

## Dr. Taylor's Addendum to Dr. Sayin's "Doors of Female Orgasmic Consciousness" Published in *NeuroQuantology*, December 2012

Patricia H. Taylor, PhD

*NeuroQuantology* 2013; 1: 83-84

### To the editor:

Dr. Sayin kindly invited me to submit an Addendum to his groundbreaking paper, *Doors of Female Orgasmic Consciousness*, from the December issue of this Journal (*NeuroQuantology* 2012; 10 (4): 692-714). This Addendum's purposes are to shed light on what might appear to be extraordinary claims regarding orgasmic duration among the expanded orgasm (EO) practitioners surveyed in my study (Taylor, 2000); and to comment on Dr. Sayin's Four Nerves and Six Pathway theory as a neurophysiologic substrate for expanded sexual response (ESR)—and in particular EO—as a doorway to alternate and even transcendent states of consciousness.

### *The Self-reported Experiences of EO practitioners*

The purpose of the study was to determine whether EO can be legitimately regarded as an authentic pathway to transcendent states of consciousness (TSC), as many of its practitioners claimed. While it was important to characterize the subjects' self-reported

characteristics (e.g. shortest, longest, and average duration in EO, mode of inducing EO, and other sexual practices), the study made no attempt to validate subjects' claims about their orgasmic experience. Rather, individuals who responded to an initial outreach about the study self-qualified as EO practitioners based on positive answers to survey questions.

43 subjects (22 females and 21 males) self-selected as EO practitioners and completed the survey. To conform to Dr. Sayin's intent to report on female ESR, key descriptives about the 22 female practitioners are shown in Table 1. EO (a particular kind of ESR) is characterized as an orgasmic experience (having in common with all orgasms that it is self-sustaining and pleurably compelling) but extended in both the temporal and spatial dimensions: subjects often reported whole-body or even beyond-body (sensed as occurring in the partner or environment or in the Divine) orgasm. After reading a detailed description of the experiential scope of EO, subjects were permitted to report durations and other variables as they saw fit.

### *EO as an Authentic Path to TSC*

The ancient longing to transcend everyday consciousness and emotions has led to a proliferations of ways to attain TSC. A review

---

Corresponding author: Patricia H. Taylor, PhD  
Address: 155 Rollingwood Drive, San Rafael, CA 94901  
Phone: (415) 459-4069  
✉ pht4@comcast.net  
eISSN 1303-5150



of the literature about TSC reveals two paradigmatic paths to TSC: A Chain of Being model (CBM), represented by Ken Wilber's early body of work; and a Holotropic model (HM), represented by the work of Stanislav Grof. A key difference between the paradigms is that CBM views transcendence as ascending a hierarchy and largely eschewing the physical, while HM paths incorporate the body and offer the possibility of imminent transcendence that is intimate with the present moment. My work

and the study concluded that EO constituted a valid path to TSC—that is, whether it can be effective and powerful (its effect extends beyond the initial period of altered consciousness) in inducing TSC in its practitioners. Based on the literature review and subjects' detailed responses, EO was found to meet the valid-path criteria, and was determined to be an HM path given that it embraces physicality.

**Table 1.** Orgasmic duration in minutes for 22 female EO practitioners.

|                       | Percentiles |       |       |      |        |       |
|-----------------------|-------------|-------|-------|------|--------|-------|
|                       | Range       | Mean  | SD    | 25th | Median | 75th  |
| Age                   | 32 - 60     | 47.3  | 7.3   |      | 48.0   |       |
| Duration in EO (min): |             |       |       |      |        |       |
| Shortest              | 0.4 - 30    | 6.5   | 9.2   | 0.5  | 2.0    | 10.0  |
| Longest               | 30 - 600    | 166.7 | 150.5 | 90.0 | 150.0  | 180.0 |
| Typical               | 3 - 120     | 38.4  | 36.4  | 10.0 | 30.0   | 60.0  |

**The Six-Pathway Hypothesis as Substrate for EO as a Doorway to TSC**

In illustrating ESR, *Doors of Female Orgasmic Consciousness* describes several phenomena commonly attributed to TSC. To support these experiential phenomena, however, requires a complex biologic, physiologic, neuroanatomical, and neuroendocrine "substrate." Sayin theorizes that humans possess a substrate with the requisite physical and informatics complexity to support ESR—and by implication EO. The rich, multimodal pathways, feedback loops and extensive distribution throughout the body—likely extending not only through the central, peripheral and autonomic nervous systems but the bloodstream and viscera as well—make a compelling case for ESR (and EO in particular due to its inherent orgasmic non-locality) as a door to altered consciousness and an accessible path to transcendent states of consciousness.

**Discussion**

*Doors* is a groundbreaking investigation because it points the way to a biologically-grounded interface with a fundamental human yearning—transcendence. To know that we hold within ourselves—and in partnership with our beloveds—the capacity to experience the many benefits of transcendence aligns with a goal common to mankind and which some say

may be more than a luxury in today's deeply interconnected and demanding world. Of importance, the EO study's 21 males reported a quality and range of orgasmic experiences quite similar to the females'—a topic for further investigation and cause for optimism in the growing field of orgasmic informatics.

**References**

Sayin Ü. *Doors of Female Orgasmic Consciousness: New Theories on the Peak Experience and Mechanisms of Female Orgasm and Expanded Sexual Response.* NeuroQuantology 2012; 10 (4): 692-714.

Taylor PH. *An observational and comparative study of practitioners of expanded orgasm: An investigation of an effective, powerful and accessible path to transcendent states of consciousness.* PhD Dissertation, 2000.

