



Bynoi Desouza: Re-Source: Opening To The Potential Of Orgasmicity



Bynoi is an educator and coach, tantric practitioner and scholar, and faculty at the International School of Temple Arts, and a dancer. He is also a Somatic Sexual Educator, Embodiment Guide & Practitioner (Esoteric, Sexual Shamanic, & Taoist Internal Arts modalities). Explore the direct route to accessing pleasure in the body.

**TOP EMBODIMENT TIP:** Be aware of “Cell-f”.

Genital Embodiment: **Deeply In the Shadows of Collective Consciousness**

- There's deep **shame** even talking about the genitals or the anus. There is shame, fear, guilt when exploring it.
- When **exploring orgasmicity**, have radical self-acceptance for whatever may come up. Take self responsibility, be vulnerable, and acknowledge what you don't know and what you don't know that you don't know.
- A quick way to gauge where you are in terms of orgasmic potential or orgasmicity is to ask yourself, “I turn myself off by \_\_\_?” “I turn myself on by \_\_\_?” This is different from “What turns me off is when you \_\_\_.” or “You turn me on.”

Pleasure: **Many People Are Living In a Narrow Band of What Their Orgasmic Capacity Can Look Like**

- Sometimes the words *orgasm* and *ejaculation* are used interchangeably, but they are separate events.
- We can increase our **pleasure ceilings** by checking in with ourselves and seeing if we have unconscious agreements, hooks, or telepathic contracts that we have running with other human beings that could drain our energy.
- Most people have a very indirect way of accessing pleasure. Its external, such as pornography or another person.
- There are different access points to pleasure, such as: a deep belly laugh, or a sweet conversation with a friend.
- Common issues to accessing an orgasmic state can be: higher or low libido, releasing pain, meeting trauma, accessing more sexual energy or life force energy, reframing beliefs, letting go of conditioning, expressing and connecting deeper to our emotional, physical and energetic bodies, boundaries and consent.

Orgasm: **An Energy State and Frequency That We Can Turn Our Awareness To**

- Some people experience orgasms in the genitals. However, every cell has the potential to be orgasmic.
- Orgasmicity is the awareness of the cells themselves. There is no witness, God, or intermediary step.
- Oftentimes people view orgasm as transactional, or something that you give or receive from another. Or an association of orgasm with validation of self or performance for another.

Resources

- ◆ **Courses:** [Pleasure Intensive](#)



❖ **Website:** [lovemovementevolution.com](http://lovemovementevolution.com)

**Bynoi Desouza**





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**Ilan Stephani** is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

**#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

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