



Self:Cervix

Find your C-Spot!

Unlock the hidden potential of your cervix

selfcervix.com

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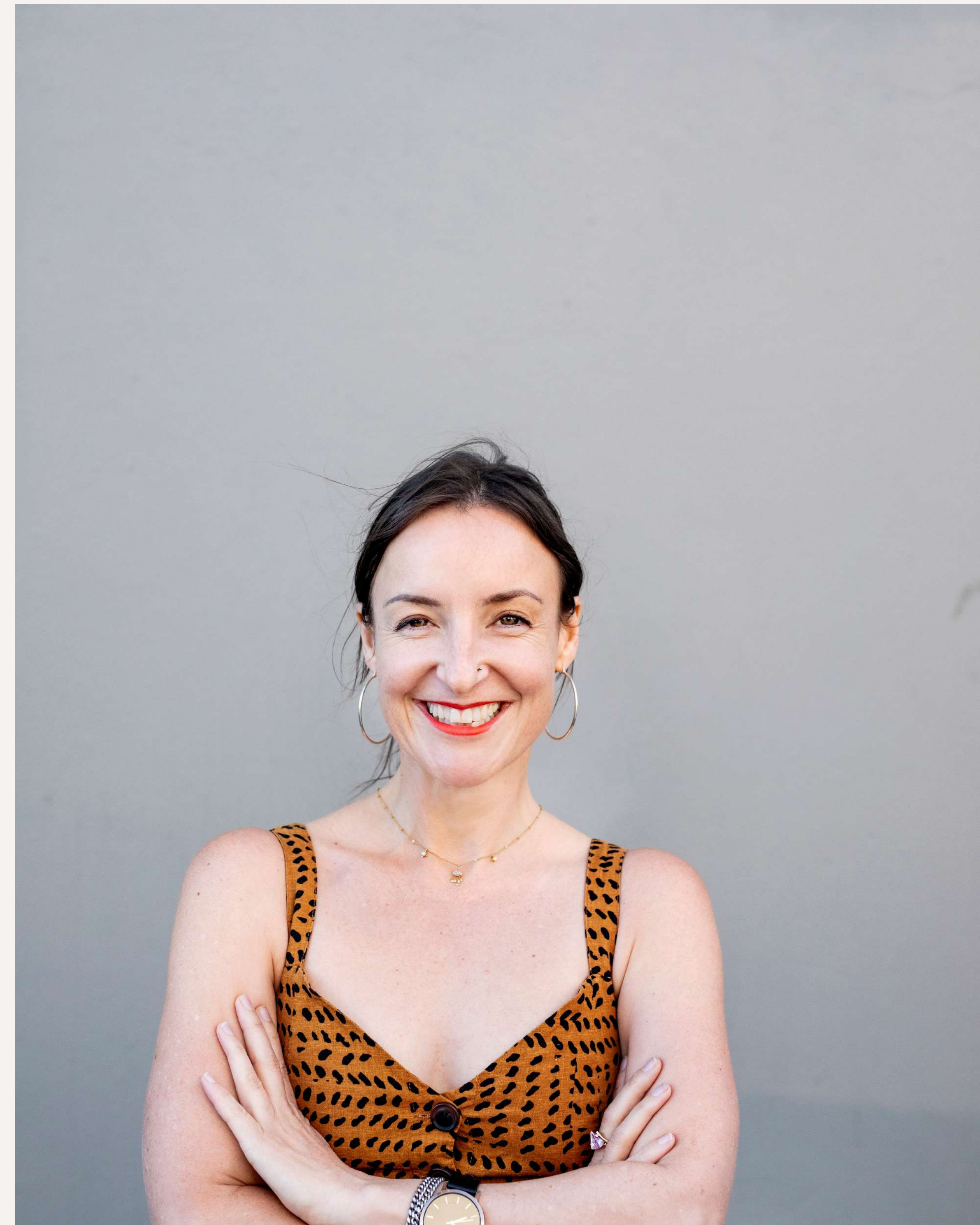
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Deepen your C-spot journey

Welcome to your C-Spot class!

OH HELLO!

You've made an incredible choice to start investigating the hidden potential of your cervix, or shall we say your 'C-spot'. It's fair to say that touching my C-spot has changed my life.



Layers of Awareness

To some people a heart is just a physical organ that pumps blood to keep you alive. But as you evolve you begin to understand that the heart is pivotal in our energy, vibration levels, our connection to other humans and living species.

The same applies to the cervix, for some it is only known as a part of the body involved in the reproduction cycle. But for those in the know, it is a powerful place of pleasure, transformation and grounding. It is a portal between worlds - it births life into being AND it allows you to return to Source through orgasm.

This is not fluffy or made up. The new frame for the cervix is birthing itself now and will soon be recognised more widely by science and medicine.



Using The Cervix To Transform

When you harness the power of the cervix, your life transforms INCREDIBLY, here are some of the effects:

- You feel on a much deeper level and so the connections you make with others are profound.
- As you become more sensitive, you can have whole body and cervical orgasms that heal and raise your self-worth.
- You transform the way you make love as you open to more options. Love-making becomes deeper, more connected, and orgasmic.
- You become anchored in your body and feel a sense of belonging. We know that stimulation of the cervix calms anxiety.
- You learn how to receive through upping yourself worth. This means you no longer settle for less than you're worth - financially, in relationship or at work.
- You learn to listen to your body deeply - it's always speaking to you. As you work with the cervix, you refine your sense of deep body listening which means you are more in touch with your intuition and emotional intelligence.
- You become empowered as you raise awareness and self-esteem - setting boundaries and advocating for your needs to protect and care for your cervix.
- By working with your cervix you are part of a pioneering group of women and people with cervixes who want to elevate conversations around female sexuality.

How my personal journey landed me on my cervix

Hey I'm Olivia! This is my personal journey....

I started this work because I needed to heal. I'd come out of a terrible relationship. I felt like I was housing a brick inside of my pelvis – it felt heavy, blocked and painful. I certainly didn't want sex. I had no libido and very limited access to orgasm. To top it all off, I was already working as a sex coach for women. Here I was feeling pretty unworthy – who was I to teach when I felt so stuck?

This challenge became the beginning of a big adventure. At first, I wanted relaxation and less tension in my pelvis, and of course more pleasure. In the larger picture of my life, I realised that I had a longing to find access to orgasm.

I didn't know that my life crisis was going to put me exactly where I needed to be.





After years of following instructions, using vibrators and signing up for courses (that only highlighted how stuck I was), I had almost given up. I decided that I must be one of those people who wasn't wired for internal orgasms and so I decided to celebrate the pleasure I did have.

What I know now is that we are all human and orgasm of all kinds are natural for us. What is unnatural are the things that block these experiences such as shame and trauma.

Turns out, my innocent explorations to heal myself yielded MUCH more. I didn't realise I was going to discover my cervix.

The reason I discovered the significance of my cervix was because when I did land on it, I couldn't feel anything at all. And that fuelled my curiosity even more!

Join me on one of the most profound journeys as you explore your cervix and its hidden potential.

Olivia x

Self:Cervix Founder

Science of the cervix and orgasm

I'd read in a book called The Science of Orgasm by Dr Barry Komisaruk and Dr Beverly Whipple about how the cervix is capable of pleasure and orgasm.

The cervix in fact, has more neural connections to the brain than any other part of our sexual anatomy.

The problem is that most medical textbooks don't accurately present the nerve pathways between the cervix and the brain so most people don't know how sensitive the cervix actually is! This image is widely used and well regarded. You may notice the fine print is focussed on pain. We think this is quite appropriate as there is no acknowledgement of pleasure from the cervix from the medical industry, that we know of. It's also missing one very important neural pathway between the cervix and the brain, the vagus nerve... (cue, female PLEASURE!).

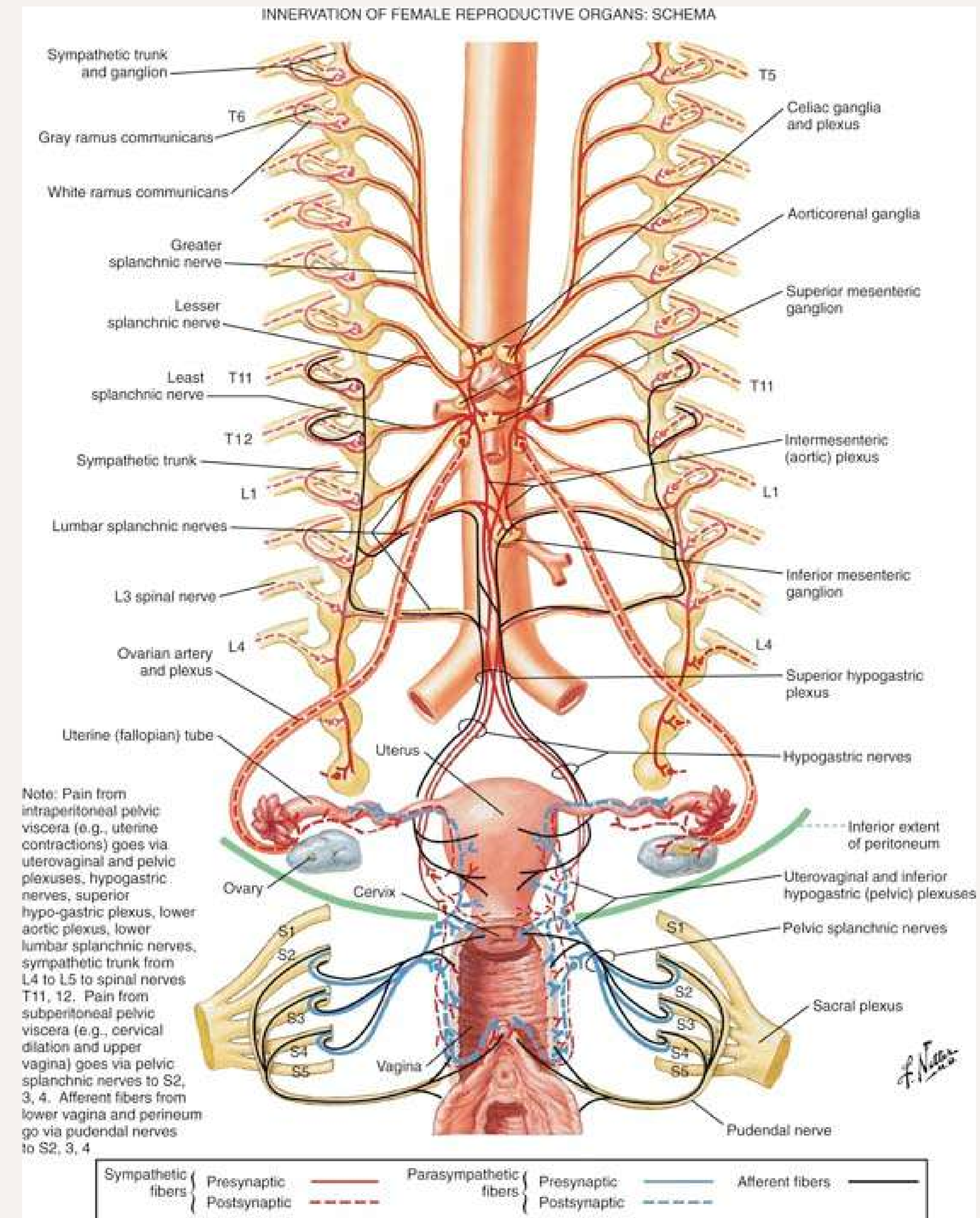
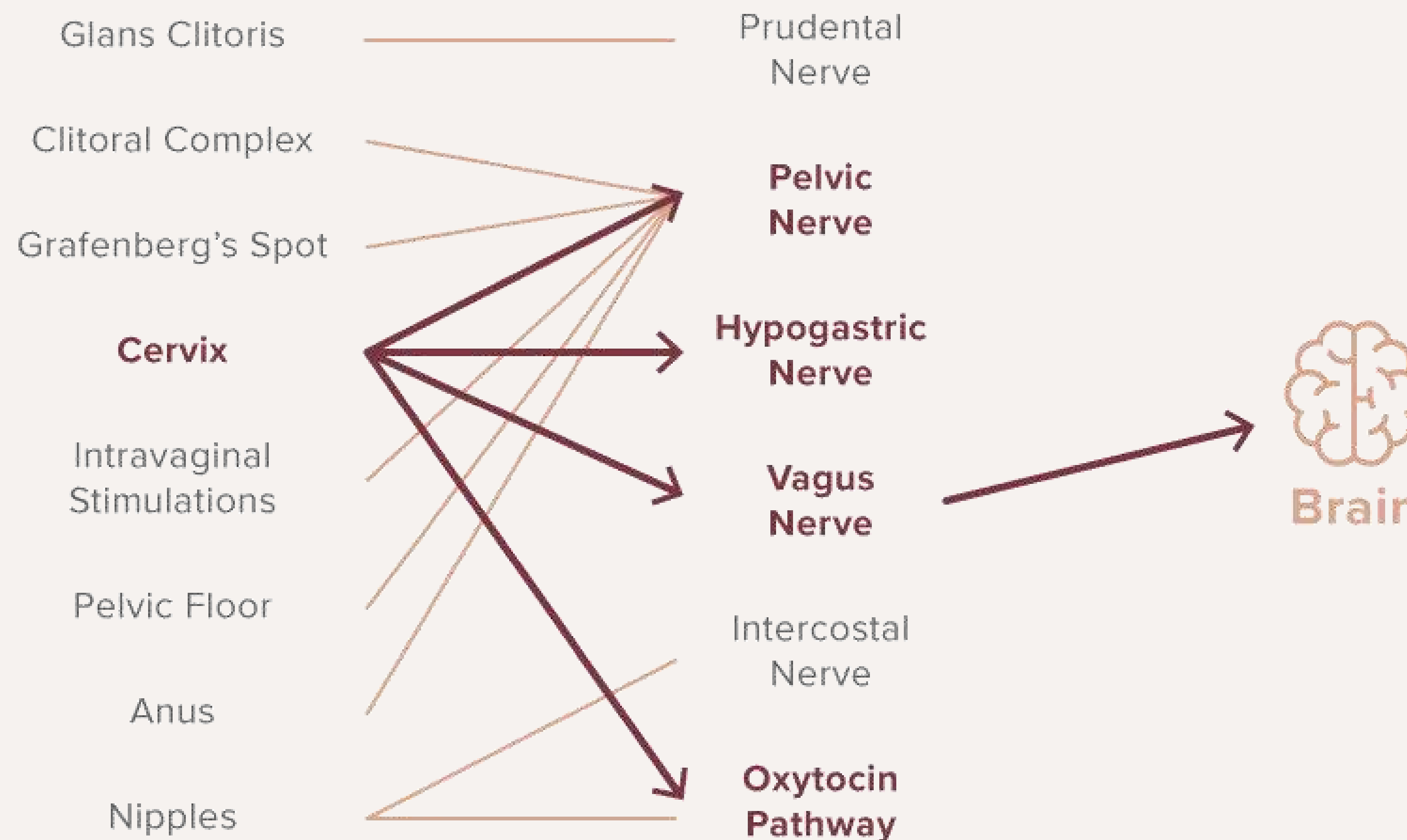


Image: clinicalgate.com

But here's what's really going on – the cervix is connected to the vagus nerve, the hypogastric nerve and the pelvic nerve. Stimulating the cervix also allows you to receive more oxytocin, known as the ‘bonding’ hormone.

That’s a lot of connection. (To put it in perspective, the clitoris, though very sensitive, has only one main neural connection - the puddental nerve.)

As you can see, there is a LOT of potential for pleasure and orgasm.



Perhaps the amount of connection between the brain and the cervix accounts for the transcendent experiences that women report during orgasm.



How wild is that? Before you compare, as it stands, these kinds of orgasms are quite rare. Only 10% of us experience this state. However at [Self:Cervix](#) we believe that this kind of orgasm is possible for ALL of us.

OUR WORK HERE IS ABOUT FIGURING OUT AND PEELING BACK THE LAYERS THAT PREVENT US FROM EXPERIENCING OUR BLISSFUL BIRTHRIGHT.

For more information visit [Self:Cervix Science here.](#)

Rewriting our cervix as a part of female pleasure anatomy – the start of Self:Cervix

My numb cervix provided me with a major clue as to WHY my capacity to orgasm was so limited. If I couldn't even FEEL my cervix, what else wasn't I feeling?
And WHY?

This is when Self:Cervix was born. It began as my personal exploration into why my cervix was numb and how I could turn it into an organ of pleasure.

This mission is now a global one, with thousands of women putting the pieces together, all of us on a mission to open and awaken love and bliss within.

I spent years creating this body of work out of my research and investigations.

I was very patient with myself and I had to do everything in my power to not compare myself to others, to be true to my experience and yes, to celebrate ALL pleasure even if I was still numb or feeling some pain.



"I had my first cervical orgasm when I was 42"



Yes, you have read that correctly. And my first vaginal orgasm! And energetic orgasm! When my body and my nervous system were aligned and ready, it all opened up at once.

There is no rush to this process. It's REALLY important to get into the exploration and forget the goal. We call our courses 'journneys' for a reason. As tempting as it is to be 'orgasm' focussed, the treasure lies in who you become as you devote yourself to self-loving action.

Once you do have a peak orgasmic experience, you understand more of the human experience. The work teaches us how to be with ourselves in a more self-aware and loving way so that we can create the conditions for these epic experiences to open up for us.

Touching your C-Spot

Touching your cervix may bring up emotions for you. You may feel confronted and experience resistance about touching inside of yourself or feel repulsed. This is where the enquiry begins; learning to love all of ourselves. Learning to be safe inside of ourselves with our commitment to radical self-acceptance. This might take some time. Please be kind to yourself as you explore deep places within.

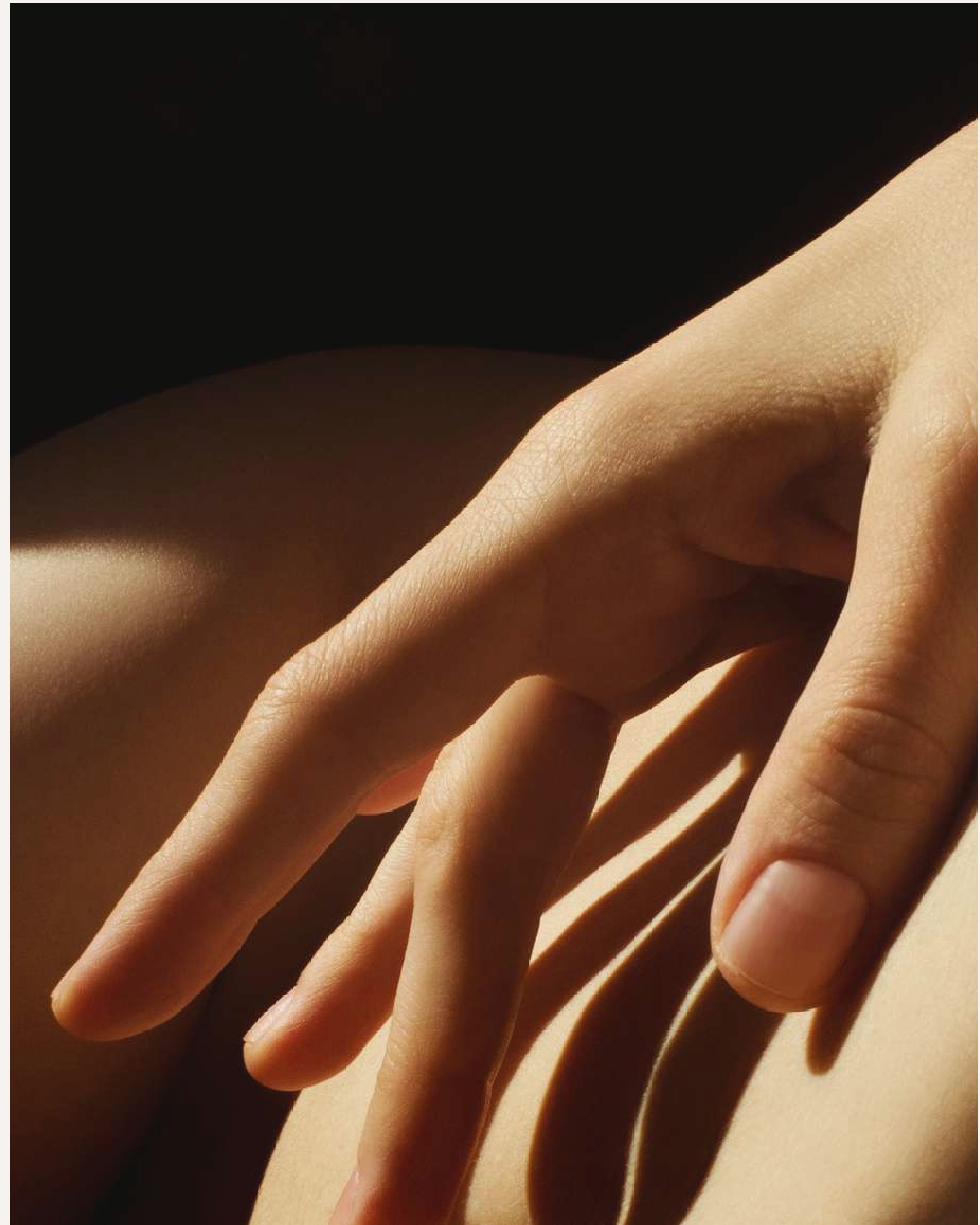
LET'S BEGIN WITH SOME PRACTICAL TIPS TO GET YOU STARTED:

- 1. Create a safe space** - Before touching your cervix, ensure that you have a private, safe space without interruptions so you feel relaxed.
- 2. Get sensual with yourself** - Use oil or lubricant to massage your body and your vulva. Enjoy and focus on your breath. I love to play music to remain present.
- 3. Go slowly** – With your finger, enter your vagina slowly and only when you feel open. This openness could be fuelled by curiosity or desire. The most important message you can give your body is that you are there to love and learn. You are NOT there to push through, force entry or try for any kind of outcome. Your beautiful pussy will not respond well to pressure.

4. **Use circular movements** - Begin by circling your vaginal entrance. This is often an area that holds pain due to crossed boundaries or internalised stress.

5. **Breathe** - As you open and BREATHE, your vagina may naturally begin to draw your finger in ever so slowly.

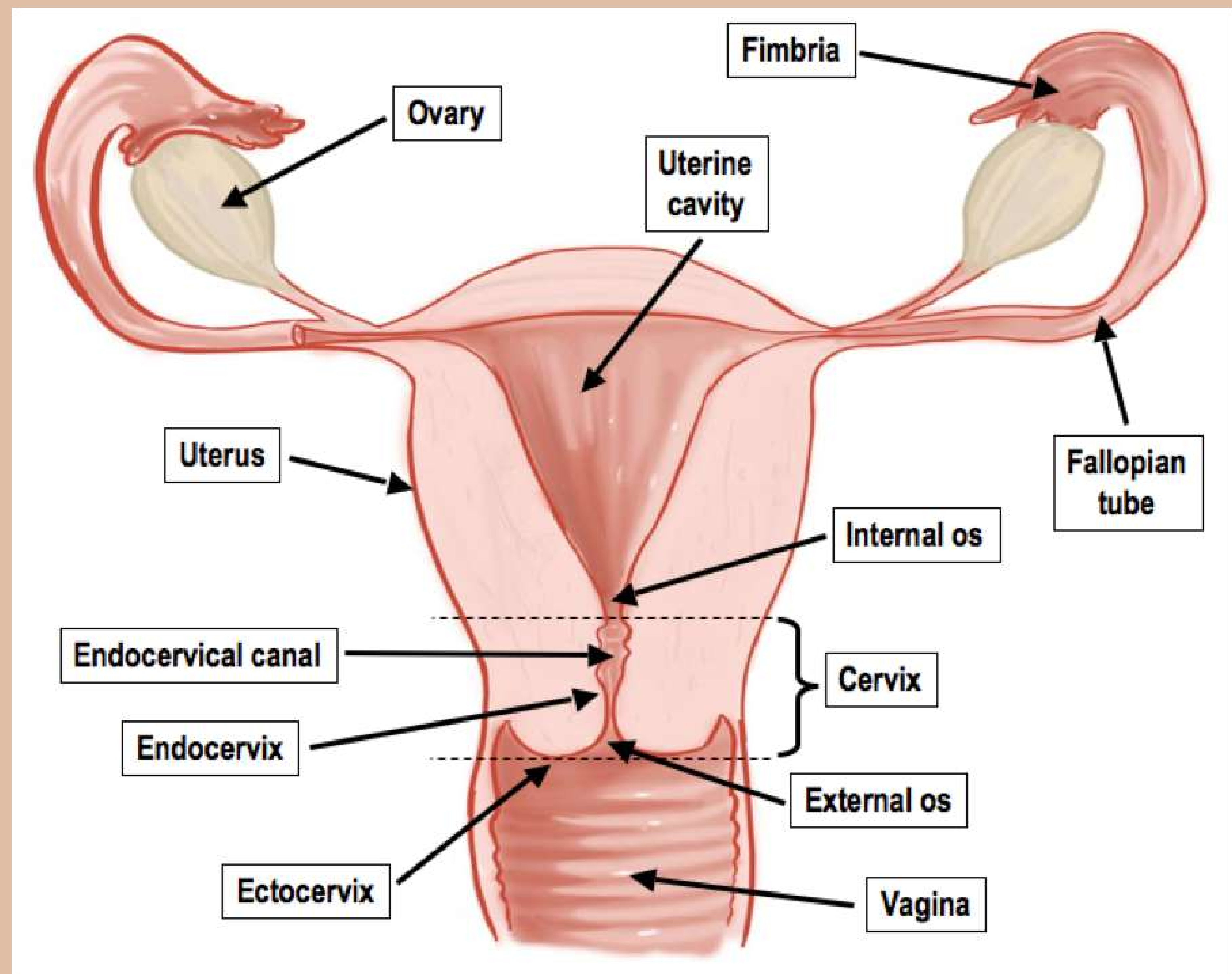
6. **Be an explorer** - Your vagina is actually very interesting terrain. You may feel stringy places, bumpy spots, smooth spots, numb places, tender places. Get to know yourself! Feeling yourself and being curious is the best education.



Cervix 101

Now, to your cervix. Here is a picture to give you a visual. You'll see in this image that the cervix forms the neck of the uterus. So you'd think it would be straight upwards, right?

Medical textbooks have a standard way of representing anatomy that doesn't account for individuality.



HERE IS A VISUAL OF AN ACTUAL CERVIX

The cervical mucus will look different, depending on the time of the cycle.

You can find more at beautifulcervixproject.com

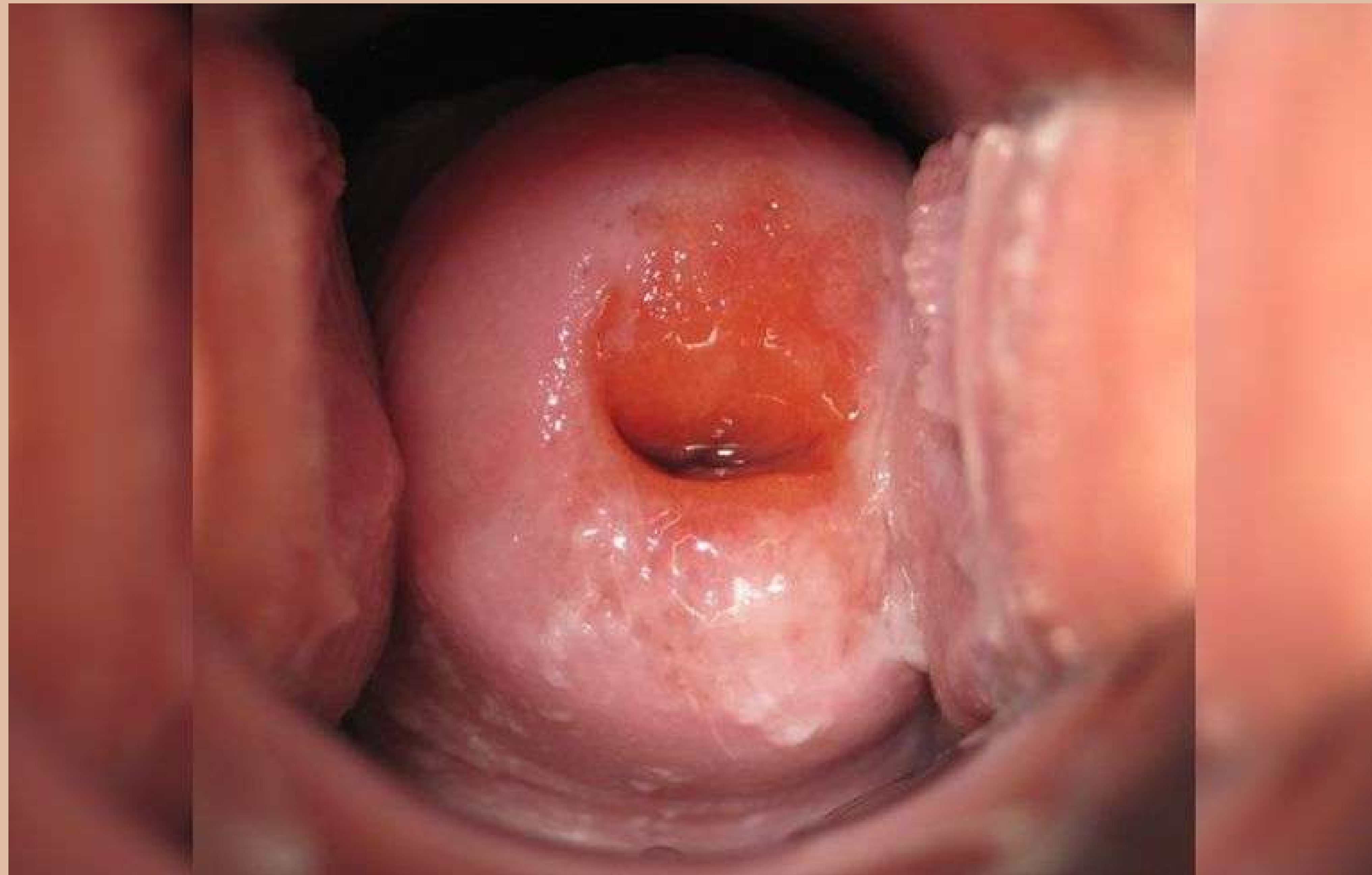


Image: beautifulcervixproject.com

WHERE IS MY CERVIX LOCATED?

The cervix may be hiding out high up inside of your vagina. It may be to the left or to the right, tilted forward or back. This is because your uterus is a floating organ, which means it moves. As your uterus moves, so does your cervix. I discovered mine through 'off-roading' inside of my vagina.

When I first began, I literally imagined my cervix would be directly up. Nope. It was extremely left. This really surprised me. Point being, be prepared for surprises. Be prepared to get a little lost inside of your vagina.

WHAT IF I CAN'T FIND MY CERVIX?

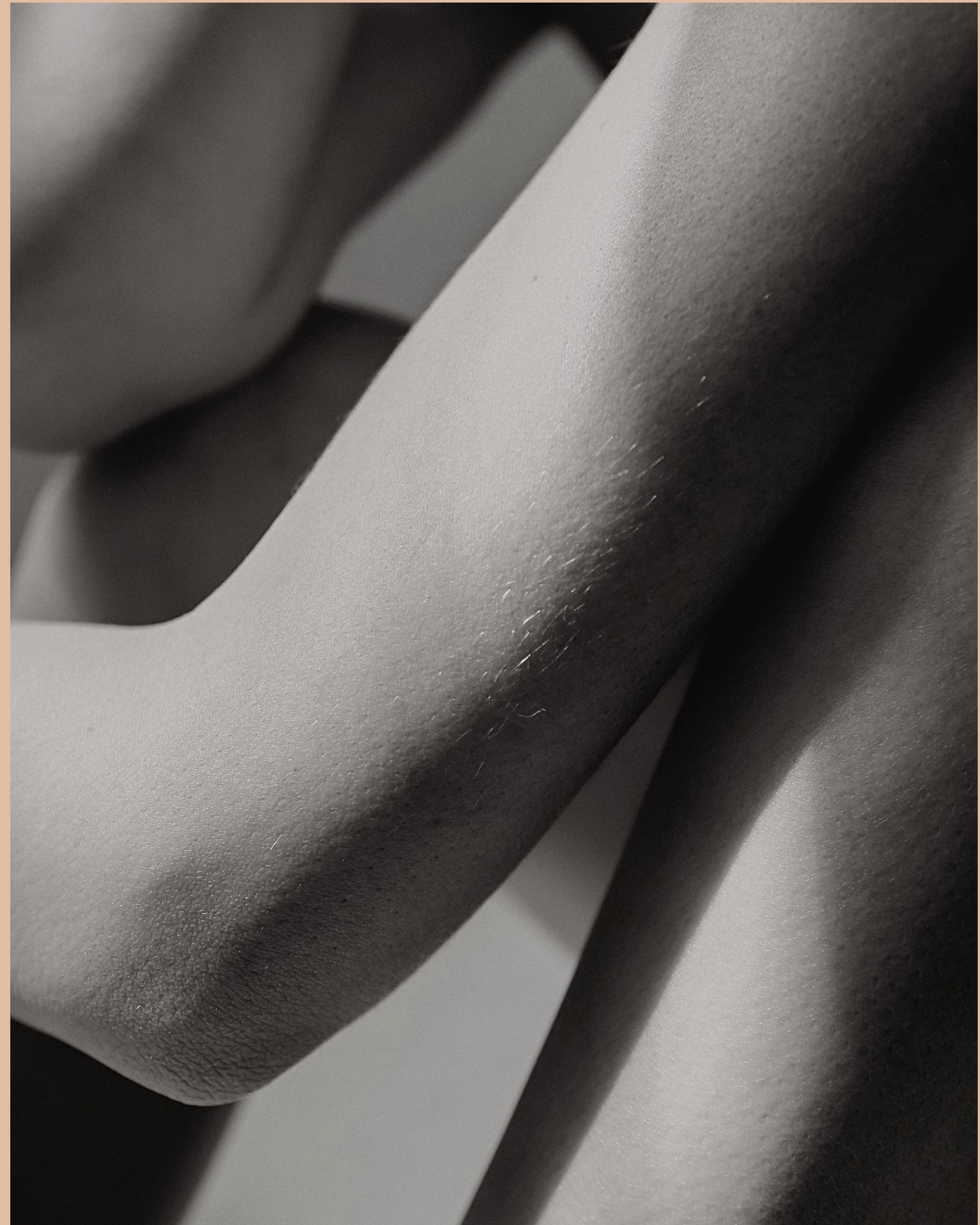
Your cervix might not want to be found. The cervical ligaments may be contracted if there is a sense of unsafety in the nervous system. (That's why so much of our work at S:C is learning to relaaaaax by creating safety).

So be patient and ALWAYS have loving intentions. If you get frustrated with your vagina and cervix, it's similar to getting frustrated with a child. The cervix will not come out to play under pressure. Accept where you are at and soften into it. Over time, you'll be given more access.

WHAT DOES IT FEEL LIKE?

Cervical tissue feels very different from the rest of your vagina. It feels harder and more defined. It protrudes out of the vaginal wall, sometimes under a centimetre, sometimes far more. It has been mistaken for a growth by many women who've anxiously made doctors appointments.

Don't worry, it's not a growth, it's your cervix. It has a slit or a hole in it to allow cervical fluid and babies to travel out and sperm to travel in. If you've birthed, this hole could be bigger. I describe it as feeling like the tip of your nose (go on, give the tip of your nose a little rub) or a tiny donut.





WHAT IS THE BEST POSITION TO TOUCH IT?

Create a position that shortens your torso. It's easiest if you're squatting up, with one foot flat on the floor. This enables you to reach around and under much more easily. If you are lying on your back, bring your knees up (you can raise your head and knees on cushions).

Depending on your body, reaching it may be fairly easy or a bit more of a challenge. We have created a [Release wand](#) to lessen the strain and to make accessing your cervix easier. If you CAN touch your cervix even for a little, it will help you find it with the wand because you're more familiar with the sensation at or around the cervix.

HOW LONG SHOULD I TOUCH IT FOR?

The duration for touching the cervix is different for everyone. It may depend on how flexible you are, how much time you have and what comes up for you. When I first started touching my cervix, I massaged it for ten minutes before I felt any sensation. In general, the longer, the better. If you're building sensation and healing numbness, five to twenty minutes will be beneficial. Cervical orgasm requires more turn on and more time so in that case give yourself plenty of space to explore.

WHAT KIND OF TOUCH FEELS GOOD?

This is a personal exploration. A few ideas you may like to try are:

- Circles (especially in a clockwise direction)
- Repeating slow and rhythmic pressure (note: you do not want to be banging the cervix, more like continual applied pulsing)
- Tapping or holding still and focussing your awareness

Always follow your feelings. If it feels good, keep going. If you get distracted, take notice and tune inwards again. See what wants to happen next. The point is to be in 'communication' with your cervix. Always listening and sensing, curiously exploring in collaboration with your body rather than imposing techniques and tricks. This is an inside job between you and YOU.

Tips to awaken and connect with your cervix

There are two main ways to be with your internal world.

1. TENSION RELEASE / DE-ARMOURING

One way is focussing on tension release. Tension release (otherwise known as de-armouring) is a way to clear the energetic and physical blocks from the body.

Our Release Journey focusses on this. Releasing and softening the tissue is vital for more orgasmic response. The Release Journey was the first journey I made because it was where I was first focussed.

There are instructions for de-armouring below, always include your breath and always make sure you are able to relax.



2. PLEASURE

The other way to be with your internal world is to focus on pleasure. To get the most out of your C-spot, make sure you have a lot of time to be in full arousal.

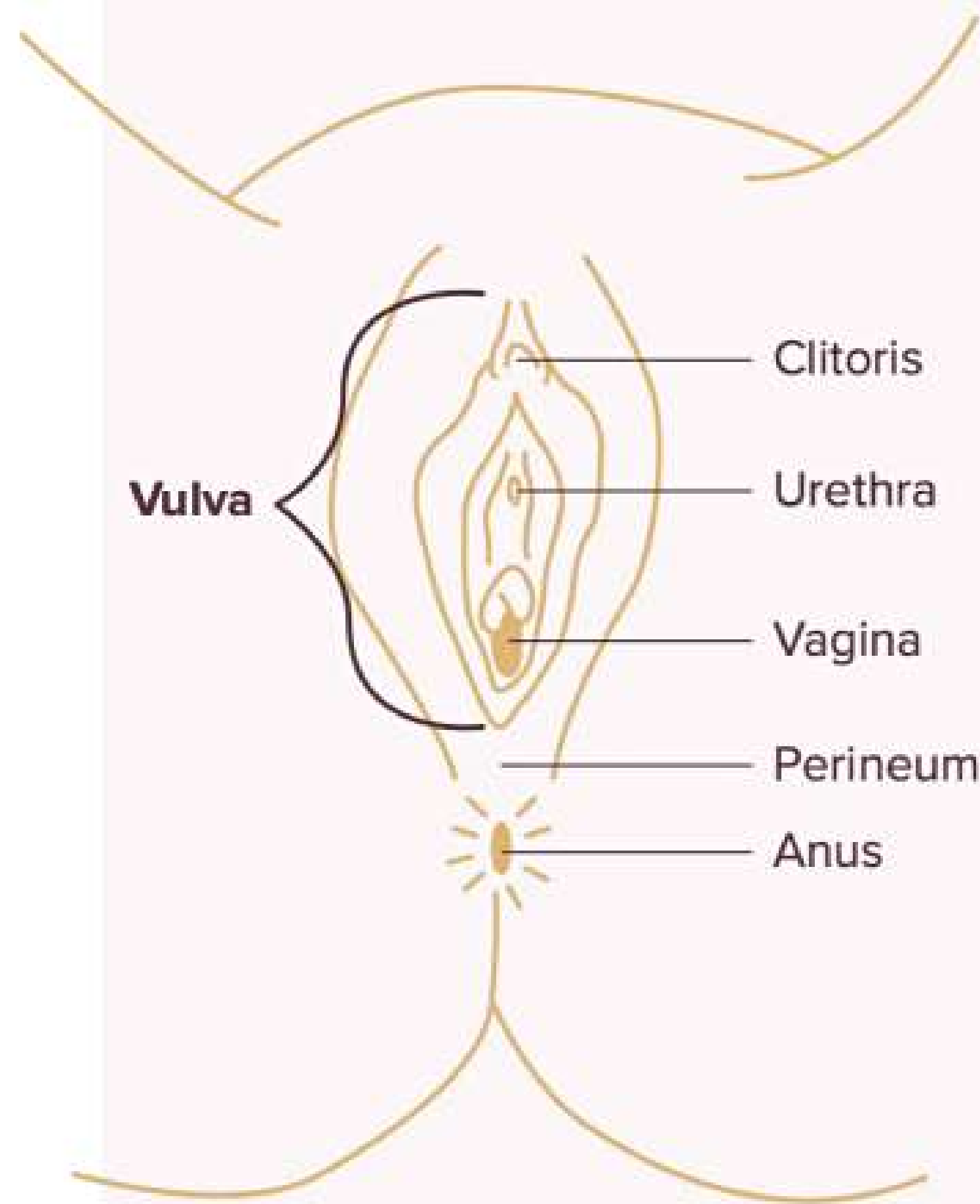
Pleasure yourself in a way that works for you, being mindful of not climaxing too early via the clit. The aim is to balance relaxation with arousal.

I suggest giving your clit a rest and instead, focus on other ways to generate pleasure inside your body. An example of this is breast and nipple stimulation, sensual movement, sound, different kinds of vulva strokes. If you do use your clit for pleasure, keep your focus inside at your cervix as much as possible. This helps you associate the feelings of pleasure with the cervix.

KEEP RELAXING AND KEEP YOUR MIND AWAY FROM THE GOAL OF ORGASM. BE AS PRESENT AS POSSIBLE.

1

Take some breaths, relax, bring your attention inward and start to enjoy touching your body. If at all possible you don't want to race straight in. This can be shocking for your vagina ... chill and enjoy.



3

So when you feel like it's time, rest your finger or wand at the entrance of your vagina. Breathe.

Now begin massaging the entrance. Move around the entrance of the vagina, finding places that feel burning or tight.

Press and hold for 30 seconds to 3 minutes and move on, observing the changing sensation and staying relaxed.

2

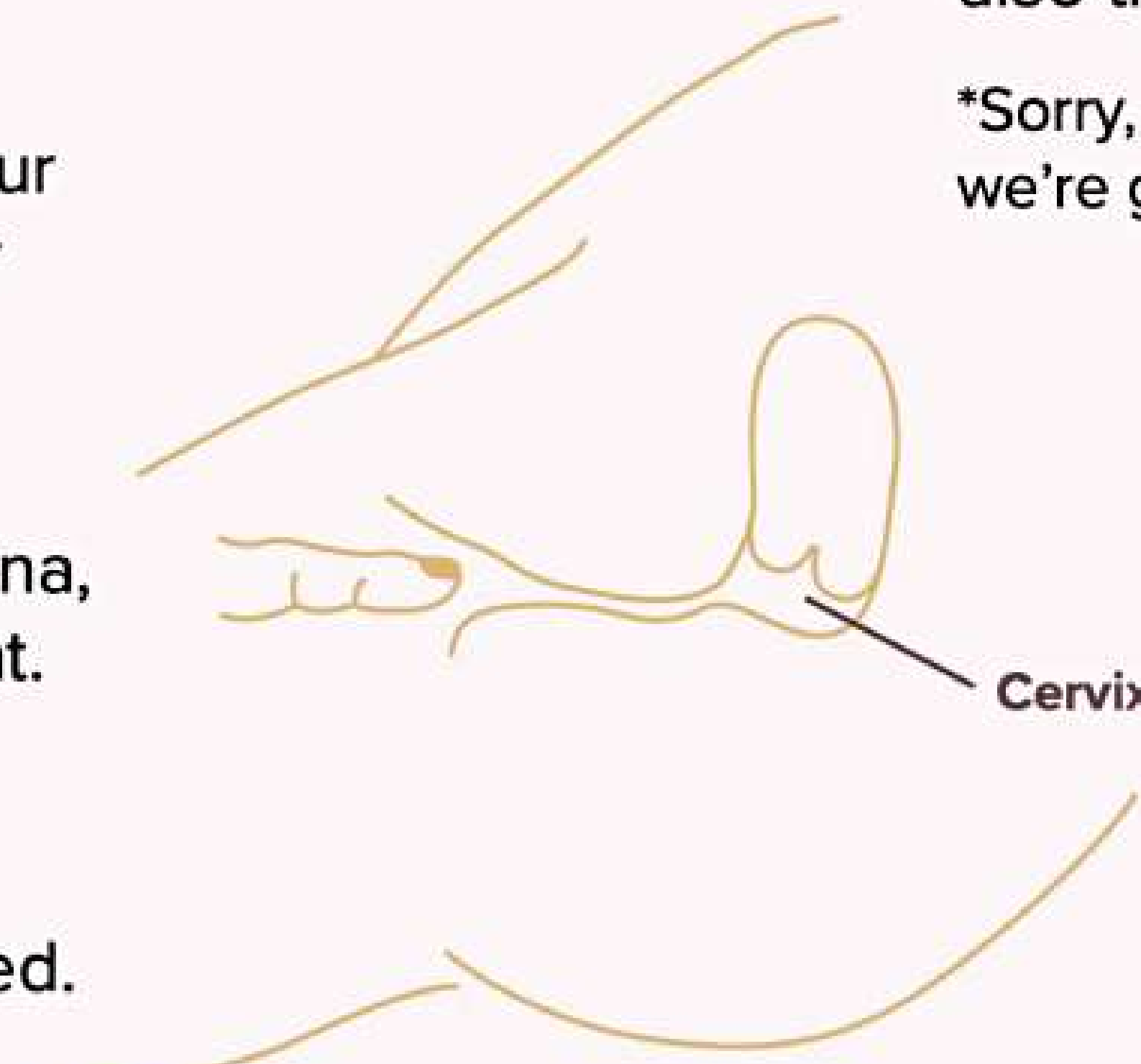
With your fingers or a glass wand, find areas outside on the vulva that seem to be holding tension (as in, feeling a bit lumpy or sore). Check round the buttocks and on either side of the perineum.

4

When you have found a spot, breathe in very deeply and push outwards like you are going to the toilet*.

Imagine sending all the tension into your finger or wand. You can also try this on an exhale.

*Sorry, not sexy, we know but hey, we're getting down and dirty here.



5

Begin to work your way up the walls of your vagina, repeating the method.

6

Do the same at the cervix. You may have to sit up to reach it. You can also try this on the toilet.* The image below is an example of how you may have to squat up to touch your cervix.

Note your cervix feels different to the rest of your internal vagina. Usually a bit firmer, like a donut or the tip of your nose. It may be high up on one side or towards the front.

When the ligaments around your cervix begin to soften, the cervix will often drop down so it becomes easier to reach. (Note, on arousal, your uterus rises, but as the cervix relaxes, it descends a little). The cervix might be numb so use strokes to stimulate the blood flow.

*Also not sexy, but we do what we have to do!



7

If you don't feel anything, incorporate your clitoris to bring in sensation. Over time, this sensation will increase. When I first began it took 20 minutes of stimulation on my cervix to feel a thing!

8

Relax repeat, relax repeat. There really is no end point. This is serious-not-serious love making with yourself. See if you can connect your heart to your cervix with your breath or your awareness.

Do this practice as often as you can.

This is enough to get you started. You may have a great time with your cervix OR just thinking about this practice may bring up a lot of stuff. It is ALL normal and you're in exactly the right place to simply notice and take your time.

A 30 day clitoral orgasm fast

This may be one of the most challenging pieces of all. The thing is, we need to develop the neural connection between the cervix and the brain. For most of us, the clitoral orgasmic path is the most practised and easiest path. The clit-gasm can be our go-to girl for orgasm.

Vaginal and cervical orgasms feel very different because, as we've seen above, you are activating a different neural network.

If you want to increase your orgasmic capacity and expand your repertoire, you'll need to slow down and start focusing your attention on your cervix more often.

"Vaginal and cervical orgasms feel very different because, as we've seen above, you're activating a different neural network."

Just a heads-up: you may feel bored (this is common and is often a form of defence), you may worry that you'll never experience orgasm or pleasure again. You will! Training new neural pathways is worth the journey. Be patient with yourself. You're also learning to frame orgasm in a new way – no longer is it a climb to peak, then a drop. It's a long, slow build.

We've created the Initiation Journey to get you started with some of the main principles of cervical pleasure and orgasm.



Lastly, before exploring with a partner, find this for yourself first. When you are in touch with cervix, it's much easier to guide a partner. It takes the pressure off them having to 'do something to you' and instead, you can do it for yourself with their assistance.

We'd love to hear how your fast went!

Deepen your C-spot journey

There is so much to this exploration. That's why I ended up creating three courses to describe the depths of this journey.

Your body is your teacher. Your body knows. Our work is to learn how to slow down, focus and listen.

You can [begin your journey here](#).

We run the Release Journey in April and September and you can find out more [here](#).

Start de-armouring now by using instructions in this e-book. If you're using a [wand](#), the instructions are the same. The wand is like an extension of your finger.

Happy exploring!



About Self:Cervix

Self:Cervix is a global community dedicated to revolutionising the way the cervix is viewed by the medical profession, by science, sex educators and most of all, ourselves.

Our network of practitioners, teachers, learners and lovers are devoted to healing and exploring the orgasmic potential of the cervix through education and empowerment. We believe this is key to deepening self love and respect, resulting in satisfying and nourishing sexual experiences.

Thank you for being on this profound journey with us as we reclaim the potential of the cervix.

May your cervixes be the portals of bliss they were made to be.

Much love,

Olivia x

