

# THE SCIENCE BEHIND ORGASMIC MEDITATION

Orgasmic Meditation (OM) is a structured attention training practice conducted between two people who follow a predefined set of detailed instructions. The practice involves one person gently stroking the clitoris of the other person for 15 minutes while both place their attention on the point of contact and notice what they feel. This is in contrast to sex or masturbation which are almost exclusively oriented around the goal of climax without any established structure.

In OM, practitioners train to harness the power of sexual energy to supercharge their meditation, allowing access to mental and physiological states that are most similar to the states reached by long-term meditators or experienced by individuals taking psychedelics. Research from MIT, Jefferson University, University of Pittsburgh and others has demonstrated the profound impact and effectiveness of OM. We have found OM to be the fastest, most reliable, safe, and sustainable way to reach states of clarity, oneness, and enhanced intimacy with life that promotes human flourishing, or what is called Eudaimonia.

Here, we describe the scientific research on OM and benefits of the practice.

**Table of Contents**

**Introduction..... 2**

**Why Flourishing? ..... 2**

**The Science of Orgasmic Meditation ..... 3**

**Benefits of Orgasmic Meditation ..... 4**

**1. Ability to feel sexual arousal that has been numbed through sexual trauma .... 5**

**2. Potentially improves resilience to stress ..... 5**

**3. Increased positive emotions and decreased negative emotions ..... 5**

**4. Potentially improves emotional regulation..... 5**

**5. Induces heightened experiences of peak human flourishing ..... 6**

**6. Brain changes that can lead to strong emotional bonds ..... 6**

**Conclusion ..... 7**

**References..... 7**

# Introduction

Practitioners of Orgasmic Meditation (OM) have found the modality to be the fastest, most reliable, sustainable, and safe way to access flow and the mystical state. By training the attention and harnessing sexual energy through this highly protocolled practice, individuals are able to do what was previously only attained slowly—through modalities such as meditation or yoga—or with high risks—through modalities such as extreme sports or psychedelics. Through the practice of OM, individuals build the muscle memory to live in the mystical and flow states continuously, ultimately leading to a eudaimonic life, one of human flourishing.

Due to the unique ability of this practice to bring individuals into the mystical and flow states, scientific research has been undertaken on the practice, to study its benefits and the mechanisms by which these benefits are achieved.

**“It appears that Orgasmic Meditation (OM) optimizes our own biology, our own nervous system, to disable the sense of wounding, the neurotic storytelling, the operatic internal arias around our personal tragedies. By combining sexual arousal with a mindful turn toward what we have been trying to keep locked up, we release the body’s energy that fuels the great states of joy and well-being that are the birthright of being human.”**

—NICOLE DAEDONE

## Why Flourishing?

Conventional approaches to healing start with the mind. New approaches activate flourishing at the level of the body.

For more than a century, science and medicine have wrestled with addressing profound areas of psychological wounding—trauma, depression, emotional numbing, addiction, and anxiety among them—that are obstacles to wellness. Pharmaceuticals and a top-down therapeutic approach focused on the mind have been the main methods for mitigating the intensity of the feeling of woundedness. In the case of trauma in particular, the focus has been on avoiding triggers in order to not flood the system with negative emotions and states of mind.

New areas of research are exploring approaches in which flourishing can be triggered instead. Some of these modalities include months or years of meditation on altruism and compassion

(Stanford, Emory), or approaches to happiness that require months or years of cultivating a more spiritually integrated approach to living (Harvard, University of Pennsylvania).

Harvard lecturer Amy Cuddy discovered a stance that induces feelings of confidence, called the power pose. Cuddy endured years of attack and bullying over this idea, but in 2020 (Elsesser, 2020) it was finally proven. The effect is conclusive: A shift in the body induces changes in the mind.

This is the beginning of a revolution, that the body—without the aid of external substances—can change the mind. Even more robust approaches are emerging that are revolutionizing the way we understand how to get to not just base-level psychological health but to peak states of human flourishing. We now know that this can happen through a combination of sexual arousal and meditative concentration, delivered through the methodology of clitoral stroking in OM.

## **The Science of Orgasmic Meditation**

OM is a structured attention-training practice conducted between two people who follow a predefined set of detailed instructions. The practice involves one person gently stroking the clitoris of the other person for 15 minutes while both place their attention on the point of contact and notice what they feel.

Nicole Daedone initiated the research into OM. She felt sure, from decades of practicing Orgasmic Meditation, that science would confirm the extraordinary benefits she had personally observed. She and a group of colleagues set out to gather the proof.

Researchers such as neuroscientist Andrew Newberg, of the Marcus Institute of Integrative Health, and others, have observed intriguing brain changes in both stroker and strokee that occur in just minutes instead of years of practice. These brain changes rival the brain changes and brain connectivity observed in study participants who have received strong and prolonged doses of psychedelics, and in those who have practiced meditation for decades.

OM is proving highly effective in studies, with participants who range from healthy to depressed, whether suffering from chronic anxiety or symptoms of post-traumatic stress disorder (PTSD). And OM leverages the body's own neurobiology to do it, through an observable resonance. The intensity of the experience for one participant is correlated with the activation of several brain structures in their partner.

The effectiveness of OM comes from turning the strongest force in a human body—sexual arousal—mindfully toward our biggest wounds. In this process, the well-being of sexuality unleashes neurobiological and neurochemical changes that provide one of the strongest possible foundations for healing. OM has the potential to leapfrog modes of psychological healing to deliver practitioners to the threshold of truly transformative states.

Newberg tells us that the practice of OM rewires the brain in ways that can be associated with positive states of flourishing. “We are getting the first hints of how all of this happens,” he says. “This is so promising and we are hoping to look at how neurohormones such as oxytocin (bonding) and serotonin (well-being) are involved. These neurotransmitters are believed to be crucial in spiritual experiences—particularly the feeling of connecting to something larger, to dissolving that sense of separateness that so many report as central to a feeling of purpose. And what role does dopamine play? We don’t know yet but it will be what we study next. It’s an exciting possibility to see how the brain’s reward systems are leveraged in this unique approach” (Newberg et al., 2021).

**“OM science shows that the practice of Orgasmic Meditation entrains the brain to the positive, to the good. By laying down new habits, new neurocircuitry, OM helps us build the emotional resilience to face and work with our darkest, most difficult psychological material. It trains us simultaneously to peak states of consciousness and human connection.”**

—NICOLE DAEDONE

## **Benefits of Orgasmic Meditation**

There is growing evidence that Orgasmic Meditation has profound broader health benefits. These include increased resilience, trauma reduction, feelings of connectedness, and overall improved emotional health.

The findings listed below reflect a cross-sectional summary of the four peer-reviewed papers published on studies relating to the practice of OM. These studies were conducted by independent universities and research institutions such as Thomas Jefferson University, University of Pittsburgh, and Liberos, a biotechnology company.

### **1. Ability to feel sexual arousal that has been numbed through sexual trauma**

A June 2021 study with 250 participants conducted by researchers at the University of Pittsburgh and Liberios found that people with more adverse childhood events, including sexual trauma, reported higher sexual arousal post-OM session than those with less youth trauma (Prause et al., 2021). This unexpected finding suggests that the contained setting of the OM practice may provide people with a history of sexual abuse a longed-for environment that feels safe enough to experience arousal. This conclusion was reached based on comparing adverse childhood experience (ACE) scores and self-reported sexual arousal (from both the stroker and strokee) in an OM between those who varied in their experience with ACEs. Decreased arousal is associated with depression, which is a focus of future research.

### **2. Potentially improves resilience to stress**

During a November 2021 study conducted at Thomas Jefferson University, involving 40 advanced practitioners, OM was shown to affect heart-rate variability (HRV), a marker of resilience to stress (Newberg et al., 2021). This could be an exciting area of future study.

### **3. Increased positive emotions and decreased negative emotions**

A March 2021 study conducted by the University of Pittsburgh and Liberios, involving 250 practitioners of OM, found that OM decreases negative emotions, such as anger and anxiety, and increases happiness (Prause et al., 2021). Researchers note it is rare for a modality to expand emotional range. Most current modalities that impact positive or negative affect are aimed at limiting the range. For example, anti-anxiety medications and antidepressants are designed to reduce the intensity of fear and sadness. At the same time, they also reduce the intensity of positive emotions like happiness and contentment. By liberating emotional range, OM allows the practitioner to access a wider range of positive emotions, with greater potential implications for addressing negative states associated with clinical disorders.

### **4. Potentially improves emotional regulation**

A November 2021 study conducted with 40 advanced OM practitioners at Thomas Jefferson University, using functional magnetic resonance imaging (fMRI), found the OM practice affects the brain's functional connectivity in ways similar to changes observed in long-term meditators who engage in practices designed to strengthen emotional regulation (Newberg et al., 2021). This means practitioners are likely to have greater self-control under positive or negative stress, and greater emotional resilience during difficult times. The changes in the brain were measured in OM practitioners at a resting state.

## **5. Induces heightened experiences of peak human flourishing**

In a July 2021 study administered online by Dr. Vivian Siegel (MIT), with 780 OM practitioners (Siegel & Emmert-Aronson, 2021), 62 percent of participants reported a mystical experience in a previous OM on par with people who had taken the second-highest dose of psilocybin, as rated by the MEQ 30, a validated and quantitative measure of mystical experience (Barret et al., 2015). Forbes reported the following in a 2021 article titled, “How Science Is Making Sense Of The Mystical Experience In Psychedelic Medicine” (Ponieman, 2021):

Dr. Albert Garcia-Romeu, a Johns Hopkins assistant professor and member of the University’s Center for Psychedelic and Consciousness Research, says that the mystical-type effects produced by psychedelics have been linked across the board to benefits in a number of different populations, including people with depression, cancer patients, and people with different types of substance use disorders like alcohol dependence and tobacco addiction.

A follow-up OM/MEQ 30 study found that 23 percent of participants attained a “mystical experience” in their most recent session, with a strong correlation between partners (Siegel & Emmert-Aronson, 2021). Recent studies have shown psilocybin treatment produces large reductions in depression, addiction, and other mental health disorders over the long-term. Vivian Siegel concludes, “Given that OM apparently can trigger a mystical experience of similar power to psilocybin, and that psilocybin has shown promise in the treatment of mood and substance disorders, this study raises intriguing questions about whether OM might also be effective in the treatment of these disorders” (Siegel & Emmert-Aronson, 2021).

## **6. Brain changes that can lead to strong emotional bonds**

A November 2021 study conducted with 40 advanced OM practitioners at Thomas Jefferson University found through functional magnetic resonance imaging (fMRI) data that the OM practice creates connections between two regions of the brain responsible for self-judgment and cognition (Newberg et al., 2021). Connections between these two particular regions—the insula and temporal lobe—have been shown to lead to strong emotional bonding with others, including higher levels of compassion.

# Conclusion

The practice of OM trains the attention and harnesses sexual energy, offering practitioners access to heightened states of consciousness. From this place, we can access healing and eudaimonia, or human flourishing. Orgasmic Meditation is the most effective way we've found to reach this state. Scientific research supports the benefits practitioners have experienced for years, and researchers continue to find more benefits of the practice—from addressing trauma, dissolving feelings of isolation, and deepening joy and intimacy.

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