



Video Transcript

Learn To Maximize Orgasmic Energy During Pregnancy

Hi, I'm Meg when from Gaia Goddess and I wanna welcome you beautiful goddess to this incredible journey of pregnancy where your body is changing in very magical ways. So much is happening and so many of these changes our actually opportunities for you to explore your sensuality in new ways. For instance, during this time, your blood volume is increasing rapidly by up to 50% with some of that extra blood flowing to your most sensitive areas, and this can mean that you are more swollen, more sensitive, and yes, perhaps more open to experiencing pleasure and orgasms.

This is not only thanks to the blood flow that is increasing, but also to the higher levels of oxytocin, estrogen, and progesterone. And for many of these changes, many of them are gonna actually peak during the first and the second trimesters not only bringing more sensitivity, but also heightened desire and intimacy.

You might also be wondering. Worried that sex could hurt your baby. And this is, this is a really, really common concern for a lot of women and for a lot of fathers. But I wanna assure you that as long as you have been cleared by your doctor or midwife sex during pregnancy, it's not only safe, but it can even offer amazing benefits.

So rest assured that a penis a sex toy or your fingers are not going to reach beyond the vagina, and that your baby is totally oblivious and unaware of what's happening. Another common myth is that sex will lead to preterm labor. Uh, there was actually a study done on 600 pregnant women that actually found, believe it or not, that pregnant women who were sexually active late

in pregnancy are much less likely to deliver before 37 weeks of gestation than those who were not sexually active.

There are. Also so many amazing benefits to exploring pleasure. For instance, orgasmic contractions can strengthen not only your pelvic floor, but also the muscles that surround your uterus, which can be incredible for preparing you for labor delivery and postpartum recovery, and not to mention. Feel good Chemicals that come from pleasure can also improve sleep, reduce stress, which is really, really important and essential for a healthy pregnancy.

And of course, all of those beautiful, intimate moments that you experience also boost oxytocin, the love hormone. And this is gonna help you to bond not only with your partner, but also with yourself and your growing baby. Another common myth is that sex will lead to preterm labor. But there was actually a study done on 600 pregnant women that actually found that pregnant women who were sexually active late in pregnancy were actually much less likely to deliver before 37 weeks of gestation than those who were not sexually active.

And this actually makes a. Perfect sense when we understand the science behind it. Because regular sexual activity and orgasms help to regulate our hormones in a very natural way. Think of it as your body practicing small, pleasurable releases rather than building up tension. These mini releases can help maintain hormonal balance and keep your body in a state of calm readiness rather than stress.

I wanna also emphasize that there are just so many amazing BE benefits to exploring your pleasure. For instance, orgasmic contractions can strengthen your pelvic floor and they can also strengthen the muscles surrounding your uterus. And this can be so helpful during labor delivery and also in postpartum recovery.

And, and of course the the wonderful feelgood chemicals from pleasure can also improve sleep, reduce stress, which is really, really important for a healthy pregnancy. And, uh, lastly, the oxytocin that wonderful love hormone is, is very, very, uh, is going to grow as you explore your pleasure. And that's gonna help you not only connect with your partner, but also with yourself and your wonderful growing baby.

And so, even though, so, even though your sex drive may change during pregnancy. It's really all about listening to your body and communicating openly with your partner. So some days you might feel really, really aroused while other days you might have zero interest and that is totally fine. The second trimester is also gonna bring potentially an increase in desire while the third trimester.

When you're growing a little bit more can bring, uh, uh, perhaps a little more discomfort. You might also have to adapt a little bit more during your sexual activity. Because with your changing body, your growing belly, it might make you feel a little bit more uncomfortable in different positions. For instance, you might find that lying flat on your back is just not going to be good.

It's definitely not recommended during that third trimester. So you wanna try things like lying on your side, spooning positions, or you can also even experiment with. Topping being right on top of your partner, which can allow you to control, uh, the sensations and the experience. Just remember to use whatever supports you needed.

So in these cases, pillows might be your best friend. And lastly, I wanna say that during pregnancy areas that were previously pleasant to touch, well, those pleasant areas might become exquisitely sensitive, offering new pathways to pleasure. Your breasts are preparing for nursing, and they're also gonna become oftentimes much, much more responsive to touch.

Even gentle caresses will be experienced oftentimes, much, much more sensitively than you're used to. And of course, there's gonna be more blood flow to your vulva and clitoris, which is gonna make these areas not only more pronounced, but much more receptive to touch self-pleasure. Is gonna be something that you may really, really want to tap into during this time because not only are you in complete control when you explore yourself with with self pleasure, but you can also tune in exactly to where your body needs touch.

Simple self-pleasure practices not only help to maintain healthy blood flow to your pelvis and your baby, but it's also again, gonna support all of those muscles that you're gonna need during labor and recovery. So sex toys like this one can be amazing for exploring yourself. And I have my trusty little vulva model here.

Just to give you just a couple of ideas. You of course have the very sensitive clitoris, which has over 8,000 nerve endings, your labia menorah and majora. So you could explore something like this. You with indirect stimulation or direct stimulation, you can also dive. In, of course, to your vulva and explore stimulating your internal clitoris, which most of you probably know as your G-spot.

Uh, really the, the most important thing is just to know that when you use sex toys like this one, the most important thing is to disinfect them well and just work with them in a way that feels good to you. One last thing I wanna offer you is that you can also use a Kegel ball like this one inside your body, which can again stimulate your clitoris from the inside.

That very, very sensitive part. As you explore yourself externally, uh, and what's great about this is that Kegel balls, which you may have heard of sometimes, uh, women use them in in postpartum recovery, but when you use them prior to labor and delivery. The weight of the ball is gonna actually help to trigger those wonderful orgasmic contractions.

So it's a really, really great way to help to strengthen these muscles and to support that blood flow and all of those wonderful feel good chemicals. The key is to just play. Right, and not to focus on the goal. Don't do that. Just simply focus on receiving pleasure, and this is actually

going to make you even more available to orgasm and more available to just simply being in the present moment as you explore yourself.

And so just give yourself permission to be fully with and present with whatever you're feeling. This also means give yourself permission to make sounds like humming or open mouth expressions. All of these kind of expressions are really, really helpful, not only for stimulating and supporting orgasm, but also for releasing emotions that might be stored in your body.

And these vocal expressions can also help to strengthen the connection to your nervous system and can energize orgasmic potential as well as making your labor and delivery also much more accessible. You know, when you go to a hospital, if that's where you're gonna be delivering sometimes that sterile environment.

Can seem really, really oppressive and a little bit awkward, and it can often make you kind of repress those primal instincts. But those primal instincts and that primal expression is just what you need to support you during your labor and delivery. So give yourself again, permission to make those sounds.

You know, allow yourself to express whatever is coming up. And then when you are in that process of labor and delivery, you're gonna already have the practice to give yourself permission to make whatever expressions you need in the moment. Ultimately, when you understand how your body responds to pleasure, you're better equipped to work with it.

Rather than against it. And this can be so helpful again during labor. So I invite you now to just carve out a little bit of time this week to simply tune into your pleasure and your body. Give yourself permission to explore yourself, you know, express whatever you need to your partner. Feel into each and every moment and tap into the power of your beautiful and changing body.

This is such a special time to tune into yourself and indulge completely in all of these wonderful changes that are happening and the amazing potential within your pleasure. I hope you've been inspired by this talk, and I hope that you enjoy tapping into this potential, and I look forward to seeing you in our next practice.