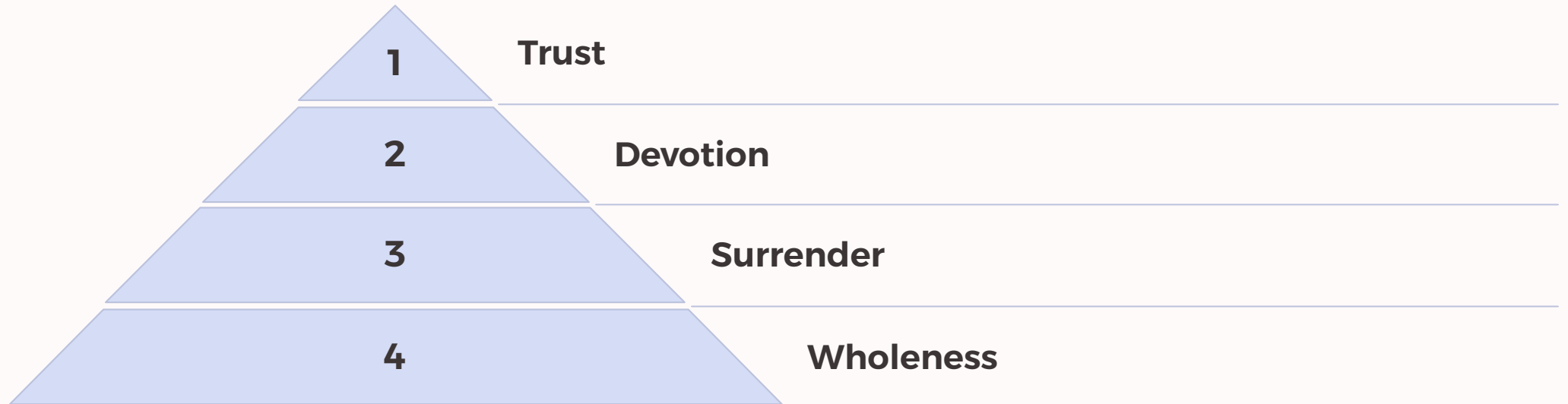
Sensory delights through touch, taste, sound, scent, or sight that awaken joy

Closing Reflection

Surrender isn't passive. It's an act of deep trust and devotion—to your body, your pleasure, and your wholeness.

You are not too much. You are not too numb. You are not behind.

You are coming home.



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