



HARMONIZING CENTERS

PART 4: SEX CENTER (PART 1)

AN EXPLORATION *of* IDEAS

“The Work on harmonizing (spiritualization) of centers is vast and we could speak a year on just this topic.”

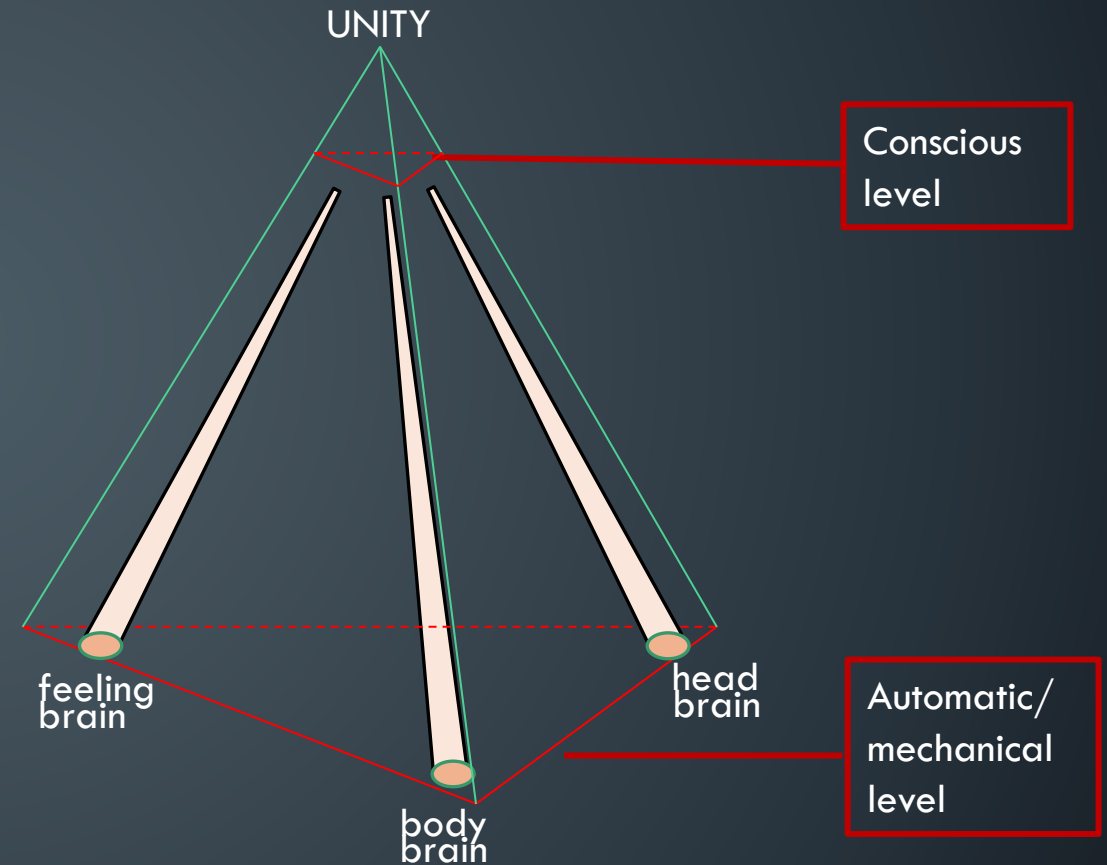
~ TJS email



A REMINDER OF WHAT WE'RE UP TO...

Throughout the natural world, especially the plant, animal and human realms, everything that exists seeks to grow and develop.

The cosmic duty of every human being is the conscious evolution of their inherent potentialities.

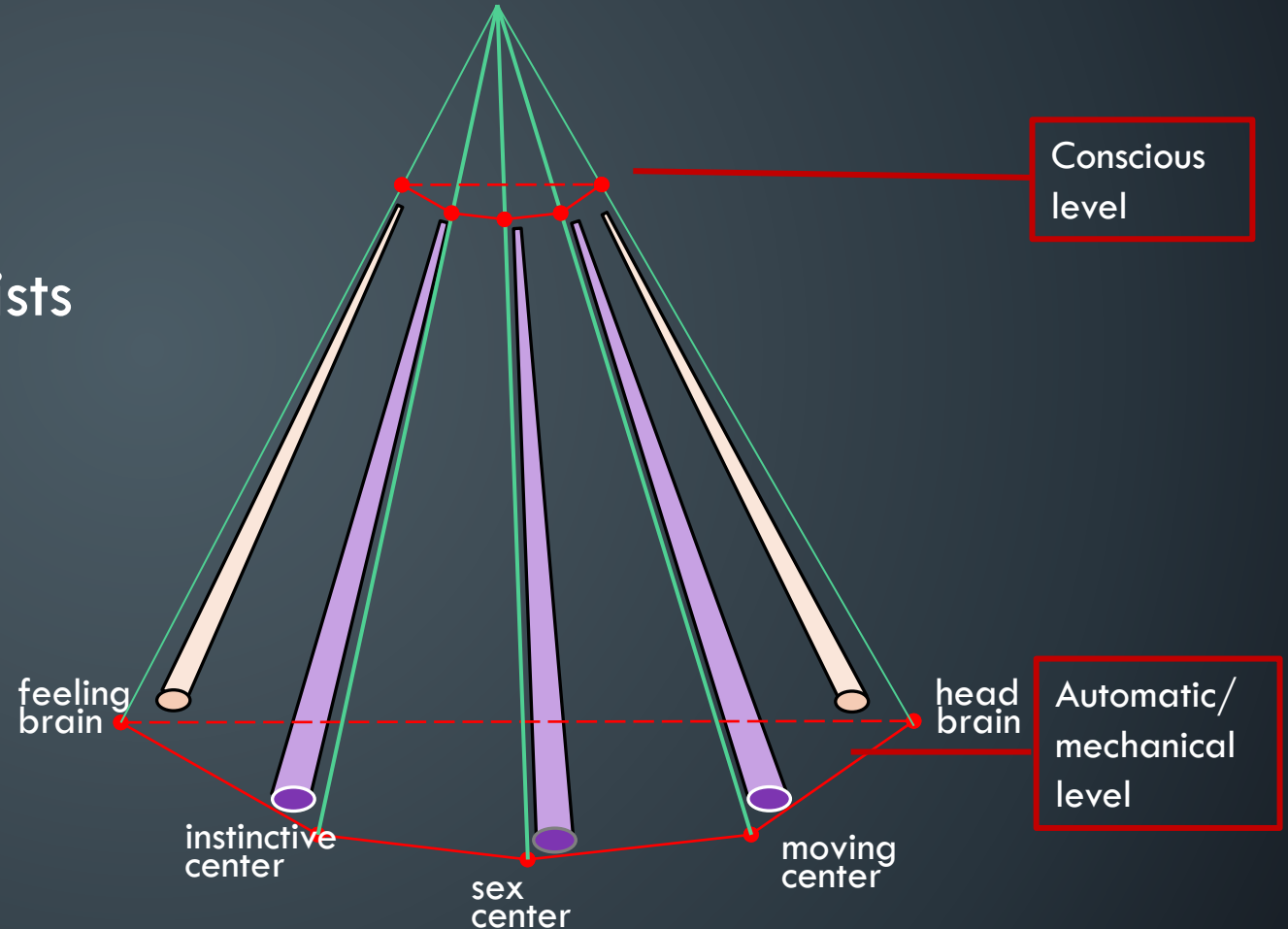




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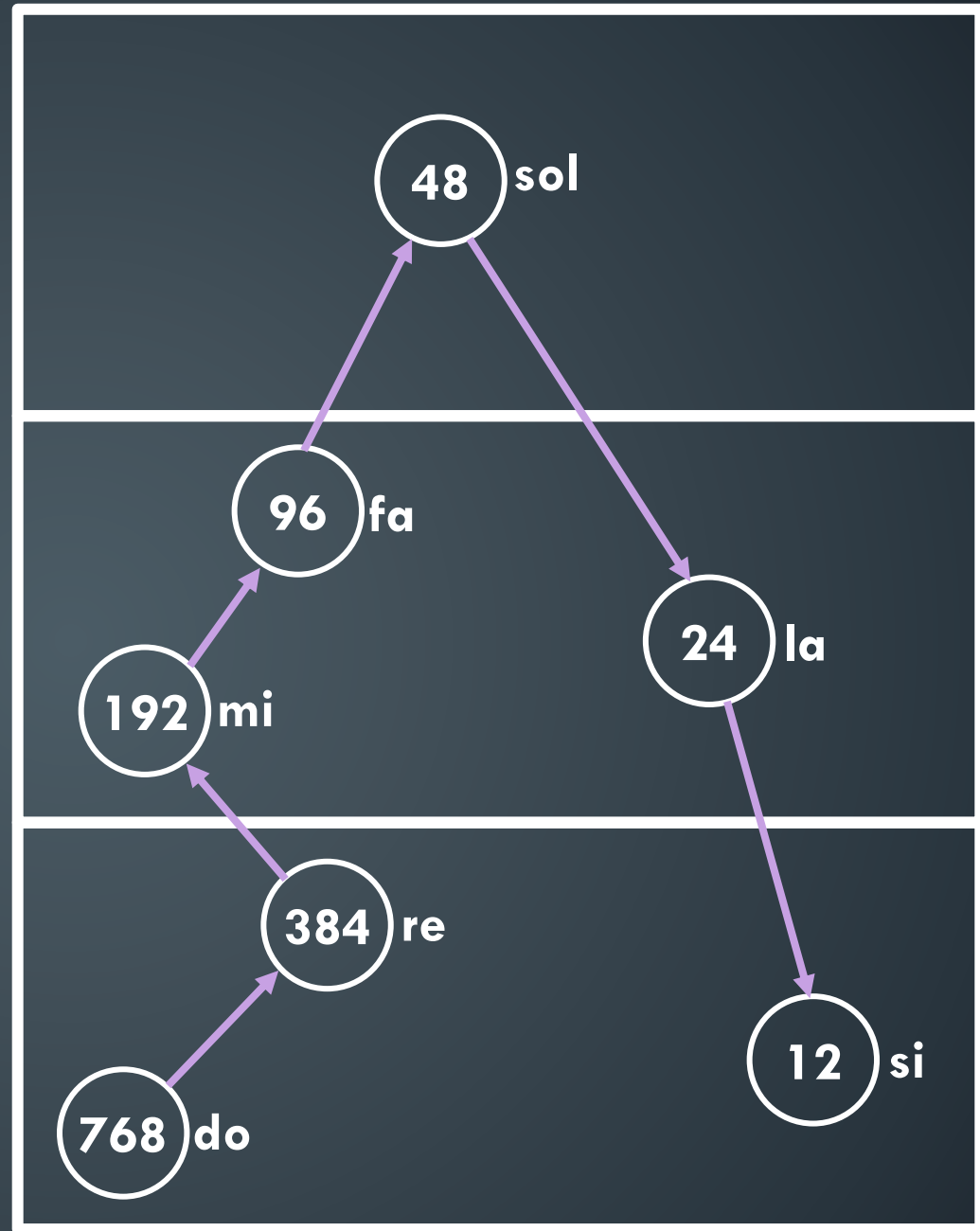


THE FOOD DIAGRAM

Impressions

Air

Food





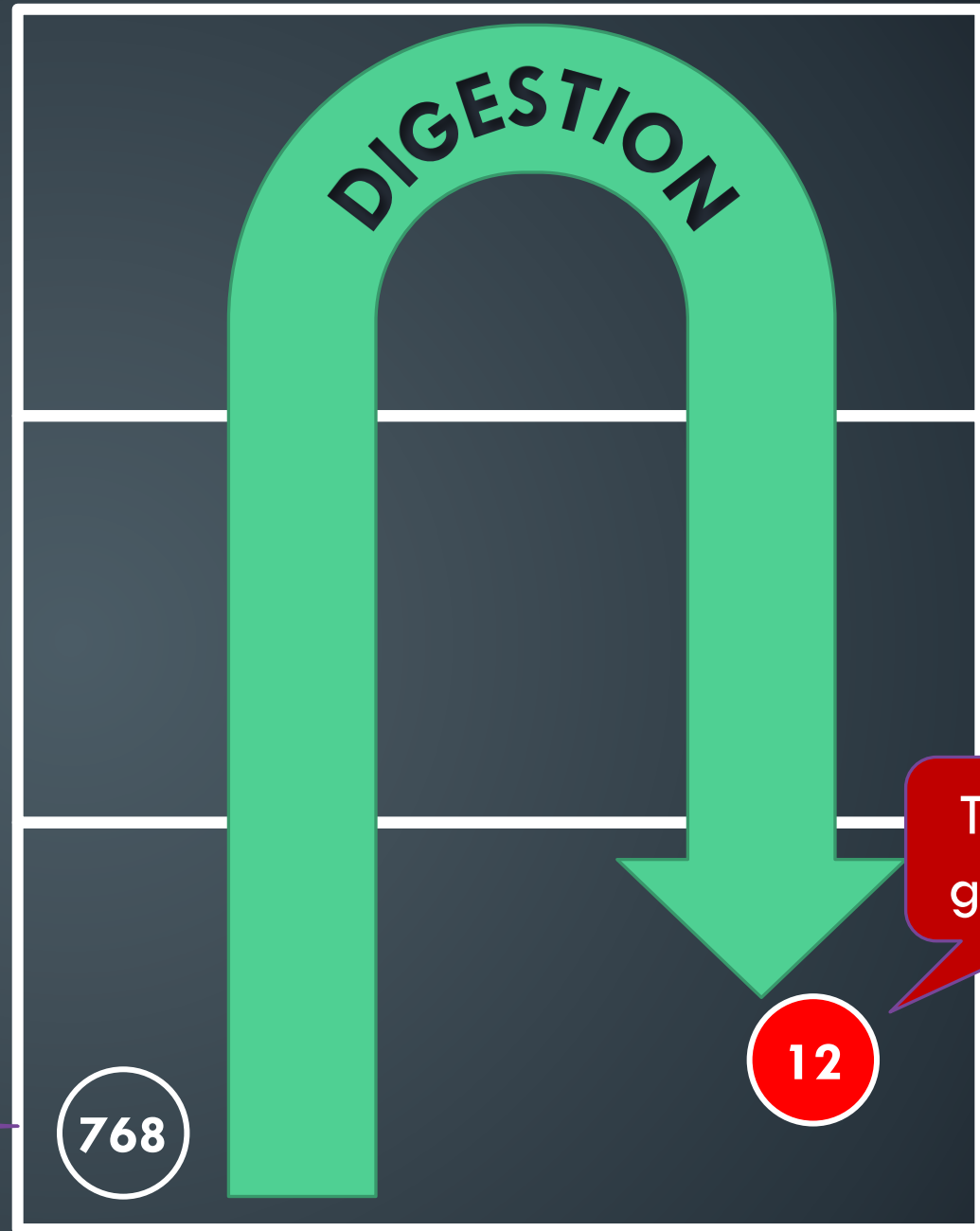
MECHANICAL DIGESTION

This is the
raw material

Digestion
creates finer
substances.

Last night's
dinner
became
today's
conversation.

Tonight's class
will become
tomorrow's
attitudes.



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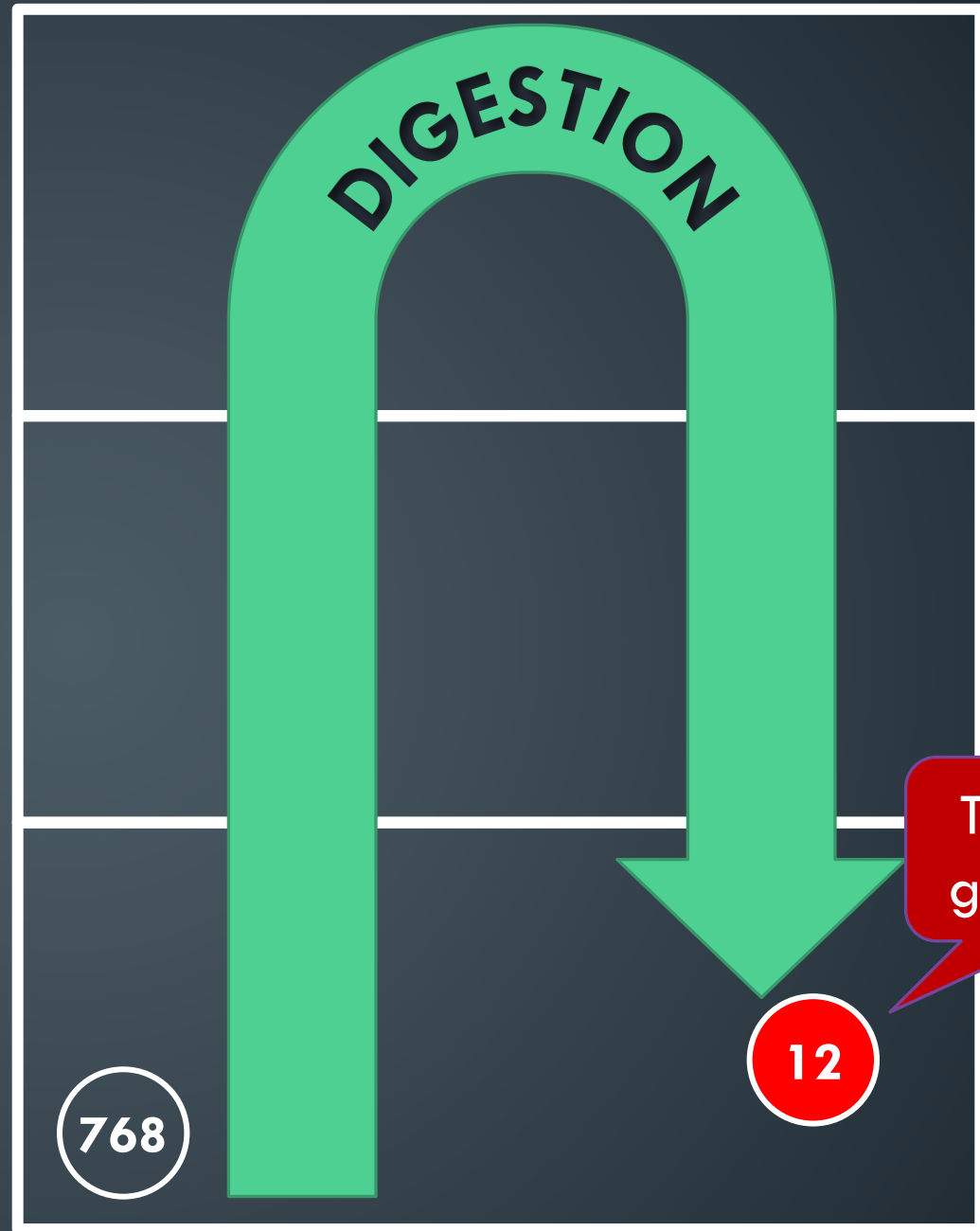
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This is the
good stuff

MECHANICAL GENERATION

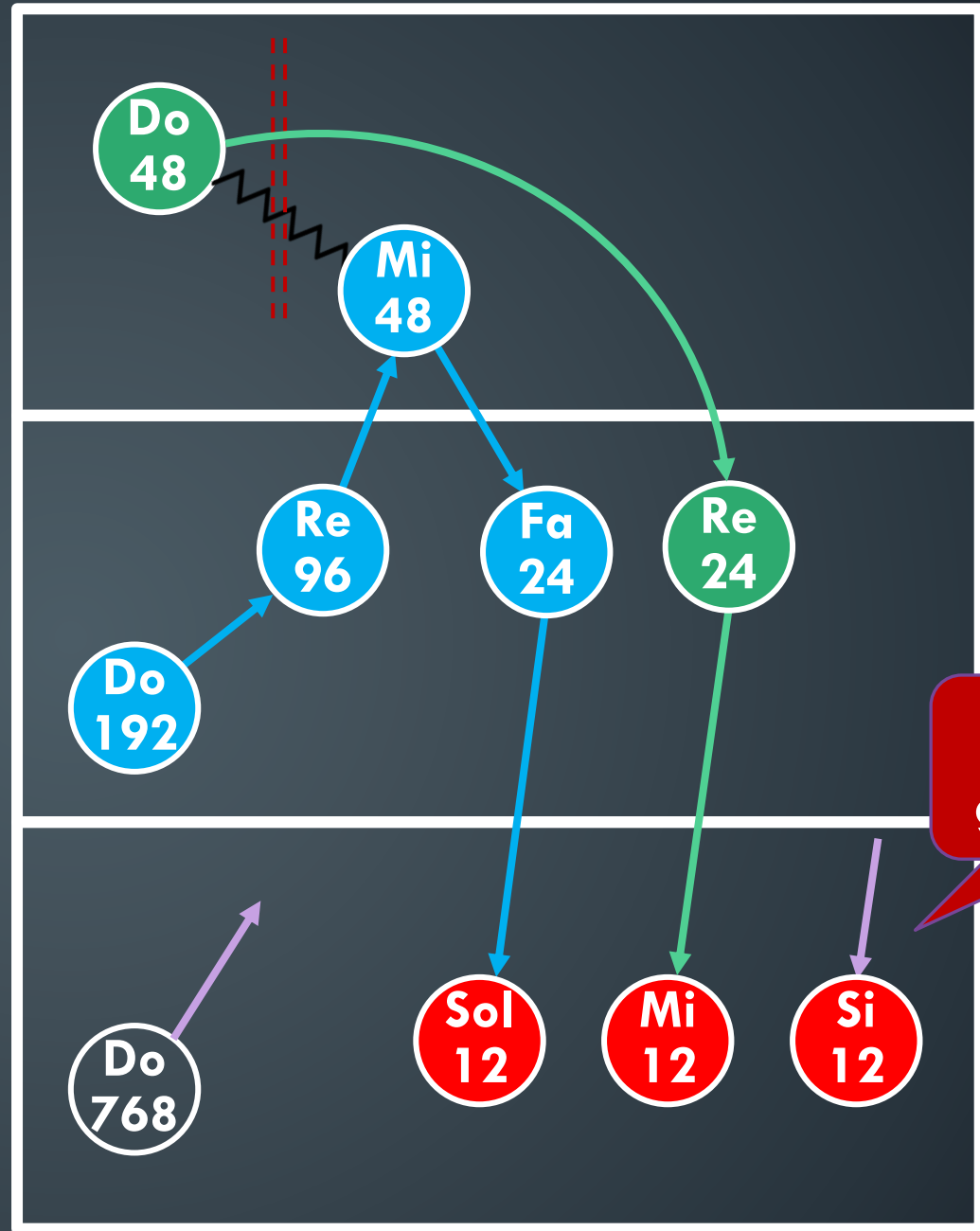
The sex act also produces finer energy.

The problem is that any experience of union, unity or self-transcendence is fleeting.



CONSCIOUS DIGESTION

Impressions
When you do
conscious work
on yourself,
you generate
more of **Air**
'good stuff'
i.e.,
Transformational
Energy
Food

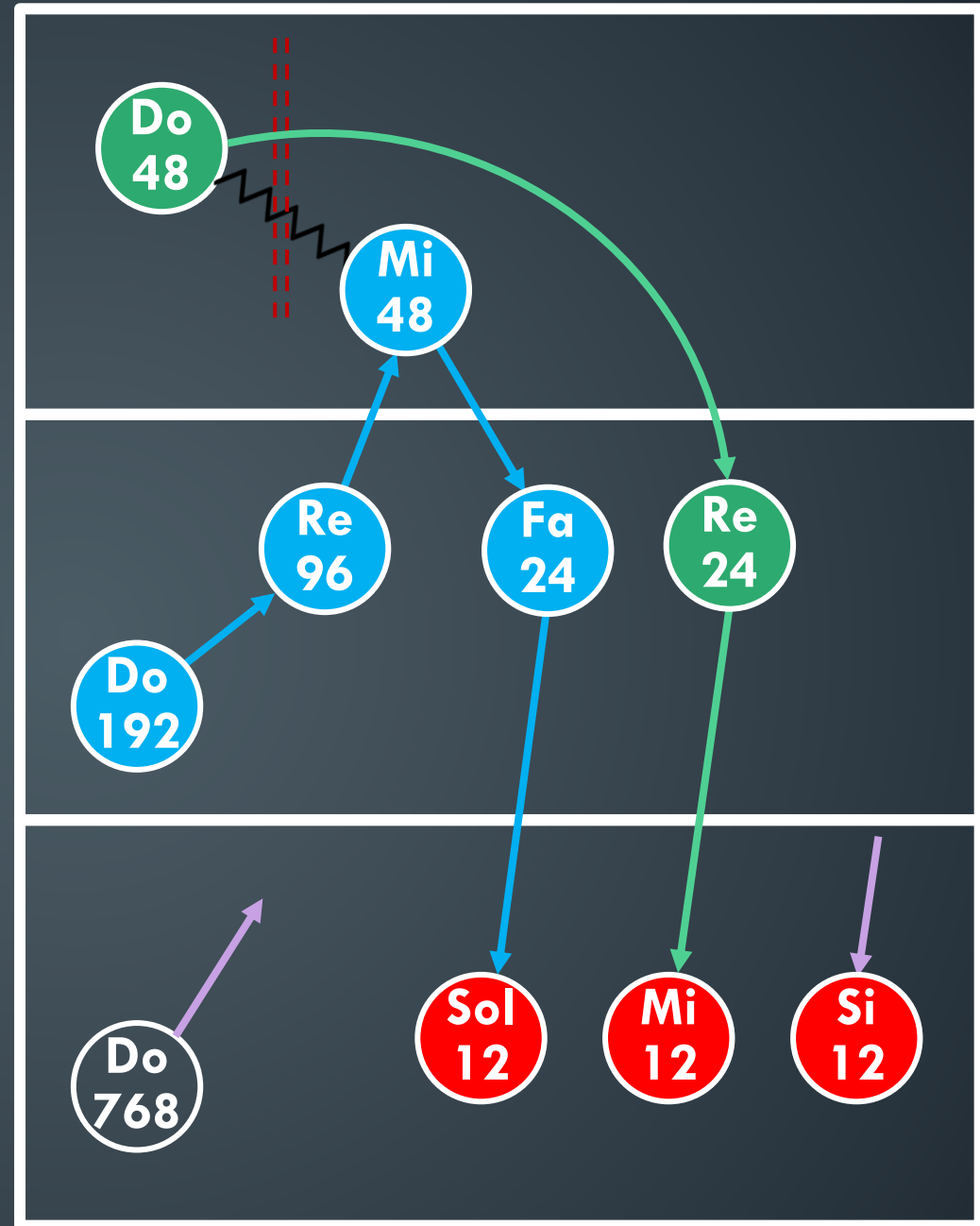




SOME TOOLS

1st Conscious Shock
2nd Conscious Shock
Self Remembering
Byron Katie's work

Conscious breath
(Christine O'Brien)



The power of the stars is nothing compared to the energy of a person whose will has been freed from the false-self system [density of being, sleep and habit]" (*The Mystery of Christ*, p. 104).



SO, WHAT DOES THIS HAVE TO DO WITH ANYTHING?

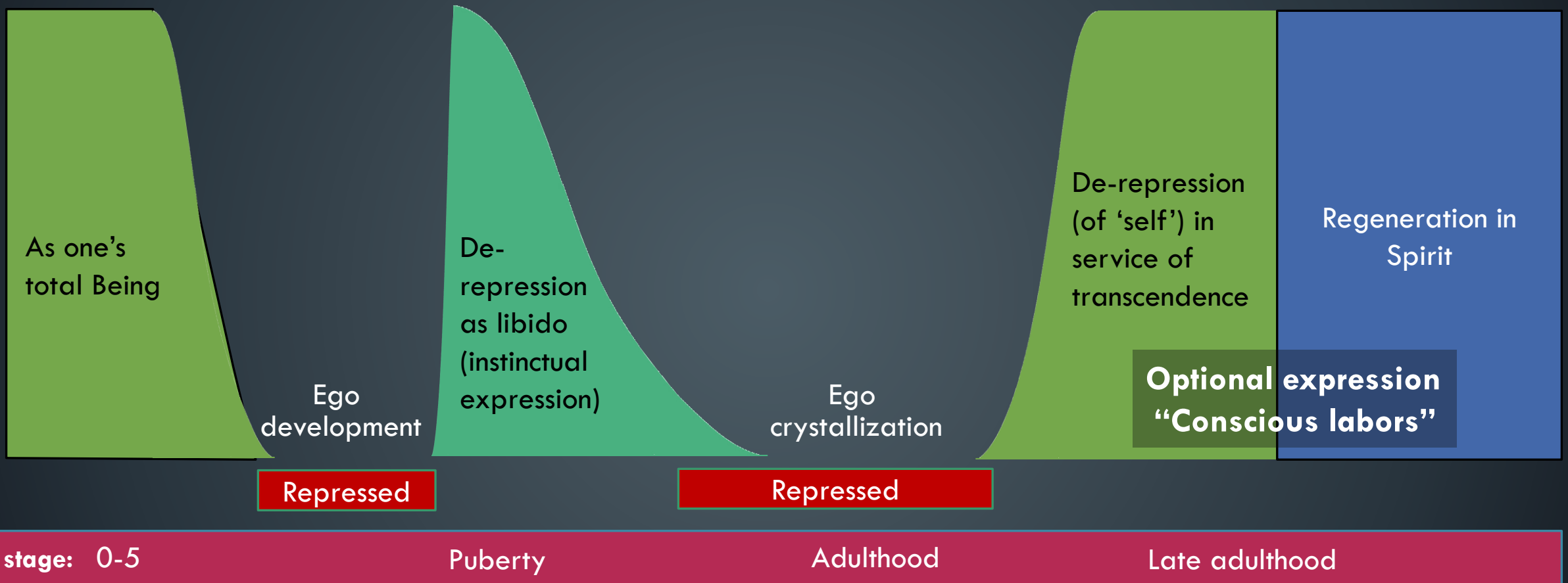


CYNTHIA BOURGEOULT TEACHES THAT EROS
ENERGY CAN EVOLVE THROUGH OUR
CONSCIOUS LABORS INTO AGAPIC ENERGY

$$A = ek$$

A = agape ; e = eros ; k = kenosis

Emergence of the Dynamic Ground (of our being) in various stages of life



EVOLUTION AND THE EXPRESSION OF SEX ENERGY



EVOLUTION OF
CONSCIOUSNESS

States of Consciousness
Unitive
Mental Egoic
Mythic membership
Typhonic
Uroboric



*Evolution of
consciousness –
personal, and as
a species*

EVOLUTION AND THE EXPRESSION OF SEX ENERGY



EVOLUTION OF CONSCIOUSNESS

States of Consciousness	Prime Orientation
Unitive	What's Good
Mental Egoic	What's good for the greater us
Mythic membership	What's good for my group
Typhonic	What's good for me
Uroboric	What's good for survival

EVOLUTION AND THE EXPRESSION OF SEX ENERGY



EVOLUTION OF EXPRESSION OF SEX ENERGY

Sex Energy Expression	Prime Orientation
Self transcendence	What's Good
Creativity (beauty, innovation, the greater good)	What's good for the greater us
Family-group-nation expansion/power	What's good for my group
Personal pleasure	What's good for me
Genetic (species) reproduction	What's good for survival



We should never confuse sex with love, they are quite different things. The energy of love, the unitive energy, stands above that of sex, the creative energy. Love is beyond. ... So long as we remain attached to our own worth [self-referential], love cannot enter.

J.G. Bennett, Sex, p.21

EVOLUTION AND THE EXPRESSION OF SEX ENERGY



EVOLUTION OF EXPRESSION OF SEX ENERGY

Sex Energy Expression

Self transcendence

Creativity (beauty,
innovation, the greater
good)

Family-group-nation
expansion/power

Personal pleasure

Genetic (species)
reproduction

NEXT WEEK'S
FOCUS

THIS WEEK'S
EXERCISE

LOWER EXPRESSIONS OF SEX ENERGY

- Fantasy (every type of idle fantasy, not just sexual thoughts) “I wish.... If only....”
- Non-creative use of imagination
- Domination of others, destructive violence (opposite of creativity), war, perversion, fundamentalism, some pathologies that lead to self-destruction
- Over-activity, restlessness, identification with persons and things
- Achievement for the sake of pride/vanity/success (vs. genuine creative impulse)
- Disturbance of the instinctive function (greed, gluttony, addictions)
- Co-opting the emotional center, esp. states of excitement or irritability
- See this week’s email for others...





HOMEWORK

- Using the Work tool of specific and non-judgmental self-observation, how is sex energy being co-opted, misused, leaking or expressed by other centers?
- Is there work you see for yourself related to sex energy?
- Watch Peter's talk from last Sunday