

Your *Orgasmic Birth*

Blueprint

By Elena Harder-Rekshan

You've done your best to prepare for labour by educating yourself. Your rational thinking mind

Yet the rational mind turns off in labour.

So how can you best prepare?

This ebook is designed to help you open your mind to fully prepare the underlying subconscious mind for labour so that it truly is effortless and even orgasmic.

Orgasmic birth is often written off as a crazy or impossible dream.

For a long time humanity believed that it was impossible to run a four minute mile. The world record books now show that as soon as one person did it hundreds of other people were able to replicate this experience and achieve even more incredible feats of endurance.

Birth is like a marathon. It tests us, stretches us and brings us to the core of who we are.

When we look at the hormones of birth it's actually really easy to see that we are radically prepared to have a transcendental orgasmic experience as our children are born. From the sweet dance of adrenaline and endorphins(to numb our pain receptors), to the incredible rush of oxytocin(love hormone) and even DMT(deeply psychedelic) our bodies are designed for transcendental pleasurable birth.

Yet even if you've heard of an orgasmic birth, you've likely not met another human being who's had one. Just like the four minute mile it is challenging to believe it's actually possible.

The journey from hoping to knowing will be completed by your actual experience of orgasmic birth. Yet the journey to get there is essentially one you are already on, because you are here sharing these words with me. I can help accelerate your path of orgasmic birth through the offering of contemplation, community, support and a safe space to surrender to trusting the feminine sensual essence.

To this end I have compiled the following ebook along with a selection of stories and videos of orgasmic and home birthing birthing moms, inspirational brain training videos, orgasmic birthing wisdom all woven together to support not only your conscious mind, but your deep subconscious mind to understand your natural ability to orgasmically birth.

This ebook is the foundation to my larger course the [Joygasmic Birth eCourse](#). All of this content is created to help you with the process of deeply knowing that orgasmic birth is not only possible but your destiny. You deserve to birth in a way that honors your unique desires.

Before we get started, I need to say super clearly

Orgasmic Birth is Your Birthright

Your right from the moment of your birth. Your birth done right. Your birth-right.

Orgasmic birth is a natural physiological phenomenon.
It is the natural experience of mammalian animal birth.

However, what is really common for women right now is not normal mammalian birth.

Most women have been raised with the experience and the idea that birth is a terrifying horrific emergency event. This is as far from the truth of natural mammalian birth as possible.

Many women were raised in families torn apart, the village of supportive women was a dream and the only example of birth is the televised trauma and terror that is propagated by mass media. No wonder it's hard to believe pain free birth is possible.

Yet it's absolutely true, possible and your birth-right to birth pain free and orgasmically.

While trauma, pain and post partum depression are unfortunately a statistical norm. A growing number of women are starting to remember our traditional wisdoms, trust their bodies and claim new experiences.

The story of physiological birth is a different story.

Physiological birth is birth that makes sense to the natural chemistry of birth in the body. Phisio (relating to nature and natural phenomena of the body) logical (characterized by or capable of clear, sound reasoning). Where medical birth seeks to poke and prod, examine, assess and risk out, the traditional birth keeper protects physiological birth space as she cares for older children and takes them for a walk.

She feeds and nourishes the family and the woman. She sits patiently in admiration and love. Quietly supportive in the corner (or even another room or a few houses away) while the labouring woman moans and moves her body, working out her inner energetic kinks, aligning her body, soul, spirit and mind. Tuning into her baby, opening her body. Rushing with power and opening in love.

The radical birth keeper is there not to scold, teach or rescue but to hold the container of transformation. She supports the safety of the sacred space. She is words of comfort in moments of doubt. She is reassuring, comforting, capable, strong, soft and gentle all at once.

She mothers the mother. Her watchful eyes full of wonder at the miracle of this writhing woman, who moans over and over and over again as she opens to the most powerful transformational portal of her life.

Hours go by. Days sometimes. Later when we ask the undisturbed laboring woman what she remembers of her birth we will hear a sweet story. We hear of moments of ecstatic union with partner, room and baby. We see tears of joy and a new love that is boundless. We feel flooding waves of euphoria and bliss that wash away any memory of challenge from the sensations of birth. The ego-woman is eclipsed and becomes a lost memory in the bliss of loving her baby.

Can we birth naturally? YES! The unconscious body will birth a baby.

All babies come out somehow, eventually. The mind is the one we have to get out of the way and this is an art you can learn.

You can do it because you are literally the product of hundreds of thousands of women who came before you. Each woman birthed to continue on. Each brought into being within the safe space of their mothers wombs in to the best nutrition and nest their mother could create. No matter what kind of world they lived in they nurtured their families and survived. Each of your ancestors gave birth to their next generations until it came to your grandmother, and your mother and that's why you are here... to birth the next generation in bliss.

Birth is intense. The sensations can be intense, but it is also soft and gentle. The key is in your focus.

Creating a physiological birth means creating a place that is undisturbed so the mother can progress naturally without intervention from outside sources. No matter how well meaning or how much of an expert authority that outside source is!

No external person can understand better than a woman's body naturally understands what she can handle in birth. In tune with eternity and her body, she moves through time and space from awake thinking to consciousness to labour land and back to her home and body with her baby.

But why doesn't this always happen?

There are a number of reasons, which I go into in much deeper detail in the [JoyGasmic Birth eCourse](#). The simplest way to understand is that physiological birth is impossible if the woman's fight or flight system is activated and stays activated. This can be triggered by bright lights, questions from caregivers or medical panic, changing locations, moving outside of the home or insensitive caregivers who aren't trained in mother lead birth.

Yet sometimes it's much more subtle. I have heard doulas and mothers speak about the experience of a psychological block that stops a woman's labor from progressing. Someone watching, an unintended person present. Maybe an issue with her partner and their relationship, anxiety in her care-givers, feeling a need to protect herself or unprocessed emotional trauma from her support team. Too much stress, unprocessed fears, worries about what it is to become a mother.

Even more subtle are the quiet voices the woman holds inside herself as she births. Holding supportive loving voices, crying out her fears. The birth space is a portal of transformation, an altar upon which the woman can set all her past behind her, let it go and step into her future as mother.

Any and all un-resolved feelings demand that the mother figure them out before birthing her baby. If that processing and peaceful resolution doesn't happen before labour starts, it will happen during labour. It's better to look at them before you are in the deep throws of labour where no one is in control, least of all the rational mind of the birthing mother.

You can support yourself by deciding right now that you will move through your pregnancy with the intention to deepen your understanding that everything is here to help you nourish and then meet your baby in the most beautiful way in alignment with the principles of non-harm.

Everything is here to help you expand and become the woman that you must be as a mother. Even the most difficult challenges are here to help you, as they help you point most clearly (if desperately) towards what you truly want.

Hoping is Different Than Knowing

To orgasmically birth you need to both believe it's possible, PLAN for it, and then surrender to the wildness that is birth as if it were your lover. It's a weird challenging journey, but worthwhile.

While you may want me to tell you exactly what to do, I can't exactly do that. Pregnancy, labor and birth are as mysterious and beautifully complex as each woman is. What it takes to feel prepared for birth will be unique to you and your comfort levels. *To birth orgasmically your rational mind needs to feel prepared and safe so you can let go and journey.* The very first step is claiming your own power to know what you want and support yourself to have it.

Here's my minimalist checklist for setting up an orgasmic birthing nest:

- Many positive birth stories you have already listened to over and over again
- Willingness and action towards releasing past trauma and pain
- Permission to move, make sound and feel any way you want
- Supportive group of women who care about your journey
- Clean bedding & waterproofing in 2+ layers
- Big garbage bag for soiled towels/linens
- Extra blankets/towels/sheets
- Bowl for placenta
- Cord care supplies
- Dim lights
- Sounds you like
- Smells you like
- Electrolyte drinks
- Nourishing snacks you like
- Supportive solo space or women you love and who believe in you
- Anything else that you would prepare for a wonderful love making experience
- Your Postpartum/Emergency prep supplies ready and handy (we'll get into that more deeply in the last chapter)

Of course customize and expand it to your desires. Nesting is part of birth. You need to feel you have everything prepared, or let go of having it prepared completely. Both are fine. You are the one who knows what you want. What will you create to give yourself everything you want? As you claim what you want right now you've already done much of the work.

Birth requires trust, patience and surrender.

As much as you want to plan it. Birth will require you to surrender to the flow. It requires you to be primal and raw. It takes time, but also requires you to let go of time, responsibility and worry. You must be prepared to let go of who you were and move with what is true in the moment and follow your intuition. Birth is a teaching experience of wisdom and connection. It teaches you to move from helplessness to perseverance. It destroys you and yet yields the greatest gift, yourself now a mother. It often yields an altered experience of psychedelic joygasmic wonder at your own power. Authentic mothering requires this deep surrender to what is.

While it is actually possible to have an orgasmic birth in the hospital. (Locked in the bathroom where no one can get at you with their needles like [this expat mom did in Dubai](#)) It's much less likely to have an orgasmic birth in a hospital or birthing center for a huge number of reasons. The most challenging of which is the cascade of adrenaline and interventions that starts with leaving your home and then handing your power over to another human being who is in a position of authority.

For this and many other reasons most of the women who [join our free MOM-day calls](#) are planning a home birth. They may choose to have a traditional, renegade or non certified midwife, birth completely on their own, or just with family and friends as their support.

We support women to make their own choices, because they know best what is needed to feel safe.

What are your current beliefs about birth?

In the space below take two to twenty minutes and write down what you believe about birth, whether that be positive or negative, challenging or joyful. You need to know where you are at when you start. As we move into the later chapters you'll learn tools so that you can effectively deal with your fears and trauma which we'll get into deeper later.

I also invite you if this is your second baby or more to look back at your memories of birth and see if you can remember any moments that could be seen as pleasurable, transcendental, an altered state or even pleasurable.

What I believe about birth

What I hope about birth

What I know about birth

Many women ask me “is orgasmic birth really possible for me after my previous (traumatic) birth experiences?”

While I believe the answer is yes, it really depends on you and your willingness to do the work.

While I can open your mind and even create a blueprint for you to find your way. I still remain a strange-woman on the internet to you [untill we meet at a Mom-Day call](#) or [one on one coaching](#).

I absolutely can not do the work for you. Just as much as I can not help you have an orgasmic birth by showing up and stroking your body into ecstasy. (so weird!) I clearly don't have the depth of relationship to do that authentically. **The only person who can create that container is you.**

The people who can best support you to manifest your desire of orgasmic birth is the team you have artfully selected because of their ability to support your desires. That may look like your lover kissing you tenderly all over your body as the surges of labour waves wash over you. It may look like wise women humming deep womb songs of healing warmth around you. It likely will look like something completely different... that perfectly suits your unique personality. The possibilities are as unique and varied as the snowflakes that fall on the Canadian north every year. Millions upon billions of varieties. You absolutely can be one of the women who birth orgasmically because you wanted to, intended to and then did the work.

As you ponder your intentional orgasmic birth prep, make use of this eBook and do the work around your previous birth experiences. It doesn't matter whether it is your own birth, your children's births or stories you've heard. It all needs to be brought to compassion and love.

What birth did you have?

What birth do you dream of?

To Experience Orgasmic Birth You Must Claim Your Empowered Birth Boundaries

Regardless of who you choose to support you, it is absolutely essential that you feel safe and connected to them.

In the case of orgasmic birth where you are actually engaging in sensual kissing, touching, or even sexual self pleasure or partnered intimacy it's crucial that you feel open to being witnessed in your orgasmic energy and the sensual nature of your body and birth in connection with your support people.

If you're planning on having support at your orgasmic birth, you need to really check in and get clear on whether you actually feel comfortable touching your breasts or vagina in a sexual way with them present.

Even with all the work I've done around sexual shame and my mom, even though she was at my first birth and saw my yoni wide open to the world (along with the 5 other strangers who were in the room at the time) I know that I wouldn't really be comfortable with touching myself sexually or even really opening up to kissing my partner deeply in front of her.

If you are able to feel comfortable in that, good for you!

It may not be your mom who you hope to have support you, but the same principles apply to a doula, midwife or friend. Whoever you want to have there, it might take a couple of conversations for them to get comfortable with your ideas of how to create an orgasmic birth.

Before you have these conversations with your family/support team directly, it's a good idea to get comfortable in your sexual energy first through exploring your Orgasmic Energy and using it in Joygasm Alchemy, which we will get into in a few pages.

You deserve to birth the way you want. Period.

Even if you have a fearful mother, doula, cousin or partner who now thinks you're crazy, dangerous or reckless for planning a free birth unassisted.

Even if your midwife turns into a MEDwife at week 40 (or 20!) and starts talking about induction and hospital transfer while you KNOW with your entire soul that you need to wait for your baby to choose its own birth time and you don't need all those tests that lead to induction and medicalized birth or even c-section.

Even if a friend who said they would assist you change their mind, because their husband/friends talk them into flooding you with worry and you lose your support network.

Freebirth is actually just birth, the way it has been practiced for the entire history of humanity except the last 400 years or so. Yet the prevalence of programming and birth trauma means that it's fairly likely that someone will question your decision to birth your way. For the tender and emotional nature of pregnant women this can be incredibly challenging.

This next exercise will support you with scripts and strategies for talking to the people in your life who aren't yet supportive of your birth choices.

How to talk to your birth support team about freebirth

Unfortunately it's relatively common to have a partner, mother, sisters, friends, or aunts who are either not supportive from the get go, or start out supportive but as they learn more details they become staunchly against your desired form of birth.

Often this is because of layered fear and their own birth trauma that has been instilled upon the person by their own birth experiences, propaganda of mass media and the general prevalence of terrible induction/medical emergency/c-section stories.

While many of the women who come to free birth are on an awakening journey and are gaining knowledge about the problems posed by the medicalized birth system. Often these support people have not yet started on this journey of re-education and re-programming.

When the support is coming in a format that does not work for her it creates a really difficult situation for the woman where she now faces either:

- Rejecting the support of her mother/sisters/friends/team
- Having challenging conversations about boundaries
- Isolating herself to protect her birth bubble and create a safe and harmonious space for herself.

The reality of that choice for isolation is that when you say “No I don't want you here” is that you have likely not actually really created a safe and harmonious space. Instead it has pushed the problem away and moved it further into the future. Often these things come out during the birth or postpartum anyways. Which can be incredibly challenging. It is best to deal with it as soon as you can.

So what I recommend is that before you start your birthing process, begin the process of really setting clear boundaries with your family members and identifying your family of origin beliefs and determine which of them you want to incorporate into your own family.

You are the one who gets to decide what your birth culture is for your children.

In order to live your dream birth you must really get clear about your ideas around how your extended family is supporting you and how you would like to be supported.

It is possible in some situations that these families really truly aren't capable of being supportive. Especially if you have a long history of family abuse, sexual abuse or if you are just starting your own personal work around this it can be really challenging. There are many situations in which it really doesn't make sense to talk to your family because they just don't know how/can't have conscious caring conversations with you.

Dealing with the underlying experiences, feelings and emotions that come up with the feeling of being under-supported or having to reject the offer to support a family member is a really big deal.

Here's a sample dialogue that you can use with people who are challenging your decision to have an unassisted, physiological or orgasmic birth.

Hello _____, (name of loved one).

I really value your support and presence in my life. I know that you've been questioning my choice to have an unassisted/home/orgasmic birth. I've done a lot of work to educate myself around home birth, here are some of the resources that I find exceptionally helpful.

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I am very clear about the reasons that I want a homebirth based on my past challenging experience. I recognize that there are dangers in birth just like there are in all of life. However the horror stories I've heard from the hospital and medical based care feel much riskier than anything that may happen at home in a loving, supportive container. Medical backup is always there if it's truly needed, but I don't believe I will need it.

I know that there are lots of scary birth stories out there, so while I do have my own fears and worries, and because of that I have educated myself so that I do have plans and supplies in case of true emergencies. One of the things that would make me feel more secure about birthing at home is having you there and supportive.

My dream birth looks like...

I would really love it if you could support me by _____, _____ and _____.

I dream to be surrounded by my support network before, during and after the birth. However if you're unable to believe in my birth choices or at least suspend your disbelief in my ability to homebirth I think it would be better if we didn't talk about it until I ask.

If you feel like you're unable to do that please just give me the space to prepare my birth without also having to deal with the weight of your worry and fear.

My decisions for how I live my life are my own, just like your decisions are your own.

If you do not respect the boundaries that I am setting, or do not feel you can show up and be supportive in the conversations that we have around my birth plans, I may make the decision to not continue to contact you until after I have had my birth.

This would make me incredibly sad to not speak with you, but I really feel it's the most important thing to have a coherent and supportive container around me.

I really need my pregnancy space to be nurturing and supportive and you can help me by doing _____, _____ and _____.

You are absolutely welcome to support me in the postpartum period by _____.

Love,

(Your name)

It's absolutely essential that you create empowered boundaries around you during pregnancy and birth.

The way you do one thing is the way you do everything and pregnancy and birth is an incredibly powerful opportunity for you to rebirth yourself as a new and empowered woman who understands how to set boundaries.

Dealing with Fears and Past Trauma is Crucial to Your Success

All birthing moms have fears. This is completely normal as we want the absolute best for our babies. Learning how to engage your fears actively and make them part of your orgasmic birth team is crucial. This can be giving those fears jobs to do, (ie dear my mom who is worried, go buy my afterbirth tinctures and pads thank you!) or by using "Joygasmic Alchemy" to transform them into super supporters. We will go over this in more detail in the next pages.

If you are loving this ebook so far, yet aren't really sure that this can work for you, you may need more support. You can [click here to upgrade your membership](#) through our Pay What You Want system and you'll also receive instant access to the "Clearing Your Own Birth Trauma" healing track, which invites you to connect with and clear your own birth trauma or a trauma from previous children. It's so crucial for you, your birth partner, your birth team and you to really consciously work this through to create a clear field for your baby's orgasmic arrival.

Joygasmic Alchemy is a tool that allows you to have difficult conversations with your family members without actually having the conversations with your family members.

This allows you to resolve the underlying issues that are connected within you. Sometimes these challenges are projections of childhood hurts, and when you clear up your side of the issue, it then frees up energy and allows your family members to come and show up for you in a really different way.

This can be done through journaling or supported [one on one with a practitioner](#).

The simplest way to do this is to journal a conversation between you and the person you're feeling under supported by and go back and forth and give both sides a voice.

As you do that general outline, leave space between your lines and go back and write down what you/they are believing/trying to protect that causes them to hold on to this perspective.

Sometimes these statements or ideas can feel really repulsive, hurtful, disgusting or damaging. This is okay and while we are opening the doors here, we will work it all the way through in the next chapter.

“Hey mom/partner/friend/midwife this is what I'm really hoping for with my birth.”

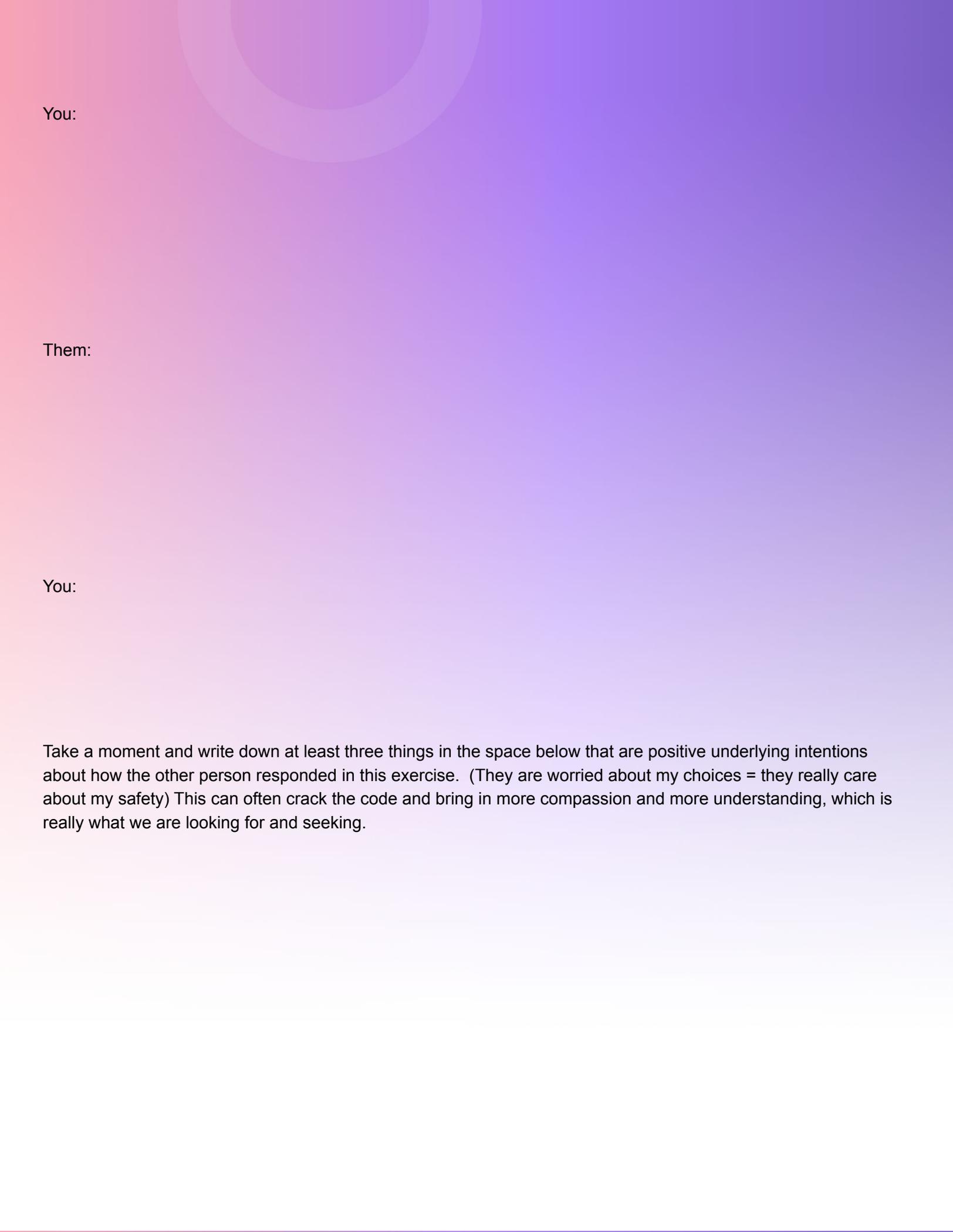
Write down what you think they would respond with.

You:

Them:

You:

Them:



You:

Them:

You:

Take a moment and write down at least three things in the space below that are positive underlying intentions about how the other person responded in this exercise. (They are worried about my choices = they really care about my safety) This can often crack the code and bring in more compassion and more understanding, which is really what we are looking for and seeking.

Often this exercise is able to move you into a place of compassion which generally other people can feel and it makes them more willing to work with you to get what you both want.

Just because you have more compassion for somebody who disagrees with you does not mean you have to change your perspective, change your free birth plans or follow what it is that they're telling you to do.

Now go back to your conversation and ask these questions for each of those dialog lines:

- What else could this mean?
- What is positive about the thing they are saying?
- What is a more realistic perspective or expectation for me to have around this person or this idea?

This may bring up tears, emotions, rage or anger. Let yourself feel them. Let it flow. Let it go.

The Joygasm Alchemy Process (which you will learn in the next chapter) will help you to move through and process these experiences fully.

I have witnessed women experience radical transformations in their support people. Anything is possible when you are no longer holding on to these past pains and challenges.

This is part of the deep work of pregnancy and labor. We are unwinding ourselves from all of our cultural programming, karmic debt, and pain body. This absolutely includes the pain and challenge from our family members.

While we may have supportive relationships in everyday life, if lack of support shows up during your orgasmic birth prep and birth it is absolutely an opportunity for you to learn more and deepen and heal your relationship with this person.

Regardless of whether you actually do have a conversation with this person, doing these exercises will be radically supportive of your own inner alignment for support. The more you move towards the space of love, the more you are able to heal and open to a completely ecstatic birth.

How Do You Actually Connect with Your Orgasmic Self?

I remember like it was yesterday the first time I felt orgasmic energy without physical touch or the presence of a partner. This unending love and joy and bliss that seemed to come from inside of me.

Now to light this joygasmic fire within myself I know a few ways, yet they all lead to that place.

It is a turning inwards, an acknowledgement of the eternal flame of life that lives within my body always. I close my eyes, turn my attention inwards, my thoughts come to my breath and the quiet space between the cells of my being. I look for the tingles that say yes you've found me, and then ask for a bigger connection. I wait, responsive, curious. What is next for my body and my connection? Sometimes I feel a pulsing in my pussy. She's happy to be alive. Sometimes a fluttering of fiery passion in my heart. Other times I get a response of full goosebumps right away. I love all these moments. I know I am alive and I am connected.

If I can't find the space right away, it is always brought into deeper focus by a small change of feeling, a subtle hand movement. It might be fluttering my ringer finger back and forth. Feeling the pulse that lives in my body. It might be circling my hips in a figure eight, tracing the true infinity of life. It might be moving in surrender to music and movement and dance allowing myself to be pulled by the music in a deep way. Connected to this feeling I open my arms and face up to the divine connection, to great father sky, while focusing my root down on mother earth. I remember I am blessed to be here, to be feeling and connected.

*Connecting with the power
of your orgasmic energy
is a feeling you'll never forget.*

The practice of connecting with the innate power of your body to experience altered states of transcendental connection to your source energy is an essential part of orgasmic birth prep.

We would never expect an athlete to run a marathon without training. Yet many women head into birth with very little practice in how to deal with intense amounts of energy running through their body.

Like running a marathon or preparing for a race, orgasmic birth preparation is the opportunity to deepen the experience of sexual energy with yourself, your partner, your baby and your soul. Creating an orgasmic birth field with your partner is one thing. Opening in such an intimate way in front of birth attendants can be daring, challenging or easy.

In our Joygasm Alchemy and Joygasm Manifestation groups you have the opportunity to practice holding orgasmic states for one to five and even 15 minutes gives you your body and your nervous system the framework to interpret intense energy states as orgasmic rather than painful. You can explore being seen in your intimate power by open minded loving people and not feel ashamed.

Just like the birthing woman, the runner learns how to shut the mind off. The birthing woman learns how to speak kindly and reassuringly to the voice that says “you can't do it, you need to give up on your goal/dream”. They lean into timeless magic of the runner's high/trance and use that endless movement as the source of sustaining power.

In the same way, tapping into your orgasmic trance energy is a wonderful way to move with the intensity of birth.

Before you move on to the juicy content of this next chapter, take a moment to think of and remember a time in your life where you felt really connected to a joyful orgasmic experience in your body. It might not even be with your current partner, but a memory from the past. A moment of self pleasure, a spontaneous non-sexual experience, the joy of birthing your previous children. Whatever it is, choose a memory and as you allow your mind to linger and explore this memory, notice the sensations. Notice the feelings in your body, notice your thoughts or absence thereof. Notice the images and experiences around you. Take a moment to write and record these down. This is the beginning of anchoring Orgasmic Bliss into your body.

The sensations

The feelings in your body

Your thoughts or absence thereof

The images and experiences around you.

The sounds you hear

This really touches on the core of what creates an orgasmic birth. How connected are you to the strength of focus and alignment with your powerful sexual energy. How practiced is your ability to actively work with the intensity of life/birth and experience it as orgasmic.

Through our live JoyGasm Alchemy calls you'll be empowered to practice processing from pain to pleasure by using pregnancy's challenges as reasons to deeply understand your body as orgasmic and powerful.

You'll also get homework for you (or you and your partner) to deepen your intimacy and your sexual power. The more comfortable you are with your sensual body the better!
(Husbands LOVE this module of the [Joygasmic Birth eCourse](#))

The Theory & Practice Of JoyGasm Alchemy

Do you ever have those moments where something beautiful happens and it makes you feel like you want to be sad and cry. This is primarily because we have not opened the joy pathways to be able to handle the intensity.

Everything is energy. Energy is either in motion through you, or not.
Energy in motion through you can feel in one of three directions. Pleasure, neutral or pain.

How could neutral energy move through you? Neutral energy in motion feels like contentment presence or peaceful observation without attachment. This is the state that meditators often seek. If the energy is neutral but is not in motion, you will feel numb, bored, dull. This often happens because you are avoiding one of the other two states due to trauma.

So when you experience any negative emotion this is your opportunity to recognize there is a lot of energy flowing and you have an opportunity to choose to ride the wave on the pleasure side.

If it's a strong negative emotion, the pleasure on the other side is just as strong, if not more so.

You'll understand this better as we go along.

Here's how it normally goes:

1. You're feeling joyful about life.
2. A trigger occurs and you feel a challenge, contrast, or notice how you have already been feeling disconnected.
3. You decide to start the Joygasm Alchemy process.
3. You bring in Gratitude. -- Thank you for noticing this experience
4. You bring in Awareness. – I am willing to feel this fully, for the purpose of JoyGasmic Transmutation.
5. You Surrender. – Feel the feeling, let it ride through. Fully express what you are experiencing currently, taking it to the depths of expression through sound, voice, movement. Express internally or quietly, as the situation warrants.
 - a. Once you reach the maximum expression, hold that space for just 3 more seconds.
 6. Bring in presence, consciousness. Returning to your breath.
 7. Say your mantra, and begin Alchemy.
6. You Magnify the experience of pleasure through your body, opening yourself up to even greater pleasure.

My JoyGasm Transmutation Mantra

I am the power and presence of JoyGasm. This experience isn't really real. It's an illusion. I created it for my highest alchemy in alignment with the principle of non-harm. I claim my power back now. I feel it. I feel it flowing into me. I feel it flowing and surging through me. Oh Yes, Yes, Yes! I am JoyGasm incarnate. I feel us in every cell of my body and every molecule of my soul. Let us shine our light to the world, and bring Love to all we see. Yes, Yes, Yes. Thanks, Thanks, Thanks!

That's the basics, but as you can see it easily spawns more Gratitude, Awareness, Surrender, Magnification and we get into beautiful super loops of gratitude and joy. Wow.

So the application of the theory of JoyGasm is that we all have moments in life that challenge us. Where we feel scared, uncomfortable and fearful. In these moments, we're not sure what the next thing to do is, or we are overwhelmed by the emotion pumping through our body. We feel angry, frustrated, scared, small, limited. We've cut ourselves off from the trueness of all that we are. There is only one solution that I've found for this, and that is to open up again.

The beautiful thing about such a fast moving stream is that if you can open up to it, it feels FANTASTIC. The gap from where you are to where you want to be is a phenomenal space. All that is required for you to move there is a willingness to move there. A willingness to shift. Once that willingness is there, make the decision and begin with the process.

The entire thing can be completed in less than 45 seconds from start to finish once you get practice at it. Or it can take as long as you want, as you choose to ride the space of JoyGasm for as long as you'd like.

Therefore the quickest way to transmute that sad moment and RIDE that wave. Is to lift your head up to the heavens and smile. Smile for being alive, smile for the acknowledgement that you are connected, and that you have chosen to ride the happy side of the wave. Ride it into orgasm, ride it into ecstasy. Ride it into bliss and connection. Ride it into love, into transformation, into power, passion, glory and your birth right.

Celebrating and Honoring Your Beautiful Magical Yoni

That glorious vagina of yours deserves celebration, pleasure and exactly what she wants. Yes, even in your birth and in your post partum care.

The question remains... how?

When women think about birth and their vagina's, it is typically to worry about tearing, the pain or the discomfort of the post partum period. This is to be expected with the prevalent cultural level of birth trauma, sexual trauma and general lack of pleasure in women's bodies.

Far too many women have never had an orgasm of any kind. Many more have no idea what their cervical orgasmic energy feels like. Nevermind what a g-spot, a-spot, full body or energetic orgasm feel like. Many have a hard time setting boundaries (myself included at times) and a hyper-sexualization of all intimate connections leads to a lack of "for-play" or "sensual-play" in many women's lives. Most of us have been hurt in some shape or form by the cultural programming of deeply traumatized masculine sexual power.

Sometimes trauma isn't obvious but nevertheless it shows up. Whether it's an absent sex life, difficulty orgasming, poor boundaries, premature ejaculation or pain in intimacy the list goes on and on... If this is you, just acknowledging and recognizing that you are now looking at this trauma is a huge step in the process of clearing absolutely everything from the field that might stop you from being fully connected with the orgasmic power of your body as you birth your baby.

It's completely possible to birth without tearing or even pain. You increase your likelihood of this experience when you are physiologically, consciously and orgasmically birthing. Moving as one being of the cosmos, your baby, your body. One with your breath, your baby and your yoni.

There is no denying that birth is a marathon (no matter how quickly you run it) and requires recovery. Even with no tearing it's still a good idea to prepare for optimal post partum healing, including holistic ways to deal with swelling, tenderness, a change in your intimacy and healthy pooping. There are a plethora of articles and how-to's about how to create postpartum pads, [yoni steaming](#), and 40 days of bedrest. All of these are great and I recommend you look into them and decide if it makes sense for you. What many women forget about, or don't know about is the change in intimacy that happens when your hormones flip on their sides post birth. In the worst case scenario the energy of intimacy changes suddenly, you are busy falling in love with your baby and your husband is left resentful with the chores and without his wife.

Especially if you're dealing with healing tears or extreme exhaustion you may just not feel up for "normal activity" or sex until 6+ months post-partum and that's okay. On the flip side just because "the authority" says you shouldn't be having sex before the 6 week mark doesn't mean you can't engage in intimacy (penetrative or otherwise) if you're really wanting it and are feeling healed up.

What's not okay is having your partner pressure you for sex when you're not into it or not yet healed. What ruins marriages is not having clear communication around this experience and these challenges in navigating your sexual relationship changing. **Far too many couples move from pregnant to distant.** What really needs to happen is a conscious exchange of expectation and the ability to modify that later as you desire.

These are some suggestions for empowered conversations you can have pre-birth with your husband/partner/self to manage expectations about post-partum recovery, sex and intimacy.

What is your intimacy like now?
What would you like more of in your intimacy?
What are some things you have avoided talking about?

How does your partner feel about “serving” your pleasure?
How safe do you feel to set boundaries and have them respected?
What are ways you are already meeting your sexual needs?

Is he on-board with supporting you with the household post-partum?
What do you think that should look like?
What does he think that should look like?
What support do you need to make sure there aren't gaps?

What are some ways you enjoy engaging in intimacy without penetration?
What are some ways to be touched that you find specifically really nurturing?
Does your partner feel safe and guiltless to self pleasure while you are recovering?
Do they have beautiful photos/videos of you for stimulating their self pleasure?
What would your best case scenario look/feel/sound like for your intimacy post-partum?

What do you imagine your return to sexual intimacy would look like?
How will you know in your body you are ready again?

All of these are areas that if you speak about them before your birth you will radically support your relationship to become truly conscious. With open communication and compassion you can navigate any challenge that comes your way.

Trying new positions you never thought of as a couple with kids.

*Do you remember the excitement of flirting?
Flirting is a lost art, yet it is such a wonderful tool for new parents.
Flirting is a sexual position, one that involves eroticism, but not necessarily touch.
The act of receiving being serenaded with compliments and glances,
The art of caressing intimately without touch.*

While most of the time you think of sexual positions as things you do during sex. The awareness that comes when you begin to explore your joygasmic essence is that all of life is foreplay.

Whether you are stressed or relaxed during the day makes a huge difference to whether intimacy happens or not that day and the next. So finding a mindset where intimacy can happen post kids is a new sexual position. It's an openness to an intimate mind-position.

I wonder if you've ever had a day of doing all the mom-things like this one I remember.

After an over-full day where I feel like I got 1/10th of what I wanted to done. I'm exhausted and it's time for bed soon. My partner slides up to me and says "so, are we going to go... you know? Do it today?"

I feel annoyed, irritated, angry and disgusted that he'd even try because I've just finally had a chance to breathe after dinner and the kitchen is a disaster from lunch, breakfast and yesterday's dinner. Instead of getting angry, I practice joygasmic alchemy. I take a deep breath, release my anger, find my presence, gather my courage and say.

"I know you want to be intimate and so do I. Right now I am feeling like I have a lot of chores still to do. There are all the dishes to be done and the floors haven't been done in ages and I feel so tired and my shoulders are sore and my feet are sore. Maybe if you helped me with the dishes and then massaged me, I might feel up for it. I'd really like to make love, it feels so wonderful, but right now I feel so far away from that space. Can you help me get the dishes done first?"

His face glows, darkens, and glows again while he listens. I can tell he doesn't want to do the dishes any more than I do, but he helps me by telling me he'll do the kitchen while I put our kid to sleep. I am grateful for the help he offers. Later he's gentle with my body, with loving touch. It warms me and I eventually open and we make love.

All the nagging and sexual pressuring can be solved by engaging in chore-play.

Choreplay is the married with kids version of remembering to bring flowers on a second date. Chore play is anything that needs to happen anyways but you add in a wink and a sexy compliment to each other for helping. It helps you and your partner keep your sexual energy simmering throughout the day and use the "daily grind" of parenting to lift your spirits and keep your connection strong. Choreplay is literally the act of your partner/husband doing the chores (or hiring someone else to do it) so you can lay in bed with the baby and you appreciate him so much it turns you on.

So he can say things like "I took the garbage out because I know you like it when I do." With a wink that gives you shivers.

Even if he only does it because he knows it enhances his chances of getting laid. That's actually kind of the point. If he doesn't do it, his chances shrink to 0. Yet here's the catch, if you don't ask him to engage in this chore-play dance with you and set clear boundaries, he'll likely never even think to do it.

If you don't ask for the things you need to really relax into intimacy. Whether that's the chores, an awkward conversation or resolving a challenge you keep bumping into. Unless you do, you'll end up like too many women do, engaged in "should-have-sex" that's disassociated, numb, or pleasureless. You deserve better. It takes courage to have the challenging conversations, but the rewards are worth it. It feels awkward at first to flirt over chores, but what better way to get into a new sexual position than to try something new.

If it feels awkward to talk to your partner about this you can have them read this chapter or better yet enroll in the Relationship Reset module of [Joygasmic Birth eCourse](#) we also offer scripts and videos that help you talk with your partner about creating your ideal relationship and intimacy.

We also go into more depth about how to support the normal mammalian experience of bed sharing with children and navigating having sex around. There is a gentle art for how to make time for intimacy with toddlers and babies around and it takes a mindset shift to really shine.

Essential Preparation for Preventing Postpartum Blues

While many women struggle with their emotions during pregnancy and after birth this doesn't have to be the case. Those who birth orgasmically are often filled with a new sense of power and are able to handle the sleeplessness with grace.

A rapid healing journey in the 4th trimester is something you need to plan and prepare for. This is an essential part of preserving your orgasmic birthing experience yet most first time moms don't even think about it.

Planning ahead of time to be well supported while you are exhausted, sleepless and needing support with things like house cleaning or toddler care can make the difference between getting back your pre-baby joy or getting sucked into the post-partum blues.

Being a new mom is a lesson in receiving help and many women struggle with this more than anything else, especially when true village community is so rare.

While some women know they want to have a completely quiet time postpartum, many feel desperately alone even with visitors and guests. Moms, aunts and friends often want to be helpful but it can often come across as overbearing. A part of that emptiness is the vast gap between a skin-skin oxytocin bond that mom-baby have formed, and a lack of physical touch from our family. Asking for a foot massage, a back rub, a skin-contact cuddle can help your wildly flaring oxytocin bond to the people around you and help you feel less alone.

I recommend over preparing for support, knowing that if it turns out you'd rather let the house build up mess and not have anyone in your home, you can let your team know how to best support you in what you ACTUALLY want postpartum. It is your birth, your baby and your choice.

Minimalist Postpartum Checklist:

- Clear postpartum visitors boundaries
- Supportive Herbs & Tinctures for placenta ejection & womb closing
- Belly binding fabric & a friend who can do this closing of the bones for you
- Yoni steaming herbs/bowl/box for day 3 onwards
- Baby diapers/poop pads/elimination communication bowl
- Nourishing meals you can re-heat & eat for the next 40 days (or a meal train)
- Toddler/kid support
- House cleaning support
- Laundry support
- Create a communication tree where you have a single person you can tell about the birth who will tell all the other people so you can stay off your phone
- Journal or video process of creating postpartum memories, processing and healing

*By practicing all the things you have learned in this eBook
you will be well on your way to creating an orgasmic birth.*

Having set boundaries with your support team about what kind of support you want, you have done the core work of clarifying what you want and communicating it. By talking to your partner about intimacy and choreplay, you are infinitely better setup to continue intimacy post-partum.

Before you go...

Would it be valuable to you to have access to a community of women who are also seeking the kind of birth you desire? Would you like to be seen and witnessed in your journey? Do you need support to take the time to work through the exercises presented and actually DO the work?

*You and your baby deserve the most
incredible birth and life.*

I invite you to join us on the journey through the [Joygasmic Birth eCourse](#). Along the way you will be guided to open and deepen into your orgasmic energy body as a source of strength, transmutation and powerful ecstatic energy.

I've heard stories of mothers who saw their entire children's lives flash through their mind's eye as they moved through transition with psychedelic acid style visuals. The experience expanding their minds. I've heard stories of women who dared to touch themselves for pleasure with every contraction, who's bodies and hearts and minds were filled with the glory of pleasure as their children were born.

Now they know how to love in ways I only imagine I can know.
All of this and more is possible for you.

About Elena Harder-Rekshan

Elena Harder-Rekshan* is a Courage Catalyst and Orgasmic Mom Coach. She started her awakening journey when she conceived her son in an abusive relationship. She then spent 7 years in crippling postpartum depression, self loathing and people pleasing, yet never gave up hope on finding a way through. Her search for “mental health” led Elena to study Mindfulness, Spirituality, NLP, Theta Healing, Tantra, Optimal Nutrition, Intermittent Fasting and friendship to find a way to finally recover her mind and joyful soul.

Now she works with other mothers to help them master the tools and skills that really work to remove their negative self talk, eliminate stress, heal their hearts, and remove anxiety, fear and depression.

She believes that by sharing vulnerable stories, and hard earned wisdom, others don't need to make the same mistakes, can move from suffering to joy much faster, and be empowered to find their own Joygasmic Life.



Connect with Elena

Websites:

ElenaHarderr.com

BulletproofMoms.com (FREEBIE 5 Fantastic Freakout Fighting Fingers)

FreeBirthSupport.com

Instagram: [instagram.com/joygasmharder](https://www.instagram.com/joygasmharder)

Facebook: Personal: [facebook.com/joygasm8](https://www.facebook.com/joygasm8)

JoyGasm Group: [facebook.com/JoyGASMagic](https://www.facebook.com/JoyGASMagic)

Youtube: [Elena Harder](https://www.youtube.com/ElenaHarder)

*Yes Harder-Rekshan is my funny/sexy hyphenated last name. While my husband Mr. Rekshan and I haven't legally changed it yet (god the paperwork!) I do giggle about it pretty often and encourage you to take a minute to laugh about the joy of have a Harder-Rekshan in your life.