

ORGASM DEVELOPMENT

Is orgasm something that develops, or it is constant? Can we while studying orgasm learn more about the general psychic development and the process of psychotherapy? Are all orgasms alike?

While engaged in the psychotherapeutic process I noticed that the descriptions of my clients and the descriptions in relevant literature differ so dramatically that it requires a classification of orgasms, which roughly goes as follows: Primitive, Immature, Perverse, Neurotic, Blocked, Mature, Extended, Ecstasy, Bliss, Non-dual.

The nature of orgasms is always the same, our experiences differ. How long and with what distortions the essence of orgasm can be tolerated depends on the level of our consciousness. This is where the differences in the classification come from.

Historical background

Is orgasm development happening? Is it happening according to the general rules of psychic development?

One century ago, sexuality development was Freud's and Reich's strategy in studying human psychic development. S. Freud proposed the concept of libido and psychosexual stages of development and W. Reich proposed characterology, orgasm potency and orgasm reflex. Both were concerned with genital development and genital character. Later investigations (Lowen, Kelley) have showed that some neurotic tendencies always remained in already formed persons, so that genital character doesn't exist. They hold the opinion that it is only a fiction, an ideal.

What a sad state compared to the brave hopes that Reich described in his books! Still, are such hopes unrealizable fictions? Studying ancient spiritual traditions and modern transpersonal psychology maybe we can point out a way that seems to lead on from this point where Reichian and general psychoanalytic theory stops. In that sense we can point out that a way maybe exist, but it is much longer, harder and more difficult than the simple scheme defined by Freud and Reich. In their theory of sexuality, Freud and Reich detailed only one part of the sexuality and the orgasm development. Annie Besant and Ken Wilber defined a spectrum of consciousness like a general basis on which we can connect with.

But is it possible really and practically to go further? To come closer to the genital character? Psychoanalysis has developed a good way to work with Ego mechanisms of defense and vegetotherapy has developed a good way of integrating the body and the psyche but we now need to explore other levels of consciousness. To become really free from blockages, a true "genital character", it is now necessary to deal with more levels of consciousness and to integrate them - much more than Freud and Reich thought. To the known characters we can maybe add "heart" character and "divine" non-character.

I think that investigations of orgasms can give us a good model to start with.

Orgasm Classification

In discussing comprehension of sexuality in different theoretical systems, we come to the crucial but not clearly defined term of orgasm as the supreme sexual experience. Reading literature we often ask ourselves whether all described orgasms are the same? It seems that differences between them are so drastic as to demand the introduction of new terms. As a matter of fact, the word orgasm describes a very wide range of experiences with very refined and nuanced differences. Even in one person's experience of orgasm there are usually great differences. Personal descriptions of many people just increase such diversity. Following K. Wilber's theory of the consciousness spectrum and Reich's study of phases of orgasm along with previous distinction of different potencies (ejaculative and orgasmic potency) as well as drastic differences between statements about orgasm from the people I worked with, my opinion is that it would be necessary to introduce new terms for different orgasms. I will try to roughly classify a satisfactory peak of sexual experience into: primitive, immature, mature, ecstatic and non-dual orgasm.

1. PRIMITIVE ORGASM characterizes early phase of human development in phylogenesis and the level of consciousness which is closer to the animal level. The consciousness is focused on brutal discharging, or as Reich would put it, urinating into a woman. The feeling of love toward the partner is not necessary. The pleasure is pretty small and looks like reducing, relief, emptying, unloading, or shaking out. It is fucking, not making the partner happy. Primitive orgasm characterizes non-selective acceptance of any partner, the lust directed only to the satisfaction of the sexual instinct and consciousness directed only to the sex organs. For woman, it is a hole that needs a plug. The scope of consciousness remains narrow. Psychodynamic is undeveloped and poor.

Discharge is convulsive and subjectively it feels like relief. Orgasm may last from three to seven seconds. Contractions are superficial, vaginal-squeeze, clenching type - for women. For men three- to five-second bursts of pleasurable internal contractions (emission phase orgasm), which is followed by ejaculation phase: six to ten strong propulsive orgasmic contractions. In the next orgasm levels this primitive basis should be developed and refined, but contact with it should not be lost.

2. IMMATURE ORGASM includes perverse, narcissistic, neurotic and blocked forms. Immature orgasm subjectively is experienced like something incomplete. Pleasure and joy are usually small.

Immature orgasm is characterized by strong non-coordination of impulses. Libido and reactive impulses are not fused. For example in a case of **perversion** one form of an impulse prevails over another, which is isolated and dominates in separate parts of life. In the case of perverse orgasm discharge it is more like destruction. It is strong impulsiveness without control and channeling. **Narcissistic** orgasm is experienced like state of omnipotence. The person feels like the center of Universe: all is part of me. But shortly after it, there comes reality which negates that feeling. Often it leads to the destruction or isolation or another primitive mechanism of defense. It is a pseudo ecstatic experience with narcissistic dynamic without flexibility. No attachment is missing. I would say it is "remembering of the future", just this immature structure is not able to stand it.

In **neurotic** orgasm discharge is limited to one part of the body and is not leaving

the feeling of full satisfaction. The partner is abused like an object. In the case of impotence and frigidity we have a **blocked** orgasm. The ways of discharge are temporarily closed by fear, anger, pain blocks and by channeling energy into the release of inner conflicts. This often results in lack of orgasm. Only by spreading consciousness through greater self-acceptance and acceptance of others the channel can be opened again for discharge.

Immature orgasm lasts for around seven to zero seconds. Contractions are usually superficial and brief. Contractions in this category are limited only to the genital part - not the whole body, like Reich suggested. In the blocked orgasm there are no contractions.

In a mature social environment, those immature forms of orgasm should be acted out in adolescence through play. With support of understanding adults the young should channel their energy toward more mature forms of orgasms and of their total behavior.

3. MATURE ORGASM is a desirable fusion of love and destructive impulse in man. It can be reached only if there exists some kind of love and acceptance between partners, besides physical attraction. Such orgasm is much fuller and brings much more happiness and pleasure than the previous forms. Besides opening to the other person, orgasmic convulsive discharge enables accumulated stress reduction, engulfing the whole body and attaining the state of deep relaxation. It seems that humanity in general is now reaching this level of consciousness and it is logical to expect that the evolution will continue.

But in mature orgasm not only discharge is present, there is also the beginning of transformation. That means that subjectively mature orgasm is experienced not only like relief but as fulfillment and deeper contact with the partner. Rough energy is starting to refine into more subtle. Maybe we can define it starting with Reich's words: "Orgastic potency is the capacity to surrender to the flow of biological energy, free of any inhibitions; the capacity of discharge completely the dammed up sexual excitation through involuntary, pleasurable convulsions of the body". Maybe we can continue with: "...this leaves us with a feeling of total fulfillment and with more openness and love toward the partner". Contractions in this level start slowly to change. Beginning with four to twelve seconds, to much longer as we will see later. Contractions are now in the beginning only superficial but later much deeper musculature is involved. Both partners have convulsive orgasm reflex in the whole body (not only in the genital part like immature orgasm).

In advanced stages of mature orgasm we have multiple and extended orgasm. **Multiple** orgasm is identical with brief orgasm except that arousal does not immediately decline to baseline. It repeats several times.

Extended sexual orgasm (ESO) is advanced level of mature orgasm and link toward higher forms. Subjective experience and consciousness level is in most cases like mature orgasm but it lasts much longer - a few minutes or more.

"At its ultimate level, for women , ESO is deep, continuous orgasm of ever-increasing arousal lasting 30 minutes to an hour or more".

"For man, ESO at its ultimate level is first-stage orgasm, that momentary peak of intense pleasure just before a man feels he is going to ejaculate, extended in time for 30 minutes to an hour or more". (Brauer, 1980).

Contractions are on this level drastically changed: for women there are intense, measurable continuous muscular contractions of two types - superficial, clenching, but without pause in beginning, and deep long push-out later, but in this phase still mixed with previous. Toward ecstasy, contractions becomes slower, longer and deeper. For

men, the emission phase is extended - to a few minutes or an hour followed by intense and sometimes extended ejaculation phase. Men experience it as sustained orgasmic pleasure. Automatic contractions of pubococcygeus muscle are alternating with relaxation (with a sense of opening-up and pushing out at the same time). Now are starting deeper contractions from the prostate and other glands that contribute to semen production. Ejaculation is under control but close, he stays in the emission phase, where is hard erection, obvious arousal, and sometimes an intermittent secretion of clear fluid from the penis.

Towards ecstasy, this state of longer and deeper contractions gets stabilized, man finds himself in a continuous state of orgasmic emission, continuously climbing, where he no longer needs to concentrate on holding back his ejaculation. When he decides to ejaculate it is followed by more intense contractions.

What will further development look like? As models we can use experiences of people who had the courage to explore those unknown levels. Usually, those people have developed further their whole personality not only this specific function. In those people dynamic ego is ceasing to be the center of personality and is replaced with more authentic Self. Borders are becoming flexible but integrity of personality and consciousness are stable. It is really hard to describe those metaphysical states. We can do it in three ways: with analogies, or with negations but only experience can give us complete answers.

4. ECSTATIC ORGASM. Probably the next level will be the ecstatic orgasm characterized by expansion of awareness, powerful exchange of energy with the partner and enormous pleasure. Ecstasy is the most intense positive psychological experience possible. During the orgasm one doesn't experience spasmodic convulsions like in lower forms, convulsions are then drastically changed, deeper, slower or ceasing. The whole body is relaxed and filled with free flow of energy. The genital zone gives just the starting impulse. Partners feel great love and devotion for each other but also they are filled with total surrounding reality. Ecstasy is considerably more intense and lasts much longer than the previous categories of orgasm. This means not just a few seconds but minutes or hours.

There are different kinds of ecstasy. "Valley" orgasm is a long exchange of love between partners with control of orgasm. In valley orgasm convulsions do not take place. In other forms of ecstasy orgasm happens with changed and prolonged convulsions. More intense is the awakening of Kundalini, then comes the ecstasy of Brahma (belly region), deeper is the ecstasy of Vishnu (heart region) and at the end the Shiva ecstasy (head region) which means transcendence to non-dual reality. On every subsequent ecstasy level energy is more powerful, dangerous (depending on the amount of unconsciousness materials) and more blissful. However, on these ecstasy levels there is still some dualism and self separation from the environment, while dualism is abolished only in the last level (according to yoga tradition these ecstasy levels would be savikalpa samadhi because dualism still exists, while on the next stage we can talk about nirvikalpa samadhi - the non-dual state).

In ecstatic orgasm contractions are continuous, longer, slower, deeper. For women these are push-out but changed contractions. After climbing and leveling man is entering in ecstasy where P.C. muscles are relaxed, but deep contractions from the prostate continue. Men can be a few minutes or an hour in emission phase, experiencing extended pleasure just like women. This sexual high is similar to a deep meditative state, with electrical brain activity moving in more synchronous patterns (toward alpha and theta waves) with greater activity in the right side of the brain. During this level of orgasm and

extended sexual arousal the level of endorphins (natural, morphine-like chemicals secreted by the brain) tends to rise inducing euphoria.

Subjectively such states induce feelings of peacefulness, harmony, altered sense of time, and oceanic state. After these experiences the partners feel so intense emotional closeness like never before. This connection and closeness makes them convinced that they love and are loved. It creates a sense of wholeness without an accompanying loss of individuality or control. Mutual ecstasy is strengthening relationships and enhancing personal sense of well-being. According to M. Laski ecstasy is characterized by transcendence, mystical experiences, timelessness, unity, satisfaction, joy, salvation, glory, sense of new life, etc. Of course, there are other triggers for ecstasy besides sexual love like: art, religion, childbirth, beauty, creative work, scientific knowledge, etc. We can say that ecstasy in sexual intercourse is common trigger and a kind of guide into the world of Spirit. Men then experience broader and richer reality than everyday reality. This is something beyond the most courageous dreams. New ways of existence are opening to him. It is inside in our true Self or God. We see God also in the partner and therefore we devote and adore the partner.

5. NON-DUAL ORGASM has little similarity with the orgasms on the previous levels. It is more a state of awareness than an experience. It is characterized by consciousness of Unity with the whole nature, tranquillity and a state of bliss. An enlightened person makes love with the whole Universe and at the same time he is the Universe. According to Maslow, that would be reaching a state of total self-actualization. According to Reich it is the state of freedom from blockades, character and muscular armor. According to Kelly it is the result of the integration of sexual impulses with value system of the ultimate unity of feeling and purpose. Also William James wrote about higher consciousness levels. Ultimate oneness Wilber calls Universal or Mind level of consciousness. According to Tantra traditions, this level can be reached with transformation of sexual energy. According to K.G. Jung man is becoming aware of anima and animus. It is meeting with inner man or woman. Human being is becoming whole - at the same time male and female.

It is hard to measure this level because time is altered - we enter into timelessness. Maybe we can say that there are individual differences - seconds, hours, days, years... As far as I know, contractions are not measured on this level, but in the last levels it seems there are none.

Duality ceases to exist and we enter into eternal Oneness. Sexuality like attraction of two separate polarities is abolished and we enter into non-dual existence. This is the state where there are no splittings, hate or misunderstanding. Wise men who have been in this state say that it feels like bliss, tranquillity and peace. This is unity of Bliss and Wholeness. Harmony with everything that exists. We can say that sexuality is replaced by JOY. According to psychology perennis and transpersonal psychology this is the only reality there is. All other levels of reality and orgasms are illusions, but we have forgotten it. This is the essence with all orgasms - direct contact with the whole of reality. Unprepared and blocked, we can not stand it more than a few seconds.

The orgasm concept

In the beginning we have said that the essence of all orgasms is the same, only experience and behavior differ. We can measure behavior, as we have seen.

Our level of consciousness enables us to stay a longer or shorter time in contact with this essence. How long and with what distortions the essence of orgasm can be tolerated depends on the level of our energy, object relations, feeling and purpose development, their integration and similar concrete parameters. This is where the differences in the classification came from. Also, it is the difference in behavior before or after this intense contact with essence. With some people the scope of consciousness narrows, and with some gets wider, as I have described in classification.

What is the essence or the nature of orgasm?

For me, the very nature of orgasm is contact with Core, True Self, Universal Consciousness, God, Cosmic Wisdom, Unity with All, the Holy Secret, the only reality that exists, or whatever you like to call it. But our experience of orgasm is very different because we are not able to tolerate the paradoxical nature of orgasm. As I have shown in diagrams, it depends on the form of our feeling and purpose development and integration. Also the level of free energy is important in relation to contact with the partner. With orgasm development, we are learning to open more and more (from a few seconds, minutes, hours, etc.) toward Universal Consciousness, unlimited Joy and Love.

This was my experience of sexuality and orgasm from the very beginning and I was very surprised realizing that it was not experienced by all people in the same way. In trying to understand others and people like myself, I came to the idea that orgasms can be classified and nuanced.

In my practice with clients, I have noticed so much ignorance, prejudice, and misconceptions about sexuality and orgasm (which is specially evident in the Judeo-Christian civilization) that ruins life and makes people unhappy and joyless. They must choose between sexuality and spirituality.

Maybe, introducing developmental concept of orgasm will help to reduce rambling and wandering and help to grow in joy as well as in general aliveness and help us to really understand the paradoxical nature of orgasm. Joy of Life is missing in today's world.

Measurements of orgasm was actual topic for a long time. Remember Reich's laboratory in Maine and his measurements of orgasm, then Masters and Johnson and many others. Among last the Brauers who have found a way to measure extended sexual orgasms.

How can we experimentally prove the hypothesis of "orgasm development"?

Right now we can measure:

- 1) Types of contractions: superficial, deep, squeezing, push-out, mixed type etc. Also we can measure pause between contractions.
- 2) Duration of the whole orgasm (seconds, minutes, hours), duration of one contraction, duration of emission phase, ejaculation, etc.
- 3) Type of electrical brain activity (EEG). In extended orgasm and ecstasy electrical brain activity is moving in more synchronous patterns and is shifted toward alpha and theta waves with greater activity in the right side of the brain.
- 4) Another physiological parameter like: respiration, heart activity, muscular tensions, etc.
- 5) Hormone level: the level of endorphins during ecstasy tends to rise, inducing euphoria.

6) Interpersonal accordance in their introspective reports

Maybe new devices will be discovered to measure the flow of energy and other parameters more precisely.

Probably we can connect our investigation with one branch of experimental psychology - called cognitive information processing. Cognition is understood as an act of communication between the environment and personality. Professor P. Ognjenovic in his Laboratory for Experimental Psychology is exploring consciousness - this most difficult subject in psychology - by doing research on the effect of hypoxia on cognitive processes and by research on the composition of dreams. From the perspective of this research, consciousness is a composition of distinct cognitive processes of different phylogenetic age. It consists of several levels of decision making.

Surface processing levels enable fast reactivity, but as the decision level becomes deeper it allows higher degree of freedom - enables choice. Out of all his findings a conclusion can be drawn: consciousness is a composition of cognitive functions.

The meaning of this arrangement of spaces (functions) of various depths is this: our early ancestors were primarily reactive creatures, and the development of our species was directed towards the more and more mediated (re)acting, which made prediction possible. "Consciousness has thus developed from the need to postpone reactions, and its main purpose is to increase the degrees of freedom in decision making", (P. Ognjenovic, 1995).

I think that investigation and the measuring development of orgasm will help in investigation and measurement of consciousness. For example, the process of orgasm development has a few parallels in previous research if assumed that it is possible to replace "discharge" with "transformation" through orgasm development; succession in opening towards deeper internal space of information processing; the importance of motor representations; the shift from experiencing the objects to experiencing the stimulating points on the body - different orgasms along the spine; during orgasm development the shift from contractions in more superficial tissues toward contractions in deeper tissues, etc.

As well as in previous definitions of conciseness, our goal through orgasm development is also to increase the degrees of freedom in decision making. Step by step it is happening in every next level of orgasm development. In order to go further in orgasm development a person must learn to increase the degrees of freedom in decision making. If he succeeds, it is followed by a beautiful reward - ecstasy. If deeper and more complex degree is reached - it is followed by divine reward - bliss.

Does it not help to grow?

Therefore, the function of orgasm is to maintain physical and psychological health. The present taboo on sex damages our health. Even more, the taboo on bliss keeps this consumer and alienated civilization running, and we do not dare look the truth in the face. The function of bliss is to lead us toward a more humane civilization on the social level and on the individual level to reinforce consciousness development.

