

# THE ORGASMIC WOMAN

## A TRAINING PROGRAM FOR SEXUAL WELLBEING

### RESULTS FROM THE FOLLOW UP STUDY

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#### INTRODUCTION

Empirically validated training programs for women who would like to enjoy more sexually and enhance their sexual wellbeing are rare. Finding more sexual enjoyment is a very personal thing and each woman can find her own way. We developed an intensive three month self-training program for healthy women which consists of techniques from the cognitive-behavioural and hypno-therapeutic field and from Komaja's tantric training. The training enables women to experience themselves and their bodies, step by step. In some parts of the training there is also the possibility to include the partner. After the pilot study, completed in 2007 and presented at the 18th World Congress for Sexual Health in Sydney in 2007, which involved 35 healthy women, the effectiveness of the training was tested again in a follow up study in which 43 women participated over a three month period with daily exercises.

#### THE TRAINING

*The Orgasmic Woman* is an intensive three months self-help program for women of any age, who are psychologically healthy and who want to improve their knowledge of themselves and skills, as well as thoughts and feelings related to sexuality. It is a training for women who would like to enjoy more sexually and enhance their sexual wellbeing. It is not a substitute for psychotherapy. The recommendation is that the participants should be in contact with their coach/supervisor

during the training. There is also the option to discuss and share experiences in a group setting.

The program is conceptualised in three steps: The participant should pass through the three main exercises stage by stage which are three techniques of visualisation, love training and work with archetypal images, three cognitive behavioural exercises to strengthen self awareness and self discovery, and three tantric exercises with exploration from which the woman derives pleasure and play with arousal and orgasm. In addition, she should also complete daily supplementary exercises which are: Erotic Power Training, Tantric Masturbation or Making Love, and Komaja's Ecstatic Nature Breathing. The women decide for themselves how long they want to continue with a particular exercise. We made suggestions which can act as guidelines.

#### METHOD

The effectiveness of the original study was tested with the follow up study. The follow up study included 43 healthy women aged between 20 and 56, with an average age of 29 years. The majority of the participants have an academic level of education and most of them were from Central and Southeastern Europe. Over a period of three months they performed daily exercises and regularly filled out a semi-structured diary on their process through the training. Each woman had the possibility to contact their supervisor or the authors of the training program at any time.

There was also a control group of 20 women (age between 22 and 53 years, with an average age of 29 years; the majority of them have reached an academic level of education and most of them are from Central and Southeastern Europe) who did not complete the training. They were involved in pre- and post-testing over a period of three to four months and informed about the main purpose of the research. The effectiveness of the training has been measured (with pre- and post-training comparisons). The training was evaluated by using of the FSFI (Female Sexual Function Index), a validated 19 item multi-dimensional self-report instrument which is extraordinarily useful to determine responses to sexual training programs. We also evaluated the diary entries of the participants and the findings from the final questionnaire with 52 partially open questions.

#### RESULTS FROM THE FOLLOW UP STUDY

The training in the follow up study (n=43) was significantly successful in improving sexual satisfaction and sexual arousal (p<0.05\*) which are some of the key dimensions of female sexual function and was the central focus of our training. Women who hadn't previously been through Komaja's tantric training prior to undergoing the program profited significantly more from the training than the other participants who started the program with a significantly higher level of sexual functioning, indicated by the overall score in the FSFI at the beginning. The results of the women without Komaja's tantric training showed a significant improvement from the training indicated by the overall score in the FSFI at the end, as well significant improvement in sexual satisfaction (p<0.05\*) and sexual arousal (p<0.05\*). Women from the control group (n=20) did not show any significance of improvement in the dimensions of the female sexual function in the test period of three to four months.

#### OVERALL RESULTS FROM THE PILOT AND FOLLOW UP STUDY

Overall, both the pilot and the follow up study (n=78) showed a significant improvement of sexual satisfaction (p<0.05\*) and improvement of sexual arousal (p<0.05\*). Additionally, women without Komaja's tantric training from both studies (n=42), profited significantly more from the program than the other participants (with a significantly higher level of sexual functioning), indicated by the overall score in the FSFI at the end. Especially noteworthy is that they showed a significant improvement of sexual satisfaction (p<0.05\*), of sexual arousal (p<0.05\*) and of sexual desire (p<0.05\*).

#### CONCLUSION

The results of the follow up study confirm the findings from the pilot study and the subjective impressions of the participants state clearly that this training is very promising and effective. *The Orgasmic Woman* helps women to deepen their contact with their sexuality, to their vitality and their power to enjoy and love. It helps them to liberate themselves from conventional attitudes of how a woman should be, to discover their own way to be, as well as to live their capacity to enjoy and to love. The participants found the training very helpful for their sexual wellbeing. Women without Komaja's tantric training experienced the greatest benefit from the program. The program gives a clear evidence for a very valuable therapeutic effect.

#### Results from the Follow up Study

Total of the Women - Follow up Study (n=43)				
	Mean	SD	p-value	Sign. acc. to BH
Arousal before	3.61	1.85		
Arousal after	4.50	1.43	0.000	p<0.05*
Satisfaction before	3.30	1.58		
Satisfaction after	4.22	1.16	0.000	p<0.05*

Women WITHOUT Komaja's Tantric Training - Follow up Study (n=30)				
	Mean	SD	p-value	Sign. acc. to BH
Arousal before	2.97	1.84		
Arousal after	4.16	1.57	0.000	p<0.05*
Satisfaction before	2.87	1.44		
Satisfaction after	4.01	1.13	0.000	p<0.05*
Full scale before	18.75	9.21		
Full scale after	22.1	7.91	0.000	p<0.05*

#### Overall Results from the Pilot and Follow up Study

Total of the Women - Pilot and Follow up Study (n=78)				
	Mean	SD	p-value	Sign. acc. to BH
Arousal before	4.08	1.64		
Arousal after	4.73	1.32	0.000	p<0.05*
Satisfaction before	3.68	1.58		
Satisfaction after	4.45	1.21	0.000	p<0.05*
Full scale before	24.57	8.18		
Full scale after	26.33	7.38	0.010	n.s.

Women WITHOUT Komaja's Tantric Training - Pilot and Follow up Study (n=42)				
	Mean	SD	p-value	Sign. acc. to BH
Desire before	3.40	1.19		
Desire after	3.89	1.02	0.002	p<0.05*
Arousal before	3.19	1.75		
Arousal after	4.33	1.58	0.000	p<0.05*
Satisfaction before	3.10	1.53		
Satisfaction after	4.23	1.20	0.000	p<0.05*
Full scale before	20.27	8.72		
Full scale after	23.92	8,25	0.000	p<0.05*



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