The Limbic System’s Vital Role in Making Us Human by OneTaste

The human limbic system is analogous to a primitive part of the brain of other animals. The limbic system is largely responsible for our emotions, the drive to survive and succeed, and the sexual and empathetic connections that we form with others. Through the practice of orgasmic meditation, OneTaste practitioners appear tp nourish the limbic system with the connection generated by focused clitoral stroking as a partnered practice.

The [limbic system](http://en.wikipedia.org/wiki/Limbic_system) lies atop the brain stem, which regulates basic body functions like breathing, heart rate, and arousal, and below the cortex, the brain’s center for higher-level thinking skills and language ability.

The diencephalon is the part of the limbic system that contains the thalamus and hypothalamus. The thalamus plays a role in sense perception and movement, and the hypothalamus assists in regulating the work of the pituitary gland, the adrenal glands, and hormonal systems. Arousal, feelings of falling in love, and the sexual plateau of orgasm are all governed by the limbic system.

In addition to its role in our deepest sensations, the limbic system is home to brain structures that play a key role in memory. The amygdala determines which memories we retain and where we store them. Researchers believe that the level of emotional charge behind a memory may play a role in the amygdala’s propensity to hold on to some memories and discard others. The hippocampus sends memory messages to the cerebral hemisphere and is responsible for long-term memory storage and retrieval.