

Expanded Orgasm: a Bliss Path of Love, Orgasm, and Awakening

We are talking to Dr. Patti Taylor, **the innovator, developer, and foremost expert in the world today on the subject of Expanded Orgasm**, the author of the bestseller, *Expanded Orgasm*, and founder of ExpandedLovemaking.com.

What is an Expanded Orgasm?

An Expanded Orgasm is something that happens when you or your partner is putting really pleasurable attention on your genitals, enough attention so that it feels really, really good. Your level of feeling and sensation climb higher, and higher. Normally at some point, you would go over the edge, and that would be a regular orgasm, but in an Expanded Orgasm, one of two things happens.

In the first outcome, you don't go over the edge. You just keep feeling more and more, learning to spread your sensations throughout your body, heart, mind, and spirit. In the second scenario, you do go over the edge – experiencing those amazing explosive, fantastic feelings – but then, you stay “over the edge”, and keep going over new edges, without coming back down. Either way, you can stay in an expanded orgasmic state for five minutes, 10 minutes, or even longer. Some women and men stay in the states for upwards of an hour, with training.

That sounds like fun! How do you spread the energy?

You can spread the energy by visualizing the sensations literally traveling up your abdomen, into your heart and head, and out your hands. You can imagine more sensations going from your genital area, down your thighs and legs. The more you spread, the more sensation you can now take in. Now you'll feel more! You learn to allow these feelings in, without resisting them. Since they're so pleasurable, most people are quite motivated to do so. Learning to relax, and deepening your breathing will also help tremendously.

Can anyone have one of these experiences?

I've always said, where there's a will there's a way. So, yes, if you want to learn. The path is the same, in some ways, and different in others, for men and for women. Women generally learn how to increase their capacity to *feel* more, while men tend to learn how to *spread* the energy more, since they're already feeling quite a bit. But in the end everyone has the same goal, which is to allow in ever more sensation, and to spread the energy further. And of course, everyone learns how to be a more delicious, turned-on, giver of expanded delights!

You do have to learn some basics. Learning to touch so that you enthrall your partner in every moment is one of the first things I teach. This path can be fun and rewarding from the first step.

How did you get started teaching these practices?

I had a spiritual awakening that changed my life. After I had it, I saw the love in everyone, and the connectedness of all things to all people everywhere.

Fast forward three years to when I had my first Expanded Orgasm and went back into that same energy of love and connectedness. In that moment I dedicated myself to learning how to teach myself and others how to enter that same ecstatic and blissful space. It's a very healing and connecting energy that can take us into a place of profound love and awareness.

Is Expanded Orgasm a form of Tantra yoga?

Expanded Orgasm actually has its roots in ancient Tantric practices. Originally, the expansion of this energy was used in Tantric ceremonies as a pathway to higher consciousness. That makes total sense. Orgasm is the creative life force energy at its peak expression. When you extend and expand it, you open a window into a realm far vaster than what you can experience in your normal, everyday waking life.

My own Tantric lineage, of Kashmiri Shaivist Tantra, has proven to be a profoundly rich, deep source of learning, not only about Expanded Orgasm, but about how to live a life where every moment captures that same orgasmic bliss that you feel at the peak of an Expanded Orgasm. Ultimately, this ecstasy is the same energy and awareness, whether it comes through an orgasm, or in any moment of pure joy, wonder, or astonishment.

Expanded Orgasm is a profound path of gratitude. You also learn to drop polarizing judgments as part of becoming a master lover. I often go right to the source: our Tantric wisdom teachings, which radiate a genius that blows my mind. They teach me more about how to live in orgasmic life than I ever dreamed possible.

Perhaps more than anything, we learn to integrate our minds, hearts, bodies, and spirit, so that we no longer live in dis-integration. Once we understand this, our touch becomes magical, our thoughts become lucid, and we tap into our natural genius. We can regularly access the divine through our bodies, which are also revered as divine.

You mentioned integration. Why is integration so important?

We live in a world that teaches us separation in every way imaginable. We are taught that we are “divided” into a mind, body, heart, and spirit. Many people are wondering how to re-connect the various serious parts of themselves. They find that one “part” of themselves dominates them, often to the detriment of the other parts. Then they have an internal war going on inside them, almost continuously. They don't know which part of them to listen to.

Haven't you ever felt, for example, conflicts between what your mind wanted, and what your heart wanted? Or between what your heart wanted, and your body, or sex center, wanted? But these divided “parts” are manufactured by the mind for convenience, because beyond the illusion of parts, each one of us is a whole being. When we can integrate ourselves, we can see that we have been whole, and are always whole.

Our skin, blood, and our heartbeat, go from our feet to our head and all over us. When we touch, we touch with our body, our mind and our spirit. We cannot touch say, just sexually. Touch touches everywhere, and touch even touches us back. We cannot touch without being touched. So we are not separate from those around us, either. So these mental constructs of separation do us harm when they're not identified and kept in their useful places.

Fortunately, there are very easy practices to access places of our own wholeness. And, Expanded Orgasm is an amazing vehicle for experiencing prolonged integration. Amazingly, when we do integrate, we find solutions for our life's conundrums and conflicts based in harmony between the body, heart spirit, and mind. Our undivided energy is healing for us, and powerful. Our charisma soars. We actually are emitting resonant frequencies that other people can easily feel. We attract much more of what we want into our lives on all levels.

How is this different from all the advice we see on how to have better sex?

I do not tend to think of Expanded Orgasm as “sex”. Sex, alone, would be like the consommé or chicken in a 10-course meal. Wouldn't you rather enjoy all the courses in the meal? In our Tantric practice, we like to look at things in their entirety, and Expanded Orgasm is simply so much more than just sex.

Still, sex is a significant part of how we get to those enlightened states of consciousness. So, as you might imagine, you get superb training in sexual skills along the way. Good givers and receivers of Expanded Orgasm are often extremely popular and highly sought-after lovers.

Where can we learn more about this?

I wrote a book specifically on Expanded Orgasm, entitled *Expanded Orgasm: Soar to Ecstasy at Your Lover's Every Touch*. I've also created a full-length DVD, *Expand Her Orgasm Tonight*, demonstrating what's possible to experience. My website, www.ExpandedLovemaking.com, has information on these products, a blog, and a weekly free podcast with some of the most leading-edge thinkers in this field.

I give courses nationwide. I invite everyone to consider themselves in an ongoing learning process about how to be a better lover. What could be a more joyful question to live into? I know I'm still learning.

In our brand of Tantra, “beginner's mind” is the highest place you can arrive at, because then you're in this place of total presence and freedom, even in your lovemaking. Of course, having some really great lovemaking skills enhances your beginner's mind and gives you the ability to bring yourself and your partner to new heights of pleasure.

I say, have it all! That's what love is all about. There's more than enough love to go around, and always more joy and pleasure to create and share in every way imaginable. Expanded Orgasm is just one of the many phenomenally great ways to share this love.