

Do you sometimes fake an orgasm?



Lesson + Workbook

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About Tumelo



Hello! I am Tumelo Moreri; a Sacred Leadership Coach & Teacher for purpose-driven women seeking to awaken spiritually and live/ lead /work with spirit, soul and intuition.

I'm the owner of *Tumelo Moreri International* and founder of the *Sacred Leadership Academy* where I curate and offer coaching programs for the inner healing and transformation of purpose-driven individuals like yourself.

I'm an avid student of leadership and things spiritual. And, the breadth of my work sits at the intersection of leadership, spirituality, personal healing and reconciliation.

My current body of work is on ***Sex, Sexuality and Pleasure***. And, the intention of this work is the creation of healing spaces and programs for women who seek to heal the socially + culturally-conditioned shame, embarrassment and guilt they hold about sex, their bodies and about pleasure, and reclaim a liberated and erotic sexuality.

This workbook is part of a series I've written on *Reclaiming your Erotic Sexuality as a Woman*. The workbooks are a sequential journey, for you to deeply explore yourself. So, if you're holding this one, I highly encourage that you also download the other workbooks of this series at www.tumelomoreri.com/resources

If you'd like to, you may reach out to me via email at hello@tumelomoreri.com or via Facebook at www.facebook.com/morerioatumelo

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Have you ever faked an orgasm?

Exploring our beliefs on sex and pleasure

Women's orgasms are such a multilayered topic and experience, and one that sits at the core of the sexual experiences of many women. The experience is that many women struggle to orgasm and that this is something we also struggle to talk about as women among ourselves, as women with our partners, and as a broader society.

Expansion:

We're afraid of what other women will think of us and how we've experienced sex, and are worried about whether we will be judged for not knowing how to do it; we're afraid of how our partners will receive this topic and our desires for pleasure; and we're afraid of talking about sex openly in our society for fear of being shamed.

The topic and experience of orgasms are multilayered because; how we show up for sex is largely informed by our very broad social and cultural upbringing and conditioning, as both women and men.

When we look deeper into it, we realize that, struggles with orgasms are usually not even about the orgasm itself but around and about how we've been socialized into our bodies, into matters of pleasure, and into the ritual and act of sex. It is usually about the beliefs we hold about what it means to be a woman in this society, and about the beliefs we hold on sex, pleasure and our bodies.

As an example: during sex, we're often stuck in our heads (and therefore far away from the body where the pleasure is happening) wondering whether our bodies are beautiful enough; about whether he will stay or when it will end. And, sometimes, we're simply just not enjoying the sex. So, how can we possibly climax when we're not present for the experience, and when we're not even enjoying it?

The experience is that many of us are still very ashamed and embarrassed about sex and our naked bodies. And, a lot of us are feeling quite guilty for enjoying and wanting so much something that we've been socialized into believing is bad and evil, and that it is only for grownups (i.e. for everyone else but us) – and which is why we are ashamed and want to hide our sex, and keep it secret that we're getting laid or that we might actually love and enjoy sex!

And so, in reclaiming our erotic sexuality, we want to explore the limiting beliefs we have formed about our bodies, about sex and about pleasure - beliefs that keep us from showing up fully and freely for this experience - and therefore gradually heal and arrive at being able to fully enjoy sex.

Reclaiming your Erotic Sexuality

To begin to explore, untangle and heal why you as a woman might struggle to orgasm, and to facilitate a process for you to arrive at experiencing a liberated and erotic sexuality, we must first examine how you really feel and think about sex, so we may be in a position to heal and form new beliefs about what it means to be a sexual being in a woman body.

We're going to have a look at your own social and cultural conditioning and explore what you have been taught about sex, pleasure and your body. For therein lie many of the answers about why you might be struggling to fully surrender and open yourself up to this deeply pleasuring and invigorating experience.

In the three sections of this workbook, I'll be taking you deeper into exploring your own beliefs about sex and pleasure and looking at the ways in which these influence how you show up for and engage in sex. The sections are arranged as thus:

Section 1: Exploring your Beliefs on Sex

Section 2: Exploring your Beliefs on Pleasure

Section 3: Exploring your Beliefs on Pleasure for the Woman Body

Section 1: Exploring your Beliefs on Sex

Questions to take you deeper in your own personal journey:

1. **While growing up, what were you taught about sex?**

What did you witness around you, about sex?

These teachings would have been both verbal and non-verbal.

For example; as a little girl, I was implicitly taught that sex is to be hidden and not spoken about. I would see and learn this from the hushed tones by grownups around sex. Further, the fact of grownups hiding anything to do with sex, and just not talking about it, sent an implicit message to my young self that sex is to be hidden, not spoken about and in most cases had in the dark where no one can see you.

From my work with women; as girls, any reading material on sex was also hidden from us. If found reading mummy's or auntie's book on sex, we were usually severely punished. And, this sent a very bold message that anything to with sex is bad, not allowed and sometimes punishable.

Another implicit message was that; "Sex is a bad thing. And, sex is a thing for naughty girls. And, naughty girls are not allowed in our society. As a society, we punish naughty girls; we usually push and cast them out to the fringes of society. Also, naughty girls tend to fall pregnant early and rarely make anything of their lives."

And, therefore, as grownups; many of us really struggle to open up for this delicious experience and are often ashamed of wanting and enjoying it (let alone talking about it!) Because at a deeply seated level, we still hold on to the belief that sex is bad, and for bad girls, and that we're going to be shamed if found to be practicing and enjoying it; that we will be thought of as "directionless girls" for investing so much energy on sex and actually wanting it and even "opening our legs for boys"!

For many of us, both women and men, sex was not something to be spoken about; which is why many of us now struggle to talk to our partners about sex, and which is why this conversation doesn't happen for many children in our homes. And, this is because there is a lot of shame and embarrassment around the subject, with many of us even wanting to pretend that sex doesn't exist and wanting to hide that we even indulge in it and want more of it in our lives.

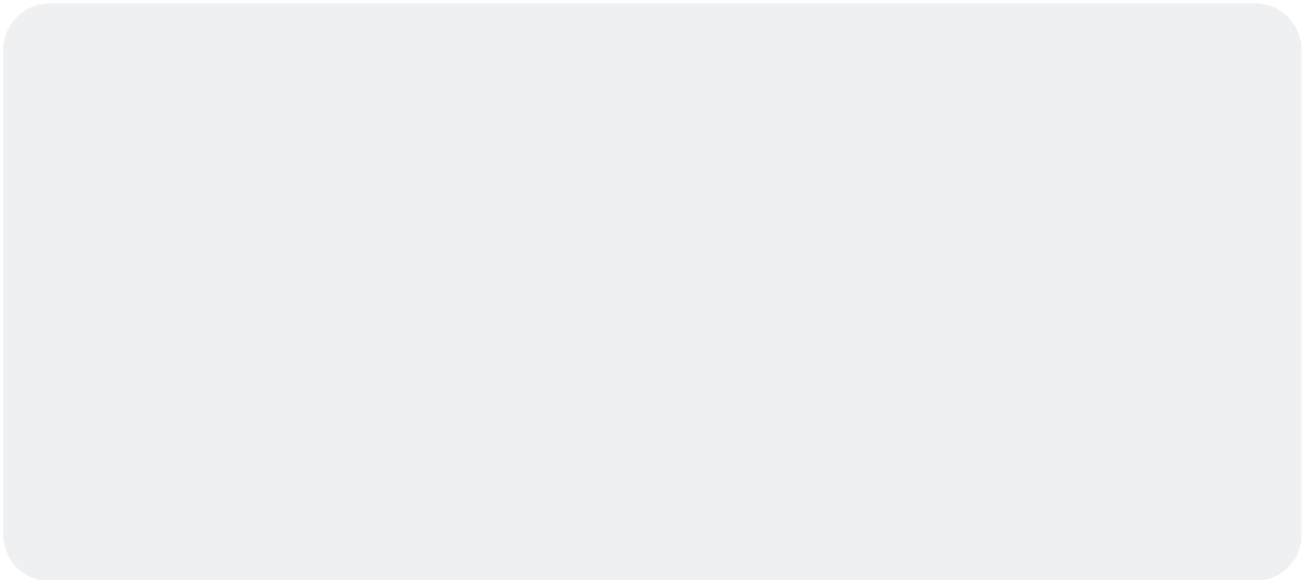
For those raised in religious backgrounds, we were taught that sex and pleasure are evil, and this has built feelings of guilt around wanting sex and actually having and enjoying it. And, because of this, we then end up showing up for sex 'closed-up' and not being able to fully open ourselves up for the experience and pleasure of sex.

And on and on it goes. And, because the mind of a young person is very gullible and undiscerning, we then accept these teachings as truth; we deeply internalize them and store them in our subconscious mind, from where they later surface to inform how we show up for sex.

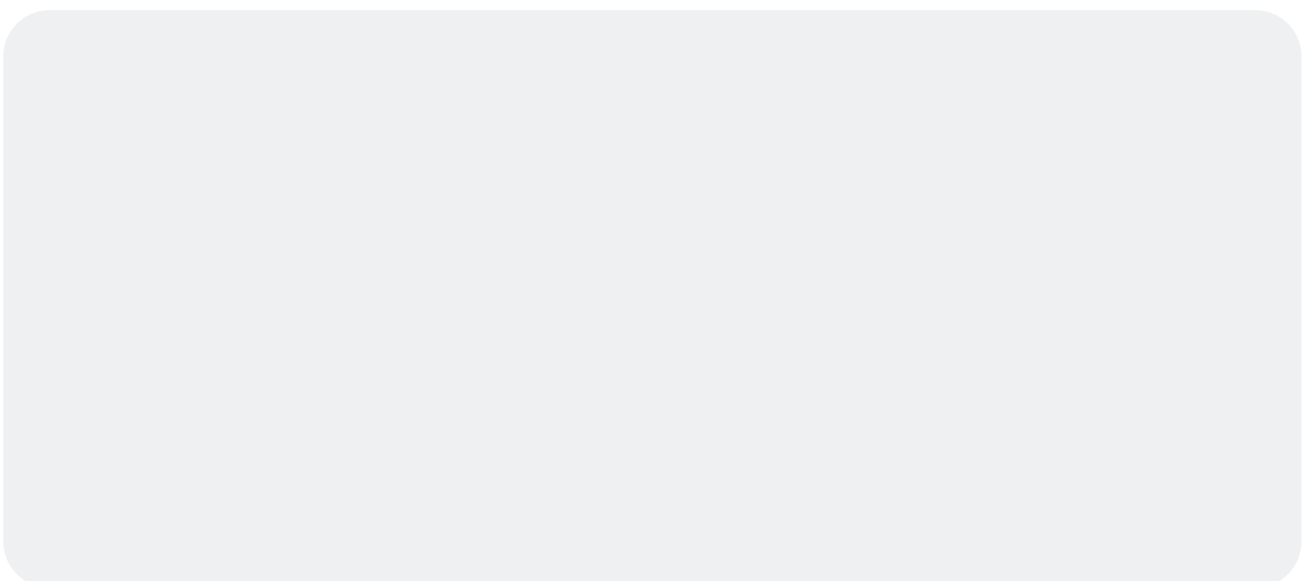
In the pages that follow, we're going to be exploring and identifying some of the beliefs you hold about sex, and that might be keeping you from cultivating and enjoying a liberated and erotic sexuality in your life. The intention of my work is for us to heal. And, part of the healing is in us identifying the deeply internalized beliefs with which we might be contributing to our own suffering.

In the spaces below, please quietly reflect on your own childhood and how the messages you received might have influenced your sexual journey and experience.

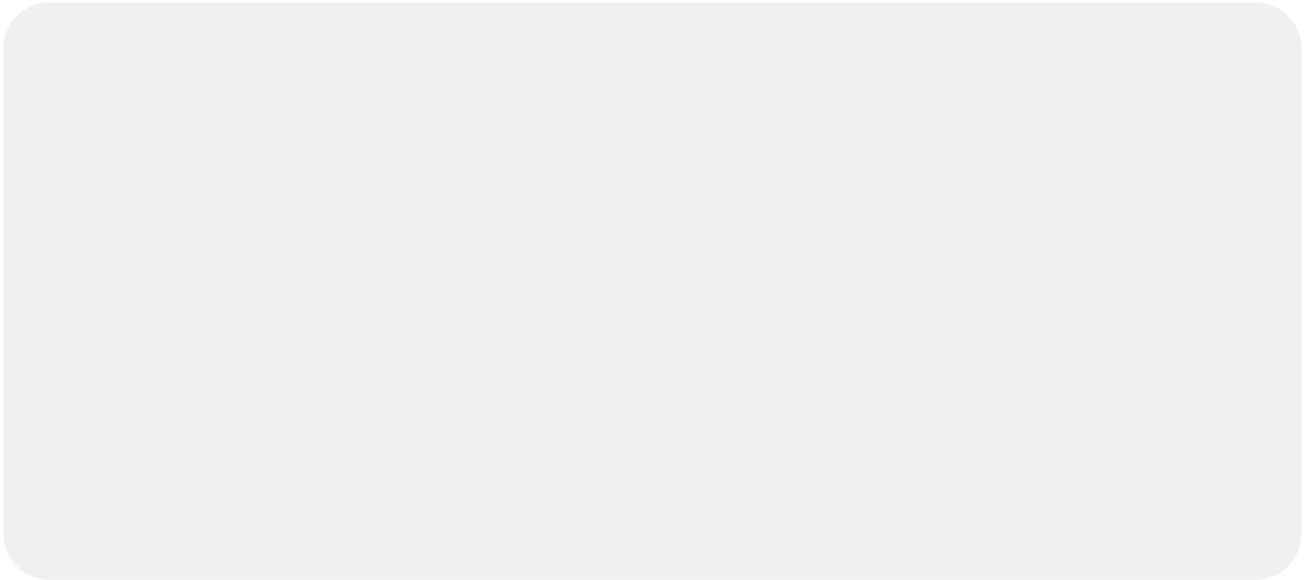
- **While growing up, what were you taught about sex?
Verbally and non-verbally**



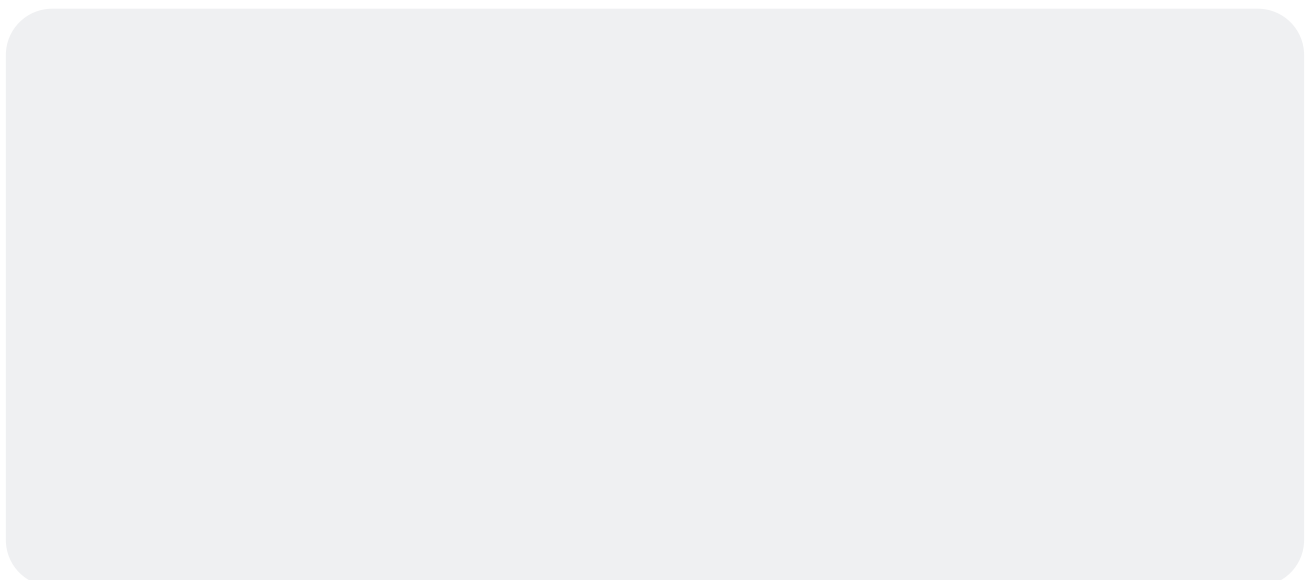
- **How has this (above) influenced how you now show up for sex and engage in sex?**



- **In your community/ society, what names are given to women who express their love and desire for sex?**

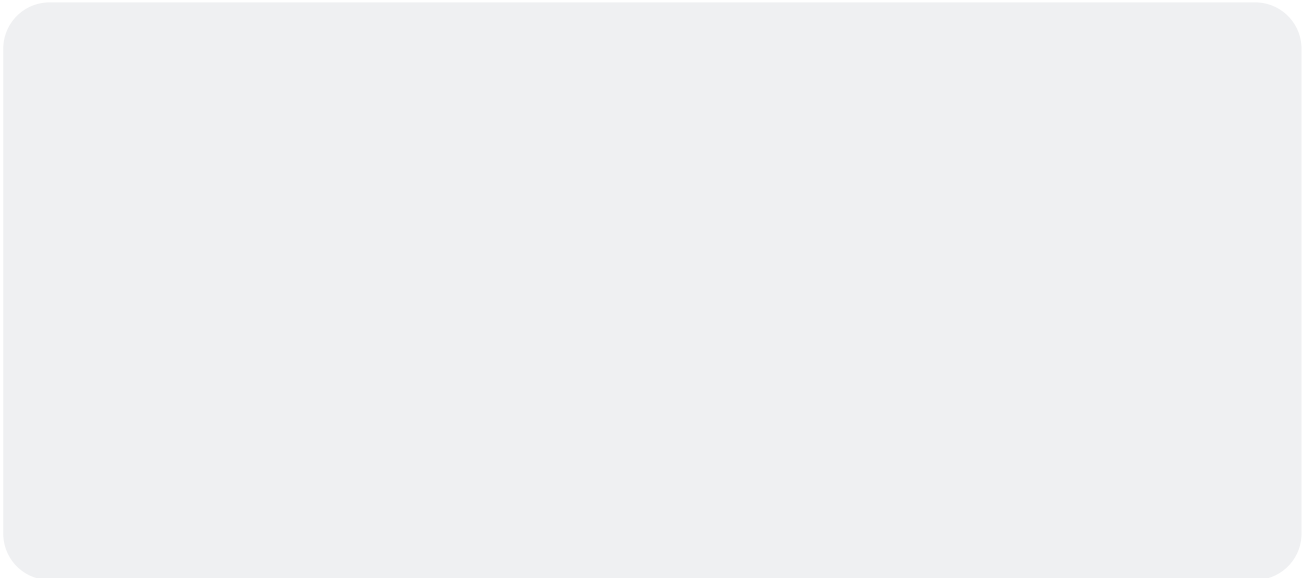


- **What do we call women who “open their legs for men” and allow them to come inside of them?**

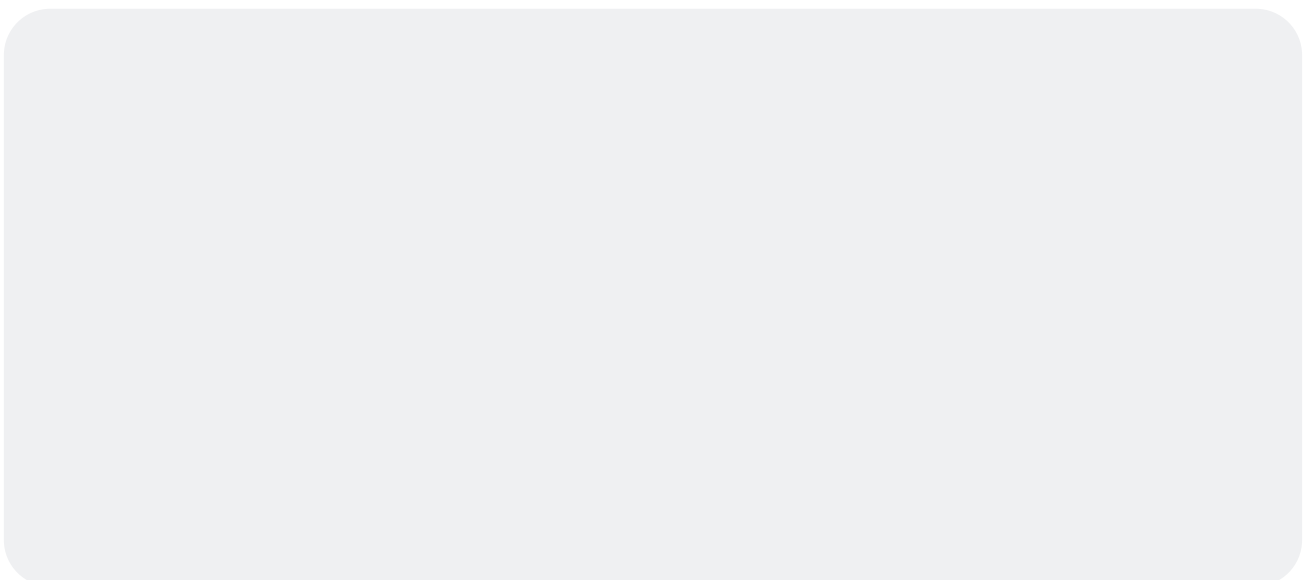


- **These women who “open their legs for men” and allow them to come inside of them, are they accepted in your society?**

What happens to these women?



- **How has this (above) influenced how you show up for and engage in sex?**



Section 2: Exploring your Beliefs on Pleasure

Questions to take you deeper in your own personal journey:

1. While growing up, what were you taught about pleasure?

Another matter to explore when deliberating on why women struggle to orgasm is the matter of what we have been taught about pleasure and whether we believe we are deserving of pleasure. Because, closely related to our beliefs on sex, are the beliefs we hold around pleasure, specifically around who we believe sexual pleasure is for.

For example; in my Setswana culture and community, newly married women, when being initiated into the institution of marriage, are taught to “cook the pots” and to cook these pots regularly. And the implicit, but direct, message there is also that the food within these pots is not for their enjoyment and that the cooking must happen whether or not they might not be in the mood for it. And, that, this is actually the purpose of the woman in the marriage.

- And, this teaches that sex (sexual pleasure) is “food” for the man.
- It teaches that there isn’t supposed to be a conversation or “negotiation” about sex. The literal teaching is actually that a woman should just go to bed naked and expect that the man will slide in and take what is “his”.
- And so, there is also the belief that the woman body belongs to the man, and that her body is for his satisfaction and pleasure.
- Since there isn’t to be any conversation about sex, it is also believed that the woman should always be in the mood for sex, and that she shouldn't communicate should she not be in the mood for it. Actually, it is believed that, she cannot not be in the mood! Because this is her purpose in the marriage. And, should her husband go out sleeping with other women, she is then believed to be at fault because this would mean she had not cooked the pots nicely.

- This teaches women (not just married women) to attach their value to the satisfaction and pleasure of their male partners. And, this is one of the factors playing into why many women would stay in unsatisfying and abusive relationships and marriages. Because there is a lot of stigma and shame for women “who can’t keep a man”.

And quite evidently, there is this deeply seated belief within our many and various woman communities that pleasure is for the man. And, in my work with women, it has emerged that we (as a collective of women) don’t believe we are deserving of pleasure. We don’t believe we are worthy of pleasure. And, we don’t believe that sexual pleasure was also meant for us - that sex was meant to also thoroughly pleasure us. And, which is why it might be difficult for many women to ask for pleasure, and to receive pleasure when it is given.

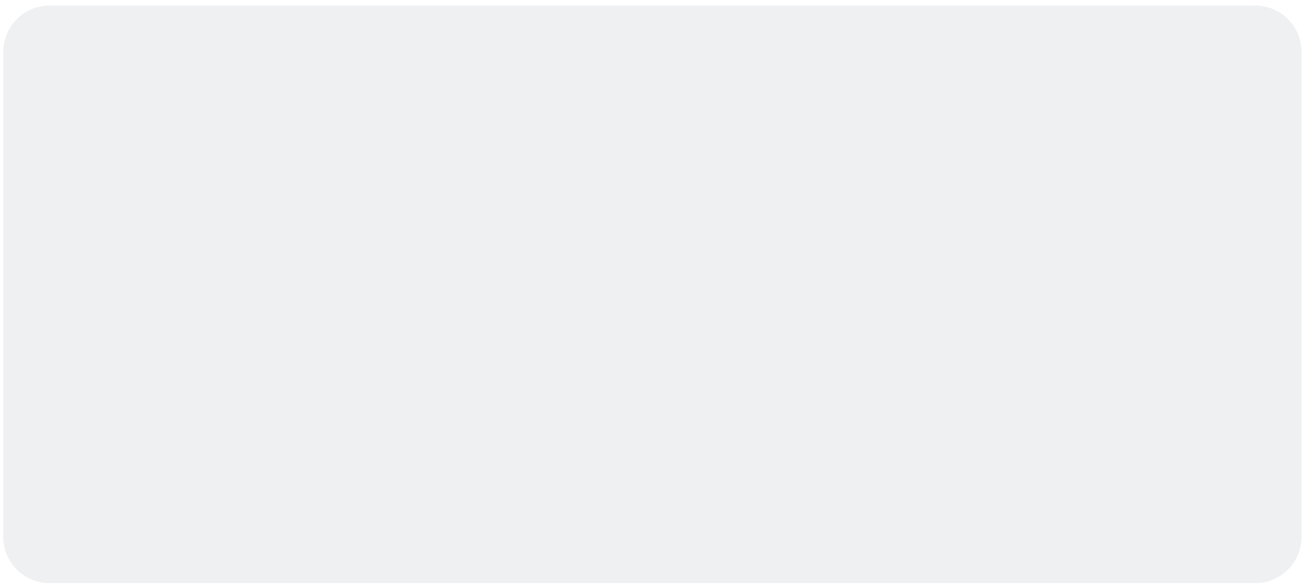
Key to note is that: we receive pleasure, and all other forms of abundance, at our level of self worth.

And so, in doing this work of healing, we want to identify what we really think and believe about pleasure, specifically pleasure for us as women. And, in the next few pages, we're going to be diving deep into this.

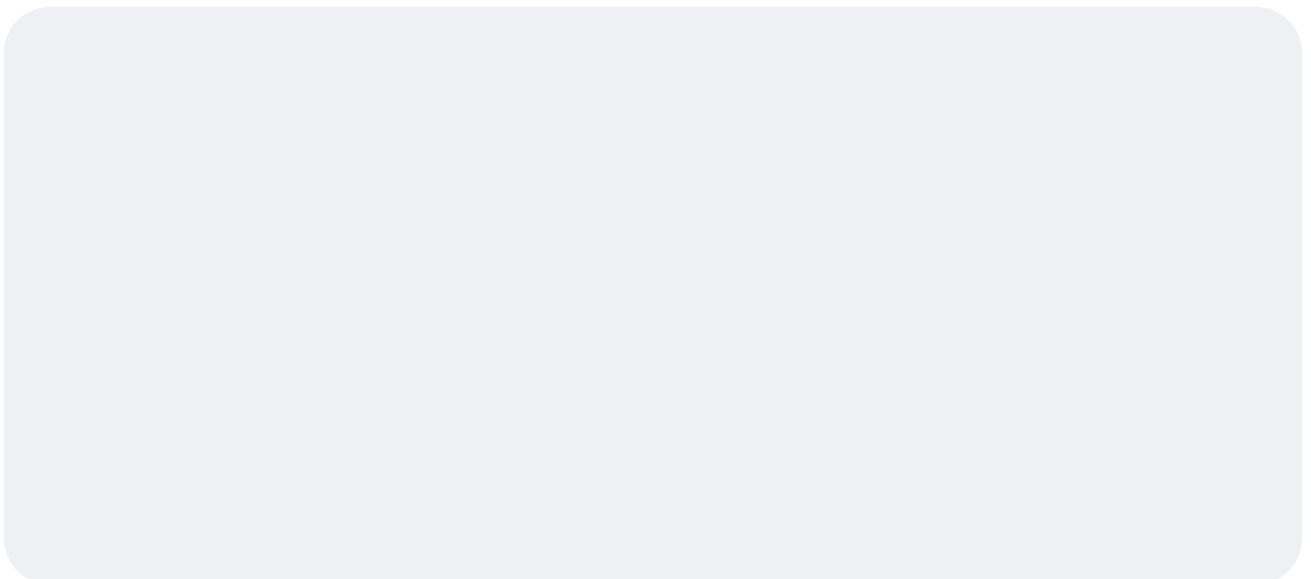
In the spaces below, please quietly reflect on what you have been taught, and therefore deeply internalized, as being true about sex and pleasure.

- **While growing up, what have you been taught about pleasure?**

This could have been verbal and non-verbal and it could've also been on the movies you watched about pleasure in our society.

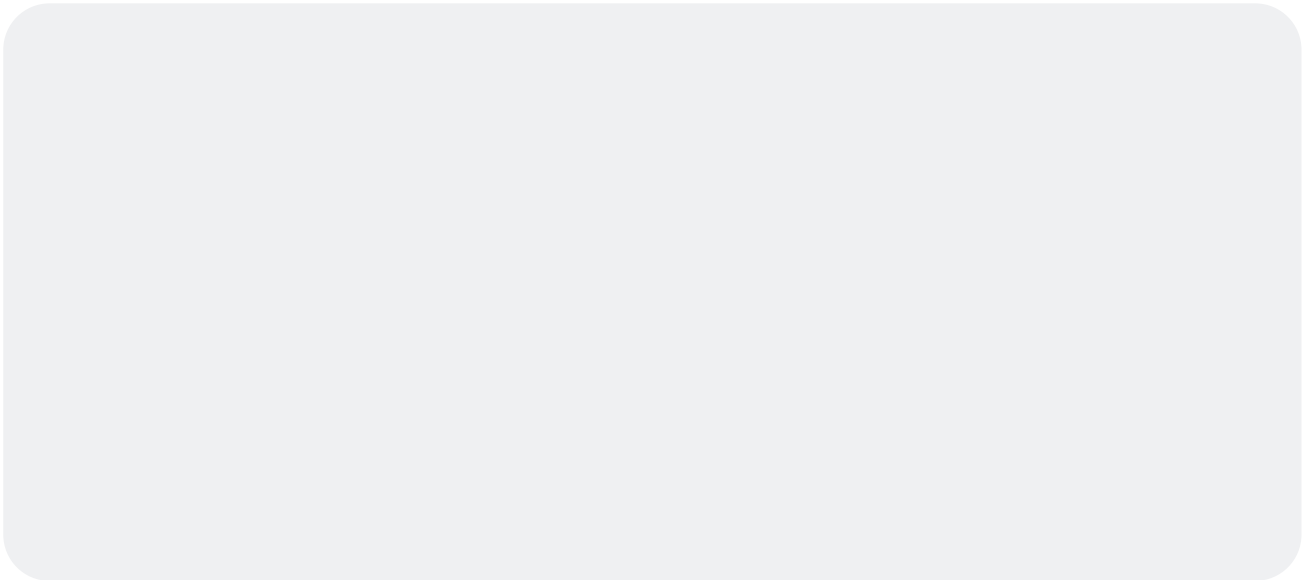


- **In your society/ community, who are you taught sexual pleasure is for? Who is the pleasure for?**



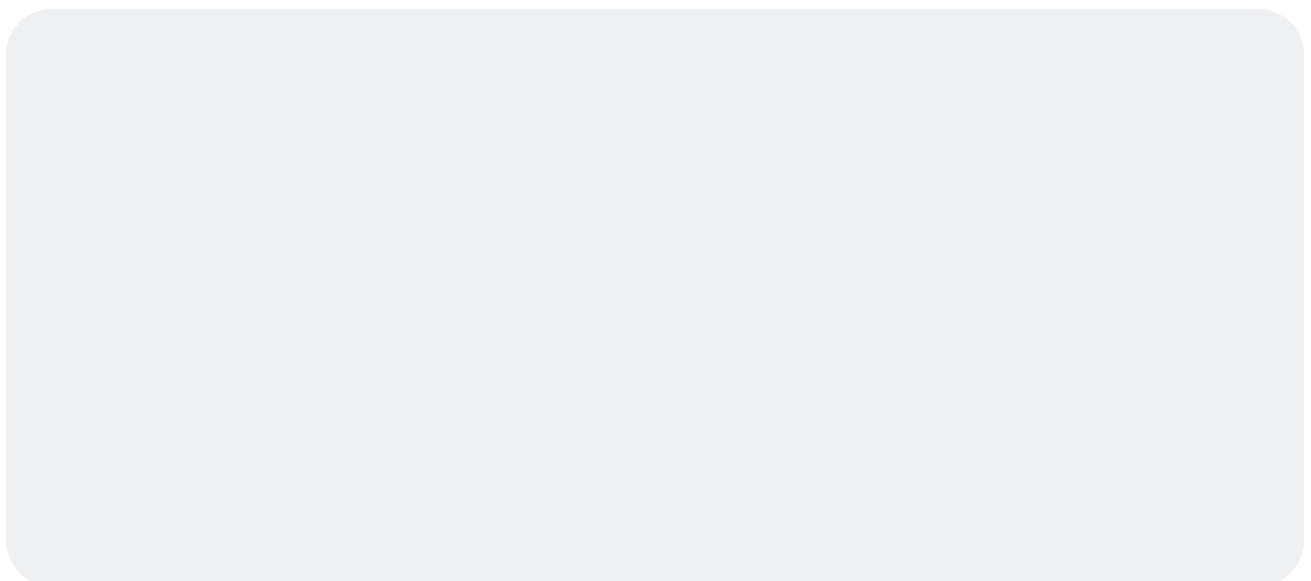
- **When you have not come, are you able to tell your partner?**

If not, what are your reasons for not telling him?



- **Why might it feel like a victory for you when you have 'made' him come, even if you haven't come?**

What is it that you might have been taught about this, while growing up?



Section 3: Exploring your Beliefs on Pleasure for the Woman Body

Questions to take you deeper in your own personal journey:

1. What are your beliefs on pleasuring your female body?

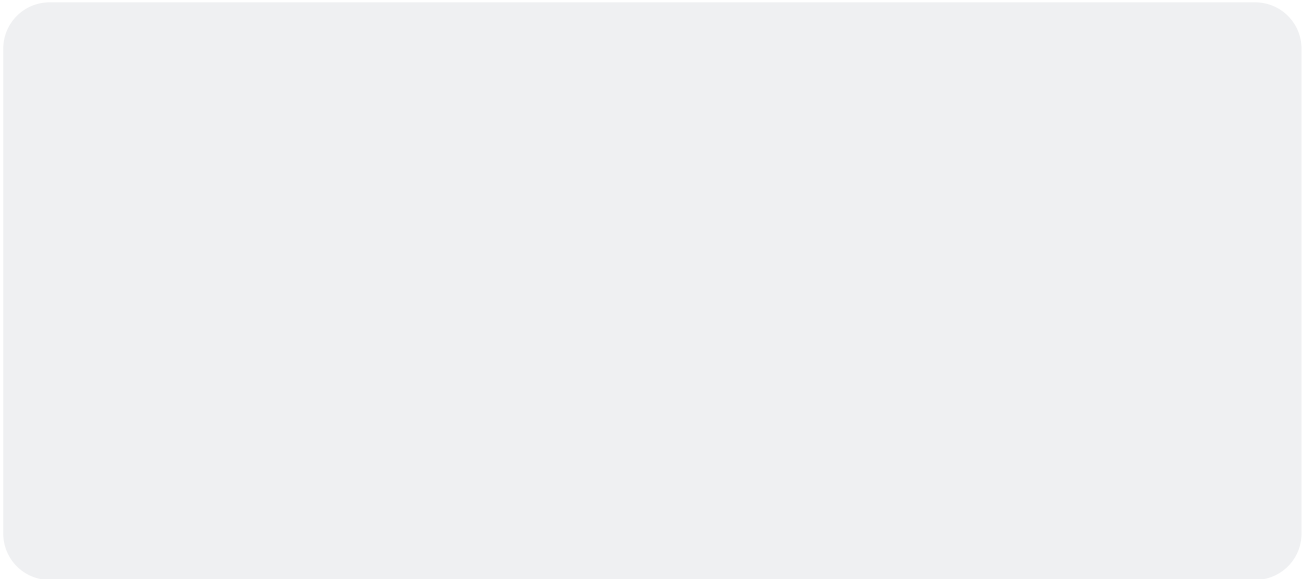
This conversation on pleasure then leads us to exploring our own beliefs around whether it is possible to pleasure a woman's body.

Many of us have grown in communities where we were told, and are still being told, that "it is hard to make a woman come", "it is such hard work to make a woman come", and we have as a result internalized this messaging and is part of what makes it so difficult for us to have amazing and earth-shattering sexual experiences that leave us feeling satiated and full.

In the spaces below (overleaf), let's please have a look at some of why you might be struggling with orgasms and what your own beliefs are about pleasure of the body.

- **Have you ever faked an orgasm?**

If yes, why? What were/ are your reasons for faking the orgasm?

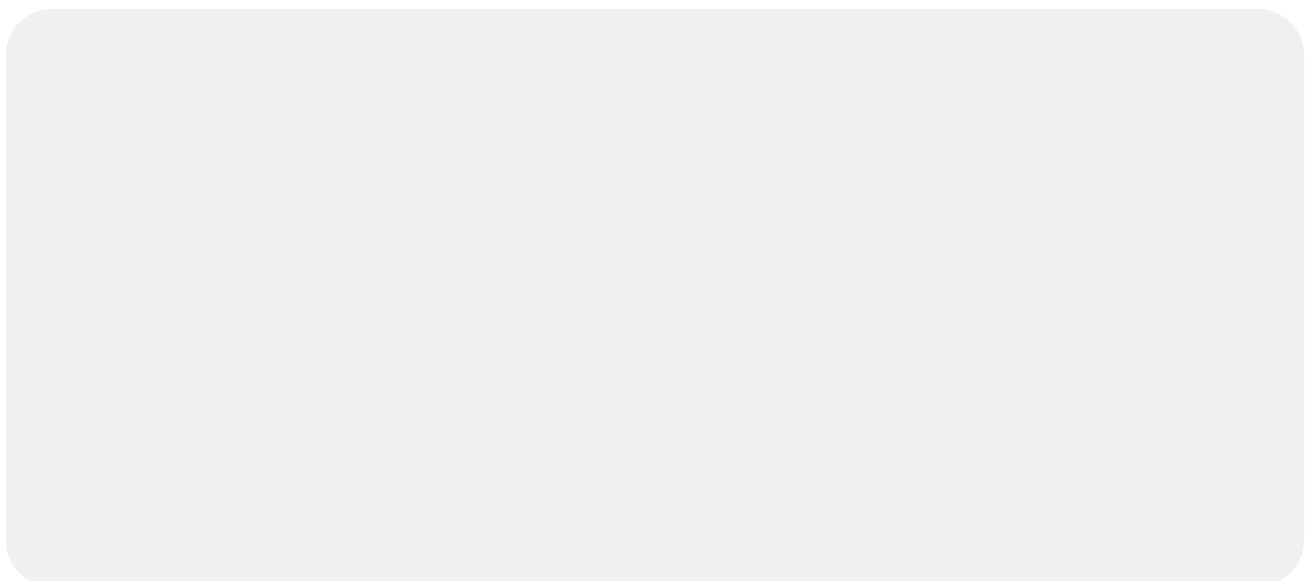


- **Do you possibly believe that it is hard to make a woman come?**

If yes, here did you learn this from?

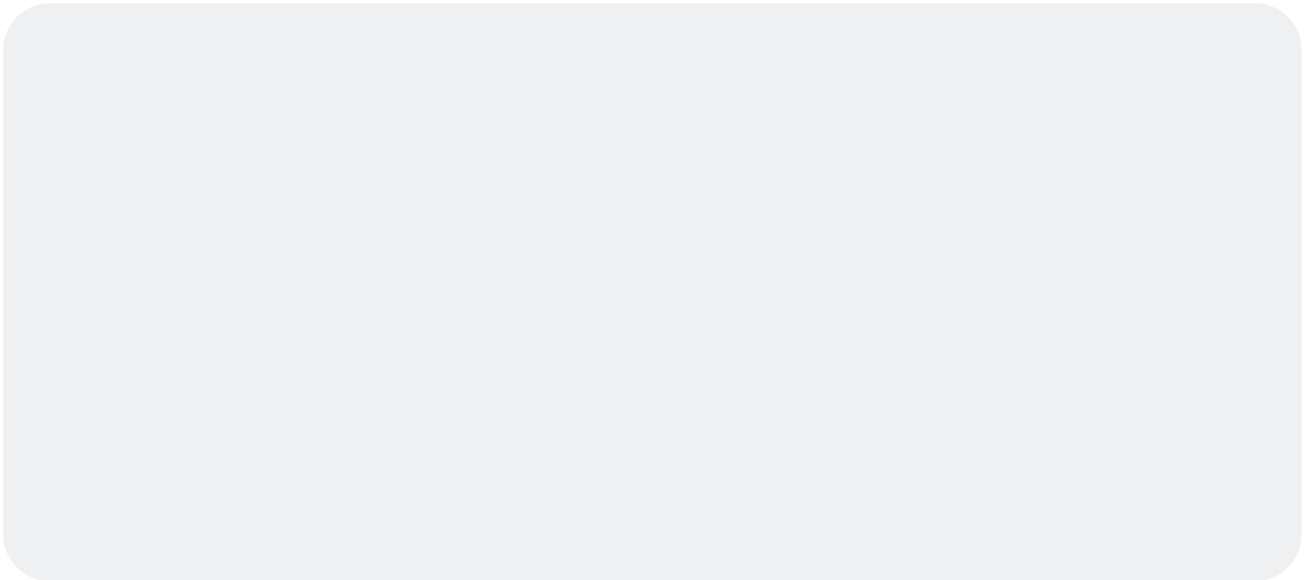
What are the phrases/ sayings for this in your community?

What's being said about this in your community?



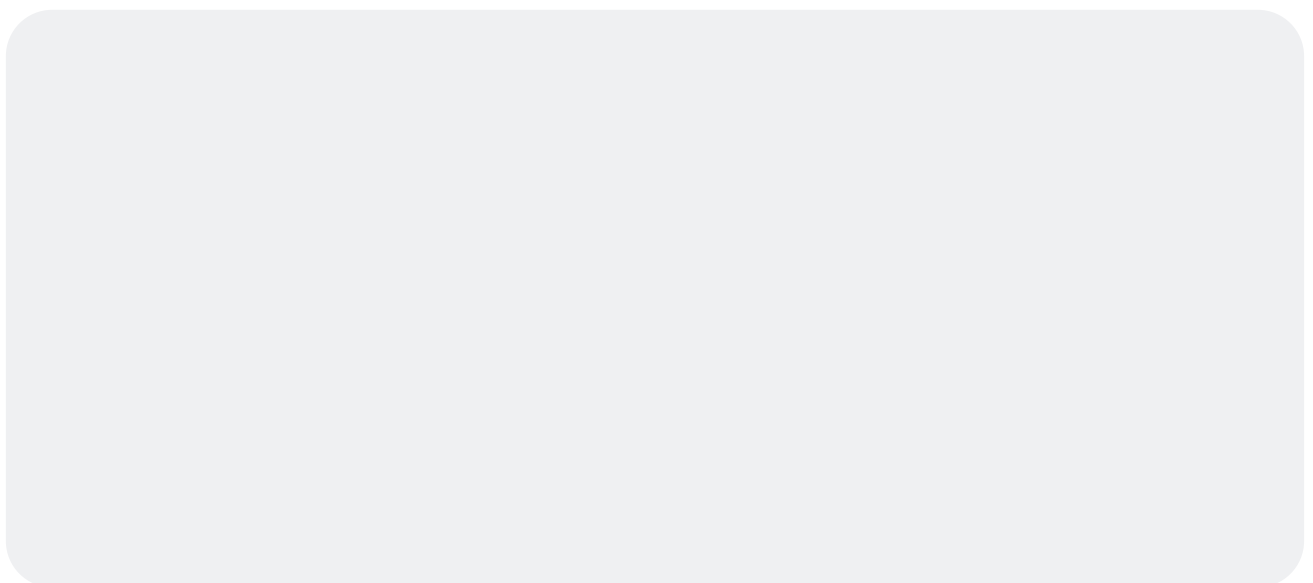
- **Do you know what pleasures you? Sexually.**

If not, how come?



- **Are you able to ask for what you know pleasures your body?**

If not, how come?





If this work has been of value for you and
you'd like to go deeper, and heal,
feel free to reach out to me at
hello@tumelomoreri.com

And, for more of this work, and
to explore the range of my
Coaching offers, visit:

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