

Case Report

Five Cases with Expanded Sexual Response (ESR)

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Abstract

"Pleasure principal" is one of the most important driving forces of the human psyche. Pleasures in human beings include various satisfactions, such as food intake for the survival, satisfaction of the ego and higher cortical cognitive functions, sexual satisfaction and orgasm, satisfaction of basic physiological needs. Female orgasm, which does not happen in other animal species (other than maybe one or two higher primates), is one of the most intriguing phenomena in female psychology. Female orgasm and female 'peak experiences' are well documented in the ancient historical literature of the Far East and India. In Tantra and also in Taoist philosophy, for centuries, prolonging the sexual pleasure of the women was regarded as an essential approach; old Chinese Taoist prescription for male sexuality was also defending males to prolong intercourse for a couple of hours, while, according to Chinese medicine men, losing semen was a bad habit or losing the yang energy. As described by Masters and Johnson, some women can attain an orgasmic state which may last for 43 seconds, coined as status orgasmus. The highest orgasm number recorded in medical literature is 134 orgasms per hour. ESR is a recently defined novel phenomenon, although it is very ancient. ESR was defined as: "being able to attain long lasting and/or prolonged and/or multiple and/or sustained orgasms and/or status orgasmus that lasted longer and more intense than the classical orgasm patterns defined in the literature". Status orgasmus is the continuous form of blended orgasms and/or clitoral/vaginal orgasms that last for starting from 1 to 15 minutes (or more). During status orgasmus a continuous orgasmic state is experienced and very few women are believed to achieve status orgasmus state, e.g. less than 1% of the whole female population. Nearly 10% to 15% of the women population has the capacity to develop ESR and prolonged orgasms. ESR is also a learned and developed phenomenon. Some non-ESR women can also develop ESR after certain trainings. Tantric and Taoist techniques are one of the training methods. ESR can also be measured by means of a psychometric ESR scale developed by Dr. Umit Sayin.

Keywords: Expanded orgasm; Expanded sexual response; Status orgasmus; Blended orgasm; Taoist love making; Tantra; Neo-tantra; Kama sutra; Prolonged orgasm; Limitless orgasm; Never ending orgasm

Introduction

Female orgasm is one of the most unexplained and intriguing phenomena in female physiology and psychology. Most of the women living on the globe do not actually know their natural capacity in attaining very powerful orgasms. There are very different and contradicting reports about the nature of female orgasms coming from different parts of the world. Some case studies have been reported in our other works [1-4]. One of the aims of this article and case study is to confirm some of the Expanded Sexual Response (ESR) experiences and unusual forms of sexual arousal and behavior.

The medical literature and sex therapy have mostly been interested in and focused on the pathologies of human sexual behavior. Not much research and investigation have ever been done on the limits and extents of human female's sexual potentials, such as Expanded Sexual Response (ESR) which is a recently defined phenomenon on female sexuality. Cultures of Far East, and Dionysus Cult members in ancient Greece had investigated mostly the "pragmatic aspects" of the female sexuality starting from 6th century B.C. [2,5-11]. However, the ancient discoveries about female sexuality were forgotten for a long time, until the 20th Century.

Actually the main goal of sexology and sex therapy should be investigating the physiology, limits, extents of sexual behavior, not only focusing on the pathophysiology of the patients. All human population should be the subject of modern sex therapy, not only patients suffering from vaginismus, anorgasmia or lack of sexual desire in women and erectile dysfunction or premature ejaculation in men. Today, in the Western world the average coitus duration does not exceed 4-6 minutes [10-12]; is it acceptable to define normal coitus duration as 5 minutes? Tantric and Taoist love making techniques point out that, by training, this duration can be broadened and the pleasure from coitus, for both men and women, can be amplified.

Female orgasm and female 'peak experiences' have been well documented in the ancient historical literature of the Far East and India [6,9,13,14]. In Tantra and also in Taoist philosophy, for centuries, prolonging the sexual pleasure of the women was regarded as an essential approach; old Chinese Taoist prescription for male sexuality was also defending males to prolong intercourse for a couple of hours, while, according to Chinese medicine men, losing semen was a kind of bad omen or losing the "yang energy". In Tantric rituals also, the men and women were encouraged to prolong love making session, as well as the intercourse, without having an orgasm (especially for men). In Eastern writings, the essentials of making love were bringing the female partner to different levels of orgasm; women were allowed to reach to orgasm as much as they wanted, before the male ejaculated [6,7,9,14].

When we look at the nature of female orgasm, although there are similar patterns to male orgasm, it seems to be very different than male ejaculation depending upon the woman experiencing it. In a classical single female orgasm, there seems to be different patterns contributing the bodily changes [10-12,15-17].

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Whole body changes

Tachycardia, elevated blood pressure, hyperventilation, sweating, extension of some muscle groups (e.g. legs and feet), muscle tension, 'sex flush', vasodilatation at the cutaneous arterioles and increased venous blood pounding etc.

Genito-pelvic changes

Erection of clitoral complex and glans clitoris, enlargement of G-Spot area and urethral sponge, lubrication, involuntary contraction of vagina, uterus and cervix, voluntary-involuntary contraction of pelvic floor muscles (PC-muscles), involuntary contraction of anal sphincter etc.

Psychological changes

Relief of tension, discharge feeling, decrease of anxiety, happiness, euphoria, relaxation, fulfillment, subjective feeling of getting rid of electrical and muscle tension, altered states of consciousness (ASC) etc.

As measured by Masters & Johnson, the contraction duration of genital and pelvic area occurs at 0.8 second intervals [1]. Although males have a refractory period after one orgasm, or ejaculation, to become erect again, it has been well documented that females have the capacity to continue having multiple climaxes if they are stimulated continuously and properly by the right partner [2-4,6,10-12,15-27]. As described by Masters & Johnson, some women can attain an orgasmic state which may last for 43 seconds, coined as status orgasmus [1].

A recent documentary at You Tube, entitled as: "Never Ending Orgasms" was investigating the mechanisms of ESR orgasms (see: <https://www.youtube.com/watch?v=fwDbxyppfEg>). According to the documentary the scientists have started to investigate prolonged and multiple orgasms in USA, England and Germany in 2018. In the documentary there were interviews with the subject women who were attaining 50 to 100 orgasms in one hour; and tens of orgasms in a day, which are very unusual compared with the known literature.

The duration of expanded orgasms (EO) and ESR varied from woman to woman, lasting from several minutes to tens of minutes [6,12,15,19,20,28]. In the literature, the highest number of orgasms in a woman recorded by Dr. William Hartman and Marilyn Fithian was reported to be 134 per hour [2], this subject was probably experiencing a form of status orgasmus. During those cases no objective scientific data such as EEG (in 1950s) were recorded. Most of the fMRI and imaging studies are about single female orgasms; no EEG, PET, fMRI, MR studies have been performed on the multiple orgasms or ESR phenomenon yet.

In some women who have developed ESR; Expanded Orgasms (EO), multiple orgasms and status orgasmus can vary in duration and in number of minor orgasms they contain in the train of orgasmic pattern. Lately, such prolonged orgasms and the methods how to attain them have been published in many books and Sayin defined status orgasmus as articles [2-4,6,10-12,17-24,28-31].

Status orgasmus is the continuous form of blended orgasms and/or clitoral/vaginal orgasms that last for starting from 1 minute to 10 to 15 minutes (or more). During status orgasmus a continuous orgasmic state is experienced and very few women are believed to achieve status orgasmus state, e.g. less than 1% of the whole female population. Status orgasmus can be seen in vaginal and clitoral orgasms, however mostly it is seen as an expanded/extended form of blended orgasms,

in which both clitoral and vaginal orgasm reflexes are triggered at the same time. Similar orgasmic states and full body orgasms are also defined in Tantric literature. The duration may change from woman to woman. Status orgasmus was first defined by Masters & Johnson as lasting for 43 seconds in a woman in 1966. Today it is estimated that status orgasmus continues for 1 to 2 minutes, while it may last for 10 to 15 minutes, a prolonged and extended orgasmic state which ends by a giant orgasm (Big-O) that gives a great relief and satisfaction at the end. In most of the status orgasmus experiences there is usually a refractory period of 10 to 15 minutes. The number of minor orgasms in a status orgasmus may exceed from 5 to 30 (some women claim that this quantity goes up to around 50). In status orgasmus it is thought that any combination of pudental, pelvic, hypogastric and vagal nerves mediate the triggering mechanism at the same time.

As a novel phenomenon "ESR orgasms and EO" seem to be different in many ways from the classical single orgasms, as defined by Masters & Johnson and Kaplan [1-4,6,10-12,15-17,19,20,22-24,28,29,31].

- The duration and number of single orgasms in the orgasmic train may increase.
- The duration of the whole orgasmic experience may increase, such as lasting for tens of minutes.
- The intensity of the individual minor orgasms generally increases along with the length of the orgasmic train.
- The number of minor orgasms in the orgasmic train may be beyond the normal and average orgasmic pattern, such as exceeding 20 to 30 orgasms in tens of minutes.
- The pleasure taken and sexual relief is reported to be much more compared to single or a couple of multiple orgasms.
- Without a refractory period, a new orgasmic state commences after each orgasm, without passing to a resolution phase, while orgasmic consciousness state is maintained for a long time (e.g. from a couple of minutes to tens of minutes or hours).
- Although there may be some forms of ASCs in some single orgasms of some women, most of the ESR and EO orgasms are accompanied with ASCs, whereas time perception, space-time continuum may be altered deeply. We had reported 85 different states of mind in our former publications.
- As reported by many ESR women, ESR orgasms seem to have anxiolytic, anti-depressive, euphoric, myo-relaxant, sedating, analgesic, acute and short acting hallucinogenic effects.

Recently, some studies of orgasmic women also revealed a form of ASC during orgasms [32]. There are increasing numbers of reports of females experiencing a form of ASC during prolonged and very intense orgasms, which form the novel concept of ESR. However, in those studies no classification of the sexual response was made to address a question such that, whether these women were experiencing an enhanced orgasm pattern and ESR, or not. Most of the questionnaire that investigated the ASC during orgasms was prepared to quest an average orgasm or a single orgasm pattern of a women. In most of the surveys, vaginal-coital, blended orgasms and other erogenous zones of pleasure were not questioned.

The main hypothesis in ESR studies was, "Sexual response, orgasmic consciousness and orgasmic pleasure can be enhanced,

prolonged, and expanded in the human female". Although a small proportion of women has attained or could attain ESR today, ESR is a learned phenomenon that can be developed in many women by training and education, particularly by Tantric training. [2,3,10-12,15-17,20,30].

Case Studies

To give some samples we quote some of self-description of orgasmic experience of women described elsewhere [10]:

Case 1

How Did My Climaxes Develop?

E.G. is a 40 years old medical doctor; divorced, living in İstanbul. She is an academic. Her ESR score was reported as 115/150 in 2016.

"After I divorced in 2005, I wanted understand my body and develop myself and experiencing different kind of adventures. Sexuality was important for me because my husband had a problem of premature ejaculation. It lasted for only 3 minutes, at many 5 minutes. Since I was 10, I had learned to experience clitoral orgasm. Since 2005, I have got all the books about female sexuality from the internet and read them at home. I believed I would improve myself. I had a couple of new and experienced partners. I discovered my G-Spot at the age of 33 to 34. Then at 35 I learned how to attain vaginal orgasms; before I was only familiar with clitoral orgasms. Both G-Spot orgasms and vaginal orgasms were very different and more pleasurable compared to clitoral orgasms. They were also lasting for a longer time.

Actually I cannot give up clitoral orgasms, because I have been doing it since I was 8 to 10 years old. My first experience with vibrators was at the age of 35. By time I discovered other pleasure toys. New partners and new toys improved me a lot. Today, I can attain endless orgasms, namely as long as I or the partner stimulates I continue to orgasm without stopping. One orgasm starts and then it passes to the other one. I did not count the number of orgasms I have had, however in 2 hours it can sometimes be 50 to 75 or more. The best is of course combining coitus with toys, and then the pleasure builds up more and more. The problem is I have never found a partner, who can continue for more than 10 to 15 minutes; one day I believe that when it happens, my vaginal orgasms will also develop unbelievably. During the last 5 years my big steps in sexuality also affected my psychology and my philosophy. I think it is the oxytocin which makes us more mature and more pleasurable and healthier" (Figure 1).

Case 2

A.Y. was an engineer. She was 34 years old (today 35). She had her first intercourse at the age of 20. She had her first clitoral orgasms at very early ages, as early as 8 to 10 years old, by means of self-masturbation; she had her first vaginal orgasms at the age of 24 and her first blended orgasm (and status orgasmus) at the age of 32. Her score from ESR scale was 142/150 (in 2015). Her PC-muscles were very strong such that, her PC-muscles could have a pressure of 25 to 30 mmHg (using a Kegel probe) or more. Her orgasms were, most of the time, multiple and she experienced status orgasmus lasting for a couple of hours, as long as she was stimulated. The longest duration of her multiple-orgasms, as she remembered and expressed, was 8 to 10 hours, continuously (with a particular partner; with coitus, clitoral stimulation, oral sex, vibes and toys, and other Tantric techniques); her highest reported orgasm pattern was 35 to 45 continuous orgasms in an hour, which also lasted continuously for a couple of hours. She experienced sensual sensation and stimulation at G-Spot, A-Spot, O-spot; and she experienced G-Spot orgasms and female ejaculation. She defined herself as "hypersexual", but not "a sex addict or insatiable". Her sex drives were not uncontrollable; she had some very long celibate periods in her life-time, without any sexual interactions. She was most of the time monogamous and she was very content of her sexual life and orgasms. She has not been diagnosed and/or treated for any psychiatric disorder.

A.Y. defined her orgasms as:

I would like to explain my orgasmic explain my orgasmic experiences in different forms of orgasms:

My clitoral orgasms: *When the tingling sensation starts at my clitoris after stimulating manually or by vibe, I always have a tickling feeling and this feeling spreads to my pelvis, to my legs and to my torso gradually with the increasing amount of pleasure, which builds up. I feel to be immersed, and flowing, elevated, when the orgasm starts. Generally I come very easily and continuous stimulation of my clitoris with lubricated finger, tongue or vibes make me start to come continuously while my body and genitals contract and I feel the explosion at my uterus. My legs and my genitals and pelvis always tremble, and I cannot prevent this. This trembling develops into a kind of earth quake and it becomes like an epileptic fit eventually. My leg muscles contract and relax with every orgasm. The bottoms of my feet become very hot, while this hotness entangles my torso and body gradually. My genitals and*

What is ESR Score ?

ESR Score Scale is a 25 item psychometric scale to measure the ESR and hypersexual activity in women designed by Dr. Ü.Sayin (2010, 2012)

The women who get scores between 100-150 are accepted as ESR-women. Below 90 are non-ESR women. Between 90-100 is high sexual activity & hyper-sexual life style; they can easily turn into ESR by training.

ESR Scale Measures:

Libido
Masturbation Frequency
Fantasy Frequency
ASCs
Orgasm Capacity

Arousal
DVZ
G-Spot
G-Spot Orgasms
PC-Muscle Impact

Blended Orgasms
Orgasm Number
Clitoral/Vaginal Orgasms
Status Orgasmus
PC Muscle strength

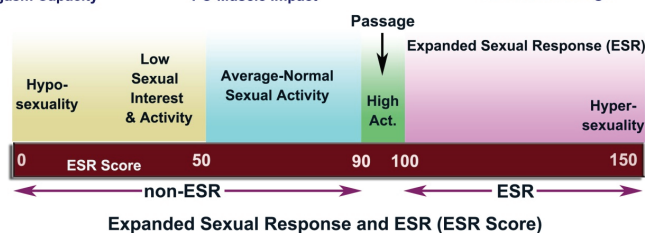


Figure 1: ESR Score and ESR Scale Levels.

clitoris throbs and always this throbbing feeling with the rhythm of the heart are the only things I remember, when I reach to 20 to 30 orgasms if the oral, manual or vibration stimulation continues. I feel electrical discharges and explosion at my clitoris and other parts of the genitals. Clitoral orgasms can become successively, but they are bursting, local and they are not as satisfactory as vaginal orgasms; vaginal orgasms spread through the whole body and the brain, unlike clitoral orgasms. After ten orgasms, my mind goes away, if the orgasms continue I cannot speak, only hear my moans and cries (or laughter), which also increase my pleasure and enhance the next coming orgasms. In short, clitoral orgasm is like a sharp, short, exploding, bursting type of orgasm with sudden electrical discharges. I can continue clitoral orgasms for a couple of hours without resting and any cessation. The highest number of clitoral orgasms I had at a session by masturbation or by a partner's stimulation has been probably more than a hundred in a couple of hours.

My vaginal orgasms: They are much more satisfactory and spread to whole of my body. After having 15 to 20 clitoral orgasms, it is better to pass to coitus and vaginal orgasms. Because there is more arousal then I feel my G-Spot from the very early times of the intercourse sessions since I was 21 to 22. Also I had an experience of G-Spot orgasms and vaginal orgasms separately, while I also ejaculated occasionally. During the coitus I feel my G-Spot's becoming enlarged and giving pleasure in increment levels. My A-Spot and Cervical pleasure is as powerful as the G-Spot stimulation. So, when my partner can continue coitus for 60 to 90 minutes, I can easily feel the stimulation of G-Spot, Cervix and A-Spot separately; after a while they combine into very intense and gorgeous, huge orgasms. At each thrust of the penis at every length there is a different kind and taste of pleasure which builds up gradually. After a while I cannot differentiate one orgasm from another; one starts and continues with the contractions of my genitals, uterus and body, becoming more severe every time. When it ends, another orgasm may start depending upon the foreplay, talking, fantasies told by the partner. When I squeeze PC-muscles the intensity of orgasms are always enhanced. For instance, squeezing PC muscles have more effects on the increased pleasure from G-Spot. I can orgasm by the single stimulation of G-Spot, or A-Spot and/or Cervix. I feel the O-Spot less frequently, but I am aware that there is a pleasure locus at the back of my vagina (posterior fornix) too. During vaginal orgasm, if they continue for 30 to 40 minutes with different intensities of explosions, I feel unified with my partner and my mind and mood is elevated; it is like dying and out of body experience, like observing one's body from outside. I become different persons and as if there are other persons inside me, like a creature of libido, which comes out and wishes only to be filled in and experience prolonged coitus for more and more...During vaginal orgasms I experience altered states. Vaginal orgasms, when the partner is good enough to stimulate, build up to unbelievable forms of contractions which are more intense and deep and longer than clitoral orgasms. Vaginal orgasms are much more satisfactory compared to clitoral orgasms. Vaginal orgasm is like climbing up to a mountain, when you reach close to the top of the mountain, I feel like continuous trains of orgasms which enhance each other. Rotating vibrators with the clitoral vibration also induce very powerful orgasms in my sexual encounters. Once I continued having vaginal + clitoral orgasms until the batteries of the rotating vibe went off, I don't remember how many minutes or hours it was.

Multiple orgasms: I never have single orgasms. They are always multiple and before I feel relieved I need to have 15 to 25 multiple clitoral or vaginal orgasms. So, once I pass 25 to 30, the pattern of the orgasm may change and my breath stops, my mind stops, I feel like I am dying and the trains of orgasms turn into a status orgasmus.

Blended orgasm and status orgasmus: Even though I experienced clitoral and vaginal multiple orgasms many times, I have learned blended orgasms and status orgasmus one and a half years ago with a new partner who could continue coitus and stimulating me by many ways for a couple of hours. He was a Tantric lover and before him all my partners in my life could continue coitus or stimulation for 20 to 30 minutes at much. Partner is very important to experience vaginal orgasms, blended orgasms and status orgasmus. The explosion in blended orgasms and status is immense and it is like climbing up an infinite-step ladder, where at each step of orgasms is more intense than the former one. In status orgasmus, I feel every cell of mine orgasming. In my experiences the combination of the stimulation of the clitoris and A-Spot creates gorgeous orgasms, which are undefinable. My body arches, I scream as if something is torturing me or killing me. The contractions are continuous and the gradual enhancing of the orgasm never ends, while I ejaculate too much, and the bed sheets become so soaked that it is like a river flowing from my uterus to vagina and then outside.

Status orgasmus is the sexual nirvana for me. It is great illumination and satisfaction that I cannot explain and elucidate the pleasure and immobility I get after a status orgasmus. If the partner is good, I can attain status orgasmus through vaginal orgasm which become a status after a while. But, most of the time the combined stimulation of G-Spot, A-Spot, coitus and clitoris puts me into the status in 10 minutes. Then I am in another world, the paradise of pleasure and contractions, losing myself and I only concentrate on my screams, contracting genitals and heating and contracting legs. In every blended orgasm or status orgasmus, I experience various unexpected and unusual forms of ASCs written in your ESR Scale. The outer world closes and I become a different orgasming creature. I only feel myself, my continuously contracting body and my partner; we become unified. I just think to come more and more and more. After 15 to 20 minutes of continuous status orgasmus a creature or an animal comes out of mind and body. That animal lives only for pleasure and asks more climaxes, it is only in my body for coitus and it says f...k.; f...k.; f...k. Even though my partner comes out of my vagina, I still feel him inside and the orgasms continue. This is a real peak and extraordinary experience. I then become an orgasming machine and like an orgasming machine gun I come and come and come with a greater intensities at each time ... I feel only my contracting body, even in every organ, every tissue and every cell! My partner sometimes stops being afraid of my mood and facial expressions, because I cannot speak, cannot give a sound and cannot breath. When the status orgasmus is stopped, I feel like a spoiled piece of body, I cannot talk for nearly 15 to 20 minutes, lie down and cannot move while still many parts of my body muscles and genitals continue to contract. The pleasure is so immense and unexplainable that I never experienced such alteration of my mood and orgasmic body. It is a kind of different consciousness of orgasm.

Altered states of consciousness during blended orgasms or status orgasmus: I feel more ASCs than what is written in your ESR Scale. All kind of short hallucinations at the peak of status Peacefulness, floating, flying, out of body experience, dying, exploding, time travel (!), travelling and flying over the forests and unknown cities, astral travel like experience, elevating, crying or laughing, spontaneous laughter, flying like a winged horse, all kinds of freedom feelings, oceanic and blissed feelings, feeling like a butterfly and a sacred, mythological bird that flies over the blue skies and lands. My love increases to my partner. I feel so many different things that I feel all the ASCs in ESR Scale plus many others (truncated).

Case 3

P.Ö. (39)-2017- Istanbul.

P.Ö. 39 years old, Engineer, working as a director, living in İstanbul. ESR Score 117/150 (in 2017). We only take a short part of the interview in 2017 because of the space limitation. P.Ö. describes how she developed her orgasms and her sexuality [10].

Clitoral orgasm and masturbation: *The excitement began when I was 5 to 6 years old. Even though I felt childish feelings to my elementary school friend I fell in love with, my sexual excitement was a feeling that I know of. But I started masturbating at exactly 9 years old. I was having a clitoral orgasm every time. I don't remember how I discovered first masturbation exactly. When I manually stimulated my clitoris, there was a rising pleasure, a feeling of unbearable pleasure and then having a clitoral orgasm. I can describe my orgasms as a feeling of reaching a sharp, delightful peak, like chocolate taste.*

When I'm having orgasms, my whole body contracts, I feel like a fireworks explosion in my brain, I lose my time-space perception for a while. I can have clitoral orgasm every time I masturbate.

Before the vibes: *Bullet Vibe, I could experience clitoral orgasms maximum 3 or 4 times. In my recent experience with Bullet Vibe, when I continued stimulation, I noticed that there is no limit for having clitoral orgasms. Until recently, I had taboos about oral sex, being shy etc; I couldn't let my partners perform oral sex on me. Just once I had a clitoral orgasm by orally. Because of those taboos, I could have clitoral orgasm while only masturbating manually, not with the help of oral sex. There were also clitoral orgasms on the effects of my boyfriends' penis when I was a virgin. I don't remember exactly how often I masturbated as a child and as a teenager. I've been masturbating every possible and appropriate time, I guess. Because I was doing it secretly. I felt guilty after every masturbation because I thought it was wrong or sin. But these feelings didn't stop me from masturbating; pleasure was more intriguing and important for me. Now I look back, there was a strange internal conflict when I was a child; I thought it was wrong, but I was doing continually.*

Once masturbation was something I would not do when I had a permanent partner.

For instance, although I had no lover during the last 3 years (written in 2017) I avoided masturbation until I read some books on ESR and female orgasm written by Dr. Sayin. After reading those books, I realized that everything taught to me by the society was totally wrong and non-scientific. Today I do masturbate a lot, even though I have a permanent partner. I do it nearly every day using vibes and when I am aroused, which really happens nearly every day nowadays. Clitoral Orgasms (C.O.) during the last two years after taking some workshops and Tantra became essential for my daily psychological homeostasis.

I am turning 40 years old of age. C.O. turned into be a limitless pleasure, adding vibes to oral sex which is no more a taboo for me, I started to like C.O. as much as vaginal Orgasms (V.O.) the exercises I have been doing with my sex toys helped a lot to get rid of my inhibitions and also my strict taboos. They really improved my sexual brain and sexual mind, prolonging my orgasm and inducing Altered States of Consciousness (ASC).

Vaginal orgasm: *I had my first sexual intercourse at the age of 20 (during university times). Until I learned vaginal orgasms, clitoral orgasms were inevitable and unescapable for me for years. Since I*

could not attain clitoral orgasms with my first lover, I decided to have intercourse with him. It took some time to learn vaginal orgasm, but it was not that hard for me. Probably because of my anatomical conditions, it was very easy to attain vaginal orgasms; even at the beginning of the intercourse it took nearly one minute or sometimes a little more to reach the climax with the sole feeling of the phallus.

After a while I realized that, it became obvious that I started to attain vaginal orgasms at the entrance of the male penis. They used to be 5-6 orgasms depending upon the performance of my partner (generally males have premature ejaculation problems and they cannot continue for long). Like in those long intercourse scenes, I never needed that long intercourse to attain the climax.

After reading those books on ESR, Female Orgasm, Deep Sex, Neo-Tantra, I became aware that I knew my G-spot and I used to have G-Spot orgasms before. By time I also realized that I was a hypersexual, I had very strong PC-muscles (after measuring their strength using a Kegel Perineometer). If I am aroused enough, I can experience clitoral and vaginal orgasms as many as possible, if the partner is continuing to stimulate me. I don't think that there is a limit of orgasms in my brain and body. After a while they continue like a train of orgasms and then they start to merge and mingle.

To describe my orgasms; when the coitus starts, an unbelievable pleasure that climbs up the hills and towards the top; to be completed; unification; indescribable pleasure. In a blue vast sea, floating and floating until the ripples of waves are building up a unification, which cannot be described in words, like the psychedelic experience. The zenith of love, flowing up to the mountains with unification with the lover with endless empathy and love (making love to a partner whom I am not in love with does not carry me to those altered state; for me love and loving the partner has unified with sex and sexual pleasure. When I am not in love, sex and making love sometimes may become meaningless; although I am hypersexual, sex without love is not a condition that I would prefer).

As long as coitus continues, I come continuously without cessation and counting the orgasms. However, during masturbations using a bullet vibe and a G-Spot stimulator (Perfect Anchor) I have attained nearly 70 orgasms in an hour at much until now; with coitus probably I have surpassed 100 or more orgasms in an hour. During masturbation I never insert my fingers into my vagina, so during masturbations I have never experienced vaginal orgasms without using a G-spot stimulator or therapy toy.

Blended orgasms: *I was able to attain a kind of blended orgasm in the second trial using the G-spot stimulator.*

It was marvelous and unbelievable. The first time I had that feeling at the age of 38; it was like as described. Like the vectoral unification and a resultant vector of clitoral orgasm and vaginal orgasm. Stronger than each of them separately. Blended does not only describe the unification of C.O. and V.O., but also a transcendent pleasure beyond them. It was like indescribable, a top and sharp pleasure, dancing of different emotions and pleasures. It was like a concerto, symphony, and wonderful vibration. You may think that I am exaggerating, however I did the same when I was reading the descriptions of other women from books, particularly "The Psychology of Orgasm" I was smiling that those were only fantasies, imaginations and exaggerations of the orgasms of women. When I learned sustained orgasms, ESR orgasms, prolonged orgasms, vibe induced clitoral orgasms and blended orgasms I came to the conclusion that those women were telling the truth.

Although I have had a colored and relatively lucky sexual life, the experiences with the violet bullet vibe and the G-Spot stimulator were totally different (during the last 2 years) where I have discovered the limits or limitlessness of myself.

Each orgasm session or ritual of mine is very satisfactory, entertaining, delightful and magnificent. During last two years I forgot the number of multiple orgasms I have had. During those two sessions I mentioned I could not count after 10 to 15. Along with masturbatory techniques, classical music and concertos; altered states during orgasms develop with the tones of classical music. The peaks or summits of my blended orgasms become recurrent having last for 2 to 3 minutes and then the other starts. I used to count my orgasms, however after this training of mine and masturbation techniques I cannot distinguish them anymore. They unite and I can name them as 45 min orgasm, 55 min orgasm or 75 min orgasms. The orgasms gradually did not only become prolonged but also continuous. When I feel that I am tired of orgasming I quit.

My best summit days are between the 8th and 25th days of the menstrual cycle. When I try to attain orgasms during the PMS period and just before menstruation, orgasm duration drops to 30 minutes.

I believe that I have a very active and sensitive G-Spot, which I feel at the entrance of phallus. I want to go into the topic of G-Spot; still many women and sexologist's claim that G-Spot does not exist. I must stress that I and many of my hyper-girlfriends know and get pleasure from G-Spot stimulation and we all have G-Spot orgasms. I can say that at least I heard the G-Spot sensitivity and G-Spot orgasms from at least 20 women. Actually I am able, today, to distinguish the G-Spot from other sensitive areas, as they are called DVZ. I think I also felt the A spot and cervix sensitivity many times. Compared to other sensitive vaginal areas, G-Spot is at a coordinate which I am very familiar with.

Most of the orgasm types are like the descriptions of vaginal orgasms in the literature; namely they are spreading to my body and are full body orgasms.

Altered states of consciousness: Before sex toys, I had also a very satisfying and good sexual life and pinnacles of pleasure. I had many Altered States of Consciousness (ASC) experiences with my other partners through only intercourse or coitus, with not all of course. Feelings of diminishing, losing control, melting, unifying, bursting, losing the temporal-spatial perception, losing time, petit morte, becoming numb, fainting were always there.

After the training with sex toys: (I have only used bullet vibe and G-Spot stimulator; not the rotating tip rabbit or dolphin type vibrator dildos), I definitely believe that my sexual brain has developed. Plus, I overcame most of my taboos. Sex toys improved my orgasms as well as they induced more intense ASCs.

Currently my vaginal orgasms can reach to prolonged orgasm lasting for 1 hour or more. Once I felt myself as a Mollusca or a Jelly fish-like creature. It was a great feeling. My whole body was a sea creature with no bones and I was orgasming and expanding and contracting.

In another occasion, I was like a little blue-yellow fluffy and plump fish, I had little pricks. It was like I was turning into different creatures and I was in the climbing steps of the evolution. These were not probably hallucinations but only feelings. However, they were definitely like ASC.

Case 4

J.K. was a medical doctor. During the interview she was 33 years

old, she is today 39 years old. She had her first sexual intercourse at the age of 16; she had her first vaginal orgasm at the age of 24, when also she discovered her G-Spot. She started to have expanded orgasms and status orgasmus at the age of 28. She experienced various forms of ASCs during extended and prolonged orgasms. She had nearly 40-50 partners since she was 16. Her score from ESR-Scale was 132/150 (in 2011). She says that she has been hypersexual since she was 26. She adds that she has been practicing Kegel Exercises since she was 26. She experienced sensual sensation and stimulation at G-Spot, A-Spot, O-spot; and she had G-Spot orgasms and female ejaculation. She defined herself as "Hyper-active in sexuality and orgasmic response", but she added that she was not "a sex addict"; she was content of short sexual activity and was very content of her sexual life. Most of her relationships were monogamous. Her sex drives were not uncontrollable; she had had some celibate periods in her life-time. The highest number of orgasms, as she defined, was 25 to 30 multiple orgasms per hour; she experienced orgasms lasting for a couple of hours continuously. She has not been diagnosed and/or treated for any psychiatric disorder:

J.K. defined her orgasms as: During my orgasms I depart from everything around, it is a total depersonalization. I just feel myself, I even forget myself. Only my voice and screams stay. In status orgasmus, which are my best to be satisfied, the pleasure increases gradually, I am totally isolated from my environment. Only I hear the animal voice coming from my throat, my short moans turn out to be incredible screams. I feel it on my stomach, first some tingling, then the contractions follow each other. It is a total altered state of consciousness. My vision darkens; I see flashes of colors or light. During minor orgasms I feel funny contractions, like a game. The minor orgasms or contractions starting from my vagina and pubis circulate through my stomach, where I can feel the real center of the orgasmic volcano. Once status orgasmus starts, it is like a hurricane taking me away from my body and I fly, these minor orgasms each lasting for nearly 10 to 20 seconds, build up into a continuous tetanic fit, while I sometimes can't hear my screams, I am lost in the first few minutes. These contractions continue for 10 to 20 minutes especially when my partner is doing oral sex (cunnilingus) on me.

He continuously stimulates my clitoris by his tongue so talented that one orgasm finishes, other begins. During a status I feel that I am traveling the world, as if I have an astral body, I go to unknown gardens, waterfalls, meadows. During intercourse orgasms I feel an unbelievable unification and merging, and dissolving in each other. I also had status orgasmus during intercourses. If my partner continues intercourse for 1 to 3 hours, it is easy to attain prolonged orgasms. My brain melts, I realize that I am an animal; I hear my animal voices coming from my throat which make me more excited. Vaginal orgasms are sometimes better than clitoral. While we also apply a message vibrator during the intercourse, I easily go into the status orgasmus which lasts for ten minutes to half an hour, while I experience nearly 50-60 minor orgasms. During orgasms I laugh, cry, moan, make very loud noises (always I am afraid that neighbors may hear me!) my body arches, I am in full extension, it is sometimes not certain whether I having pain or pleasure. Fantasies whispered to my ear make me crazy during these orgasms. Even a word may start another minor orgasm. It could be anything, wild or soft; I want to become an animal, return to my archetype body whatever it had been. When I contract, I feel like an animal, as if it comes from my collective sub consciousness. I feel the penis like a hot, burning sword that brands me. Makes my pelvis hotter and hotter, it steams out, and then comes a huge contraction, following another. Status orgasmus is very satisfactory for me, compared to other orgasms, like the ones due

to the clitoral or vaginal stimulation alone. I feel so dizzy and my brain is so high and turning around that I believe it would be very hard for me walk on a straight line, I would fall. I love to lose myself in my own brain chemistry. I would not be satisfied if I did not experience status, because clitoral or vaginal minor orgasms are so low for me. They don't make me as high as the status orgasmus does. I don't have any refractory period for attaining vaginal or clitoral orgasms. One may come after another without building into a status orgasmus. But for the status, there is always a refractory period of 15-20 minutes (truncated).

Case 5

C.A. is a 45 year old business woman. She owns a restaurant in the southern parts of Turkey. She is a university graduate and she used to be journalist in her 30s. She leads an independent life style and she had only 5 partners in her life. She started masturbation at the age of 5 and she discovered orgasm at early ages. She had her first sexual intercourse at the age 19. She did not have many partners; however she developed her sexual response very fast. She is aware of G-Spot and G-Spot orgasms. She experienced vaginal orgasms at the age of 20s and blended orgasms or prolonged ESR orgasms at the age of 30s. Her ESR Score was 108/150 (in 2017).

Sexuality is very sacred for me. It is like a magical ritual and unifying with Goddesses. I discovered orgasms at the age of 5 to 6. Until my first intercourse at the age 19, I liked masturbation a lot. After the coitus I liked intercourse and vaginal orgasms much better. I have experienced very different kind of orgasms and I believe that sexual response and female orgasms can be amplified. I learned different forms of sexual orgasms throughout my curiosity and my experimentation. After the age of 32-34, I was able to experience limitless orgasms, namely I continued to have orgasms as long as I was stimulated. I am very easily stimulated and aroused. I like pornography, which arouses me a lot. The longest orgasm pattern I had probably is a couple of hours. During this time period I do not remember how many times I have experienced orgasms. To give an average, a normal and good sex for me starts from 20-30 orgasms and this many orgasms can develop in half an hour or one hour. By using vibrators and dildos I developed myself much more. During intercourse after my partner enters, I start coming continuously. I love orgasms and sex. I have known many women like me when I was working in a woman's magazine. I also experience altered states a lot during those long-long orgasmic periods. Feeling like dead, depersonalization, seeing flashes and colors, floating on the ocean, unifying with a phallus, losing myself totally. The most occurred ASC is losing the control of time; when the love making ends, I never remember how many minutes have passed. I am totally in another world and consciousness level when I have prolonged trains or orgasms.

Discussion

After looking at the above cases above we can infer a couple of conclusions:

1. Known and defined classical orgasm patterns in the medical literature does not show or reflect the extreme experiences in women.
2. There are lots of points and mechanisms to discover in female sexuality.
3. A phenomenon coined as ESR exists. It was formerly defined as: being able to attain long lasting and/or prolonged and/or multiple and/or sustained orgasms and/or status orgasmus that lasted longer and more intense than the classical orgasm patterns defined in the literature [2-4,12,15,16].

4. Sexual response in females can be developed; orgasms can be enhanced and amplified.

5. Ancient Taoist and Tantra techniques were a couple of means to develop ESR in women.

6. ESR can happen naturally or can be developed by training and it is not pathology, it should distinguish from sex addiction.

Although prolonged orgasms had been defined in ancient pagan, shaman, Tantric and Taoist cultures and literature many years ago, such an approach in the West has been accepted unmanageable and unimaginable for centuries. This understanding was partially a result of the biases of some of the monotheistic belief systems, which were highly anthropomorphic, autocratic and male dominated. In the Eastern cultures, however, females were regarded as a part of the Goddesses and the divine, while in the West, for centuries females were regarded as a means of the universal sin of the mankind, while anything related with sexuality was bad and evil to become shy of. Thus the Westerners did not even bother to investigate the possible limits of the potential of females. Even, until the translation of Kama Sutra by Sir Richard Burton into English, no one questioned the importance sexual positions, while in Catholicism the only suggested position was missionary position for hundreds of years, because other kind of positions could induce the stimulation of glans clitoris, G-Spot and DVZ and could give pleasure to women, even though they had no idea of what these areas were! Tantric culture temples are full statues and reliefs of Gods and Goddesses, having coitus of many different styles, even though the mainstream religions of Hinduism and Buddhism also regarded sexuality and pleasure something to be cautious of and to be stayed away.

Thus, in Europe, anything related with sexuality was regarded as filthy and banned; and women were not allowed to get pleasure from sex and to attain a good climax. Even by the end of 19th century, medical doctors and psychiatrists named "female orgasm" as "*hysterical paroxysm*" (a kind of epileptic seizure) (For details please watch the comedy film "Hysteria"). In the Tantric cultures, on the contrary, women were trained for both giving and getting pleasure from sexual activities. For instance, Tantric training of the PC-Muscles (PFM, pelvic floor muscles) and Chinese training of these muscles by using Ben-Waa balls since puberty were regarded essentials for good sexual health, as well as, sexual positions, meditation and concentration, breathing exercises, sensate focus exercises, sensual massage, prolonged rituals, prolonged coitus etc [2-4,6-8,10-12,14-17,22-24,30,33-35].

The men and women in the West started to re-discover sexuality during the days of Western Sexual Revolution and the New Age Movement, after Second World War, when human sexuality was started to be investigated without any biases and with the objective & rational scientific methods. It was then, when Western mind realized that prolonged female orgasms and prolonged sexual activity could be possible, after learning it from the Eastern cultures. Old Chinese literature descending from 1st century B.C. defines female orgasm, as well as the Tantric writings in the 2nd and 3rd centuries, like the Kama Sutra, in the 6th and 7th century [2-4,6-17,20,22-24,30,36]. Female orgasm was first defined in the 19th and 20th centuries by some pioneers of the sexual research in the West [1-4,10-12,15-17,22-24,30,37-39,40]. Actually, the term "*Orgasm*" had descended from 4th and 5th centuries before Christ, coming from the term of Orgia, during the pagan times. Orgia was a festival of the Dionysus Cult, an

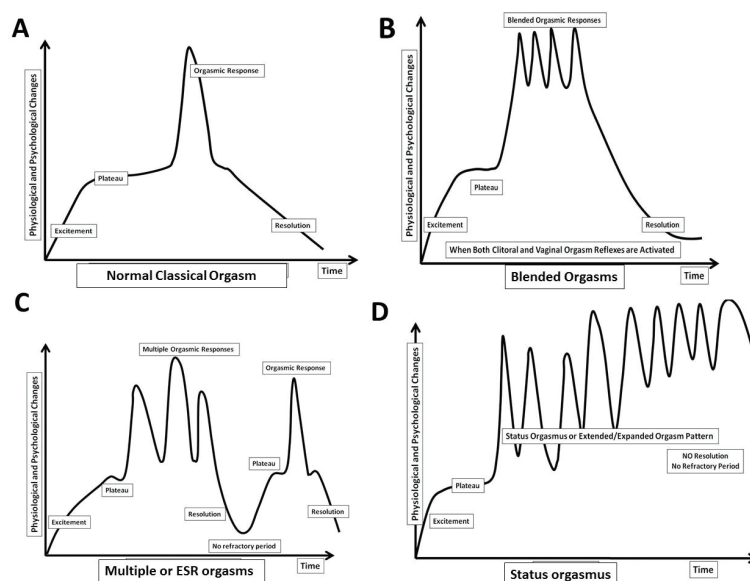


Figure 2: A) Classical female orgasm pattern, defined in the classical medical literature B) Multiple female orgasm patterns C) Blended female orgasm pattern D) Prolonged expanded orgasm or status orgasms.

SENSITIVE EROGENOUS ZONES IN THE FEMALE-DVZ

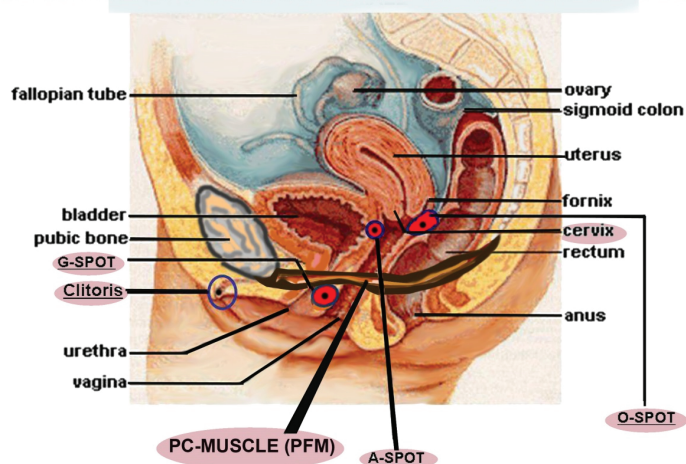


Figure 3: Deep Vaginal Erogenous Zones (DVZs).

Table 1: The Descriptions of the Locations of Deep Vaginal Erogenous Zones (DVZ).

By Women, Other Researchers or Literature
G-SPOT (Grafenberg's Spot): The localization of G-spot is at the anterior vaginal wall, 2.5 cm to 4 cm inside, under the mid urethral length.
A-SPOT: A-Spot is at the anterior wall of vagina, 2 cm to 3.5 cm below anterior fornix, under the bladder.
O-SPOT: O-Spot is between the posterior vaginal wall and the rec-tum, 2 cm to 4 cm below posterior fornix.
Cervix: Cervix is the collum (neck) of uterus.
Pelvic Floor Muscles (PFM-PC-Muscles): PFM are the muscle net-work between pubis and coccyx.

incarnation of Greek-Helen Myths into the form of Orgia Festivals (Spring or Fall) in the secretive, elite town Eleusis (Figure 2) [10].

Deep Vaginal Erogenous Zones (DVZ)

Recently, other erogenous zones in the deep structures of pelvic area and vagina have been described [2-4,10-12,15-17,22-24,36,41-43]. We have also investigated the possible existence of such areas in our surveys and other research projects; we have come across the description of such sensitive areas that may contribute to the development of female orgasm in some women [12,15,16]. The descriptions of DVZs were as follows (Table 1) (Figure 3).

Short explanation of ESR orgasms

In females, there is more than one erogenous zone in the genitalia, and this differs from women to women. There are orgasm styles or types as many as the number of women in the world. Every orgasm

is different. Also it has recently been proven that four nerves control female orgasm [2,10-12,15-17,21]. At Figure 5 the possible arousal and erogenous areas and the pathways that can trigger an orgasm are depicted. If there are 4 nerve pathways, there should be $2^4-1=15$ (as much as the all possible subsets) orgasm types in women. Also we have to add the oxytocinergic pathways to this formula. When more than one pathway triggers an orgasm, then the orgasm intensity is increased and orgasms are amplified.

Also when we look at the female orgasm using informatics theory

and take the components of what explodes an orgasm in women, there are different erogenous zones in the female genitalia, in ESR women these areas are aroused easier and their ESI (Erotic Sensory Information Input) are different than normal women (or non-ESR women). Figure 4 summarizes the development of an orgasm or orgasms in different types of women and the impact of each erogenous zone. To trigger an orgasm there should be a certain unit of ESI to overpass, namely an ESI threshold. Different stimulants or ESI sources induce a vectoral summation of action potential or sensory

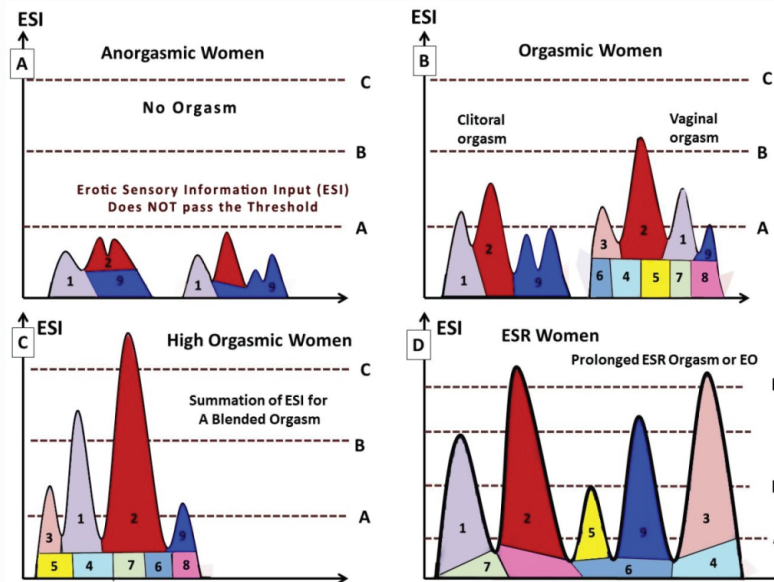


Figure 4: The arousal zones in female genitals which may contribute to the building up of a clitoral, vaginal, blended or ESR orgasms. For every woman the amplitude of ESI and the arousability (arousal) of these components are different; so the heights of colored triangles will be different, so will be the summation of these ESI factors. In ESR women ESI amplitude summation is the greatest. Those curves can be plotted for every woman by means of quantifying ESI. Here only some assumptions are made and a simple approach is shown to depict the components that induce a vaginal, blended or ESR prolonged orgasm. Top figure shows the ESI distributions in NESR and ESR women. Bottom figure shows the summation of ESI from different DVZ or locations.

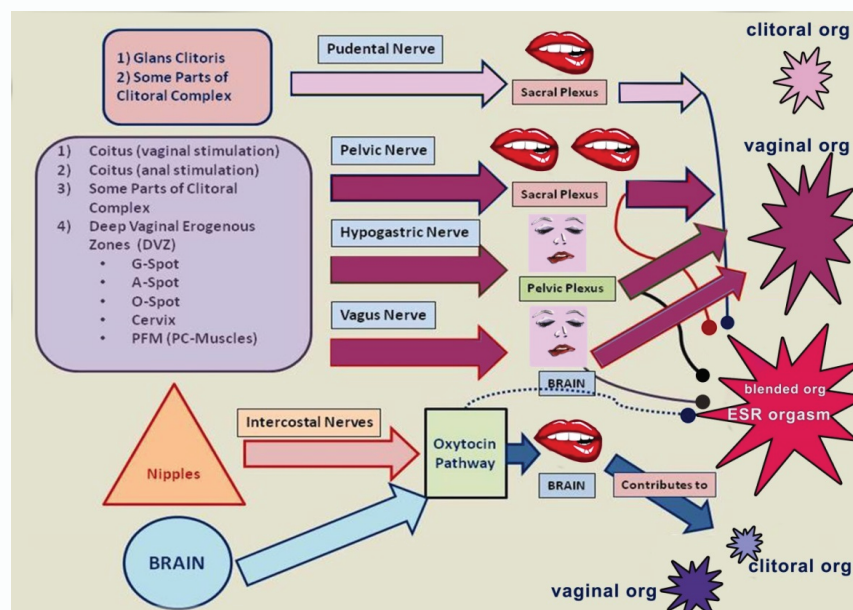


Figure 5: Four Nerve Six Pathway Hypothesis of Female Orgasm. At least six pathway-orgasmic reflex arch systems work during the development of female orgasms. Pudental, Pelvic, Hypogastric, intercostal and Vagus nerves constitute the main nerve network system. Also there are at least two Oxytocin pathway systems, whereas Oxytocin works as a neurotransmitter and as a hormone, separately. During expanded orgasms and ESR orgasms, more than one 'orgasm reflex arch pathway' is activated and trigger an expanded orgasm, while many others contribute to the formation of an EO or ESR orgasms.

input which builds up to a summation level to surpass different levels or types of orgasms (Figure 4 and 5).

Female potentials which are not unraveled

Pleasure and reaching to sexual climax is a learned phenomenon [10,11,17]. Sensuality, sexual brain, sexual body, sensitivity in the genitals and orgasm reflexes can also be developed and enhanced through exercises and training [22-24]. Reaching to enhanced orgasms and even ESR can be taught and trained (Figure 1). To give an example, a woman who is sexually responsive (with clitoral and vaginal orgasm reflexes) and reaching to 5 multiple orgasms in 30 minutes, can be trained such that, after a while she can start to have 15 multiple orgasms in 20 minutes; or 40 orgasms in an hour. Here, the most crucial thing is the capacity and approach of the partner; her partner should be trained as well, with her. Today, ESR and status orgasmus can be experienced in less than 10% and less than 1% of the female population, respectively. In other words, all of the women who are trained in ESR and Tantra should not expect to reach a level of ESR, which is unique to some minority of women; however, they can improve their sexual responses and orgasms very much (Figure 1).

Female orgasm has been described as a state of ASC in the literature [2-4,12,15,16,21,32,44]. During the prolonged orgasms, which may last for tens of minutes, some minority of women may achieve a different state of consciousness, ecstasy and blissful, oceanic, divine feeling or mood.

Psycho-neuropharmacology of female orgasm has a kind of "short hallucinogenic effect" on the women's minds. Some women call it "Sexual Nirvana or Satori", with the feelings of ecstasy and unification. In the documentary "Never Ending Orgasms", scientists are now explaining the mechanism of it by the successive release of the love hormone "oxytocin"; some women can produce more oxytocin and release abundant amounts of oxytocin; while some cannot. Also in the documentary, the enhancing role of dopamine is stressed. Namely, during prolonged and multiple orgasms the brain is flooded with excessive amounts of dopamine and oxytocin. (For the documentary please see: <https://www.youtube.com/watch?v=fwDbxyppfEg>).

In Tantric literature, it is also defined that a kind of Nirvana state can be achieved through prolonged sexuality and orgasms [7-9,13,14,45]. The terms "Tantric Orgasm or Cosmic Orgasm" are frequently referred in the Tantra books. Thus enhanced and prolonged sensuality and climaxes can be regarded a means to reach to some peak experiences for women, as it was discovered during the pagan times, 2000 to 2500 years ago. We believe that many women can attain enhanced levels of sexual response, as defined in the literature [2-4,10-12,15-17,22-24,30].

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