

THE HERGEVITY™ ORGASM GUIDE

By Lana Kerr

For the Woman Who Has Never Had One,
or Wants to Understand Her Body Better

A FREE EXCERPT FROM

THE HERGEVITY™ ORGASM GUIDE

I wrote this guide because I believe women deserve to understand their bodies, their pleasure, and the changes that can happen at every stage of life.

This excerpt begins with one of the ideas that changed how I thought about pleasure: the body can learn.

Read these few pages with curiosity. If they speak to you, the full guide is available now on Amazon.

- Lana Kerr

1 START WITH THE BELIEF THAT YOUR BODY CAN LEARN

If you have never had an orgasm, it is easy to believe your body simply does not know how.

But the body can learn.

I have been learning this in my own body in the simplest ways. Recently, I have been working on my toes and ankles, trying to build more strength and connection in my feet. One of the exercises is to lift my big toe while keeping the other toes down, and then keep my big toe down while lifting the others.

It sounds so simple until you try to do it.

At first, my brain would send the message, but my toe would not respond. I had to concentrate so hard. I had to slow down, look at my foot, think about the movement, and keep trying until my body began to understand what my mind was asking it to do.

That is the mind-body connection.

And I started thinking, if I have to train my brain to connect to my big toe, why would I assume my brain is automatically connected to my pleasure center?

We talk about orgasm as if it should just happen. But for many women, especially as we age, it requires connection. It requires presence. It requires the mind and body to communicate.

The body needs blood flow, tissue health, oxygenation, sensitivity, and hormonal support. But the mind also has to be present enough to receive, soften, focus, and allow sensation to build.



If the mind is distracted, rushed, anxious, resentful, ashamed, or disconnected, the body may not respond fully, even if the physiology is being supported.

That is why sexual vitality is not only about the body. It is also about reconnecting with the body.

Sometimes we need to train that connection again. We need to learn how to listen, how to feel, how to focus, how to relax, and how to let the body respond without forcing it.

Response can be rebuilt.



Aha moment

The brain and body communicate through practice. Just like muscles learn movement patterns, the nervous system can learn safety, sensation, and response. This is why patience matters. You are not only chasing a moment. You are building a connection.

MYTH

Orgasm should just happen naturally

FACT

For many women, orgasm is learned through safety, sensation, blood flow, communication, relaxation, and understanding the body

| 2 LEARN TO RELAX BEFORE YOU TRY TO RESPOND

For many women, the body cannot open when the mind is racing.

We are cerebral. We think. We plan. We manage. We anticipate. We worry about everyone else. We think about the children, the house, the business, the dinner, the schedule, the laundry, the text we forgot to answer, and whether our partner is enjoying the moment.

But orgasm requires the body to move from thinking into feeling.

That shift matters.

Breathing is one of the simplest ways to begin. Slow breathing tells the nervous system that you are safe. It helps relax the body. It can soften tension in the pelvic floor. It can help increase awareness and sensation. It can help move you out of your head and into your body.

You do not have to create a perfect romantic scene.

Start small.

A warm bath. Soft music. Dim lighting. A few quiet breaths. A slower pace. A moment to let the day fall off your body.

Pleasure often needs space to arrive.

And space begins with safety.



Aha moment

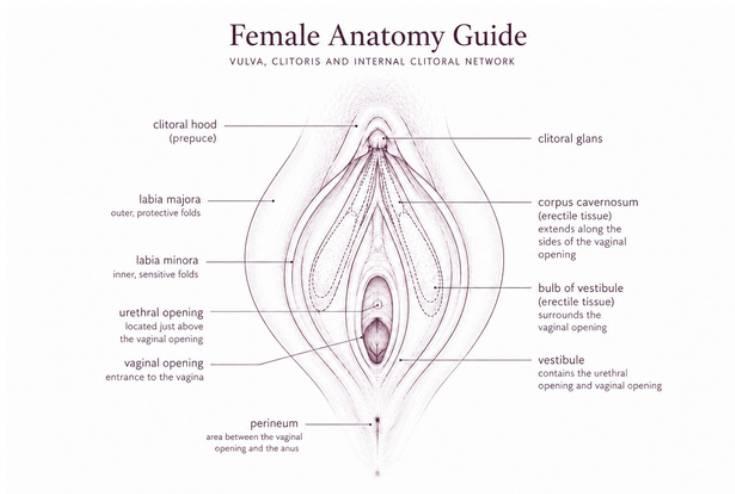
Stress and arousal often compete with each other. When the body is in a protective state, it may be harder to feel pleasure fully. The body often needs to feel safe before it can release.



Tip

Before intimacy, ask yourself, “What would help my body feel safe, relaxed, and open tonight?”

3 LEARN YOUR ANATOMY AND THE IMPORTANCE OF TOUCH



Many women use the word vagina for everything, but the vagina is the internal canal. The vulva is the external part of the female anatomy, and it includes the clitoris, labia, and the tissue you can see.

That distinction matters.

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**Not just more years.
More life in the years we are given.**