



Light of Knowledge

Unexplained Miracles, Madness and Mysteries of Life

ELEMENTS

- [Fire](#)
- [Earth](#)
- [Air](#)
- [Water](#)

AETHER

- [Light](#)
- [Vibration](#)
- [Harmony](#)
- [Rhythm](#)

LAWS

- [Cooperation](#)
- [Symbiosis](#)
- [Homeostasis](#)
- [Evolution](#)

CONSCIOUSNESS

- [Natural](#)
- [Artificial](#)
- [Divine](#)

CIVILIZATIONS

- [Past](#)
- [Present](#)
- [Future](#)

FUTURE SOURCE

- [Nature](#)

Psychogenetics

by Chris Griscom

"What more profound gift could we give than to restructure our DNA so that all humans inherit health, peace, and relationship of the highest resonance"?

I was sitting in a group of eight young people from around the world who were preparing to leave on a journey to the North Pole as part of a project called Pole to Pole 2000. It was created by my friend Martyn Williams, who is a world-renowned explorer and expedition leader to both the North and South Poles. He envisioned gathering a group of strong young people who would travel from one pole to the other, on a mission to secure promises from as many groups and individuals as possible to protect Mother Earth and seek peace in all aspects of life.

Eight beings from seven countries came together to answer the quest. They were from the ages of 19 to 27 and each one seemed a bright and shiny star. As I watched their interaction, I could see the hope of the future. They were so willing to reach beyond the limits of language and culture to touch each other and bond into a cohesive unit, furthering the purpose of their mission.



- [Sacred Creation](#)
- [Shamanism](#)

FUTURE CREATION

- [Projection](#)
- [Limits](#)
- [Realization](#)

NATURAL REALITY

- [Freedom](#)
- [Multiverse](#)
- [Responsibility](#)

Yet again and again I observed how the mind entrapped them and blocked their capacity to grasp the intangible. I saw the spectrum of how familial and cultural programming lay the bases for mental rigidity in which the mind perceives anything new as a proof test or abstract concept and cannot allow the experience of it as evidence or possibility.

I am struck by how polarized we all are in terms of our minds and how this closes us off from the rapture of fully conscious experience. If we deny the mind's ability to envision and therefore experience directly through its sensory faculties, our world will remain a closed circuit that will eventually atrophy. Humans have been gifted with more than 70 senses with which to embrace life, yet we have diluted its thrill and richness by detouring all perception through the mind.

We have not served ourselves as humans by identifying truth through our limited intellectual, rational minds. The very definition of intellect is the capacity to problem-solve and discover the purpose or the workings of unexplained new phenomena placed before us. However, we have interpreted it to mean nothing more than the assimilation of only a certain stratum of information, rather than the correlation of data from almost infinite aspects, that impinge upon each other to create a complex reality which necessitates holographic thought to comprehend.

In so doing, we have begun to weed out the very quality of mind that is vital to our next evolutionary step. Without the "higher mind" that encompasses holographic awareness, we cannot possibly access the random chaos that synergistically precipitates cosmic manifestation. In short, we will trail behind too slowly to interact with the forces of change.

The Pole to Pole team entitled their presentations, "Challenge to Change." We think of change in terms of attitudes and awareness about our world, but they are actually external measures that are somewhat secondary in effect. We must change from the *inside out*, in the same way the body heals itself. The answers to our environmental and global issues are not just in new approaches, but in completely revamping our experience of being human!

As we expand our consciousness into holographic awareness, we will embrace new thought patternings that link perception to cause and effect, action and reaction, and clear the way to a new kind of intelligence. It will be inclusive of beingness and Soul as holding the answers to life's greatest secrets and challenges.

I feel that we are evolving a new brain that will serve these functions. The frontal lobe corresponds to emotional perception and it is through these channels that our intelligence and caring for others will develop new facets of human potential. The dolphins and whales use their frontal lobes as sonar connectors to perceive holographically. They have a special fluid in their frontal lobes that creates the resonance for such incredible transmissions.

We, too, have brains that are more than 85% water, and we can learn to utilize the conducting capacity of water to augment our perception. We know that the dehydration of the body and brain is the major cause of aging. By simply nourishing our brain with water so that it doesn't become dried out, we can avail it of the highest human potential for consciousness.

Imagine that you are washing your brain. As you envision holding it under a waterfall or in the sea, imagine that all negativity and toxicity are being

drained out. Then image your brain brimming with fluids, juicy with the water that conducts brilliant illumination and intelligence.

Children are being born today with larger frontal lobes that carry the prototype for this new kind of human. I would say that they have "chosen" to transition us into this more highly evolved species of Homo sapiens. They are delicately wired with a new frequency of energy that must be carefully nurtured if the "mutation" is to take root.

Our educational systems have been based on interjecting as much information into students as possible. It may be that these next several generations will be attempting to interject information into us! They are being born into a world that will expand beyond our present scope of reality and we must find a way to help their minds cope with new information that we, ourselves, may not be able to grasp.

Our children desperately need to learn how to trust their own inner voice so that they are not overly swayed by the unbalanced influences of the media and their environment. The educational format will necessitate a complete change in purpose and application to meet the needs of the future. To that end, I founded The Nizhoni School for Global Consciousness, whose carefully designed curriculum is focused on awakening a profound sense of self and the deepest knowing of each individual, so that at any age the student feels a part of our complex world. It is a "Soul-centered" form of education that encompasses the conversation of "Who am I?" and "What do I have to give to my world?"

I teach a course called "Themes of Humanity," in which we explore global themes that are part of our collective consciousness. Love and power, fear and hate, death and God are all subjects that shape our cultures and define our world. We begin to discover that our inner conversations are echoed out across the seas and touch all other humans. Through this exploration we can actually experience how it is that we are one global family.

We might ask ourselves which "Themes of Humanity" most affect our global relationships. I would begin with Religion, as it has done more to separate us and create wave upon wave of hateful vengeance than any other theme. The pretext of fighting for our God and destroying others because they have their own God has embittered whole cultures against each other. To use God to justify the plundering and stealing of others is the gravest of human travesties. All religions must accept responsibility for their part in luring their worshippers into this despicable fray. The epic of such folly is over. We individuals must stand our ground, both to governments and churches that would draw us into wars that are the antithesis of all Divine teaching.

If we could release the mental entrapment of religious programming, we could embrace all forms of worship chosen by our cousins and friends. Our collective experiences of God or the Divine force would only enhance and enrich embodiment, rather than provide any kind of wedge between ourselves as humans.

The spiritual focus on the Divine is the truest and most powerful force to bring humanity together, not to alienate us one from another.

Our sense of fear and separation stem from learned belief systems, not from actual spiritual experience. Back in the shrouded beginning of religious expression we were imprinted with the concept of the "angry God" who had to be dissuaded from wrathful vengeance upon mankind for their

imperfection. This resulted in the ritualistic practice of sacrifice to appease God.

I can truly imagine how easy it might have been for a priesthood that overstepped the boundaries of directing others' lives to fall into the trap of blaming their behavior for any mishap that befell the group. How convenient to say that God is angry and we must pay by suffering. This concept has buried fear and punishment deeply within the human psyche and into the spiritual DNA.

It is not God who is angry with us; it is nothing more than an effective manipulation that allows the few to control the many. Virtually every type of authority has used this technique to harness in its constituents—from priests to police to parents. The goodness in us needs to be allowed, without coercion. The era of martyrs, sacrifice, and punishment is over. It is time for us to realize that we can give a holy gift without taking a life or inflicting pain upon others or ourselves. We can instead celebrate the sacredness of life as Divine expression. Healing this global rift must begin with individuals who are willing to risk opposing the subtle coercion of society, in order to teach their children a kinder way.

Ask your Higher Self to show you the exact point on your Spiritual DNA where the thought form that God is an angry God is entwined.

Ask you Higher Self to show you the brightest white light frequency that will remove the thought form.

Laser that light into the point on your DNA and erase it completely. Take a deep breath and feel the divine love that can touch you once you are not locked into the fear and punishment of the angry God myth!

Thank you, my friend, for doing this. It will make a difference to all our futures.

The incredible spewing of human hatred, separation and violence on our planet right now is the result of an influx of higher energy that is affecting our DNA. The increased radiation, the sunspots, and the synchronicity of evolution are disrupting the sediment of ancestral imprints. The prophets of every culture have locked into this time frame and spoken of "brother against brother, tribe against tribe." It need not be that way!

Like a powerful centrifugal force, the altercation of frequencies is spinning the residues of human history out to the surface to be released. The tragic experiences of our forefathers have imprinted themselves into the fabric of our DNA for millennia and they must now be shaken loose. These old energies will destroy us if they are allowed to play out. We are not fighting with instruments of individual destruction; we are holding the entire globe for ransom with just one nuclear weapon.

Certain places on Earth are the focal points of eruption, but the seething is a tension that is pushing the genetic strands of all humanity. There are no good guys and bad guys; there is only the lonely human looking for the safety of home and family.

It is difficult for us to take responsibility for the "unspeakables" of others, but until we do, we will not emerge from this shadow land of the past. There is a way to take responsibility without faltering under the burden of the past. It is

to be responsible for making the changes so that we do not return to the past, to lift us so that we are freed of the illusions and transgressions that have caused such suffering.

No one on the planet is further away from you than your 44th cousin. Your genetic material is part of a global fabric and you are a conglomerate of the fibers from all the different families and races woven together within our species. Whatever your ancestors were involved in, mine were right there with them. Neither you nor I want to claim any part in these terrible things, but in our deepest recesses we are part of them. We have inherited them -- and only we can heal them!

By searching out those hidden hatreds, you can dissolve them from your DNA so that your children's children will not carry the seeds of human frailty. When you come upon the historic events in the lives of your ancestors, you can discover the compassion that arises from knowing what caused the killer to be a killer, or a conqueror, or a victim.

From a spiritual perspective, you do not need to justify or defend their deeds, but rather, realize how you can change all humanity by releasing the vicious circle of repetition. By sifting through your family's history, you will be sifting through mine as well. I profoundly thank you for that.

Through the portals of global inheritance, we will emerge as a collective entity. The human genetic pool is really quite small and alterations in one group affect the larger whole. We are conglomerates. Just as all the organs come together to make one body, our human family is bound together genetically and all members contribute to the whole. Through our consciousness, we can begin to redefine what it means to us to be so alike.

Native Americans traditionally use the drum to bring the energy or consensus of the group into one heartbeat. This is precisely the necessary choice for us now on a global level. It is not that we need to be homogenized as humans, but that we can attune to each other as a species. In so doing, we bring our world into balance and our new global consciousness will open up a myriad of possibilities beyond our present scope of comprehension. What will it take for us to reach this colossal ledge of humanness? A willingness to participate in Dr. Spock's mandate --"for the good of the whole."



The change of heart that allows us to reconnect to other humans often occurs when some tragic event interrupts our monologues of judgement and we experience compassion for others suffering while at the same time the profound gratitude that we have been spared the same fate. The goodness of humanity comes into play and we want to extend ourselves to those who are in the throes of what we are so grateful to have escaped.

We are about to discover that in fact, "what happens to you, happens to me". Any profound experience of one group or one place ripples out across the psychogenetic airwaves and triggers a corresponding response in others, even though they may be completely unaware of the connection.

Mother Earth is giving us an excellent example of how this works. The pulse

of pollution is not hindered by any preemptory human notion of national boundaries. In the past we might have been simply annoyed by some pollutive act of a neighboring state or country, but now we are faced with the frightening evidence that environmental indiscretion affects us all. There are no innocent bystanders; we are all in this together.

We have discovered that a nuclear explosion in Russia or in the South Pacific islands has invasive powers extending to completely opposite sides of the world. The rain forest cut in Brazil affects weather patterns across the globe. Nature herself has tricked the humans into becoming aware of how important it is to enter into communication with each other. She is teaching us that the most important of our conversations is the conversation of our place in the planet as a whole.

The great oil spills that have poisoned our seas and the nuclear accident at Chernobyl have left no doubt about our common fate in the event of careless human actions. There has been some good that came from all this adversity. Humans have reached across the abyss of differences and helped each other. Through our cooperation, we have learned respect and caring. These seemingly isolated acts of teamwork are preparing us for the inevitable future of a global family.

Personally, I suspect Mother Nature of plotting the whole drama in order to teach us how to get along. In the end, if humans can't get the basic game plan, she will simply remove us. Time is on her side. Change is her yardstick.

As the world shrinks into a global neighborhood, we are becoming excruciatingly aware of each other's daily realities. We can hardly turn our backs on hunger, disaster, or war. It would be impossible to pretend we do not know about events in other parts of the world now that we have instant satellite reply.

My students at the Nizhoni School actually use their intuitive skills to read world events from a precognitive level. Our bodies are like Geiger counters that measure changes in earth movement, atmospheric pressure, and even human violence. The Nizhonies then tune into the feelings and respond by extending color to that place or people where the specific event is occurring.

I discovered many years ago that about 24 to 48 hours before an earthquake, my body would begin to "slosh" in a certain way that made me feel almost sick to my stomach. It was a very reliable measure of seismic activity. Many people experience various kinds of physical phenomenon in response to the Earth. It is interesting that the seat of the emotional body is the solar plexus. That is the area of your stomach and umbilicus. The solar plexus nerve ganglion interprets incoming distress signals-whether they are the instability of Earth or fear coming from another person, and directs them to the brain via the vagus nerve that solicits the reaction pattern.

Our psychogenetic pathways initiate us into realities sculpted by emotional currents. It is imperative that we learn how to use them to link us to each other and to all of nature's life forms. All humans experience the same range of emotions; the laughter, tears, passions, and peace are the currency of life's exchanges between families and communities.

The greatest gift of humanity is to experience the power of emotion, the power of the human heart. The difficulty is that our relationship to our Emotional Body is one of anxiety and longing, rather than the conscious

energy of our higher emotions that would link us to states of absolute grace. Humanity is pushing up against a silent wall that hides the infinite cosmic love whispering gently to us from across the veil. We know that it is there, yet we cannot find a way of experiencing it personally. We have forgotten the oneness of our Soul and thus we translate all experience into personal ownership. We attempt to extract it from our relationships and cannot conceive of it as a force shared by all humans, but it is! This is one of our global mandates that we will answer to in times to come.

This whole planet is in a process of transmutation. We ourselves are mutants. We must recognize who we are without fear, and come to the great cosmic play with the ecstasy and pleasure of joining in with the creative force. Every genetic mutation brings about the opportunity for the kind of genetic illumination that becomes the guiding force of evolution.

There are exquisite new frequencies available to our global family. Peace is an energy that has not been present on our planet since before recorded time; perhaps only known in group to the light beings and angelic realms. At Nizhoni we say, "Peace is a choice." We are suggesting that the vibration of peace could become a crescendo that builds from individual voices to a collective harmonic orchestration. Once we choose peace, we must learn how to activate it at will and how to live it. Inner peace is the beginning point. It is not something we need wait for someone-else to bring to us; it is there within each of us.

In the past we have felt that peace was a state of mind that could only be achieved through aloneness. Now is the time for us to learn that it is something we can share with others through our own peaceful essence. Peace is not really a static force; it is an essence energy that is born of our spiritual DNA. Not only can we access our inner peace, but we can entrain it within our genetic matrices so that it will be inherited by our successors.

Peace has many facets and you can perceive it in many different ways. Each time you do an exercise in consciousness to access it you may experience it differently.

*Ask your body where it is holding the energy
of inner peace at this moment.*

*Bring your consciousness into that place in your body
and allow yourself to be encompassed by peace.*

*Imagine that the energy you experience is flooding through your entire body.
Envision it being imprinted within "the mind of the cell"
of the trillions of cells in your body.*

In the same way that you can laser radiant white light into your DNA to alter or activate a quality, you can initialize the point of peace at its DNA site and initiate a lineage of peaceful global beings. Every time you use your consciousness to bring forth a peaceful state, it will be carried out over the ethers, across the planet and even out through our atmosphere.

All of our thoughts and actions are seeding the next ripple of humanity in the same way that the thoughts of our ancestors seeded us. Have you ever considered that the brilliance of the world's greatest beings is available to you through the collective pathways of global inheritance?



The great thinkers, musicians, scientists and healers have left us the legacy of their breath and their consciousness. All we have to do is tune in to the frequencies that support those energetic qualities to begin receiving the inspiration they model for us. Every person you admire serves as a blueprint that you can adapt to your own

psychogenetic design.

Contemplate your highest attributes and qualities. What is the most wonderful thing about you? Are you compassionate? Do you really love people? What would you want to extend to the world? Imagine that you are sending these energies out to seed the planet.

We are a Soul group that has chosen each other and this pivotal timeframe to bring about the changes that will secure a place in the future for us all. It is essential that we begin to think of ourselves as the family of humanity. What will be the fate of humanity? We are creating it now.

We are the ones setting up the encoding for future generations who are coming towards us now in the same way that light is coming towards us from the cosmos at this moment. It will make it easier to feel that we can give to others when we are able to experience that we are receiving new energies ourselves from the highest source. The light awakens our consciousness, our embodiment and our soul.

Our fate will be the result of our choices; that we have the freedom to choose is the most precious of humanity's gifts!

HEALING WITH SEXUAL ENERGY

Sex for Health, Relationships and Spirituality

By Walter Last

“Can sexual activity without orgasm be satisfying?” and “Is orgasm needed to stimulate our sexual glands and maintain the health of our sexual organs?” These questions cannot be confidently answered from theoretical considerations, but fortunately we have already a wealth of practical experience in this regard.

KAREZZA

Karezza and the related practice of White Tantra are one answer to non-orgasmic sex. "White Tantra" was promoted by Samael Aun Weor in his book *The Perfect Matrimony* (1950), Thelema Press, also see <http://www.gnosticteachings.org/>. These non-orgasmic methods shift the focus of love-making from the sexual organs to the heart. There have been three basic ideas in the evolution of Karezza: increasing health and wellbeing, avoiding unwanted pregnancy, and increasing close bonding and sensual pleasure.



From time to time some health-minded individuals, generally males, felt from their own experience that non-ejaculatory sex gave them more energy and improved their health, while at the same time preventing unwanted pregnancies. Their female partners were uniformly enthusiastic about the close emotional bonding that it provided. However, this not necessarily the case at present as many women still prefer orgasms and men are even more strongly orgasm oriented.

The Oneida Community

One early pioneer was John Noyes from the Yale Divinity School. Noyes came up with the concept of Male Continence as a consequence of his wife losing four premature children in the first six years of their marriage. After struggling with self-imposed celibacy, he eventually found that he as well as his wife greatly enjoyed non-ejaculatory sex. He told friends about it, and in 1848 they founded the Oneida community in upstate New York, which eventually grew to 250 men and women.

Intercourse without ejaculation was a cornerstone of the Oneida Community. Young men learned self-control from post-menopausal women. Noyes also realized some spiritual implications for Male Continence. In order to create the Kingdom of Heaven on earth we must not only strive for reconciliation with God, but also bring about a true union of the sexes. He even suggested that the frequent unease after ejaculatory intercourse lies at the heart of the Judeo-Christian association between sex and guilt.

Because of statements from some medical authorities that non-orgasmic sex is harmful a large number of members of this community were examined by a medical practitioner and found to be "in perfect health, happy and in complete harmony."

Karezza Classics

In 1872, after more than 25 years of practice John Humphrey Noyes published his experiences and theories in [Male Continence](#). Two other Karezza Classics are

[The Karezza Method](#) by J. William Lloyd (1931), and [Karezza: Ethics of Marriage](#) by Alice Bunker Stockham, MD (1903). All of these are available as free downloads from www.reuniting.info.

Stockham developed her method mainly to help her patients, and promoted it as producing better health, greater harmony and spiritual attainment.

She believed that sexual energy may be directed into building bodily tissue and permeating every cell with health and vigor. For Stockham, Karezza was a form of spiritual companionship. Partners seek union and mutual soul development rather than fleeting passionate gratification, but the emphasis is on loving closeness, rather than denial of pleasure. At the appointed time and after joint meditation the couple calmly engages in physical contact and expressions of endearment and affection, followed by the complete, quiet union of the sexual organs.

Only the book by Dr Lloyd has still some practical value in regard to details of the technique, while the other two books are mainly of historical interest. But all of them relate the great health and emotional benefits derived from this method. By the middle of the twentieth century the practice of Karezza had greatly declined in the United States, although related non-ejaculatory methods apparently had gained many followers in India and Egypt.

Peace between the Sheets

Presently Karezza enjoys a revival in the United States and is also spreading to other countries in large part due to the efforts of Marnia Robinson and Gary Wilson. They maintain the website www.reuniting.info with a wealth of practical, scientific and spiritual articles as well as a discussion forum and a monthly newsletter. The basis for this work is the book *Peace between the Sheets – Healing with Sexual Relationships*, available from their website.

Gary had been a long-time alcohol addict and on prescription antidepressants. Within a short time of their new sex habits he found it relatively easy to overcome these problems (although he still had some tough moments), and also Marnia's chronic yeast infections and urinary tract infections disappeared. This book, as well as many website testimonials, shows the many health and relationship benefits of this non-orgasmic approach to making love, and Marnia also provides easy to follow instructions and exercises for beginners.

The Method



In Karezza the emphasis is on the inner feeling awareness as well as on the feeling of complete union with the partner. Orgasm is avoided or at least minimized. Caresses and slow controlled movements during intercourse generate a steady stream of sexual energy that is consciously converted into feelings of sublime joy and love. Typically, this may continue for an hour or more. It is not necessary for the penis to be erect or even inside to enjoy this type of lovemaking. Part or all of the time the tip of the penis may just touch the entrance of the vagina, or the sexual

organs may not touch at all.

Initially concentrate awareness on the sensations at the point of contact with the partner, in the genital area and wherever the skin or a caressing hand touches. This generates pleasant sensations, which can now easily be converted into a loving feeling. Open your heart and send this love to your partner. In a more active fashion you can in your imagination lead the energy felt in the genital or pelvic area upwards to the heart. There you feel it as love and radiate it out onto your partner, and also envelop both of you in a cloud of love.

For many sensitive individuals this is more satisfying than just mechanically experimenting with different positions or chasing an elusive orgasm. You may also lie quietly connected, just to relax and feel close, cared for and protected, without attempting to generate any specific effects. If sleeping together, you may develop a routine of connecting daily before going to sleep or after awakening, or both. This may be done without moving, just to feel close to each other, or you may sleep together skin to skin. All this is not only emotionally satisfying, but produces strong bonding and greatly strengthens the relationship.

A connection based on love provides a natural increase in sexual self-control, as explained by William Lloyd: "As you acquire the habit of *giving* your sexual electricity out in blessing to your partner from your sex-organs, hands, lips, skin, eyes and voice, you will acquire the power to satisfy yourself and her without an orgasm. Soon you will not even think of self-control, because you will have no desire for the orgasm, nor will she."

Lloyd also notes the ability of Karezza or controlled intercourse to *nourish* lovers. He reports a sense of "sweet satisfaction, fullness of realization, peace, often a physical glow and mental glamour that lasts for days, as if some ethereal stimulant, or rather nutriment, had been received." And, "in successful Karezza the sex-organs become quiet, satisfied, demagnetized, as perfectly as by the orgasm, while the rest of the body of each partner glows with a wonderful vigour and conscious joy...tending to irradiate the whole being with romantic love; and always with an after-feeling of health, purity and wellbeing. We are most happy and good-humoured as after a full meal."

BIO-ENERGY AND SEX

Sexuality and the various benefits resulting from non-orgasmic sex can only be understood in the context of bio-energy or life-force, also called prana, chi, ki, orgone, or od. We may see it as the innermost aura around living objects or feel it as heat or tingling in our body, especially when transferring energy as with 'laying on of hands' or Reiki, and most strongly during orgasm.

This energy circulates in our acupuncture meridian system and its vortexes form our chakra system. It is at the base of paranormal or psychic phenomena, and is also the healing agent of many natural therapies. While bio-energy is still unknown to orthodox science (except in astrophysics where it is called dark energy), it is an everyday experience of many sensitive individuals. Sexual energy is highest in virgin teenagers, where related electrical activity can lead to static and interference with electric and electronic equipment.

As living organisms we are a dynamic bio-energy system. Our health and energy rely on a strong flow of bio-energy into the chakra system. From there the energy flows through the acupuncture system into all the organs and tissues, and any surplus flows out to form the etheric aura around the body.

The sex chakra is our strongest bio-energy generator. In addition to providing a moderate stream of energy into the base chakra and then up the spine into the brain, it also keeps the production of our sex hormones going. If this energy generator becomes weak, then we lack vitality and may be close to a disease or to old age.

The problem now is this: if we let this energy generator deteriorate through poor nutrition or by blocking the flow of sexual energy, then our overall energy level deteriorates. If, on the other hand, we frequently use it with orgasmic sex, then we lose an inappropriate amount of bio-energy, again resulting in a low energy level, in addition to the negative effects of strong hormone fluctuations.

The logical solution is sufficient use or stimulation of our sexual energy but without discharging it and without creating an energy blockage. Ideally we produce a high amount of sexual energy and then channel it into the chakra and acupuncture system to keep us young and healthy. This model lets us understand the frequent claims of practitioners of Tao and Karezza methods of love-making as to the amazing health and rejuvenating effects that have been experienced.

Sex Perfection

Rudolf von Urban, a psychiatrist and psychologist, was originally associated with Sigmund Freud but, like Wilhelm Reich, later immigrated to the United States. In 1952 he published *Sex Perfection* in which he relates experiences and insights that led him to the conclusion that there is a bio-energetic potential difference between sexually charged males and females which requires about half an hour to be exchanged and reach an equilibrium.

Knowing that his colleagues would not take kindly to facts that contradict their theories, he waited for 30 years before publishing his discoveries. In addition to Karezza he also related the following observations which we need to consider

when formulating a theory of sexual energy.

The Arabian Couple: The first account is of a former patient, a medical doctor, and his young Arabian bride. After caressing naked for about an hour without sexual contact in a dark room, he saw the body of his wife surrounded by a greenish-blue hazy light. Moving his palm close to her breast a visible and audible electric spark jumped from the breast to the palm, causing some pain. Von Reichenbach, a distinguished scientist, had previously described similar phenomena without being taken seriously by mainstream scientists.

Following von Urban's suggestions the couple made a series of experiments with the following results: when they caressed for an hour and then had orgasmic intercourse lasting for less than 27 minutes, sparks still moved between them. However, if intercourse after caressing lasted 27 minutes or longer, no more sparks would fly. Furthermore, if they started intercourse immediately without caressing, the woman would not emit a visible radiation, and no sparks would develop regardless of the length of the intercourse.

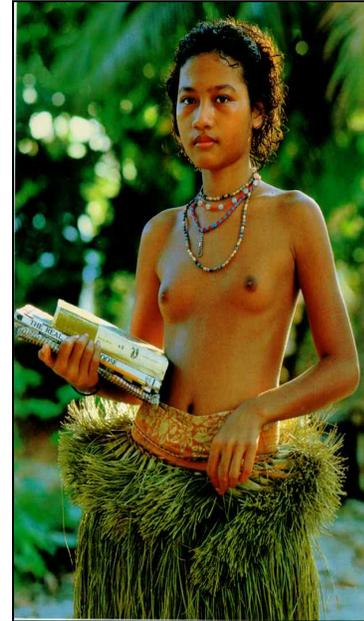
In addition, caressing followed by orgasmic intercourse lasting less than 27 minutes induced in both a strong desire to have more sex. But if they acted on this with another brief intercourse, they both developed health problems afterwards, such as headaches, asthma and heart-palpitations. Also after caressing and intercourse of short duration the sparks between them became stronger. Urban interpreted these events as showing that a short intercourse eliminated the tension in the sexual organs but increased tension in the rest of their bodies.

The sparks also were stronger a day before the start of her menstrual period, again indicating increased body tension. Von Urban wrote that intercourse for periods of less than 27 minutes increased the distance at which the sparks would jump to more than one inch, indicating that the tension in their bodies became stronger with each (orgasmic) intercourse of short duration.

These sparks, which may only be observed in individuals with strong sexual energy, show that the skin is highly charged with bio-energy. This is pleasurable and desirable as part of sexual foreplay but then it needs to be discharged as part of a prolonged sexual union. If, instead, the skin remains charged up because the following union is too short, then the individual becomes tense and may in time develop stress-related symptoms and diseases.

So, to summarize, orgasmic intercourse for half an hour or more, with or without initial caressing, did not produce any sparks and therefore appears to eliminate all tension. Intercourse for half an hour or more was followed by a pleasant relaxation of the whole body with increased love and happiness of the couple and no desire for another sexual connection for 5 or more days. If the intercourse lasted for an hour this contentment lasted for one week, and after a 2-hour intercourse it lasted for two weeks. This was true even when there was an early ejaculation but they remained sexually connected with a non-erect penis. Later von Urban found these observations confirmed by reports of other couples.

South Sea Islanders: Von Urban also describes the sexual practices of some Melanesian societies as confirming the experiences of the Arabian couple. Foreplay with kissing and caressing takes at least half an hour, but a man never touches the clitoris. Then they connect with their sexual organs and lie motionless together for at least another half hour before starting movements, and after orgasm they remain sexually connected for a long time. On nights when they did not have sex they slept skin to skin but without any kissing or caressing. They had intercourse not more than about every five days, and sexual problems seemed to be unknown in these societies. They made fun of what they regarded as the immature sexual practices of Westerners.



The Neurotic Woman: A beautiful young woman was terrified of men, but after falling in love with a medical assistant of von Urban eventually agreed to marry him on the condition that he would not try to have sex with her. After six weeks, they finally spend their first night together, naked but without any sexual contact. After about half an hour of lying together both experienced an indescribable delight and rapture that lasted the whole night.

However, after 7 hours they had to separate or they would get a feeling of suffocation unless they had a shower, and then they could continue lying blissfully together. During the day they felt exceptionally happy, relaxed and energetic. For 14 years they practiced this celestial type of love-making until they tried conventional sex and lost it. As with the Arabian couple, their experiences were enhanced by having a shower before lying together.

Von Urban's Six Rules of Perfect Sex

Preparation: A day chosen for making love should be filled with mutual kindness and affection. A period of love play with kissing and caressing should precede the sex act. Clitoral stimulation should be avoided. Woman who are used to clitoral orgasms should gradually, within a few weeks or months, be helped to refocus on vaginal stimulation.

Comment: Von Urban believed that clitoral stimulation increases tension and makes deep relaxation of the whole body more difficult, and if one is used to clitoral stimulation it also may make it more difficult to achieve deep vaginal orgasm. The main goal for von Urban was not creating strong excitement and coming quickly to an orgasm but rather having a loving and strongly bonding connection with a partner. This does not mean that everyone needs to do it this way, von Urban just believed that it gave the best long-term results in regard to health and relationships.

Position: The partners should adopt a position that allows them to remain fully relaxed during a long intercourse. Preferred is the Scissor Position: the woman lies on her back with knees drawn to the chest, while the male lies on his left side crosswise to her, so that his penis touches the entrance of the vagina. She now drops her legs and he places his right leg between her legs. With this, her left leg is between his legs while her right calf rests on his torso. Sides may be reversed.

The man places the tip of the penis at the opened entrance of the vagina. Now all kissing and caressing should cease and both lovers focus on the energy streams between their sexual organs. It does not matter if the penis is soft or erect. After half an hour and full exchange of sexual energy the penis usually becomes erect and may now enter provided that the vagina is naturally moist. The use of oil is discouraged as it slows the exchange of energy (but this should not be a problem with long connections), and condoms must be avoided (except possibly temporarily for the purpose of ejaculation) because they block the exchange of bio-energy and lead to increased body tension. These recommendations are for couples in long-term relationships, for casual encounters use safe sex practices.

Duration: After the man has learned to control his ejaculation, the 30 minutes outside the vagina are no longer required. For a long connection of one to three hours the couple remains mainly motionless or with slow movements. If ejaculation occurs prematurely, the soft penis should remain inside until at least half an hour since entering. If unwanted pregnancy needs to be avoided then withdraw shortly for ejaculation, urination and washing, and then connect again the penis to the inner lips.

Concentration: During the whole sex act from preparation to finish the couple should focus on each other and what they are doing, become aware of the sensations where they are touching and the energy flows within and between them.

Relaxation: It is essential to relax not only physically by choosing a suitable position, but also mentally and emotionally. Any kind of worry, guilt or preoccupation with work or family problems prevents relaxation and full exchange of bio-energy. Try to overcome such problems by dealing with them at other times, and use relaxation exercises and meditation to switch off when you want to. Another problem is that a woman may suppress her sex drive because of previous abuse or disappointment, and may resist subconsciously. This can usually be overcome with much tenderness, love and patience of her partner.

Frequency: While this may depend mainly on the desire of the partners, von Urban observed that generally after a 30 minute intercourse with proper preparation couples are happy with a five day interval, after one hour intercourse with one-week, and after two hours with two-week intervals. He regards a sufficient interval as important to fully recharge the body batteries with bio-energy.

Comment

Von Urban's observations seem to show that the undesirable effects of

conventional orgasmic sex may be mainly due to unreleased body tensions rather than hormonal changes per se, although hormonal changes may be a result of bio-energetic changes. The increased contentment and happiness after von Urban's Perfect Sex appears to be the same as after Karezza, and would be due to the combination of persistently raised oxytocin levels and increased relaxation.

The rest period of five days to two weeks between orgasmic events may mean that prolactin rises and testosterone receptor levels fall as after conventional orgasm, but that the duration of the changes depends on the degree to which the body tensions have been neutralized. If there is a prolonged reduction or fluctuation of dopamine levels as after conventional sex, it may be offset by increased oxytocin so that overall there is no negative emotional effect. My personal view is that high oxytocin levels will probably stabilize dopamine levels.

It is not clear if after Karezza there is a 5 to 14 day period of decreased desire for sexual union as after Perfect Sex. Some authors, such as Stockham seem to say so and advocate a waiting period of two weeks or longer between Karezza encounters, while some modern couples may connect daily but often just lie peacefully together or in a meditative state or just snuggle up for comfort. Any period of decreased desire may be much less pronounced with Karezza and mainly due to contentment of being in a bio-energetic equilibrium rather than to an unfavorable hormonal effect.

I suggest that for full heart-centered Karezza sessions a rest period of several days may be appropriate similar as for Perfect Sex to fully charge our sexual batteries, but that for meditation or comfort short daily connections are also fine. For more details on Perfect Sex see <http://www.health-science-spirit.com/Sexuality.html>.

SEX AND HEALTH

According to psychological studies and statistics in the longer term the vast majority of sexual relationships cause more distress and unhappiness rather than happiness. It is obvious, at least to me, that stress due to failing relationships also has a major impact on our health, emotionally and biologically. Even medical thinking now regards stress as an underlying problem that aggravates all other diseases.

Sexual factors that may contribute to health problems are nutrient deficiencies, hormonal and bio-energetic imbalances, and emotional distress. Several of these may be involved in any one case, and they cannot always be identified.

Nutrient deficiencies relate mainly to loss of ejaculate. The seminal fluid is high in zinc and requires much vitamin B6 and omega-3 fatty acids, which are found in fish oils and linseed oil. Deficiency of these is widespread, especially in teenage boys with frequent loss of seminal fluid. The same deficiencies are common in schizophrenia, which starts most frequently in teenage boys. I believe that there is a causal connection.

Formerly doctors maintained that excessive masturbation could lead to insanity. They may have been right after all although, without proper investigation, modern medicine dismisses this as a myth. Zinc deficiency also leads to underdeveloped male sexual organs and later in life to enlargement of the prostate gland. By pointing out these connections I do not want to create guilt about masturbation but rather improve nutritional awareness. Also orgasm and schizophrenia are both associated with high and unstable levels of dopamine, while during depression dopamine levels are low.

A medical arthritis specialist observed that arthritis tends to get worse with frequent ejaculation (*Arthritis can be Cured* by Bernard Aschner, MD, Arco Publ. N.Y.).

Hormonal imbalances, especially dopamine excess or deficiency seem to be the greatest contributors to addictive behaviours, such as drug abuse, compulsive behavior and gambling as well as aggression, violence and attention deficit disorder. Oxytocin, on the other hand, has a beneficial influence on these problems. For a referenced discussion of this subject see http://www.reuniting.info/science/sex_and_addiction.

The main factor in raising our stress levels is probably the inability to discharge bio-energetic static. One common example is watching exciting movies that fire us up, and then going to bed without releasing the induced tension. It is likewise with conventional sex. Initially the body may get charged with skin stimulation and anticipation, but then there is little release, especially for women, if the union lasts for less than 30 minutes. No wonder many women develop gynaecological problems, nervous complaints or hysteria (from *hystera* – the womb), or just switch off and abstain from sex.

Von Urban's solution to relieve single or otherwise frustrated women of sexual and bio-energetic tension is a warm douche at bedtime on alternate nights. The duration is from ten to twenty minutes while lying in a bathtub. The water is supplied by fitting some rubber tubing over the tap. This is very relaxing and not meant to induce an orgasm, but will help to provide a peaceful sleep.

All diseases and health problems of the sexual organs are likely to be linked to unhealthy sex practices. This includes not only cancers and infections of the sexual organs but also in other parts of the body. Even tumor growth and metastasis are stimulated by stress hormones. Oxytocin counteracts the effects of stress hormones, and less stress means increased immunity and faster recovery. Oxytocin receptors have also been discovered in tumors. Therefore, oxytocin has a growth inhibiting effect on cancer, especially prostate and breast cancer - the more oxytocin the less tumor growth can be expected.

In the following are some of the statements for which you can find scientific references at <http://www.reuniting.info/science/research>:

- frequent hugs between partners associated with lower blood pressure and more oxytocin

- touch and psychological support are health-promoting due to increased oxytocin
- oxytocin strongly protects organs from damage due to blood infection
- kissing may have positive implications for allergic patients
- oxytocin speeds wound healing and reduces pain
- oxytocin counters addiction and soothes withdrawal symptoms
- massage aids detoxification for alcohol, oxytocin rises during massage
- oxytocin reduces anxiety and stress
- less oxytocin results in more aggression and less caring
- oxytocin regulates cell proliferation and inhibits breast and prostate cancer
- oxytocin increases the receptivity of females
- oxytocin imbalance may underlie impotence and alleviate erectile dysfunction
- patients with autism and psychiatric disorders improve with oxytocin
- oxytocin involved in learning and memory

At the same site is an equally impressive collection of research references showing the health disadvantages of orgasmic sex.

Hypertension and Stress

As an example of the benefits of healthy sex von Urban mentions the following case. At a neuro-psychiatric conference he presented a difficult case cured with his Perfect Sex method within 8 weeks of high blood pressure, stomach ulcers and inability to work. A leading expert doubted that a change in sexual practices could have normalized high blood pressure. Von Urban asked this expert to send him his most difficult and hopeless case. Ten days after seeing the patient his blood pressure was almost normal.

It should be noted that in contrast Wilhelm Reich, who advocated orgasmic sex for release of excess bio-energy, died of heart attack probably associated with high blood pressure, and his wife suffered from severe hypertension.

Von Urban also presents the case of a young woman who had been diagnosed as schizophrenic, temporarily institutionalized and treated with electric shock. A few weeks after changing sexual habits she became and remained completely 'normal'.

Considering the vast amount of hypertension, mental and other stress-related conditions in our society, and that von Urban demonstrated the effectiveness of his method only 60 years ago, I do not expect to see it discussed in medical journals

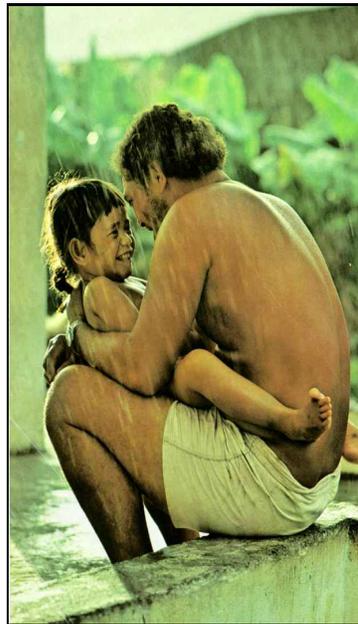
or the mass-media any time soon.

I do not want to imply that sexual energy is the only factor causing or curing the discussed diseases, rather there are usually several factors coming together, and if one of them is changed from being detrimental to being beneficial, then this can be sufficient to overcome the health problem.

Furthermore, most of those with a chronic disease, and especially cancer, are emotionally rather fragile, and benefit greatly from a close-bonding loving relationship to elevate oxytocin. This is also beneficial with heart disease and mental-emotional conditions, such as depression and addictions.

High levels of testosterone are a negative factor with prostate cancer, and high estrogen levels with most breast cancers. But when we are in love (or create a feeling of love with increased oxytocin), levels of sex hormone in both genders become more like each other. Males become less aggressive, gentler and more spiritual, while females produce more testosterone to make them bolder and balance excessive estrogen levels.

For the Lack of a Cuddle



Anorexia nervosa develops mainly in teenage girls. This immediately suggests a connection to sexuality. I was intrigued to read that one of the more successful methods recommends, in addition to other measures, using a warm vest to provide a feeling of being warm and protected. That reminds me of an experiment with monkeys. Immediately after birth they were separated from their mothers and raised with two substitute 'mothers'. One was a wire structure containing a food bottle with nipple and the other was with terry cloth over the wire, heated by an electric bulb inside. The young monkeys adopted the cloth-covered structure as their mother substitute and were distressed when it was temporarily removed. The bottle structure was just a feeding machine to them.

All these monkeys became disturbed emotionally as well as in their behaviour when growing up, and they were unable to perform the sexual act successfully on maturity. Touch was emotionally more important to them than food. That is exactly what happens with anorexia nervosa. From this it is easy to see that the most curative method for these and other teenagers with emotional problems would be prolonged skin contact in a safe environment to raise oxytocin levels, and especially non-sexual, affectionate contact with someone of the opposite sex, as a bio-energetic boost.

It was often worse for human infants who were raised in church or government institutions without even a cloth mother substitute. One of the worst aspects for a

baby is the feeling of not being wanted, and especially if it experiences hostility from one or both parents. A difficult birth with forceps and glaring lights is traumatic, also surgery and a negative attitude of some of those present at birth. Even worse is the prolonged removal of the baby from the mother in most hospitals. All of these generate stress hormones while more than anything else babies need persistent contact with the mother or a suitable human substitute to generate soothing and bonding oxytocin.

Presently there is a rapidly rising incidence of self-harm reported to affect up to 20% of teenagers, and even more teenage girls. While teenage boys tend to release their internal tensions through outward aggression and harming others, girls tend to harm themselves. Princess Diana admitted to it. This is not really new and was reported in former centuries and millennia. In the 19th century girls used to stick needles into their skin, and were medically known as the 'needle girls'. At present cutting with razor blades is more fashionable.

The reported reason for doing this is unbearable emotional tension. It provides essential stress relief, and some girls say it keeps them alive so that they do not need to suicide. This tension starts with puberty and abates towards the end of teenage years. Self-harm is also related to eating disorders and is prevalent in detention facilities and nunneries.

We can now understand this behavior according to von Urban's model of a stress-based bio-energetically charged skin. When in pain, bio-energy is released together with feeling energy, and this pain-induced release of bio-energy is what keeps these girls sane. Also the opposite can be observed, pain due to various known or unknown causes can be relieved by appropriate skin contact.

There is, of course, the same solution as mentioned above for anorexia, mental problems and hypertension: providing prolonged skin contact in a safe environment with someone of the opposite sex. A special time of the week may be selected where the whole family joins in gently massaging each other, especially the back, neck, shoulders and the feet. Also holding hands provides good energy exchange, especially between the right hand of a male and the left hand of a female.

Reducing Stress and Tension

Bio-energetic static and emotional-energetic blockages are probably major factors not only with hypertension, mental problems and other stress-related conditions, but also in the present epidemic of hip, knee and lower back problems, leg cramps as well as gynecological and other disorders in the pelvic area, including impotence and frigidity. Persistent bio-energetic static and its associated emotional blockages tend to cause muscle tension with permanently reduced blood, lymph and nerve supply to these areas, and makes them susceptible to infections, arthritis and other health deterioration.

According to the findings of von Urban and the experiences of couples practicing Karezza, the easiest way of reducing such persistent tensions is prolonged quiet skin and possibly sexual contact with a partner of the opposite sex, basically as a long period of relaxation or meditation. While superficial tensions may be

eliminated in one session, deeper muscle tensions are caused by a life-time of sexual frustration, and may require many repetitions of lying together while using guided imagery and pleasurable feelings to melt the corresponding emotional blockages.

Emotionally deprived children grow into adults with antisocial or asocial tendencies. On one side of the scale this manifests as violent, criminal and destructive behaviour, and on the other as shyness, lack of confidence, self-destructive behaviour, and depression. Often our sexual problems start already right after birth if we are bottle-fed instead of enjoying mother's breast, or worse, if we are separated from our mother for a prolonged period. This tends to make it difficult later to bond to a partner. Even with relatively good parenting our evolving sexuality causes enormous tensions and stresses while growing up in our society and most adults will experience emotional and health problems due our general ignorance in regard to balancing our sexual energy.

Compare our Western upbringing to the way von Urban describes how children were raised in some more advanced native societies. He writes "The Melanesians are certain that children whose sex impulses are not correctly developed can never become experts in love." Sexual training is considered to be most important for the future happiness in the love life of their children. They encourage children to pay attention to their sexual feelings. There is a lot of touching, caressing and skin contact between adults and children in native societies.

The chief of an African tribe expressed his astonishment to an early explorer that Westerners do not provide sexual training to their children. He believed this to be more important than any other kind of training, as healthy sexual development not only provides bliss for the individual, but also a harmonious family and tribal life.

Also "In some tribes of Central Africa masturbation is taught by an elder of the opposite sex", and to abate sexual tension "old women quietly lay their hands on the testicles of little boys, and old men on the vulvas of little girls, holding them thus for some time." Professor Malinowsky noted that such practices were more satisfactory than masturbation. Why? Because masturbation, while providing local relaxation, increases overall bodily tension, while skin contact with the opposite sex reduces it. Therefore prolonged non-sexual skin contact between boys and girls, or child and parent of the opposite sex, would probably be a good way to improve hyperactivity, attention deficit, shyness, autism, violence, self-harm and related problem.

There seems to be a complete absence of sexual and stress related conditions in native societies described by Malinowsky. In our society children's sexuality is so misdirected that sexual violence, rape and many forms of sexual inhibition, frustration and abuse, emotional problems, mental diseases and other stress-related conditions are a frequent outcome in adult life. This shows that we could learn much from native practices.

As these native people could observe all varieties of loving sexual activity, it had no unhealthy fascination or obsession for them, as it has for most people in our

society. Consequently, abuse of children, rape, or other forms of violence, were unknown to them. Sexual activity to them was as natural and open as eating to us. No doubt, if eating would be regarded as 'dirty' and restricted in the same way as sexuality, and children and others would not be allowed to see us eat, most of us would have neuroses associated with eating.

According to Malinowsky such open native sexual education does not necessarily result in early pregnancies. Properly taught Karezza would not only lead to a healthier society at all levels, but would also curb the unsustainable overpopulation of our planet.

What many singles and especially women miss even more than sex is touching and hugging. Some try to satisfy this need with regular massage therapy. However, there may be a simple solution, just form a local "hug club". Discretely spread the word and you may be surprised by the amount of interest in hugging 'out there'. You may also form or join a healing group where hugging may be practiced together with other self-healing techniques.

SEX AND REJUVENATION

There are many hints of rejuvenation and increased longevity due to sacred sexual practices. Some of it, such as increased longevity in harmonious relationships, and longer lives of care-giving parents could just be due to persistently raised oxytocin levels. However, there are also ancient practices, especially based on Tao, that deliberately use sexual energy to rejuvenate and increase longevity. Also according to information channelled by Edgar Cayce we can achieve complete regeneration (perfect operation of the endocrine system) if we cleanse and purify the reproductive center.

In the 1930's Peter Kelder wrote the now famous *Eye of Revelation* with the 5 Rites of Rejuvenation, or the 5 Tibetans. Thousands and possibly Millions faithfully did these exercises every day without doing the one that really mattered to draw sexual energy up the spine. That was probably because Kelder's instructions for the sixth rite were somewhat vague.

The rite is only practiced when sexually excited. One is to stand and bend over with the hands on the knees and push all the air out of the lungs. Then straighten up and with the hands on the hips push up the shoulders. Pull the stomach in and up and hold this position as long as possible. Then forcefully inhale through the nose and exhale immediately through the mouth. The arms may now hang to the sides while you take further deep breaths through the nose or the mouth. If one is still sexually excited, the same procedure may be repeated as often as necessary.

However, Kelder did not write how to cause the sexual excitement that generates the sexual energy to be drawn up and distributed through the body. A more detailed and substantial body of instructions is now available thanks to the work of Mantak Chia in collaboration with Michael Winn in their Series of Healing Tao Books.

Healing Tao Books

Mantak Chia was a Chinese who had studied with various Taoist (or Daoist) masters before coming to New York 30 years ago. He seems to be the first modern Tao master who openly teaches previously secret Taoist methods of using sexual energy for rejuvenation, longevity and spiritual development. This system uses sexual energy as the primary fuel to be refined by spiritual practice. Instead of releasing sexual energy in form of an orgasm, it is channeled up the spine and then down the front in what is called the 'Microcosmic Orbit'. In this way it remains available to heal and rejuvenate the body, while any surplus is stored in the area behind the navel.

First you practice to learn the two basic skills of avoiding an orgasm and circulating energy in the Microcosmic Orbit. Initially it is advisable to practice alone with self-pleasuring. This is called 'single cultivation'. You stop shortly before the orgasm, and with breath control and imagination draw the energy upwards. Chia calls this the Big Draw for men and the Orgasmic Upward Draw for women. When able to do this it is preferable to use 'dual cultivation' with a partner of the opposite sex as it involves exchanging male and female sexual energies.

When sufficiently advanced, pleasure can be derived from repeated 'valley orgasms' during long periods of love-making and with repeated Upward Draws of energy. It is possible to continue practicing alone or with a same-sex partner but then one may need to use additional methods of attracting the missing opposite-sex energies.

Some of the relevant books by Mantak Chia are *Taoist Secrets of Love: Cultivating Male Sexual Energy* (1984), *Healing Love: Cultivating Female Sexual Energy* (1986), *Awaken Healing Light of the Tao* (1993), *The Multi-Orgasmic Man* (1996), and *The Multi-Orgasmic Couple* (2000) published by Healing Tao Books, Huntington, New York. In addition there is a global network of certified Tao teachers, see www.universal-tao.com.

Circulating the Energy

It appears the Microcosmic Orbit was developed 2000 years ago by Taoists as a sexual practice to rejuvenate the brain and later evolved to become a spiritual practice. In addition to using activated sexual energy, you may practice the Orbit by accumulating energy during meditation, imagining energy entering through the crown center at the top of the head or by condensing breath energy.

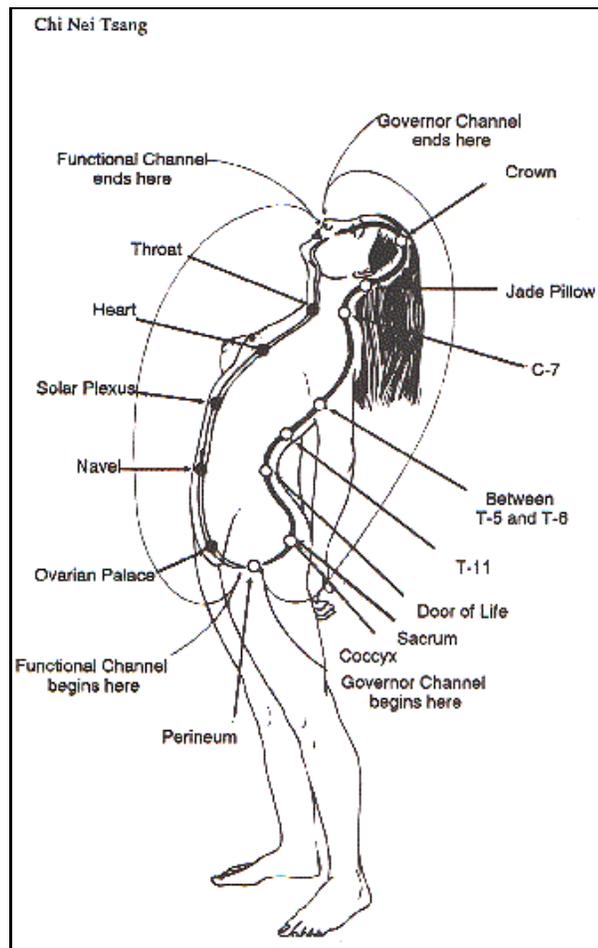
To learn circulating energy, you need to have a basic understanding of the chakra system. These are 7 major and numerous minor etheric vortices that distribute bio-energy within our body. When

you have a good feeling sensation of the energy either from breathing into the abdomen or from activating sexual energy, you imagine this sensation flowing towards the perineum and the base of the spine.

Now imagine a valve opening at the tailbone and with each inhalation you lift the energy higher up the spine, while holding it during exhalations. Imagine that your spine is a straight hollow tube through which the energy flows and continue to lift it all the way to the top of the head. Reinforce it with energy entering the top of the head and then lead it down in steps to the center of the forehead, the throat, the middle of the breastbone, the stomach and finally you store it behind the navel as a ball of energy.

When leading the energy down it helps to touch the roof of the mouth with the tip of the tongue. When needed, this energy may be reactivated with your intention and used for healing yourself or others by directing it with your mind where you want it to go. It may also be used for tasks with high-energy requirement and is the same energy that masters of the martial arts aim to cultivate and use.

When you can readily feel the circulating energy and the various centers on its path, you may also use a short-form to quickly energize and center yourself. Imagine the energy entering the top of the head and rapidly jumping down from one center to the next to the base of the spine. Then with one inhalation lift the energy to the top of the head and with the next exhalation drop it again down to



the base. In all this energy work imagine and feel the energy moving below the surface of the skin.

Instead of the Big Draw when close to orgasm, you may constantly draw up sexual energy in a 'Slow Draw', especially during prolonged love-making as in Karezza. You do this by keeping part of your mind focused on your third eye area between the eyebrows, best by turning your closed eyes up and inwards as if looking at this point. Then with each slow inhalation you imagine sexual energy moving up the spine to the top, while during the slow exhalation you let the energy fall down the front and back to the sexual organs, not forgetting to keep the tongue against the roof of the mouth.

If this sounds too formidable, just start out by keeping your focus on the third eye and feel love radiating from the heart. The slow draw is also suitable in a meditative state with or without gentle self-pleasuring or early morning erections or other states of gentle arousal.

For more details see www.health-science-spirit.com/bioenergies.html.

Strengthening Sexual Energy

The strength of our sexual energy is a function of our overall vitality or vital energy. Therefore, if our overall vitality is low, then we do not have much sexual energy available to circulate in the Microcosmic Orbit. Furthermore, by frequently drawing the energy up, it may initially deplete our available sexual energy. Apart from conserving energy through non-orgasmic intercourse, there are many techniques to strengthen these energies.

One such method is the Inner Smile. In its simplest form we may just smile at people we meet, at a tree, a flower, a cloud or the sky or landscape. As a more deliberate exercise we may close the eyes, focus on the third eye point between the eyebrows and smile in succession at every major organ and gland in our body.

Another important method is concentrating breath energy. This may be done with any organ in need of healing, but for this purpose we may breathe into the sex organs. Inhale deeply into the abdomen, and during a slow exhalation imagine the bio-energy in the inhaled air being compressed into the testicles or ovaries.

Due to decades of sexual tensions most of us have permanently tense and weak muscles between the top of the pelvis and the knees. This is like an old battery that cannot hold much charge. Use massage, vibrating, shaking, relaxation exercise and guided imagery to soften their contracted core.

Also do pelvic floor exercises. In addition to rhythmically contracting and relaxing the whole pelvic floor, selectively push forward to contract only the front part. In men this gives an impulse to the penis, woman may also rhythmically contract the vaginal opening. This forward pressure is used to prevent loss of energy when near orgasm, while selective contraction around the anus and tailbone helps to lead the energy up the spine.

Other common techniques are tai-chi and chi-gong. In these practices we imagine and feel energy being drawn into our body from our environment. Walking barefoot

on grass or moist soil or swimming in the sea enhances and cleanses our aura. The north-pointing pole of a magnet, like the right palm, has an energy that is similar to the yang or male sexual energy, while the energy of the south-pointing pole or the left palm is similar to the yin or female sexual energy. In Tao philosophy the heavenly or spiritual energies entering through the top of the head are male or yang, while the earth energies are female or yin. Generally female energies are soothing and relaxing, and male energies stimulating and activating.

Food for Sex

We cannot have strong sexual energy if we are malnourished. Our life force from which we generate sexual energy is similar to the bio-energy in raw food. Therefore, raw food has a much stronger vitalising effect than cooked food.

High-quality proteins are part of the seminal fluid and a high protein diet is sexually stimulating. In our culture meat is preferred while in the Orient chickpeas are used to improve sexual performance. The highest reputation has free-range raw fertilised egg yolk. It supplies sulphur compounds that are also high in the semen. However, even more effective than egg yolk is raw minced meat.

The seminal fluid is also high in zinc and requires much vitamin B6 and omega-3 fatty acids, which are found in fish oils and linseed oil. Deficiency of these is widespread, especially with frequent loss of seminal fluid. Fish oils are also required for natural vaginal lubrication.

The body forms nitric oxide from the amino acid arginine as a signal for the blood vessels of the penis to relax. This is necessary so that the penis can fill with blood and have an erection. Also magnesium supplements help to relax. Stress, on the other hand, or being emotionally uptight, prevents this necessary relaxation and, with this, an erection.

Various herbs and alkaloids have traditionally been used to improve various sexual functions. Commonly used for improving and balancing the endocrine system in general and sexual hormones in particular is Maca (botanical name *Lepidium meyenii*). It appears to be more effective than Wild Yam and is especially helpful with age-related sexual problems. Also Tribulus terrestris is frequently used to improve sexual functions.

SEX AND SPIRITUALITY

Sexuality is closely related to spirituality in several ways. In its negative aspects of lust, sexual excess, degradation and rape, it appears as the antithesis of spirituality, and in this light it has been seen in the Christian tradition. However, in its positive aspects our sexuality can open our heart to love, and enable us to have experiences similar to meditative states and mystical bliss during or instead of an orgasm and its afterglow. In a less obvious way, sexual energies can be channeled upward to develop our energy centers or chakra system and higher energy bodies. According to esoteric and yoga teachings, this is all part of our spiritual evolution.

The idea of celibacy for priests, nuns and monks is to spiritualize sexual energies as in meditation, rituals and other devotional practices. While this generally

involves conscious exercises as in yoga, Christian mystics commonly transformed their energies without conscious awareness through intense devotion. If religious celibates fight to suppress their sexuality, they misunderstand the deeper reason for the practice of celibacy, and block their spiritual evolution on that level. If devotional practices do not lead to the transmutation of sexual energies then it is much better to find a natural outlet. Suppression always leads to problems.

There are hundreds of different Tantric, Taoist, yogic and meditation techniques to transform sexual energy into kundalini or spiritual energy. Sexual energy is a denser part of our general life force energy, which can be liberated as kundalini energy and led upwards. Its ultimate purpose is to facilitate spiritual growth by developing our chakra system and higher energy bodies.

What is Spirituality?

In this context 'spirituality' means to me an effort to speed up our evolution of consciousness, which then becomes manifest in the functions of our energy bodies and the formation of higher energy bodies. I see the next stage in the spiritual evolution of humanity as forming a society based on cooperation, love and compassion. In some way this is a high ideal of all religions, but especially expressed in Buddhism and Christianity. Love and compassion are the expressions of an opened heart center. Therefore the practice of Karezza is especially relevant at this time.

Tantric, Taoist and yogic methods try to go further by fast developing the whole chakra system and a higher energy body, which Taoists call the immortal body, and which may correspond to the light body of New Age philosophy. However, apart from achieving various temporary states of bliss and psychic happenings, few seem to be really successful in this way and also so-called brain or spiritual orgasms may still be related to dopamine activity.

Tantra and Kundalini Yoga

Tantra and kundalini yoga originate from the Hindu tradition. Both methods aim to lead sexual energy upwards, Tantra in ritualized male-female interaction, and kundalini yoga in strict individual practice; both methods entail semen retention. As a reward there may be a brain orgasm and various states of blissful conditions. Traditionally Tantra was seen and used as a method to enable men to achieve enlightenment, while women were only used as tools, even if they were ritually worshipped as Goddesses. This has changed in modern western practices where women are now complete equals of men.

I see the main problem with these methods as being one-way streets of energy flow from the base of the spine to the top. This tends to lead to unbalanced development by over-stimulating the head centers at the expense of the heart center. Furthermore drawing up too much sexual energy may in time deplete overall vitality. Also I am not impressed with the abilities of practitioners of these systems to rejuvenate.

There is probably no problem with these methods for beginners, but various reports indicate problems may result from continued over-stimulation of the brain. This seems to be increasingly acknowledged by modern Tantra and kundalini practitioners who now have added the Microcosmic Orbit to their practices. For an

interesting overview of the modern Tantra, kundalini and Tao scene see *The Quest for Spiritual Orgasm* by Michael Winn (<http://www.healingtaobritain.com/p67magazinequestforspiritualorgasm.htm>).

Enlightenment is in the Vagina

You may think I try to be cheeky or provocative with the statement: "Enlightenment is in the vagina", but this is one of the authenticated sayings of the Buddha, and it leaves us with the problem of how to understand or interpret this. It seems to turn our usual understanding of enlightenment on its head.

The actual phrase in Sanscrit is: "Buddhatvam Yosityonisamasritam." This may also be translated as: "Enlightenment is in the female sexual organ(s)". This same view is expressed in various sacred Tantric texts. There appears to be much hidden sexual activity involving female consorts in some Tibetan Buddhist Sects. Western Buddhists, on the other hand, apparently do not know what to make of this saying, and therefore tend to ignore it, although I know of one Western Buddhist in Thailand who took this to mean that lots of intoxicating orgasmic sex is the road to enlightenment. But there is also another Buddhist saying that refers to orgasms as killing the inner Buddha.

My understanding of the first saying is that it refers to female sexual energy which is required for a male monk to become androgynic, meaning that male and female energies become balanced in an individual. This may be achieved by dual cultivation as with Tantra or having a female consort, or by single cultivation as with energy meditation. This is really the same process that we also see in Taoist practices and in the Gnostic Gospels. It has nothing to do with surgical or hormonal gender changes. The second saying simply means that by wasting our sexual energy with orgasms we do not have enough left over for enlightenment.

In the eight century, a female Buddha, Lady Yeshe Tsogyel, achieved enlightenment through mutual Tantric practice. She explains that women must control their sexual energies just like men need to control their ejaculation if they would cultivate spiritual enlightenment.

"If there is leakage of sexual energy, the Buddha Unchanging Light is slain...Therefore, with the power of retraction, drawing up 'love' with the base energy of life-force, I held it in the pot of my belly, and maintaining the recollection of pleasure uncontaminated by lust, divesting myself of mind-created Samadhi, yet not slipping into an instant of torpor, I experienced the ascent of Awareness."

This passage explains in beautiful simplicity the process of Taoist internal alchemy: produce a feeling of sexual pleasure, draw this feeling from the sexual organs into the abdomen, continue to increase it with mindfulness, and at the same time lead the feeling of meditative bliss from the head into the abdomen. Energy flow then follows the feelings. In the abdomen the heavenly or male energy from the head centers interacts or copulates with the female earth energy of the sexual and base centers.

The ultimate goal of Taoist energy cultivation is the formation of an immortal body.

This is not a physical body but a higher energy body, a light body. In the same way as in esoteric Buddhist practice this is achieved by combining male and female sexual energies so that the practitioner becomes androgynic. This takes place initially in the area behind the navel where the converted sex energy has been accumulated by practicing the Microcosmic Orbit or an equivalent method.

Our major male-female poles are at the top and the bottom of the spine. This is like an energy axis between two spinning vortices with a secondary male-female split between the right and left side of our body. The internal alchemy or inner copulation of these poles then creates the divine child or immortal light body. To be successful we need not only a strong sexual pole but also a strong crown or heavenly pole formed by regular meditation and a spiritual attitude.

Lao Tzu explained the immortal light body thus: It is self-aware yet without ego, capable of inhabiting a biological body yet not attached to it, and guided by wisdom rather than emotion. Whole and virtuous, it can never die.

However, Edgar Cayce warned that if you raise the kundalini before you can control your sexual energy it simply inflames your sexual desire and causes problems on your spiritual path. As a general advice this means practice Karezza or the Microcosmic Orbit until you can use your sexual energy without being confronted with uncontrollable desires.

The Sacrament of the Bridal Chamber



A similar picture emerges from the Gnostic Gospels. Apparently these gospels by the disciples of Jesus have been rejected by the official Christian churches because they imply that Jesus had secret teachings for his disciples. These teachings seem to have been the basis of Jewish Christianity under the leadership of James the Just, but were lost with the destruction of Jerusalem by the Romans. Western Christianity is based on the doctrines of Paul who did not know Jesus personally and therefore did not receive these teachings. Most great spiritual teachers

reserved advanced teachings for those who could understand them. So we read in the Gospel of Thomas:

(22) "When you make the two into one, and when you make the inner like the outer and the outer like the inner, and the upper like the lower, and when you make male and female into a single one, so that the male will not be male nor the female be female, then you will enter (the kingdom)."

This basically says that we must become androgynic to enter the kingdom of

heaven. There is no chance that the general public would have understood this. Also consider the following:

(114) Simon Peter said to him, "Let Mary leave us, for women are not worthy of (eternal) life."

Jesus said, "I myself shall lead her in order to make her male, so that she too may become a living spirit resembling you males. For every woman who will make herself male will enter the kingdom of heaven."

This, too, refers to androgyny. The means to achieve this is the Sacrament of the Bridal Chamber. It is alluded to in various Gnostic Gospels. Jesus taught various sacraments, the Gospel of Philip, states that there were the holy baptism, the holier atonement, and the "holy of the holies," the sacrament of the bridal chamber, in which participants "put on the light" or "chrism" and return to oneness. Androgyny is also a central part of other religions where deities in Taoist, Hindu and Buddhist art are often shown as part male and part female.

There are no direct descriptions of the Sacrament of the Bridal Chamber, but it is clothed in sexual symbology and seems to have been practiced as a sacred male-female union without orgasm, also described as pure embrace or undefiled intercourse. Possibly both methods were used as in Tao and Kundalini-Tantra practices. Dual cultivation appears to be by far easier for equalizing male and female energies. However, there is also the following description of it which may indicate single cultivation:

Epiphanius mentions a Gnostic writing called "The Great Questions of Mary" where Jesus gave Mary Magdalene a revelation on a mountain. According to this Jesus produced forth a woman from his side, akin to the generation of Eve in the Garden of Genesis. Jesus had sex with her, and then consumed his own semen. (novusordoseclorum-oai.org/documents/magdalene.htm).

This description is interesting as not only the mythical Eve was created in this way from the androgynic Adam, and together they populated the world, but also in Hindu mythology Shiva produced his consort in the same way and they then copulated to produce the world. All of these describe a male-female split of the divine androgyne, and the sexual union of both parts then produced an immortal light body, the human race, or the world.

It is clear that descriptions of secret teachings such as the above are disguised so that only the initiated understand the true meaning. From what we know now we may assume that Jesus demonstrated to Mary how to focus sexual energy into a male and female energy pole, and then unite these polarized energies to create a higher energy body. The swallowing of semen is symbolic for retaining his seed and actually not ejaculating.

Here a final quote from the Gospel of Philip: "If anyone becomes a son of the bridal chamber, he will receive the light. If anyone does not receive it while he is here, he will not be able to receive it in the other place. He who will receive that light will not be seen, nor can he be detained. And none shall be able to torment a

person like this, even while he dwells in the world.”

According to the Gnostic Gospels the main purpose of Jesus was to teach eternal life by re-creating the divine androgyne, and thus overcoming the separation of the sexes in the Sacrament of the Bridal Chamber. Being born again in this way with an immortal light body, any successful follower was no longer a Christian but became a Christ (Gospel of Philip). The real significance of the crucifixion and the crowning achievement of his life was the reappearance of Jesus and his continued teaching in the materialized form of his immortal light body. This was to demonstrate to his followers the truth of his teachings about the divine androgyne and the eternal life. Therefore, the real basis of the teachings of Jesus is sacred sexuality, the same as in Buddhist, Hindu and Taoist teachings.