



Integrating Our Sexuality into Our Lives

By Heidrun Beer, Austria

It is not easy for young babies to learn to walk. They have to learn to coordinate the movements of the left and right legs – plus learn to balance the whole body without the help of the hands touching the floor. When they really have learned to walk, they have *integrated* all these component parts and the outcome is a balanced walk forward.

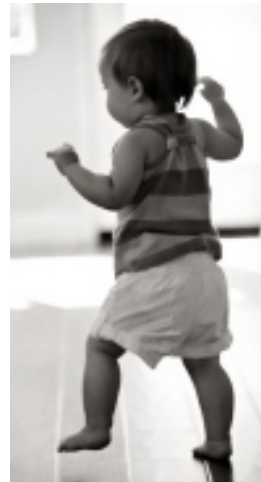
Integrating a new food means to evaluate its nutritional value as well as its entertainment (taste) value and give it a place between the other, already known and established foods.

Integrating the insights from processing into life, where a session win has opened the view onto an area where the necessity of physical action and changes suddenly become visible, could mean a whole program of re-inspecting established patterns and changing them – or stopping outdated patterns, or creating new ones.

Integrating a new language, a new partner, a new child into one's life is done by carefully aligning and merging separate parts into a whole. The result will be something different from what was there before - hopefully better and more complete.

Integrating Sexuality

Now, *Integrating sexuality into our lives* is especially difficult if the surrounding culture tends to not-is sexuality – or there is a lot of ignorance on the subject (this could be called "subject illiteracy", a thing that also harms other areas, like for instance dietary habits).



Integration: to make whole from its parts or components.

We need to handle not only one of the human body's strongest urges and learn to live at peace with it; at the same time we have to break free from our culture's – often grossly destructive, spoken or unspoken – patterns of neglecting, not-ising and unmocking sexuality. We have to break free from the magnetic forces of its GROUP MIND. This mind forms a current

from which it is not easy to escape. (See Rupert Sheldrake's work on morphic fields - we live in a time where consciousness is already forming a new understanding of sexuality, but the "100th monkey phenomenon", where this new understanding would become mainstream, still hasn't happened.)

The *wanted result* of integrating sexuality would be that sexual action or interaction is fitted into our lives so well that it feels seamless - part of one smooth whole - not sticking out too much and also not disappearing into the dark. It is neither seen as too important nor getting too little attention (the two possible sides of the coin of sex being not really integrated). We are at peace with it and enjoy it very much, without feeling trapped by our body's sensations, or overwhelmed or threatened by them to a degree that we have to shut down the whole area. And we certainly have cleanly severed all ties to any cultural forces who try to put "dirty", "low", "only physical" and similar labels onto this vital urge, source of life force and essential channel of expressing love.

There are Many Pieces to Life

Any sign of compulsion, be it compulsive attraction to sex or compulsive rejection of sex, means that there is more to do to reach integration - in other words, to reach a point where our sexuality smoothly interacts with the rest of our lives.

This whole complex, again, needs to be embedded into the perception and certainty that our own - spiritual - self is *big-ger* than both our body and this current lifetime.

As much as sexuality is just one puzzle piece of a human life, our current human life is only one puzzle piece of our spiritual

existence with all its incarnations and the equally important time between incarnations, where growth and evolution is happening as well, just on a different level (at least according to the newest generation of books written by out-of-body travelers).

So, even such a physical thing as sexuality can be truly understood and managed only from a fundamentally spiritual viewpoint.

The Dynamics and Sex

Another level of integration - that of the second dynamic, of which sexuality is a central component - with the other dynamics, is not really the subject of this article, but here is a general outline anyway:

The dynamics could be seen like a Roman fountain. While life force streams up to the top from the root that we have in the 8th dynamic, the concentric bowls are filled, beginning with the most inner, the first dynamic, covering the immediate body survival with its basic needs of income, food, sleep, shelter, health care etc. If the first dynamic is well taken care of and life force flows over from it, this life force can become active in the other dynamics. The first of these would be the second dynamic. But: the physical sexual urge as such, is still part of the first dynamic, much like hunger, thirst or the need to sleep. It is entirely self-centered and no partner is required to satisfy it. Therefore, integrating sexuality is not the same as integrating the second dynamic. As long as we are healthy



Roman Fountain

adults, we have a sexuality, no matter whether we have a partner or not, and taking care of it is a part of our responsibility toward our loyal working horse, the body.

The Sexual Urge

One of the most widespread cultural misconceptions (solid group agreement) is to mix this first dynamic urge up with the second dynamic urge of co-creating sexuality - as well as all the other areas of private life - with a partner. They are *not* the same.

Myriads of women have suffered and are still suffering from being treated as objects used to satisfy the first dynamic sexual needs of men who have never been educated about these two separate forms of sexuality - and have never mastered the first, entirely self-centered stage, and have never reached the maturity of truly taking care of a woman. The other side - women using men for their first dynamic urges - probably exists too.

The point is: A partner comes only into the picture when, after caring for our own basic needs, there is *enough free life force left* to care for one or several more persons (spouse, children). If all life force is used up by difficult life circumstances, physical problems, or because it is frozen in chains of engrams or other case constructs, there is not enough energy for a second dynamic and it will either suffer or fail.

The second dynamic is the Roman fountain's second, next outer bowl, and sexuality is only one part of it, hopefully well integrated. I can speak only for myself here, not for other people, but I can sometimes nearly physically feel this "overflowing" of my life energy from myself into the people nearest and dearest to me. It literally "flows forth" from me when my own basic needs are taken care of. If the

second dynamic "bowl" is well filled and there is still more life force available, it can flow into the other dynamics. From here on, the configuration is more variable and mostly a matter of personal preferences, but the first and second dynamics cover our physical existence (body) and future physical existence (children, in other words future bodies), so their priority seems to be obvious: They guarantee the whole scenario of physical incarnations in times to come; and with it, all the abundance of future games in and with a body.

Basic Needs and Excellence

Also, if the first and second dynamics are kept short of life force and resources (time, energy) - and sacrificed to the "higher" dynamics over a longer period of time, there is a risk of collapsing back into these lower dynamics without warning - and at inconvenient times. Because, they are essential in providing the stability and happiness for any higher organized activity.

We have all heard about collapsing with hunger or falling asleep at the steering wheel. A similar malfunction due to sexual deprivation, may not be so easy to detect or to prove, but haven't we also heard about "frustrated women" who make life hell for others? They are lacking the joyous attitude and the life force that comes from a healthy sexuality. And if we just look around, the same phenomenon can certainly also be found among men. "Make love, not war" - it would be interesting to investigate the love life of really hard-boiled warmongers. I bet it is rotten.

Integrating Sexuality

Here is a list of the component parts of integration - not necessarily complete:

Cultural Patterns - Group Mind:

Excluding the genitals from the body and sexual touch and activity from human interaction is so common in our culture that it is necessary to single out these patterns and do a full rundown on them to de-attach our own consciousness from the surrounding culture's magnetic and trance-inducing group mind. The same is true for other insane group-agreements like materialism, a deadly diet or the negligence of ecological principles. Wherever there have been positive changes in such things, the first individuals who envisioned them, always had to break free from the group mind's mass hypnosis, and often quite violently.

Absurd precepts like "I will touch everything on your body except your genitals", or "I will take care of everything in your life except your sexuality" permeate our society and are so widespread that they are considered the norm and nearly never challenged. Even the tactile sense as such is sometimes already "outlawed" because it builds the way for sexuality: looking at, listening to, smelling one another is OK, but touching is already suspect, and heaven forbid that we would *taste* another person outside of the bedroom (animals do it all the time - licking each other's faces and bodies is a basic part of their social interaction)...

Newer approaches like sexual therapy or marriage consulting, are still not present in all mainstream education facilities, like schools or universities, nor in less progressive countries. One can only expect

good results if a person's or couple's awareness is already up to the realization that something needs to change and be done.

Many cultural patterns need to be inspected for the illogic they contain, because their common denominator is that genitals and sexuality are avoided; they are "thought around" or overlooked on purpose. Patterns of interaction between people need to be created in a new unit of time, *without* seeing the big hole in the center of a person's body that the culture has been putting there in an act of successful mass hypnosis. To *undo society's mass hypnosis* is probably the most important component of truly integrating sexuality into our lives. Some people can do that in an instant after understanding the concept - others may need more time - weeks, months, even years of processing which is specifically designed to dismantle group agreements.



When looking at a body, it is unbelievably simple to just *see what is there* in a new unit of time. A small kindergarten kid can do it - *before* he or she has learned that with some kind of very essentially necessary mental trick (necessary for the culture to keep it from having to change) he or she needs to see a hole in the center, an emptiness, instead of the genitals which are located there - together with all their sensations, needs, rhythms and other specifics.

Permeation and Taking Ownership

New elements in our lives tend to have an

"outside" quality to them. We perceive them but haven't yet permeated them enough to have a feeling of ownership.

With a healthy sex drive we tend to permeate the area and its physical objects (body parts, motions, sights, smells, in some cases where necessary also additional tools, medication etc.) quickly and thoroughly, but the "outside of myself" feeling could become so strong that it recoils on the sex drive itself and then things come to a standstill.

Here it is necessary to develop and practice specific permeation and ownership drills. The basic "reach and withdraw" process is already helpful, but this can still leave things outside our space. It is essential to *internalize* the component parts, objects and motions of sexual activity, to literally DIGEST them in order to become their real owner. It may be a funny idea to visualize eating them up, but on a mental/spiritual level it pretty much comes to exactly that.

Finding a Balance

Sex in the center of attention all the time (except when first encountered) is out of balance just as sex getting only little attention, or no attention at all would be. (This is of course modified by individual needs or perception of needs - which sometimes must first be separated from the cultural trends or hidden standards described above. Different hormonal con-

figurations don't make people unhealthy or abnormal - also young kids, teenagers or very old or very sick people can be assumed to have sexual needs different from the average - from total absence of needs all the way to hyper-sexuality.)

It would be ideal to educate children in such a way that they can integrate their own sexuality into their single lives, long before they ever meet their first partner and have to cope with the much greater challenge of integrating the partner's needs with their own!



What seems like stress to others, may just be an adventure for a couple who is welded together by total commitment – and no "camouflaged holes" in their essential needs.

To first experience sexuality with a partner is really a steep gradient and can be too much if a person is left alone by their culture or even has to work *against* it in order to come to a successful integration of sexuality into their lives. Knowing our own sexual needs and reactions first, is a more gradual and gentle approach. And it is

essential that we know how to deal with our own sexuality without needing a sex partner. Otherwise our own sexual needs would fog up our clear view of any potential life partner. We would look for a partner, because we depend on another person for sex - instead of treasuring a potential partner for his/her personal qualities that would make him or her the perfect candidate for a permanent team. Again – a team where sexuality is smoothly integrated, but has many other issues to take care of beyond the bedroom.

We are talking about a piano player who practices first the left hand separately,

then the right hand separately, before he finally integrates both hands to play the piece of music as it was envisioned by the composer.

Learning to know our own body, its erogenic zones and sexual reactions is best done alone, so that when it comes to interaction with a partner, we already have a well working, predictable and reliable tool, and the attention can fully be focused on the other person.

Free Sweep of Attention and Focus

This should first be practiced without a partner. Focusing and then again unfocusing on sexual activity. A well integrated sexuality allows a strong focus and intense pleasure without any fear of becoming trapped or fixated or stuck – or what is called "oversexed". When we feel the physical sensations "drown the spiritual", this would be an indicator of attention getting stuck, while the attention would move freely onto and away from the physical sensation once sexuality is well integrated.

In this situation, killing the whole subject in a desperate attempt to control it, is the opposite of a real handling. A real handling would lead to a freely moving focus of attention that smoothly can "seize" and "let go" of the physical sensation without staggering or jerking – just like the left and right leg are smoothly alternating once we have learned to walk.

We want to arrive at a comfortable rhythm of *attention on sex* and *attention off sex* - a little like breathing -, resulting in a sexually satisfied body that doesn't crave attention while we want it focused on work or talk or other non-sexual interactions with people from all areas of life.

Start, Change, Stop

To be learned while still single: start, change, stop

or in other words: being cause over each and every element of sexual activity, including all body parts that may appear "ugly" or "dirty" at first (cultural misconceptions again!), and all gradients of energies from fine to strong, from a gentle breeze to a fierce storm. Each element has its own scale which can be used for variation and thrill, but also favorite levels can be found and unfavorable levels identified for exclusion.

Shutting down sexuality is a compulsive STOP. It forbids creativity in the area and closes an important valve of life force both for our own body and that of our partner, as well as the most intimate channel for loving communication. Only when we have become familiar with our own natural patterns of starting, changing and stopping sexual activity by training them well, can we trust to find a partner with a compatible configuration. Otherwise our search for the ideal partner may turn into a series of disasters.

Relative Size

To be learned while still single: relative size.

Especially very spiritual people can feel "pulled in" by strong sexual pleasure and then cannot expand to their previous size again. With our sexuality well integrated, the contraction and focus on a small part of the body would last only as long as the activity as such lasts, and the attention would then expand again to the normal condition of being bigger than the body. This is related to the INT buttons and may get better with the Interiorization Rundown. [Auditing action aimed at handling difficulties after exteriorizing from the body. 'Buttons' are used to find the

specific charge. Examples of Buttons are; Go in, Interiorized into something, Can't go in, Being trapped, Forced in, Pulled in, Pushed in, ed]. Basically it is a matter of training and experience (practice). It requires a safe environment where no "punishment" follows first mishaps, because it probably won't be that smooth at the beginning.

Caring for a Partner

The keyword here is not sexuality but LOVE, an energy which provides the commitment and motivation to care for another person fully and permanently, no matter what it takes.

Here we are talking about *all* areas of life, and our pride is in creating permanent abundance for the partner, regardless of the specific needs or wants. You want it? you get it! as long as my "breath can be detected" on a mirror!

Sex is just one of many possible items, and is treated with equal importance. In romantic movies we see the hero promise to bring his girl the stars from the sky - this would be a little exaggerated, but basically it is the essence of the matter.

The Flow of Life Force

Of course, integration with the other dynamics – especially the first – needs to be maintained. It makes no sense to serve a beloved person to the point of self-destruction. In the long run, this wouldn't help anybody. According to the *Roman fountain model* mentioned above, the first dynamic "bowl" needs to be filled with life force BEFORE anything can flow into the second dynamic, the relationship with a partner.

Love should be reciprocated by our partner. If it is one-sided, it will lead to a burn-out sooner or later (fatal exhaustion of energy with a great damage potential for all of life,

not only the relationship!) For this reason, I would not recommend to engage in a one-sided love relationship, even if the temptation to just out-flow love, instead of also insisting on having it in-flowed to oneself as well, may be great to some people, especially women.

The blissful energy of love (for me) comes straight from Heaven, or in other words: from



the non-material energy world that exists beyond Earth life, where we all are rooted and from where we incarnate into physical existence, and where - according to the newest generation of books written by out-of-body travelers - "pure unconditional love" (PUL) is the ruling principle and driving force underlying all planning and developments.

Without a link into this energy, which in fact brings a "bubble of heaven" down to Earth, I would not recommend having a relationship at all. Sexuality can just as well happen without a partner, and good (= well integrated) "solo" sexuality is better than bad shared sexuality, which is inevitable if the wish to form

a unity with another person, the urge to embrace him or her fully and permanently, is missing. Because then our own needs will be in the foreground instead of the care for the other. Such a relationship is destined to fail, and if there are other people (children!) involved, much damage can be done.

Assessing the Needs

A loving couple instinctively assesses a list all the time without ever consciously thinking of it, with the aim to either sense or learn in any other way (= communication) what the partner needs in any life area. The "assessment beam" of attention goes round and round on this list like the light beam of a lighthouse. As soon as it arrives at the last item, it starts with the first again. It never rests, is always active, while still not neglecting the own needs. This is the first "baby stage" of a group consciousness, where each member of a group will feel the other members' feelings and their needs and wants.

If sex is the only item on this assessment list and the other physical needs - like food, water, air, sleep - or the emotional, health related, practical, intellectual, spiritual needs (to name only a few) are neglected, it is just as unbalanced as if sex is NOT routinely assessed along with the other items (left out, not-ised, unmocked, neglected).

"I will take care of all your needs, except sex" is one of the most aberrated 2D agreements I have seen, and unfortunately it occurs so often that it may appear "normal". It takes the key element of the 2D out of a couple's life and yet blocks other alternatives. It's a potential source of insanity, if they have any sex drive (libido) left that has not rotted away, because the very contract that would take care of their sexuality, suddenly suppresses this sexuality and with it an essential source of life force and creative drive. As it is now out of sight, but not necessarily

dead, its unfulfilled needs can become destructive while unseen in the dark.

Of course, a couple knows after a while how often they need to check for a "read" on sexual needs. Some learn that they never need to check, but this knowledge can come only after an extended time together. It is fine as long as they both have the same no-need and build an active connection from other items from the reservoir of relationship puzzle pieces.

If on the other hand two people are *very* different in the strength or frequency of their sexual needs, and that on a permanent basis, not only caused by a temporary illness or other problem, I would not recommend them to have a sexual relationship (2D). They can have a rich and fulfilling type of 3rd dynamic relationship and each can find a better matching 2D.

If they tried to maintain a 2D, it would be inevitable that one would always feel "too cold" and the other would always feel "too hot", which is bad for both and may cause upsets or disappointments that destroy not only their physical togetherness but also the spiritual, emotional and practical bonds that may keep them connected.

If, of course, their love is very strong and they don't want to be separated, THEN they will also find a way to bridge the gap in their sexual needs. Keywords are creativity, tolerance and the always prevalent urge to create an abundance for the beloved person in anything that he or she may need or want.

Ideally both partners will do this assessment on the other, so that it becomes pretty much unnecessary to think about or care for our own needs, because experience tells that the partner will do it soon enough.

Exceptions from this law of balance are

expected at the beginning and the end of a lifetime (childhood and old age). Typically we "earn" the contributions that come to us during these times by creating abundance for a family *between* the beginning and the end of a lifetime - or if not by working for a family, then by service to others on another dynamic or dynamics.

Temporary illness is hopefully covered by the general abundance in a relationship. Everybody will have moments or periods where they cannot continue to deliver their usual contributions. As broken bones or fever can hit either partner, we can expect the contributions to level out over time.

This balance of flows should not be confused with making the other person responsible for our well-being. We are not talking about a dependency here, where one is strong and the other is weak, and the weak one makes the strong one responsible for keeping him or her happy.

We are talking about forming a unity where *both* are strong, and each takes care of the other, with forms a constant exchange of caring flows of contribution from either side to the other. If we see these flows as energy strands, their criss-cross pattern sooner or later results in a durable tissue that makes a one-ness out of two individuals.

Keeping our Case in Shape

Sexuality is a life area that is very neglect-prone and not-is-prone, due to our culture which is full of errors and leads to incompetence in that area. Rather than integrating sexuality by looking at it from all angles and doing it a lot, until it feels really easy and smooth to manage, there can be a temptation to avoid it and look away as soon as something comes with an energy or impulse that is too new or too strong to deal with it easily.

Part of the integration of sex into our lives is to deal with these case issues. Sessions where necessary, practice (drills) where needed, and a clever application of ethics conditions (sorting out successful actions or applying other condition formulas where errors have led to an upset with the partner) can all help to move sexuality up the tone scale to a level of "spirit of play" where it is light, happy, fulfilling and loving, sending its heartwarming sensual rays into all other areas of life and making them more creative and productive.

As long as it is massive and heavy, integration is not yet complete and more work needs to be done. This is quite similar to other subjects which may appear difficult and complicated at first, while they become smoother with time, until when really well integrated they finally are on the spontaneous, creative and totally natural level of true mastery.

The early stages of fixation either inside ("dependency", "addiction") or outside (making less of it, avoiding it, "looking around it") of our sexuality, can then be recognized as the typical beginner's difficulties. From other life areas we know that this can be overcome with the help of others. When it comes to sexuality it is more difficult, because here the older people who are supposed to train and coach us where we need training and coaching, are not up to the job.

We realize that we need to perfect ourselves without coaches. In a way, the "children need to be wiser than the parents". It is possible to do this once the necessity is clearly seen.

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