

# Deliberate Orgasm

Two people putting their attention on one person's body to create optimum pleasure.



*"He delicately placed his fingertip on my clit, pushed into it and rolled it around very slowly in one circular stroke. It lasted at least ten breaths and I felt like I was in a wave being pushed luxuriously through the ocean. The highest peak was slow, and a steady up that just kept climbing. My body felt light and energetic, humming, rumbling, rolling in sensation. It completely encompassed my nervous system."*

Deliberate Orgasm is a body of information on living a pleasurable life. It includes viewpoints and techniques that enriches relationships and experience of life. Deliberate Orgasm, [DOing](#), is a sensual activity in and of itself.

DOing a woman is a method of producing orgasm in her body through manual stimulation of her clitoris. Manual stimulation is the best way to achieve this because the fingertip is a precise touching instrument. The clitoris is the most sensitive spot on a woman's body. It has the highest concentration of pressure sensitive nerve endings in the body and is the seat of [female orgasm](#). A woman's clitoris has no other function than to feel pleasure. Correspondingly, all the principles of Deliberate Orgasm can be applied to DOing a man. DOing provides a foundation for having a sex life that keeps getting better.

The standard model for orgasm in our culture is a model focused on building tension and going over, the goal being the release at the end. This release signifies the end of sexual activity. On the other hand, the goal of pleasure oriented orgasm, based on a female model, is to enjoy each stroke, taking pleasure in the whole experience. It is a dome shaped orgasm with many [peaks](#) along the way. A pleasure oriented orgasm can take infinite forms. One time it could be like a meandering walk through the park and the next time long high peaks with a slow grounding ride down. The possibilities are endless.

An essential part of Deliberate Orgasm is [communication](#). In DOing, you communicate to ask for what you want and find out what your partner wants in a way that has both parties win. Communicating about what feels good and what each person is experiencing before, during and after enriches the experience. Talking in this way takes the mystery out of sex.

[Masturbation](#) is a fun way to explore and learn about your body and what you like. Using Deliberate Orgasm while masturbating with the focus on building pleasurable sensation rather than getting rid of it, can expand your orgasm. This is a great way to take care of your body and have pleasure be a part of your daily life.

In this culture there are very few places where people can go to be trained to expand their orgasm. This is that kind of place. Here you can get information on Deliberate Orgasm in many different forms. Beginning with features available on the website, the [Welcomed Consensus](#) offers a wide range of [courses, retreats](#) and instructional [female orgasm videos](#). For all people - singles, couples, men and women - learning about Deliberate Orgasm will contribute toward making sex and relationships more fun, and life more pleasurable.

View the anatomy of the clitoris and its internal parts, take a look at the historical view of female orgasm and learn about its expansion, on the [female orgasm](#) information page.