

Sex Energy and Self-Transcendence

On agape love:

“Love is the sacrifice of self
in the face of many options.”

- Peter Haas, last Sunday's talk

Sex Energy and Self-Transcendence

$$A = ek$$

- Evolution of sex center is not done by working directly on the center/energy
- Matured and harnessed through:
 - the gathering and directing of attention,
 - the conscious digestion of the three being-foods,
 - daily practice and aims,
 - conscious labors and intentional suffering,
 - softening of buffers and armored bodies,
 - >> Incarnated, embodied Spirit
- Renunciation and ascetism are not part of this list, not for Fourth Way householders

“I’m absolutely convinced that, if we do squeak through this global crises, it is the combined effect of a few responsible people who keep standing up and saying what needs to be articulated ... combined with millions of people who are raising their consciousness to the extent that they are actually transmitting – giving and receiving – the help that’s needed.

“We have to fill this planet with energies, with substances, we’ve almost depleted – substances like courage, conscience, trust, goodness, forgiveness; we have to generate them and put them back in the atmosphere of the planet again because it’s dying without them ... We as generators of cosmic substances have to take responsibility for the fact that we’re required to do that, and start to do it anyway, regardless of the stories we tell ourselves. ...

“In the Christian tradition, you’ve got [these energies] in three lists [the three theological virtues, the Fruits of the Spirit the Gifts of the Spirit] ... these are high spiritual substances ... these are energies that we can actually put into our planet – we can generate them if we’re not spending so much time stuck in our own anuses.”

- Cynthia Bourgeault, from a talk with the Garrison Institute, spring 2022

Be a Bi-Valve ...

Transform course energies into finer ones

Upward and downward transmission of interpenetrating realities, mutually nourishing

Subtle and physical bodies can be the receiver and transformer of energies

Side-Octave Reciprocity: The Sun wants something for itself; *We are living bridges between World 48 and World 12, the Suns of God.*





Following Jesus' example and teaching, we aspire to exercise leadership as a way of serving, of taking the lowest place, and of living ordinary life with extraordinary love. Utmost charity is more than ordinary charity. It is to love one another as Jesus has loved us, that is, with all our faults, limitations, and at times outrageous behavior. It is to forgive completely and from the heart everything and everyone, including ourselves. This is the path to unity.

- Thomas Keating, theological principle #13 with commentary

Sex Energy and Generative Living

*"The heart of creativity is an experience of the mystical union;
the heart of mystical union is an experience of creativity."*

- Generative living = co-creating, inventive, whole-making, radiating
- Totally in love with the Holy Whole Universal Everything, we make love with life in all its ordinary expressions
- Flow state flowing, feeding to others
- Manifesting compassion, spontaneous service to the greater Good; selflessness
- Beauty is a window to God



*Look
what happens to the scale
when love
holds it.*

*It
stops
working.*

- Kabir,

Daniel Ladinsky, *Love Poems from God*