

Pathwork Lecture 207

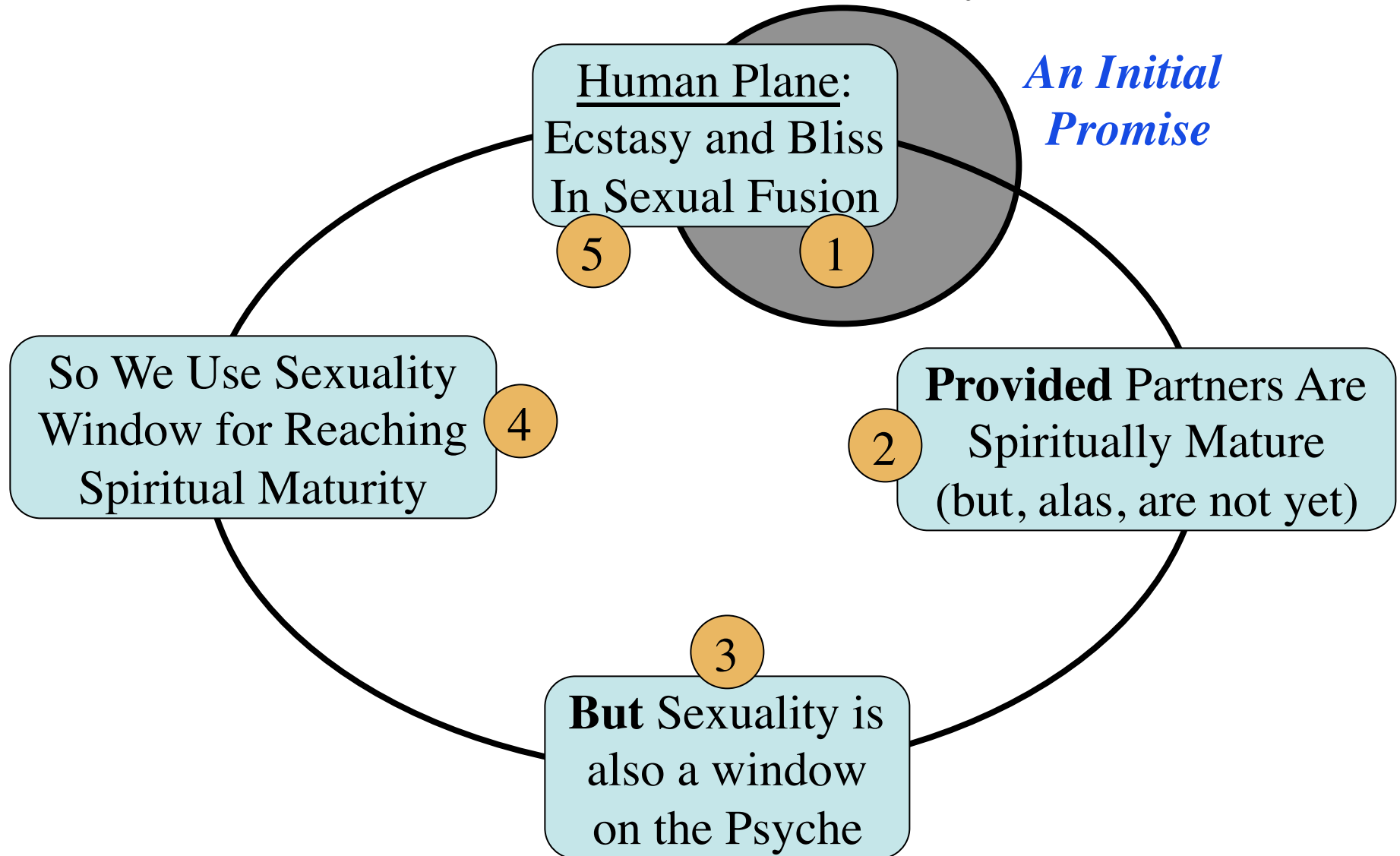
**The Spiritual Symbolism and Significance
of Sexuality**

January 17, 2008

4x4 Yr. 3

Gary Vollbracht

Introduction and Summary



Blessings of Sexual Experience

- The Sexual Force
 - **Great universal, creative energy**
 - Three aspects: **Love** force, **Erotic** force, **Sexual (Physical)** force
 - An expression of **consciousness reaching for fusion**
 - **Fusion** is the **Purpose of Creation**
 - The **power of sexuality** in its most ideal form can **convey more fully than any other human experience** what **spiritual bliss, oneness, and timelessness** are. Through such an experience, you are reminded of your **true existence in the eternal**.
 - **When coming from unified consciousness**, the partners *have a sexual experience as complete, fulfilling, rich, joyous, nourishing, sustaining, furthering, and reminiscent of spiritual reality as any human experience can be.*
 - Each such experience is like a *new star lighting up* somewhere in Creation, and becoming yet another *torch in the darkness of the void* that is destined to be filled.

WOW!

Human Plane:
Ecstasy and Bliss
In Sexual Fusion

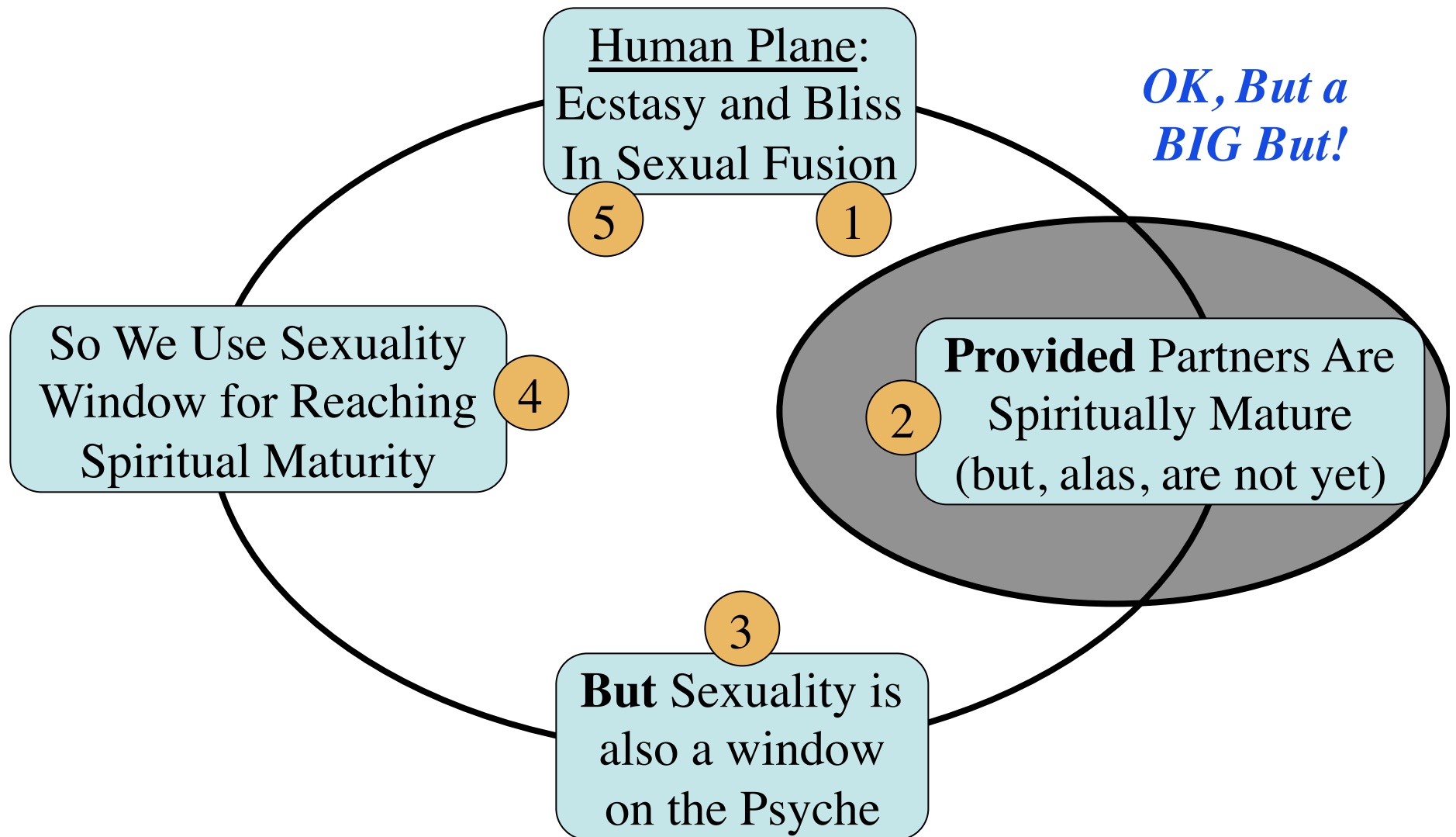
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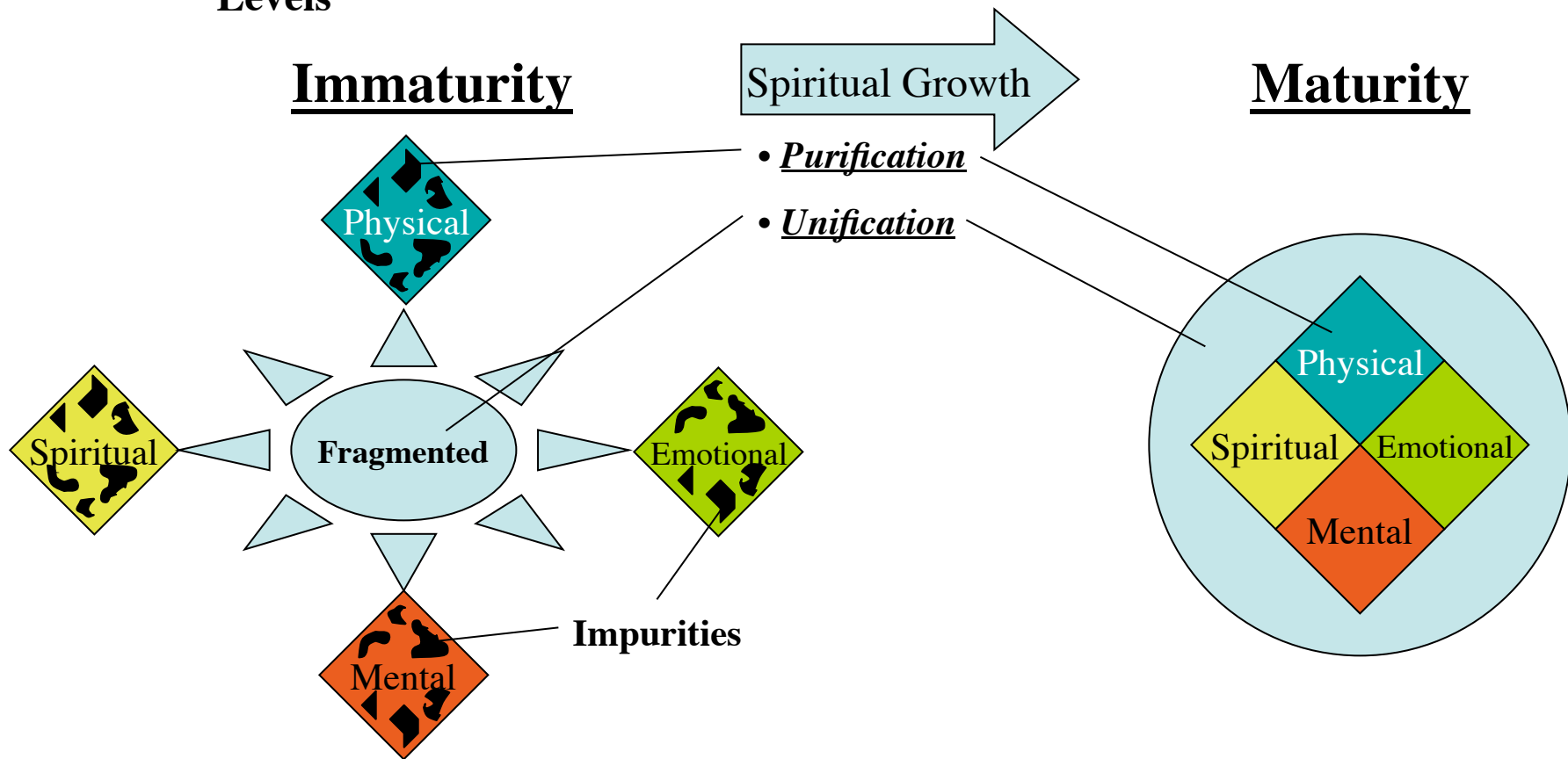
Let *that* settle in!

Introduction and Summary

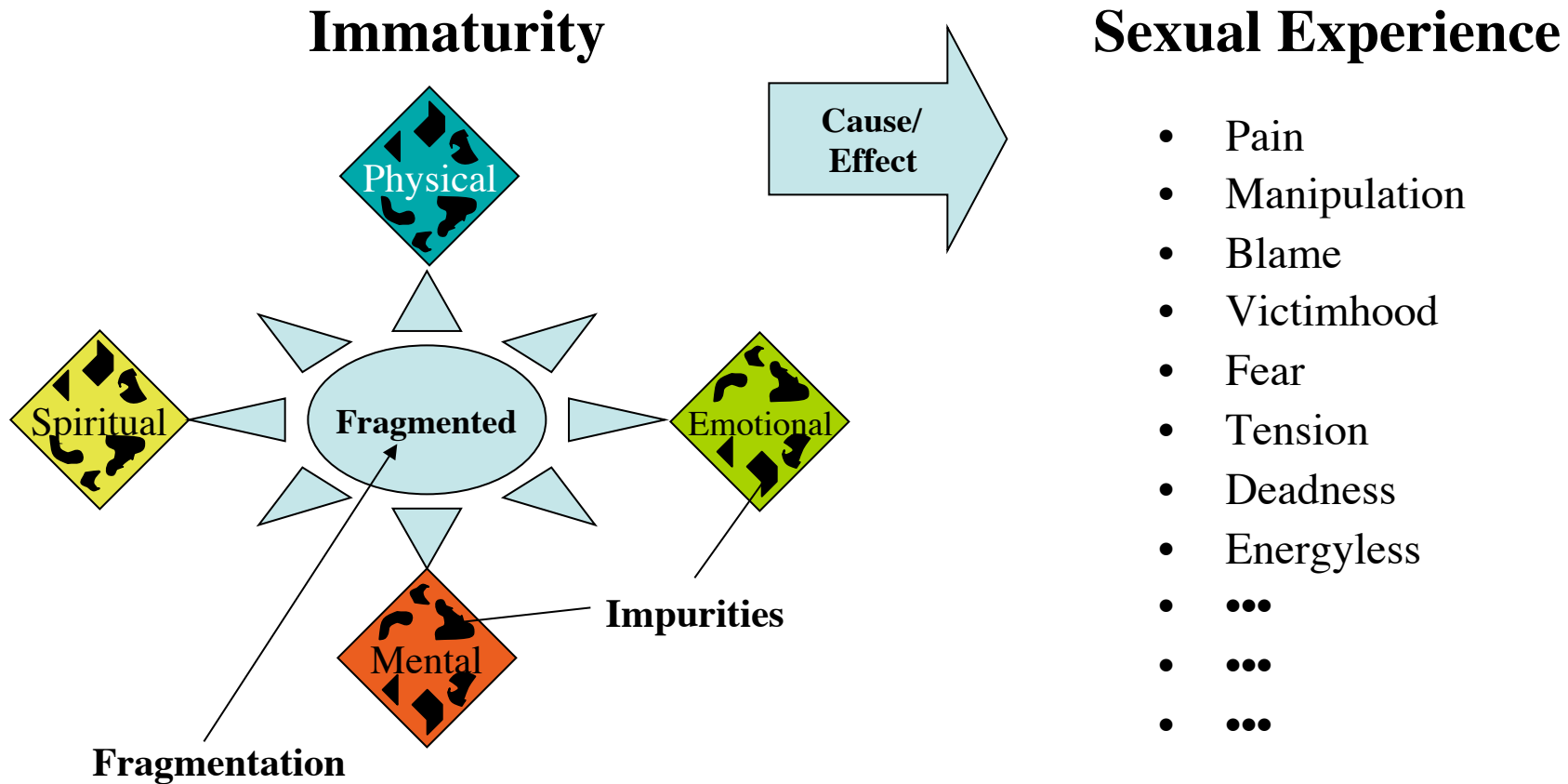


OK, But...

- This experience depends upon the **unification and purification** of the individuals in question. **Physical, Emotional, Mental, and Spiritual Levels**

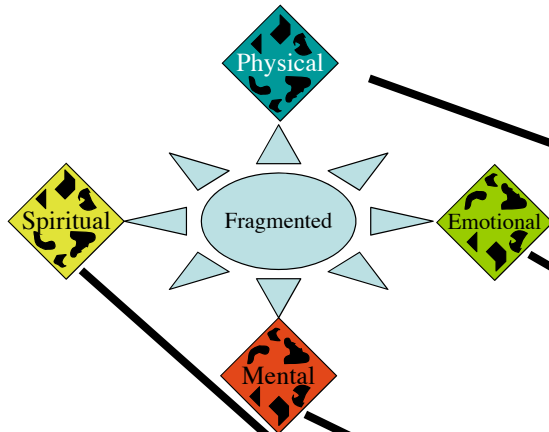


Sexual Experience In Immaturity



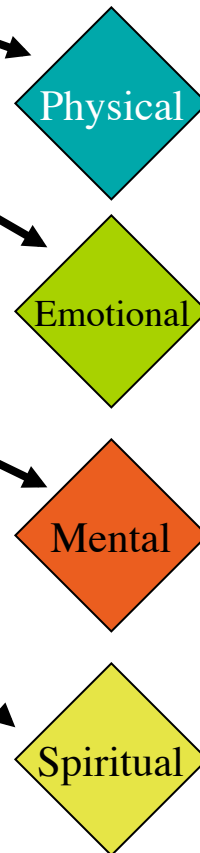
A far cry from WOW!

Step 1 Awareness/ Acceptance

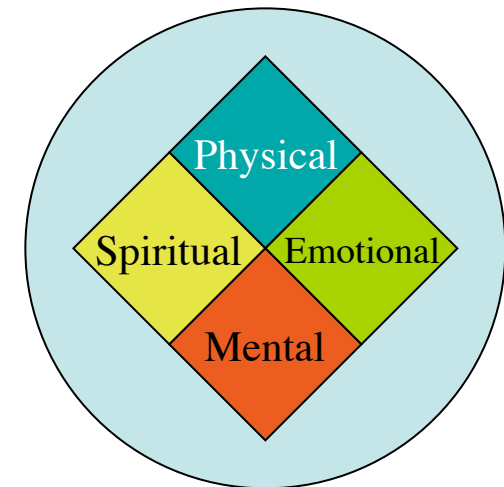


The Work on the Spiritual Path

Step 2 Purification



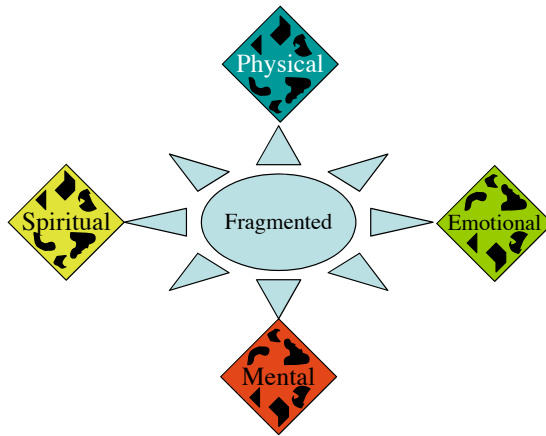
Step 3 Unification



Getting to WOW!

Step 1 Awareness/Acceptance

Awareness/Acceptance

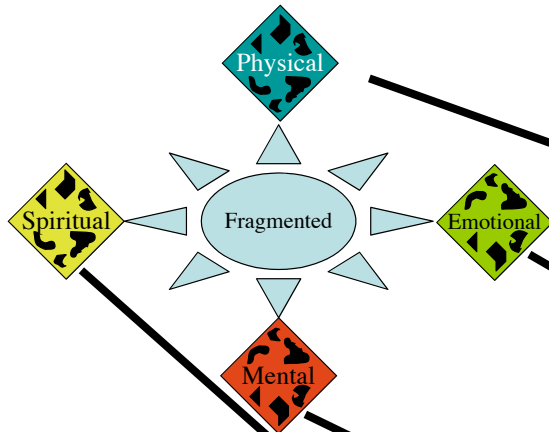


- **I am *aware* of myself and seek to know more of what is true about me**
 - In my Physical Body
 - In my Emotions and Feelings
 - In my Mind and Intellect
 - In my Spirit
- **I *accept* myself *without judgment* and *without condoning* Lower Self and Mask Self aspects**
 - Mask Self aspects
 - Lower Self aspects
 - Higher Self aspects

A pretty big step in itself!

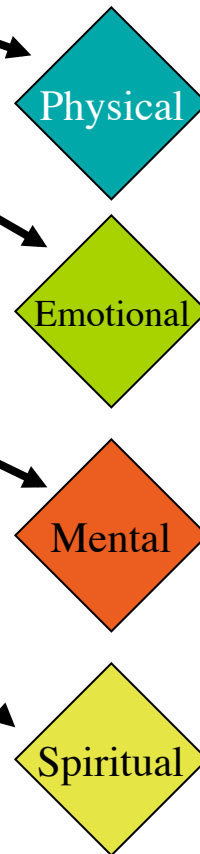
The Work on the Spiritual Path

Step 1 Awareness/ Acceptance

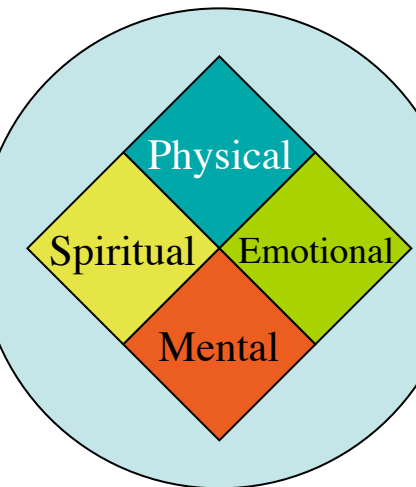


Lecture 207 has lots
to say about Step 2,
Purification

Step 2 Purification



Step 3 Unification



Maturity in *Physical* Fusion

- **Overcome projection of your desires for parent-figure, etc. onto other rather than seeing other as he/she truly is.** (Ref. Imago work of Harville Hendrix)
- **Honor your Urge to Unite**



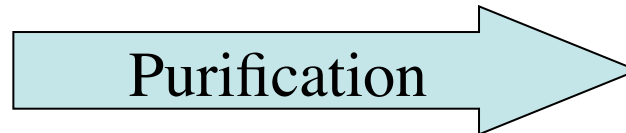
Impurities

Selfish -- sees other only
as means to meeting own
needs and desires

Projection of own
longing onto other

Pleasure only

Procreation only



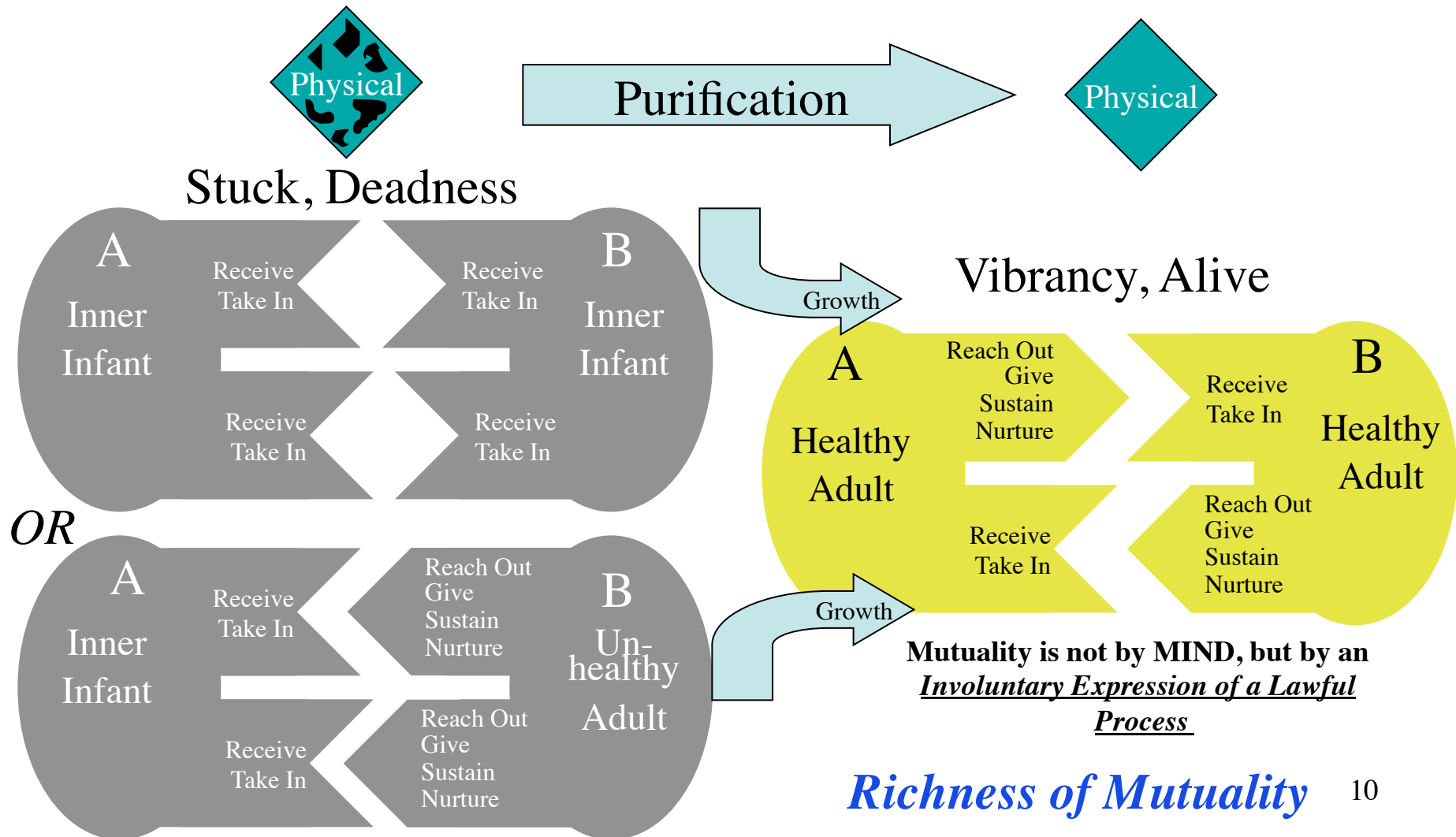
Yearns to truly unite, to know and be
known, to **reveal TRUE self** and to **find
TRUE being *and potential* of partner.**

Beyond Pleasure and Procreation to
“*electrifying blissful feeling and
longing.*”

What a difference!

Maturity in *Physical* Fusion

- Grow from **RECEIVE ONLY/GIVE ONLY** to **MUTUALITY** in **Healthy Adult**



Maturity in *Emotional* Fusion

- Get in touch with the LOVE aspects you want to RECEIVE, then “Be fully committed to learn to expand your own capacity to GIVE these components of PERFECT LOVE to the other.”

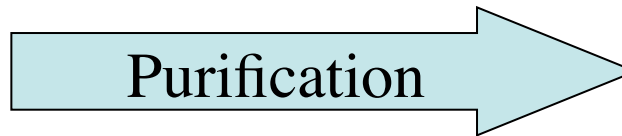


Impurities

Focus on *GETTING*
the love you want --
Lower Self Pride,
Selfishness

Means: Mask Self
manipulation and
deception

A harshness



Higher Self Aspects of Perfect Love

One who gives you **Tenderness, Warmth, Respect,
Patience, Trust, Calmness**

One who **recognizes your essence with your capacity
for growth, change, and goodness**

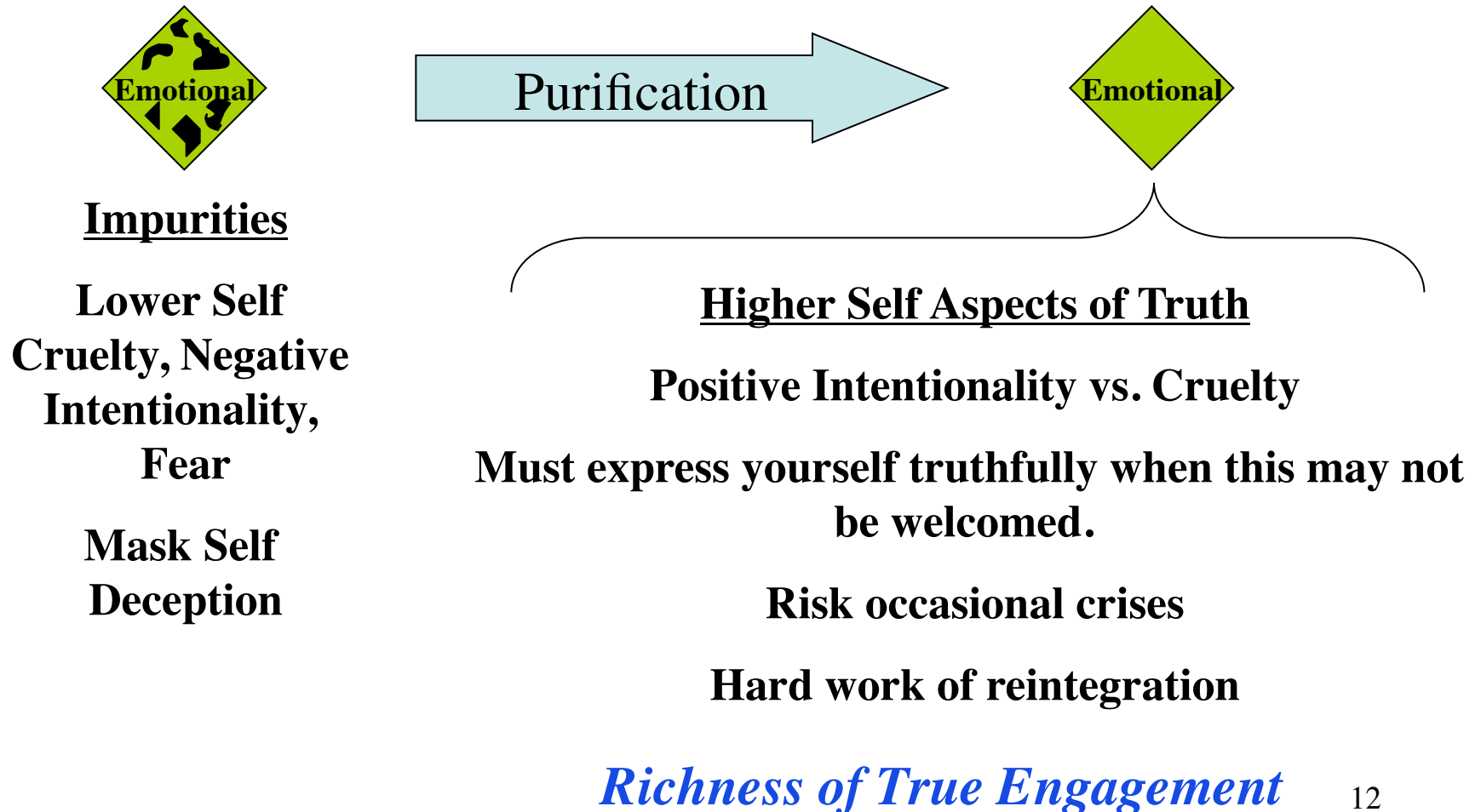
One who gives you room to unfold and **BE**

Now GIVE THIS PERFECT LOVE To Partner

Our Deepest Longing is to GIVE Love

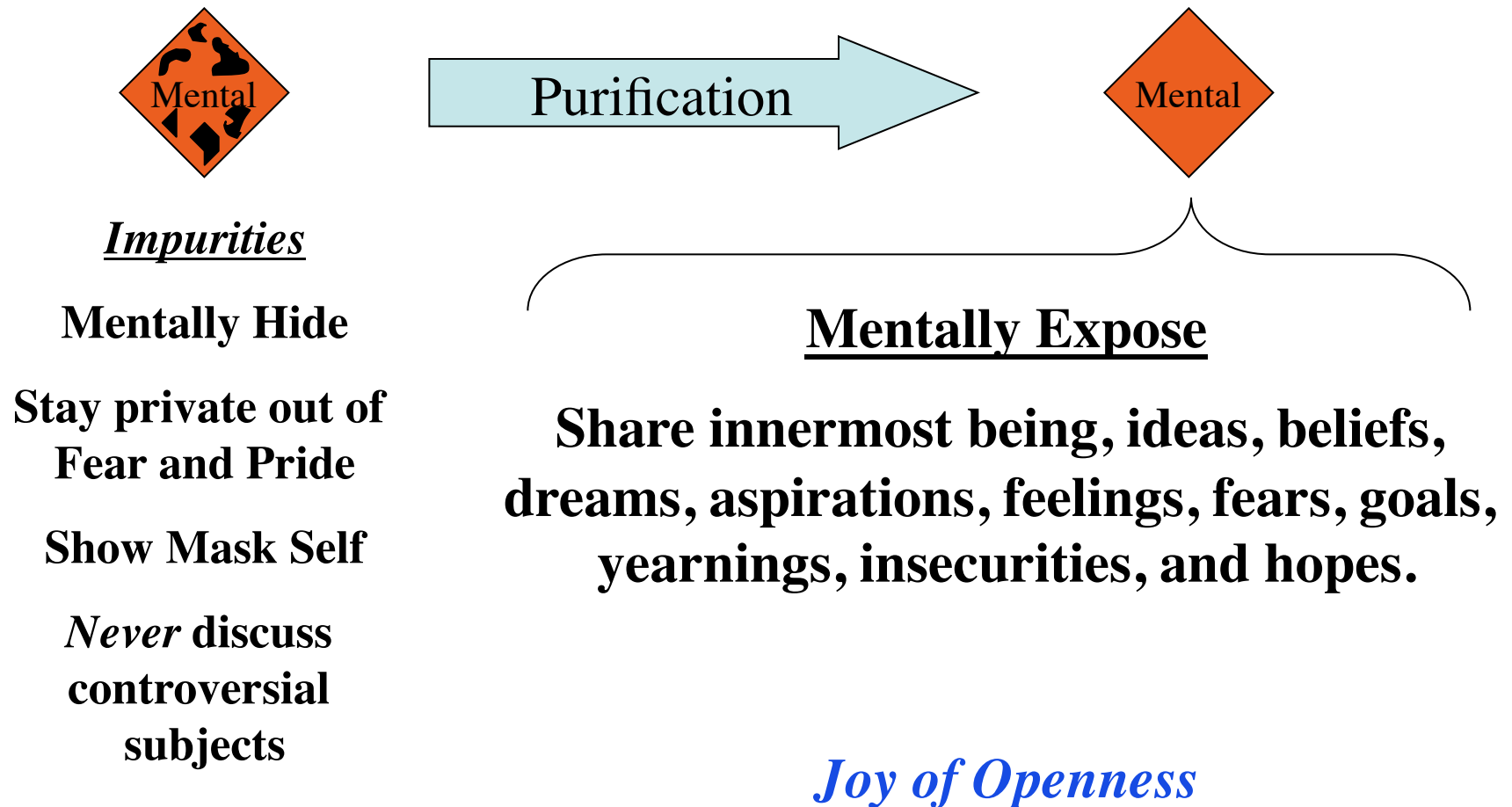
Maturity in *Emotional* Fusion

- “In order to fuse emotionally, honest exchange at the risk of occasional crises is necessary.”
- “If you are hampered, inhibited, and afraid, you also inhibit the mutual scope and depth of the bliss that arises from fusion.”



Maturity in *Mental* Fusion

- The ability to exchange the deepest ideas and thoughts and to risk disagreement and disapproval.



Maturity in *Mental* Fusion

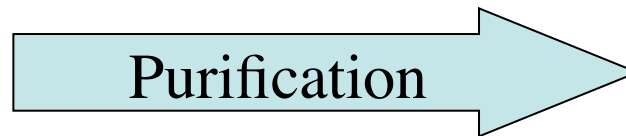
- “The freedom to have different ideas can be granted only when you are both anchored in spiritual truth and *when you aim in that direction.*”



Impurities

“Give in” to
partner out of fear
Or “stick by your
guns” out of self-
will and pride

EITHER/OR
Duality -- Rigidity



Aim at Spiritual Truth

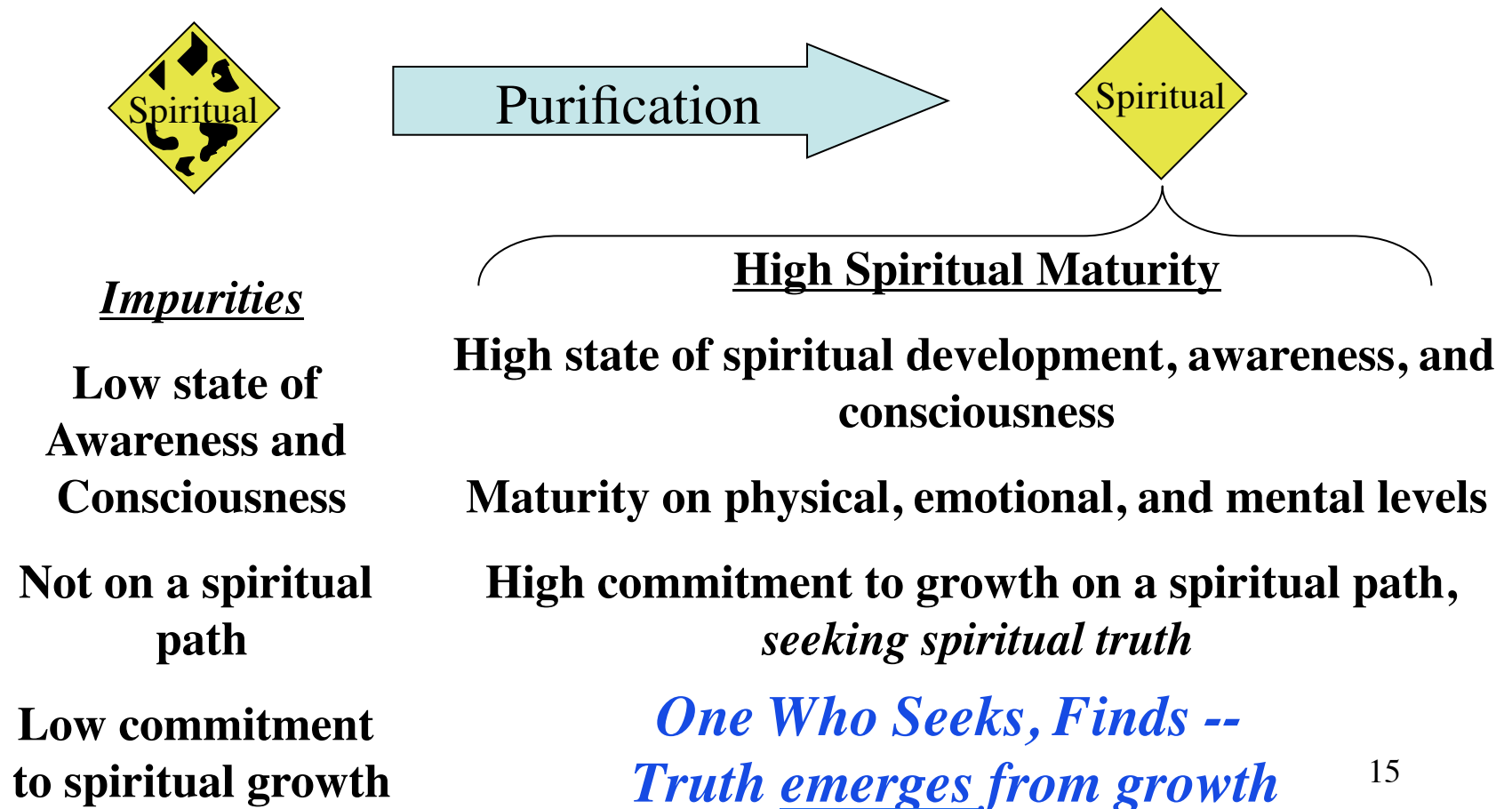
“With spiritual truth as the ultimate goal, you will *sit lightly in the saddle of opinions, ideas, and thoughts.*”

Experience Unity: “You also know that this **one truth** has many facets, often including two apparent opposites that are parts of one whole”

Finding Freedom in Aiming at TRUTH 14

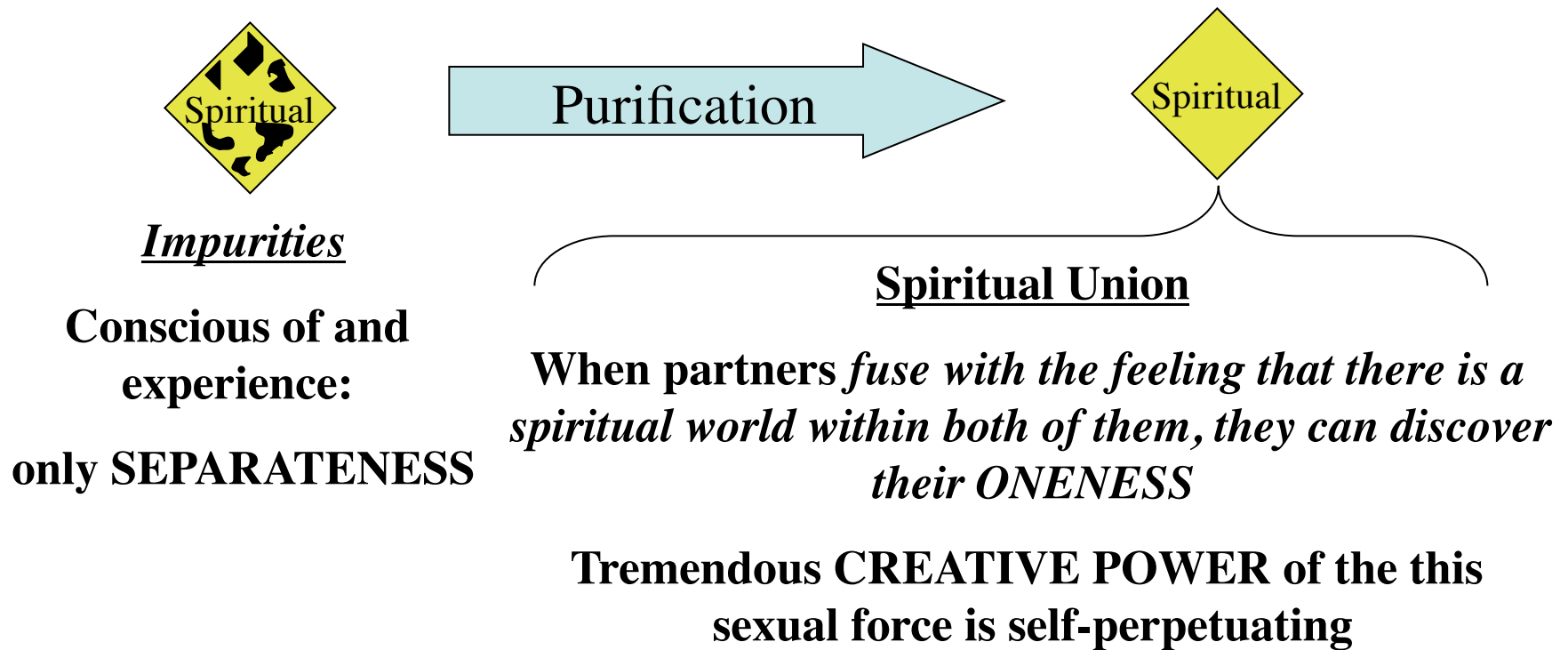
Maturity in *Spiritual* Fusion

- “Spiritual fusion is always a natural result of fusion on the physical, emotional, and mental levels.”
- “Fusion existing on these three levels means that the parties involved must be highly developed spiritual beings, actively working on and involved in a spiritual path”
- “They must be sufficiently awake to consciously and deliberately seek spiritual truth.”



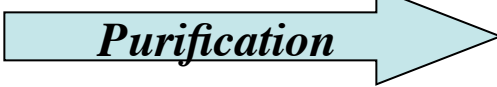












Maturity in *Spiritual* Fusion

- “When two human beings fuse with the feeling that there is a spiritual world within both of them where they can discover their oneness, then spiritual union takes place.”
- “The tremendous creative power of the sexual force generated through union on all levels has self-perpetuating life with both positive and negative aspects.”



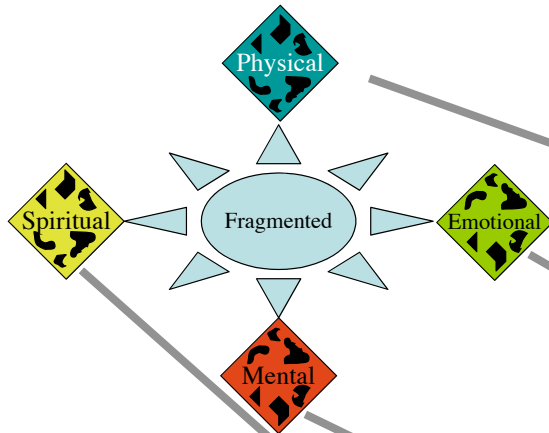
The Result: Spiritual Union and ONENESS

Summary of Purification Work toward Fusion

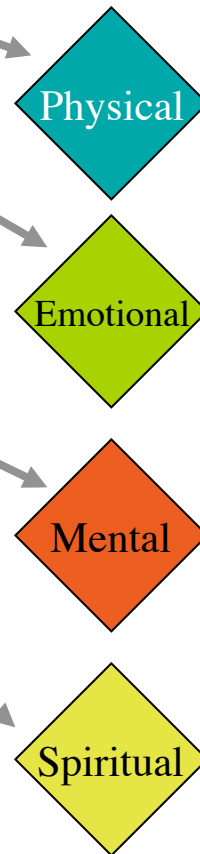
<i>Impurities</i>	<i>Purification</i> 		<i>Higher Self Emerges</i>	
<p>Not see other or be seen AS IS -- always distort</p> <p>Self <u>or</u> other oriented, not mutual</p> <p>Pleasure & Babies only</p>				<p>Yearns to <i>know</i> other <i>as is</i> AND <i>in potential</i>; and <i>be known</i> in TRUTH</p> <p>Mutuality in giving <i>and</i> receiving</p> <p><i>Ecstasy beyond Pleasure</i></p>
<p>Focus on <i>getting</i> love you want</p> <p>Self-centered cruelty--use truth to hurt other</p>				<p>Fully committed to <i>GIVING</i> the LOVE you want</p> <p>Risk being in truth, with positive intentionality, Freedom in Truth</p>
<p>Hide innermost self</p> <p>Cave in to other out of fear <u>or</u> stick stubbornly to own ideas out of pride</p>				<p>Mentally share innermost self</p> <p>Aim at TRUTH, let go of own and other's position</p>
<p>Low state of awareness</p> <p>Low commitment to path of spiritual development</p> <p>Experience only <i>Separateness</i></p>				<p>High state of awareness</p> <p>High commitment to spiritual and personal development</p> <p>Discover and experience feelings of true <i>ONENESS</i></p>

Purification: Key to Spiritual Fusion and Bliss

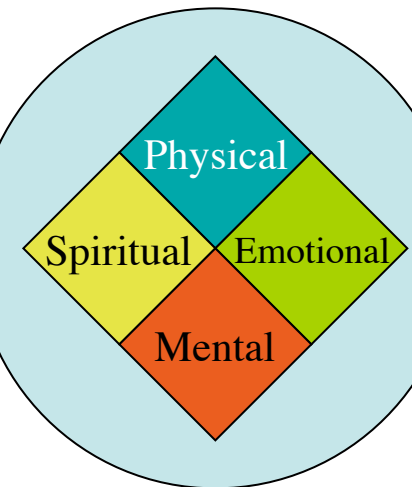
Step 1 Aware ✓ ness/ Acceptance



Step 2 ✓ Purification

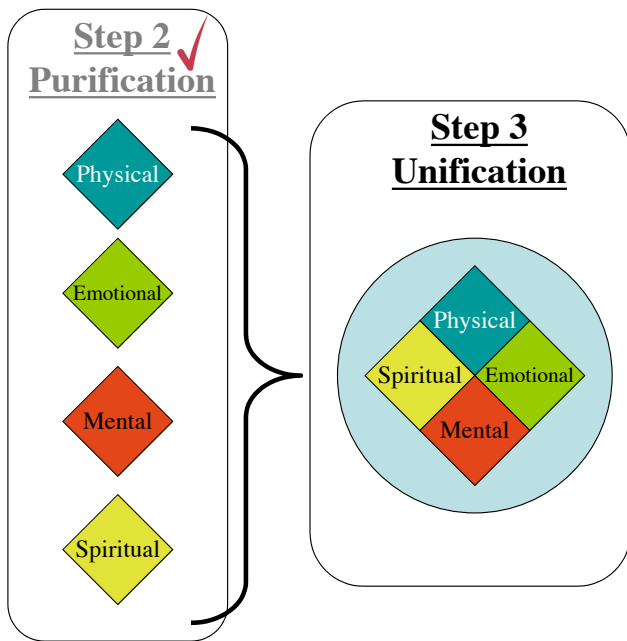


Step 3 Unification



Final Step

Step 3 Final Phase: Unification

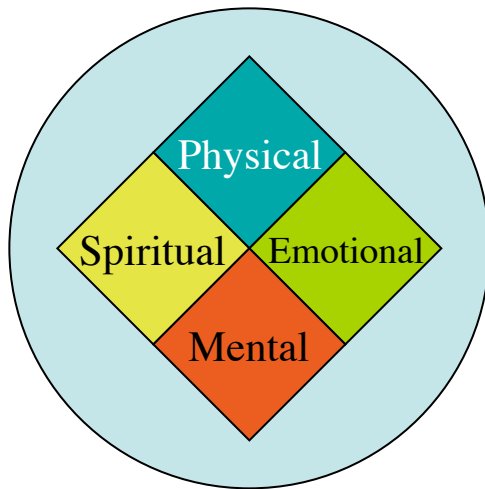


- Awareness
- Acceptance
- Purified
 - Physical
 - Emotional
 - Mental
 - Spiritual
- Integrated
- Balanced in all areas

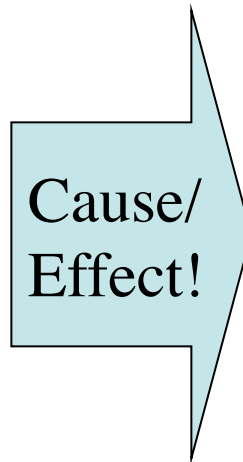
Purified and Integrated in All Areas

The Result -- Ecstasy in Sexual Fusion

Awareness,
Purification
and
Unification



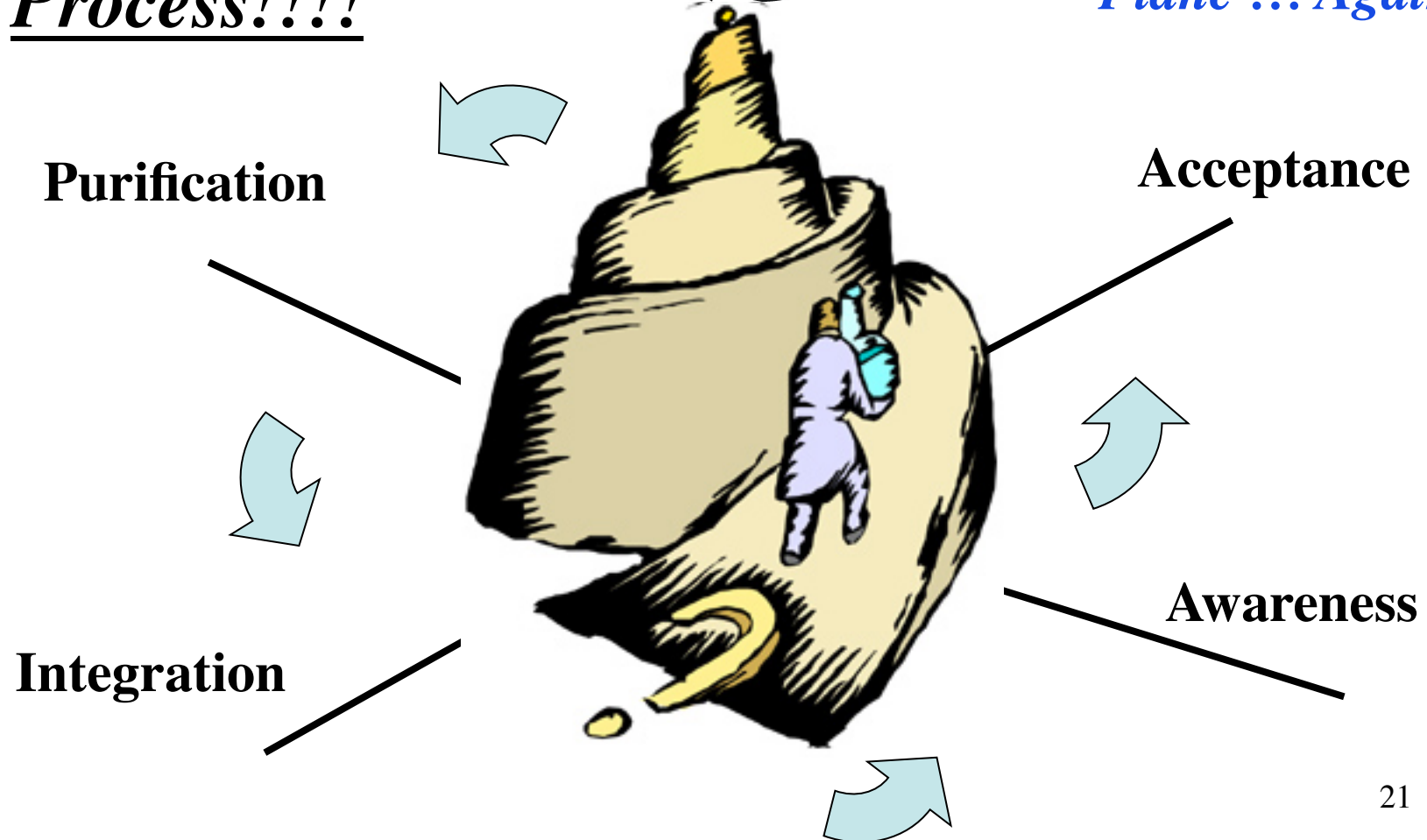
**Purified, balanced and
integrated in all areas**



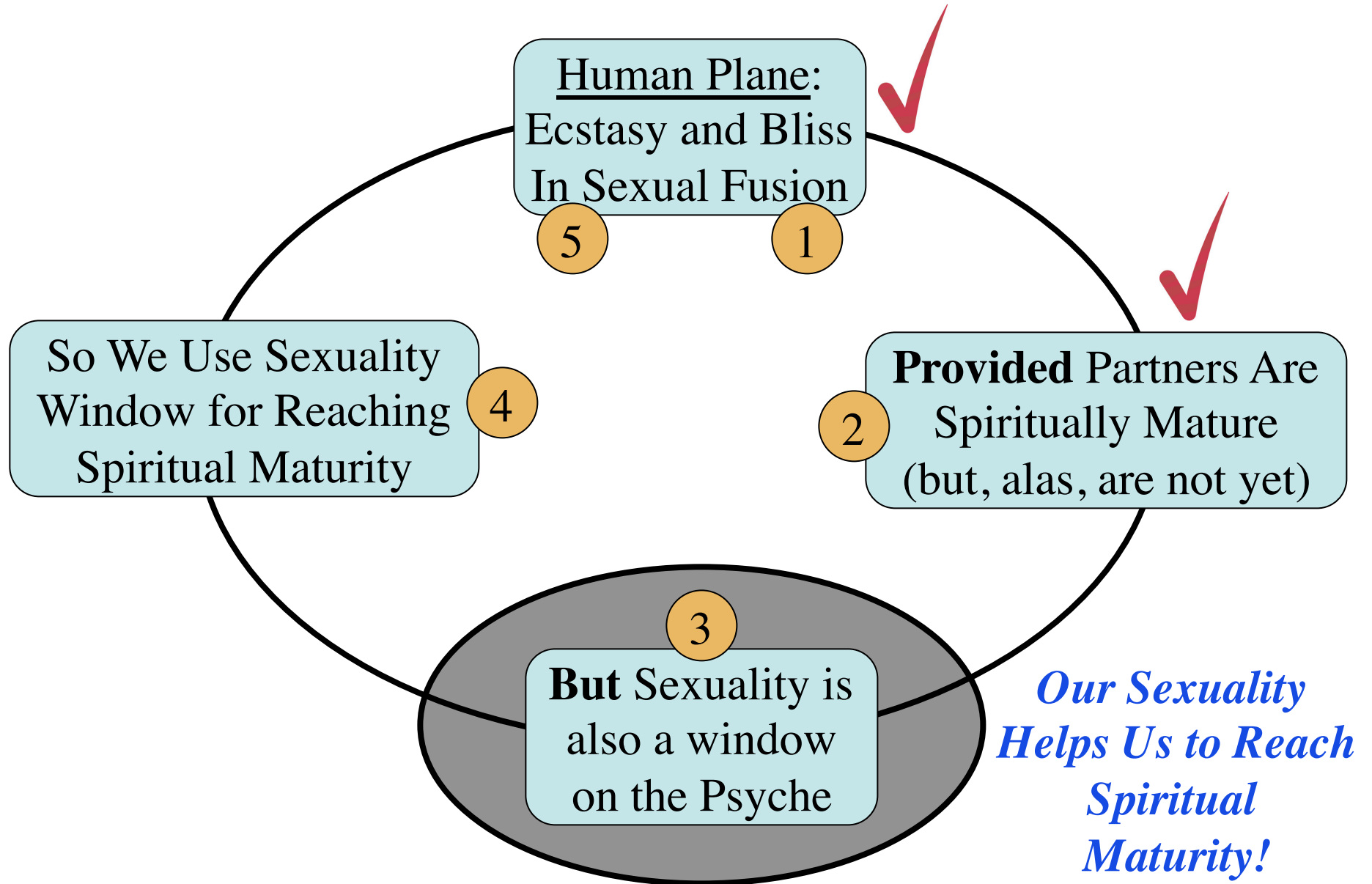
***GREAT, But wait a
minute...***

**In Reality, *an*
Organic Spiral,
NOT a Linear
Process!!!!**

*So this is why
I'm Incarnated
on this Earth
Plane ... Again!*



Introduction and Summary



Sexuality: A Window on the Entire Psyche

- “The **manner of the sexual experience** is therefore an **infallible indicator** of where a **person’s psyche** is.”
- Reveals...
 - Where a person is **liberated and at one with divine law**
 - Where **evil and destructive**
 - Where **stuck and stagnant** because the destructiveness is hidden and not dealt with.
- “The powerful creative energy inherent in sexual expression creates a condition where **all character attitudes** and **all aspects of one’s most hidden nature** *must* manifest.

WHO AM I?



“Person’s sexual inclinations, whether allowed to manifest or denied and repressed” reveal **WHO I AM**.

*Using Sexuality as a Window on the Psyche: A
Unique Idea from Pathwork*

Direct Correlation

- Even the most advanced psychology is oblivious to the fact that **the way in which sexuality manifests -- not necessarily in action, but in inclination -- reveals one's whole character** with all one's *attitudes, personality, and ego trends, problems and impurities, as well as one's already purified beauty.*

My Life, My Psyche

My Satisfaction in Life
My Coping Skills
My Life Strategies
My Life Goals
My Spontaneity in Life
My Attitudes toward Life
My Selection of Friends
My Physical Health
My Emotional Health
My Mental Health
My Spiritual Health

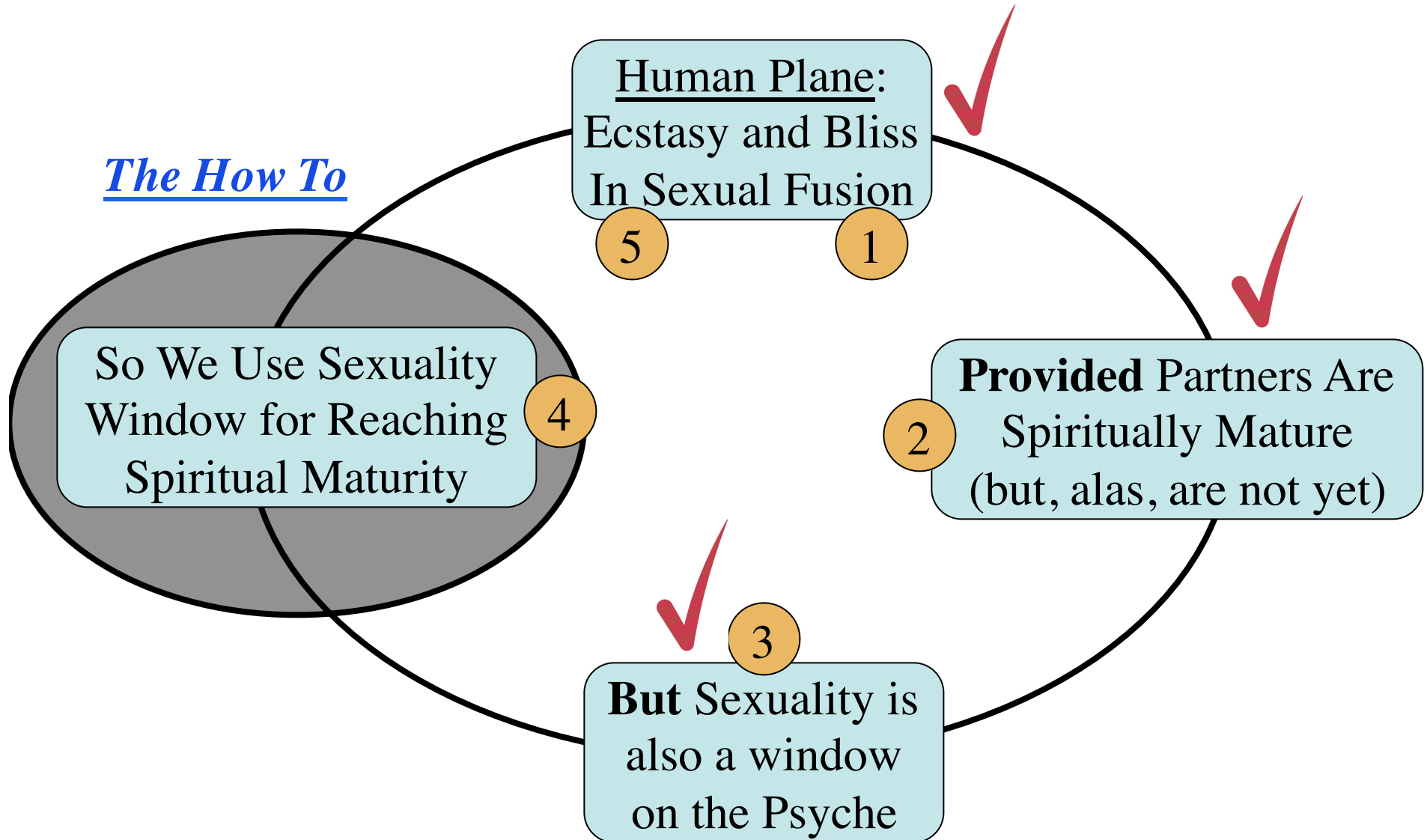
**Determines and
Is a clue to**

**Helps Determine
And is a window into**

My Sex Life

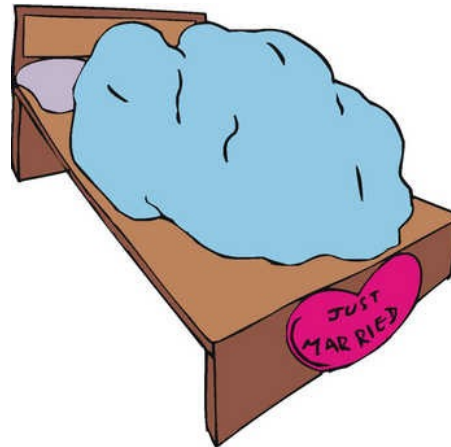
My Sexual Satisfaction
My Sexual Coping Skills
My Sexual Strategies
My Sexual Goals
My Spontaneity in Sex
My Sexual Attitudes
My Sexual Partner Selection
My Physical Sexual Experience
My Emotional Sexual Experiences
My Mental Sexual Experiences
My Spiritual Sexual Experiences

Introduction and Summary



Use this Window!

- **“Look at your sexuality in a new way.**
 - What does it reveal to you about your non-sexual nature?
 - About your person?
 - Your attitudes?
 - Where does your sexuality expose your problems, and where and how does it reveal your purified nature”?

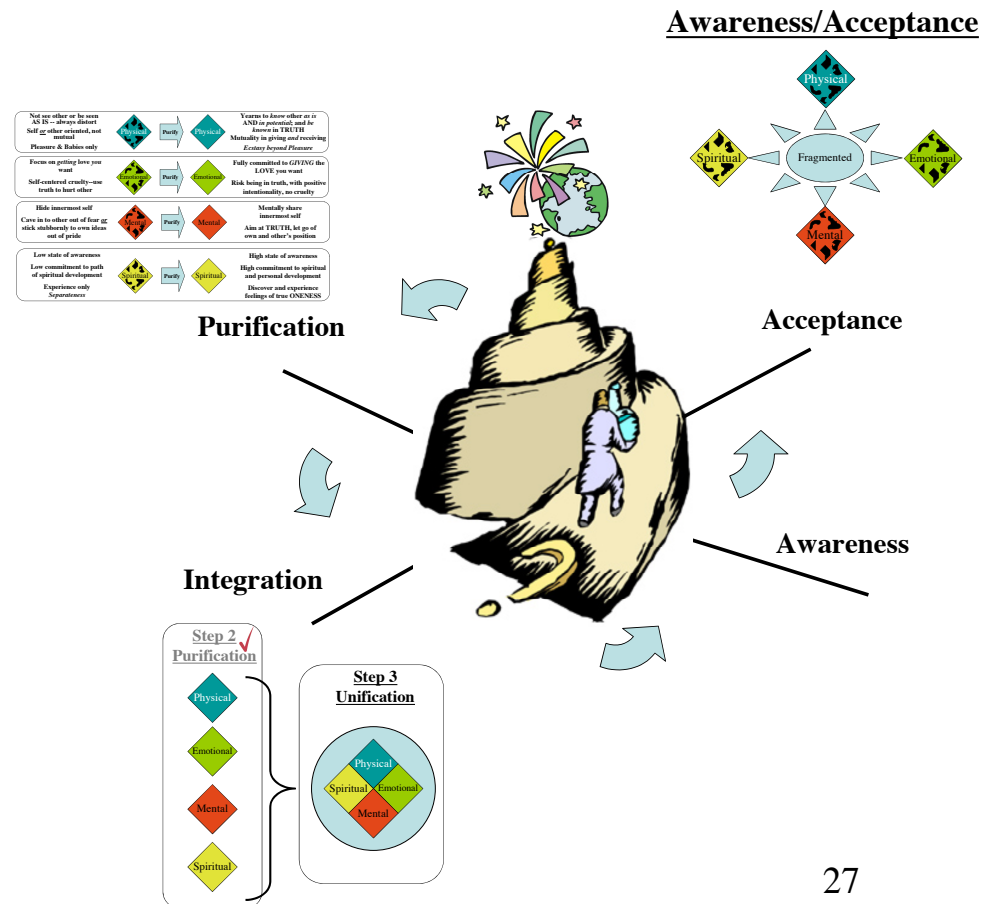


Am I Ready for This Exploration?

How to Use Sexuality as a Window on the Psyche

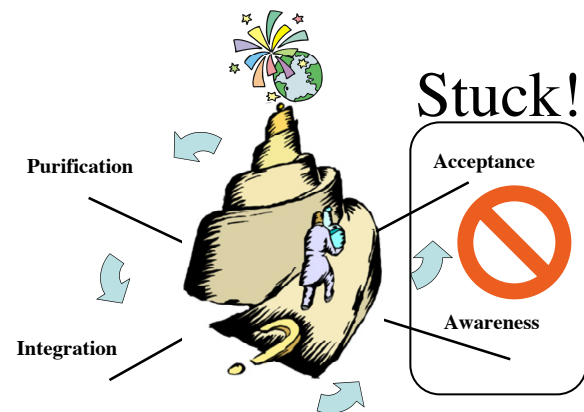
Sexuality: A Tool for the Path

- Use Sexual Inclinations, Experiences, and Fantasies for...
 - Awareness
 - Acceptance
 - Purification
 - Integration
- With side benefit that Sexual Experience shifts gradually from dysfunction, pain, and limited pleasure to greatest ecstasy in fusion and oneness open to humankind.



Shame in Sex Slows Spiritual Development

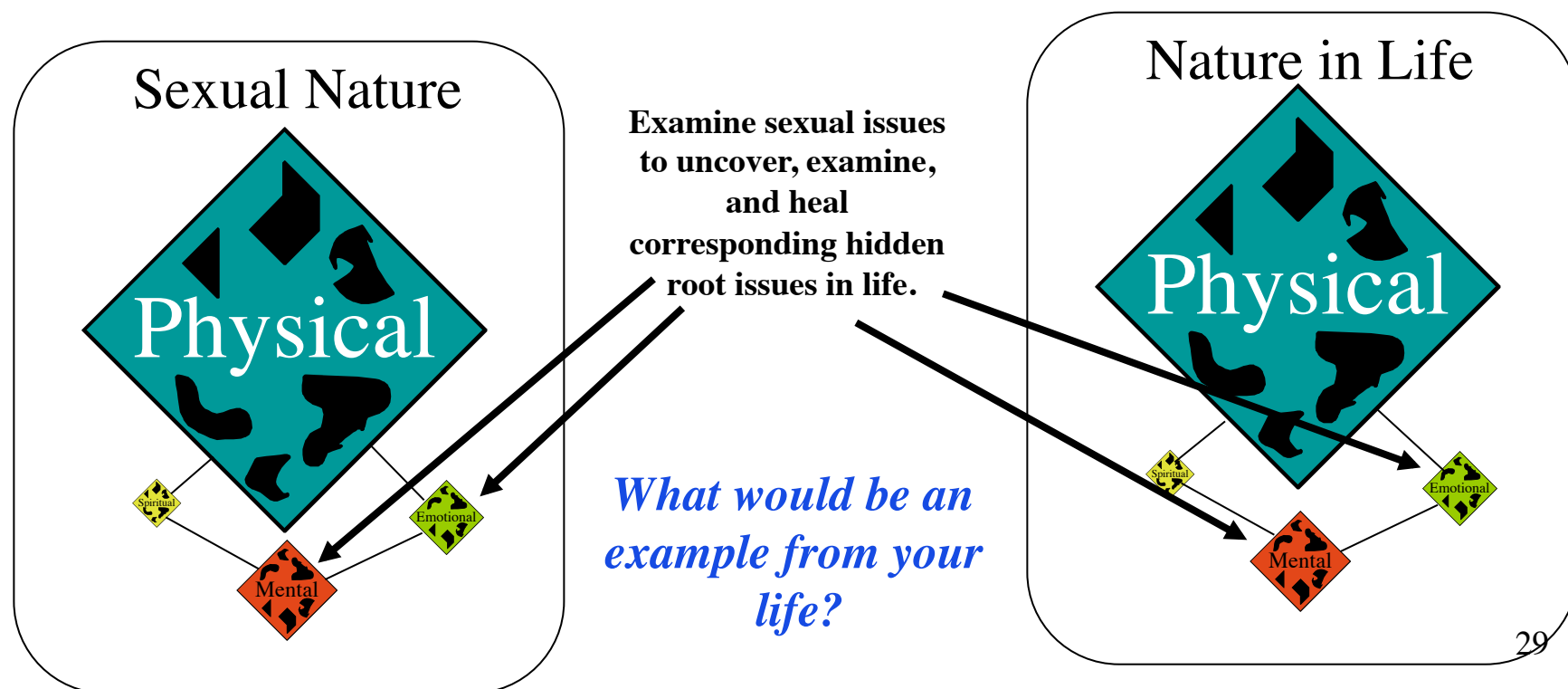
- Hidden facets of the psyche become energized by the sexual current, thereby determining the direction of the sexual current.
- When this hidden facet of the psyche is **negative**, the resulting **sexual current is often shameful** and, to avoid shame, is hence **denied**.
- When these negative facets of the psyche are thus hidden and denied, **doubly so when connected with the corresponding sexual expression and resulting shame**, “both the person’s development and the vitality of the life force are hindered.”



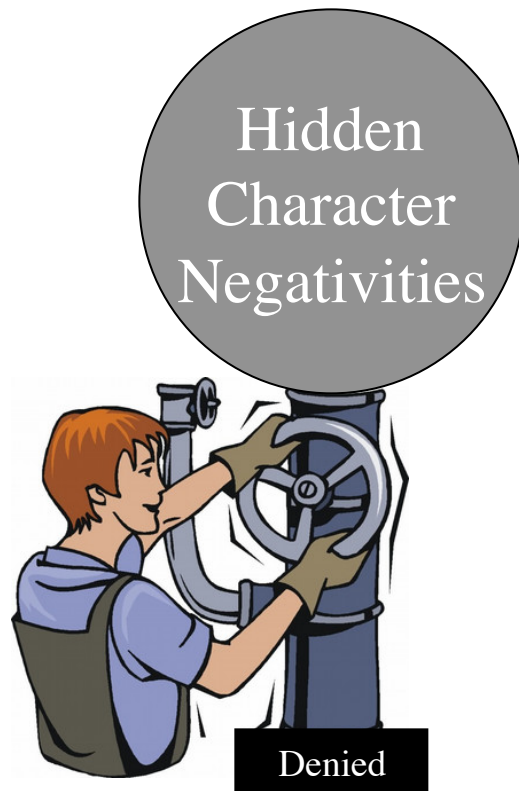
Culture's and Religion's Overemphasis on Shame of Sexual Perversions Blocks Our Path: We Don't Want To See our Negativities In Their Sexual Expression! ²⁸

Using Sexual Experiences to Heal Psyche --*Example*

- If **attractions, needs, and desires** are strong on the **physical level** and you are ready to expose yourself on that level and **seek fusion there** but the **emotional** and/or **mental** level this is not at all the case -- if there you wish to **keep separate**, then two things...
 - The **physical level of fusion will become very restrictive**
 - The nature of your sexual drive, *the way you keep separate* on emotional and mental levels in your sexual relationship, will reveal *the way you keep separate* on the emotional and mental attitudes in life at large that you may keep hidden.



Opening the Valve of Denied Negativities -- Bringing them to Awareness through Understanding Sexual Inclinations and Fantasies.



If the **negativities** of the psychic system are **denied consciousness**, the *sexual experience must be blocked, flat, unsatisfactory, mechanical and, in more severe instances, even totally paralyzed.*



Sexual Expressions of Negativities Come Out First -- Showing us Negativities in our Psyche

If this **denial** is removed, the sexual inclination may show up character tendencies.

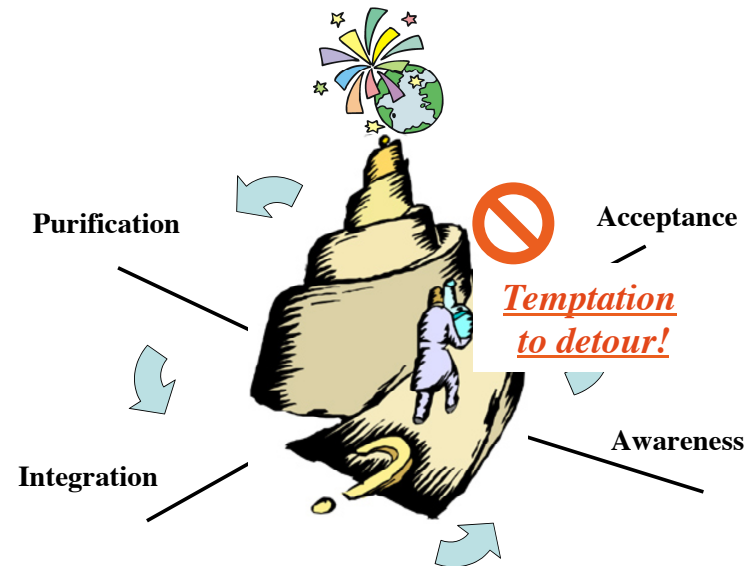
For example, if psychic system's **character tendencies** of **guilt and self-punishment** are no longer denied they may show up in **sexual inclinations** to be **hurt, humiliated, or rejected**. Thus the *sexual inclination reveals these negativities in the psyche.*

These sexual inclinations are revealed in sexual fantasies and, if followed, may show up character tendencies.

This is the only way to bring stagnant sexual energy back into a flowing state.

Don't Get Stuck in Sexual Fantasy -- Rather Use it as a Tool of Transformation

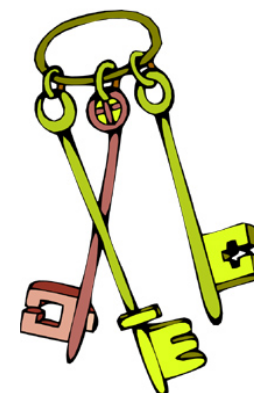
- There is pleasure in sexual fantasy, but **do not indulge yourself**. Go for the underlying meaning -- the negativities in the psyche behind negative traits in the sexual fantasy. **Remember your Path!**
- “The sexual pleasure that would become available if the underlying negative characteristic were recognized is incomparably higher in intensity and quality.”
- “**In order to change**, make connection between negative traits in the sexual fantasy and the non-sexual aspects of one's being.”
- “From there, a **natural transformation** in the direction of the sexual current will organically take place.”



*Watch Out For
Detours!*

Find Excitement from Using Sexual Fantasies as Keys for Uncovering Negativities and Coming to KNOW WHO YOU ARE

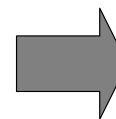
- “Can you, even for an instant, assume that your **negativities** do not **manifest in your sexual attitudes** and therefore do not **influence your capacity for fulfillment, fusion, and bliss**?”
- Using sexual behaviors, inclinations, and fantasies is “a new way for you to approach your task of seeing
 - What specific negativities cause
 - What specific [sexual] manifestation [effect]”



Key to Spiritual Growth:
Knowing Cause/Effect

- *“This will be an extremely exciting undertaking for you, one that will yield many keys.”*
- “The more specific you can be, the more revealing and enlivening your insights and your understanding about yourself will be.”

The More Specific
You Can Be

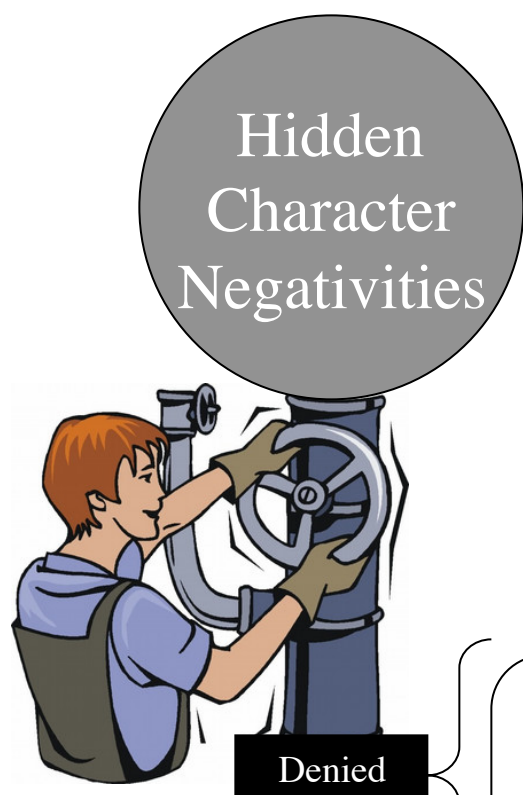


The more revealing and enlivening
your insights and
your understanding about yourself
will be!

Feel the Guide's Enthusiasm In This Revelation

Sexuality Had to be Denied in Former Times Because of Acting out

History Lesson



- **In former times**, if Hidden Character Negativities were allowed out in one's sexuality, lack of control led to **bestiality through acting out**.
- **Hence People equated Bestiality with Sexuality.**
- **Sexuality and Spirituality were opposed so that spirituality could grow best if sexuality were suppressed.**
- **Was appropriate** for the times until spirituality matured and conscience and self control could contain negativity without acting out.
- **But this was a limiting condition that had to be grown out of for full living on all levels.**
- **Today the valve has to be opened!**

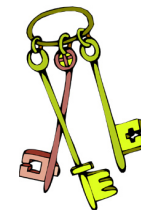


Today We Have Spiritual Strength *NOT To Act Out* our Negativities but *Transform Them*



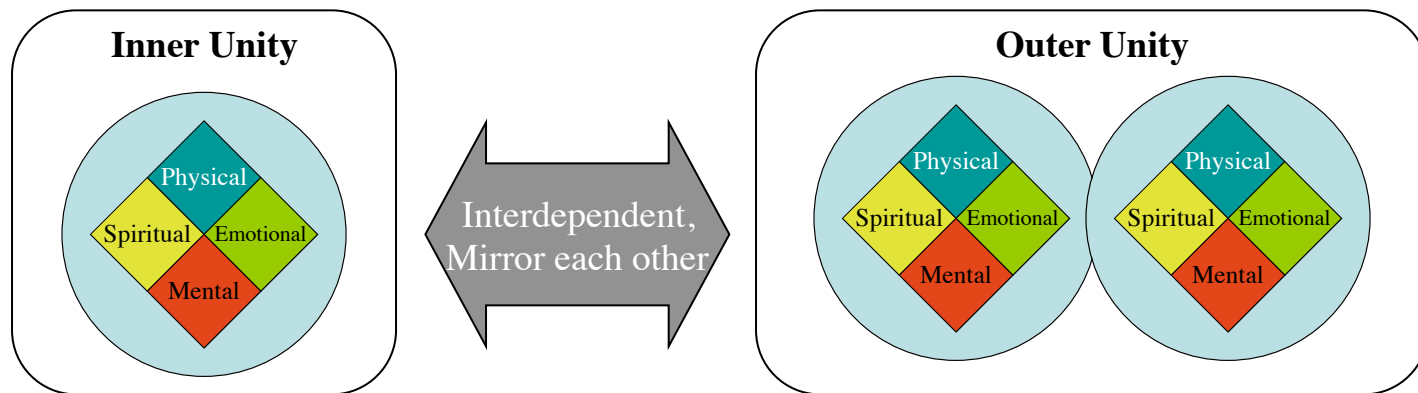
- First to come out are negative. Ouch!
- But we have the strength and wisdom *not to act them out* but to *examine them and find their cause in the negativities of our psyches*.
- They become keys to self-awareness, self-acceptance, purification and unification.
- Hence, *keys to spiritual development!*

- ✓ Become Aware
- ✓ Accept
- ✓ Purify
- ✓ Unify



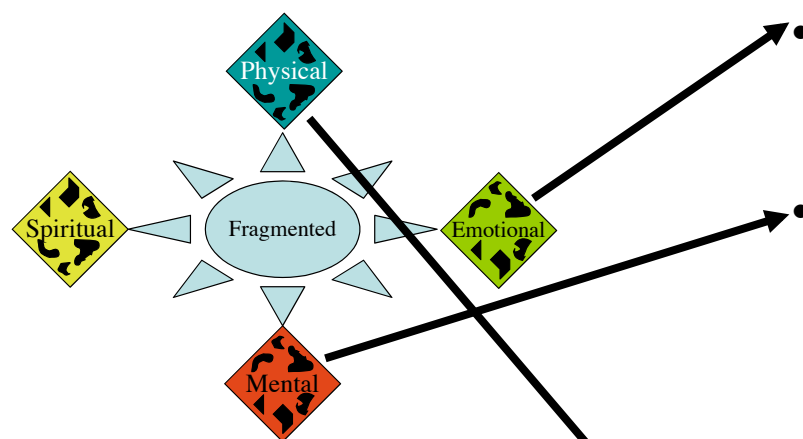
Wholeness in Spirituality Must Include Wholeness in Sexuality

- “**True spiritual union** is a consummate result of **union on all levels** of being, including the physical-sexual one.”
- “**Total integration and oneness** must bring sexuality into alignment with spirituality.”
- “The real meaning of spirituality is **oneness and wholeness**, and that means it **must include all there is**. Satisfying relationships with others therefore always mirror the degree of the **individual’s inner unification**.”
- “*If you cannot find union with others, you are in disunity within yourself.*”



In Our Era, Sexual Health is a Key Part of Spiritual Health!

Example of Fragmented, Unpurified Psyche Manifesting in Sexual Experience



• Emotional Level

- “I do not want to love” (denied Lower Self hate)

• Mental Level

- “I *ought* to love, and if I do not, I am bad and have no pleasure. So I *must force myself to love*.” (Love Mask Acts of Love, Rationalization)
- “I have no use for you; your are bad!” (excuse for not loving, Lower Self Pride, more rationalization)

• Physical

- “I want to possess you and have my pleasure!” (Lower Self Self-Will)



Ever Experience This?

Result of Fragmented Unpurified Psyche in Sexual Experience



- Choice 1 -- Sexuality annulled, resisted, or denied, **do** nothing, but pressure cooker builds.
- Choice 2 -- **Act out**, but comes out in Sexual Perversion:
 - **Pleasure in Giving Pain**
 - **Pleasure in denying the self and the other**
 - **Hateful, cruel sex**
 - These produce **guilt**
 - **Guilt is dismissed** and rationalized as coming from a *puritanical and unenlightened attitude*.

*What a
Mess!*



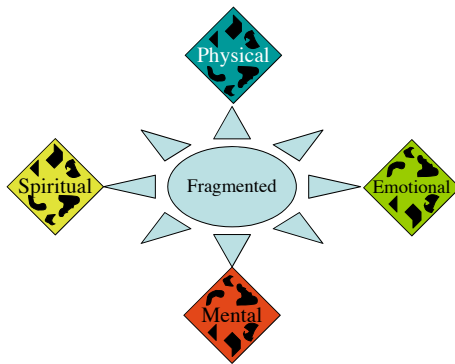
**But Guilt Does Not Go
Away so easily! WHY???**

Dealing with the Guilt of Sexual Perversion

GUILTY!



Root of the Problem



- Guilt's **origin** is **NOT** from the sexual perversion but from the **psyche's concealed hatred and brutality** that manifests covertly in perverted sexual expressions.
- "If one's desires to put down others, to be self-serving, or to be exploitative and unmindful of others are not dealt with directly, they pollute holy sexuality."
- **"And sexuality is indeed holy"**
- Nothing is as dangerous as using a powerful spiritual energy in a destructive, inverted way, whether in actual fact, or in thought and attitude only.
- So go to the root giving rise to sexual perversion rather than
 - **Languishing in guilt** over perverted sexual behavior
 - **Fighting against** such behavior to hold it back by **shear willpower**.
 - **Indulging in and condoning** such behavior as "healthy" and "enlightened."

The Way Out: Use Sexuality as a Tool for Transformation

If You Go To the Root of the Problem...

- “If you **use this key**, in the spirit of the pathwork, to **allow yourself to see and admit the truth**, you will not only **gain deeper insight into yourself**, make **new connections**, and **purify yourself more**, but you will **activate the sexual power** that was so elusive for you before
- You thus will **free your sexuality** and **simultaneously integrate it with your spiritual self** -- without untimely, compulsive forcing, but in a natural process.
- **You will free the sexual energy from the negative involvement.**
- The **awareness of where you are caught in a negative sexual expression** must be combined with the *full understanding of the meaning of this hookup*.
 - *You must account for the negative expression of your sexuality.*
 - How does it reveal
 - **Your selfishness**
 - **Your cruelty,**
 - **Your lovelessness,**
 - **Your greed?”**



- ✓ Become Aware
- ✓ Accept
- ✓ Purify
- ✓ Unify



The Hard But KEY Work of Self Confrontation

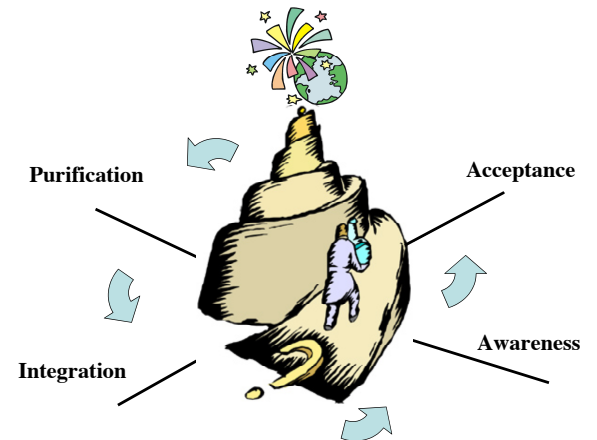
Back to Use of Sexual Fantasies...

- *“Deal with this my friends!”*
- **The more you do this,**
 - The **less blocked** you will find yourself to be
 - The **more spontaneous** the inner movement will become
 - The **more revitalized** will you be by the **experience of fusion**
 - The **more your involuntary forces will function.**
- **But you must first take the risk of *allowing the involuntary forces to reveal the deepest aspects of your evil which you are otherwise unable to discover.***
 - *Your **most secret sexual fantasies**, if examined in the clear light of truth for what they really are, **will be your liberation.***
 - *No truth, if perceived with a sense of realism, can ever diminish your spirit and your true self.*
- Thus you **become alive and awaken from your deadness.** You will free yourself from your fears.

The Result (Effect)



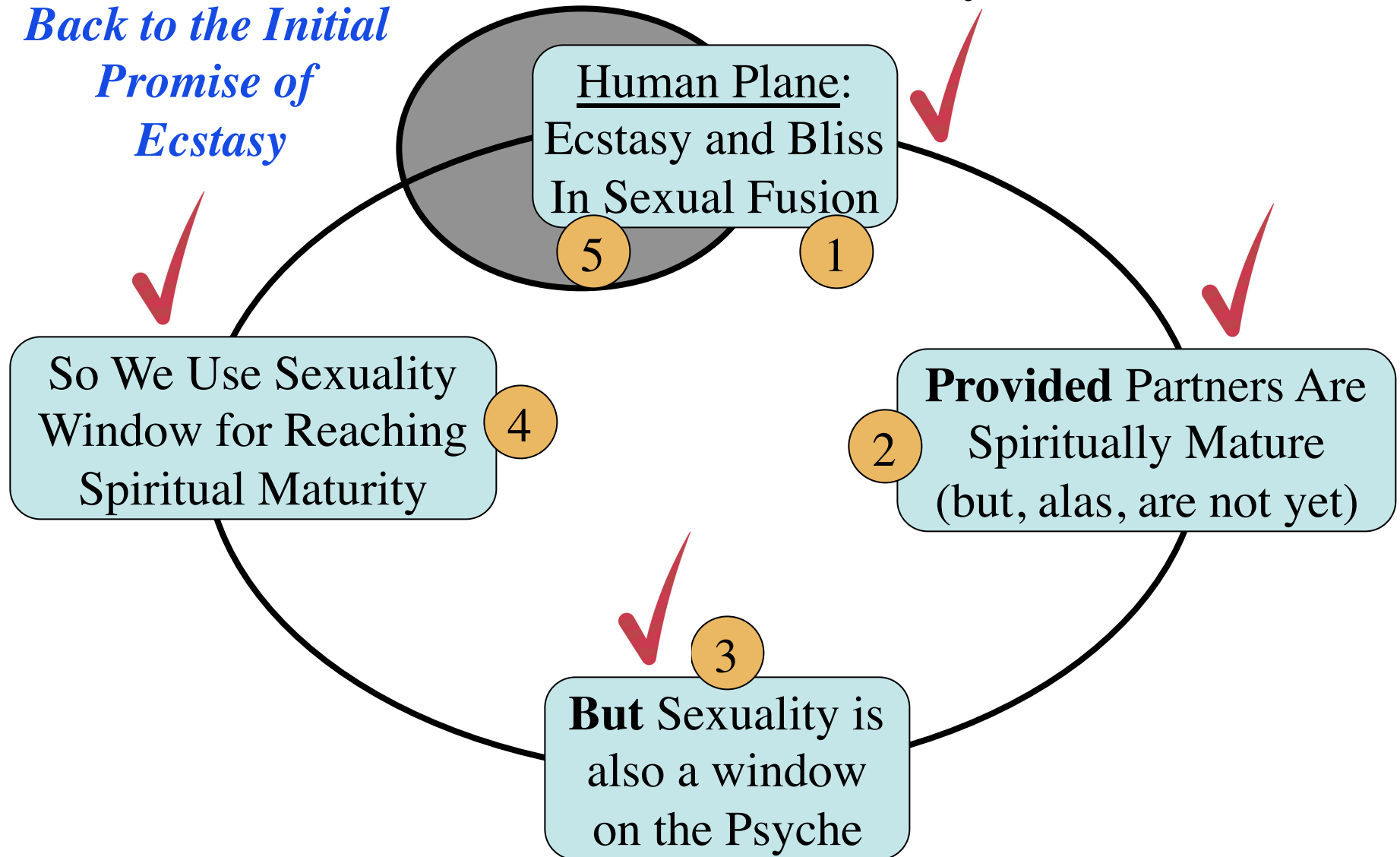
The Work (Cause)



Go For It! It's Worth It ⁴⁰

Introduction and Summary

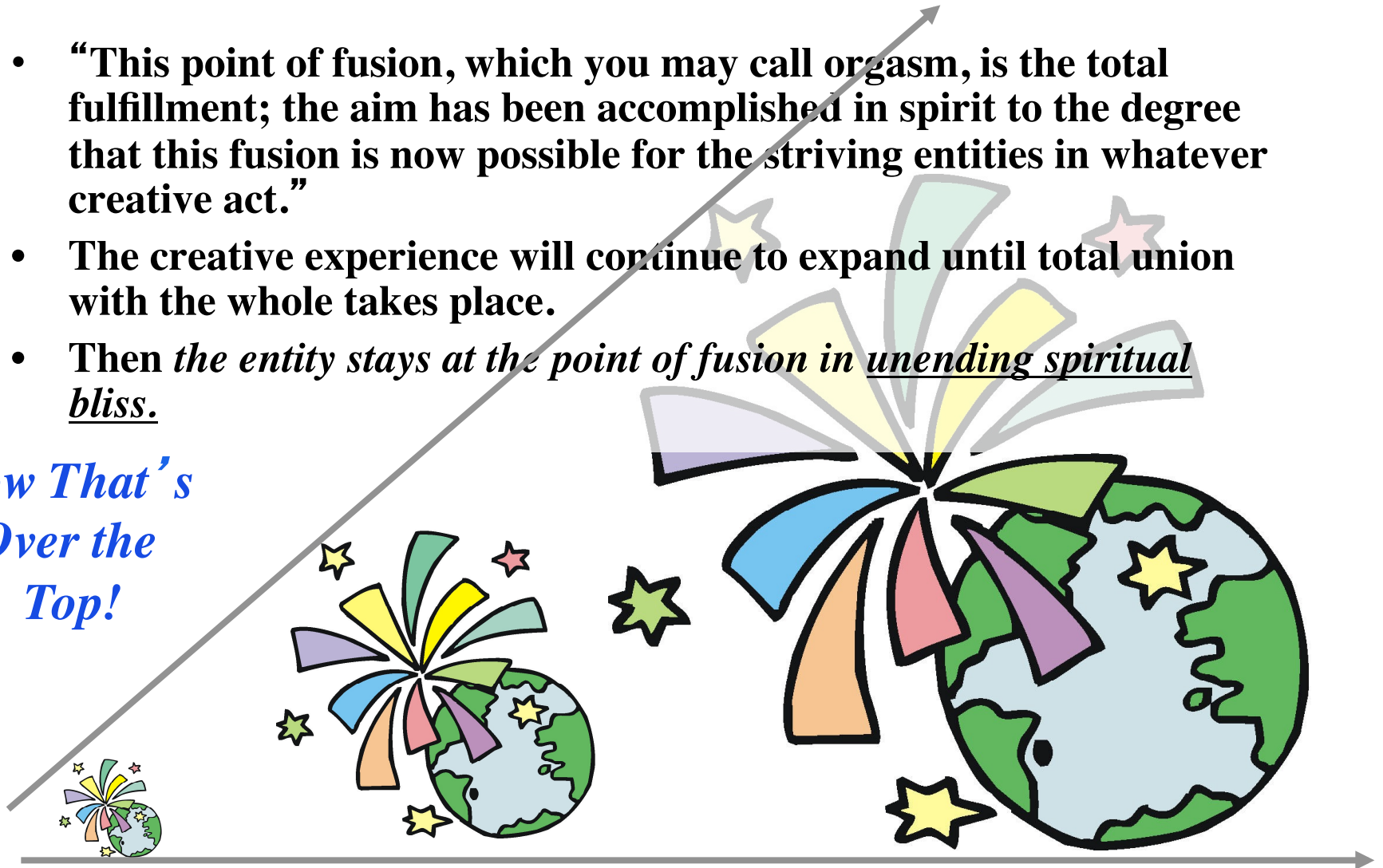
*Back to the Initial
Promise of
Ecstasy*



Permanent Orgasmic State

- “This point of fusion, which you may call orgasm, is the total fulfillment; the aim has been accomplished in spirit to the degree that this fusion is now possible for the striving entities in whatever creative act.”
- The creative experience will continue to expand until total union with the whole takes place.
- Then *the entity stays at the point of fusion in unending spiritual bliss*.

*Now That's
Over the
Top!*

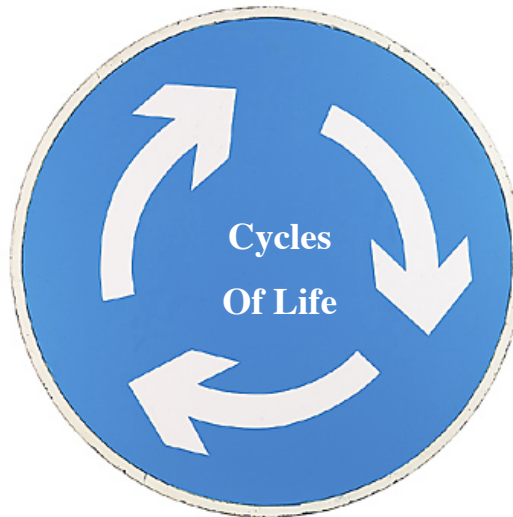


However, For Now The Cycles of Life Prevail...

- “BUT... as long as the universe has not found its completion by filling the void with spiritual light, orgasm in creation can only be temporary.
- Hence the **parts find themselves separate again and *continue their striving forever more***
- *Until* one is all and all is one,
- Until there is **no more darkness** and
- **Only spiritual light, truth, and beauty prevail”**

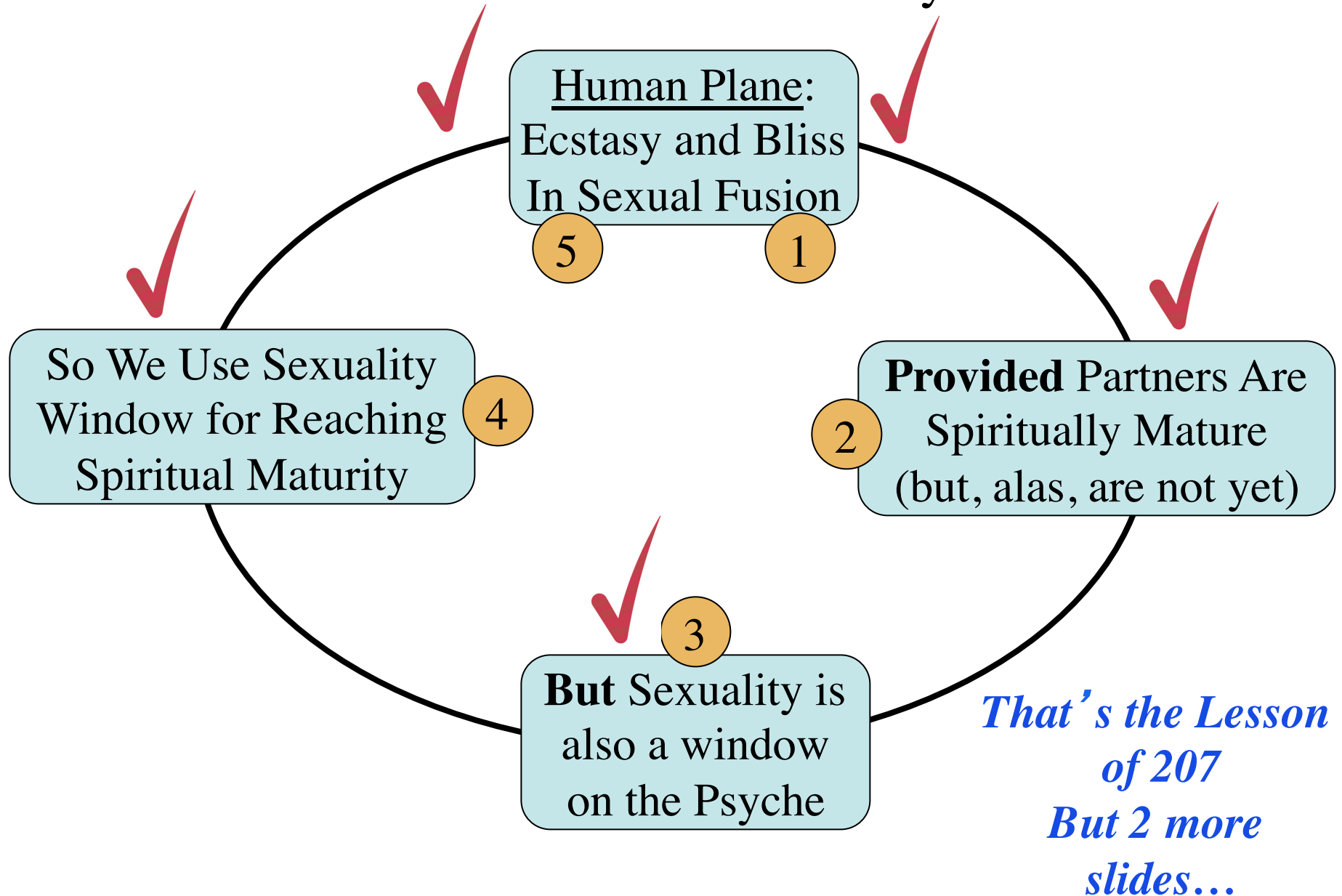
Again, A But...
We are on the
Earth Plane
But Then Again...

Union



Separation

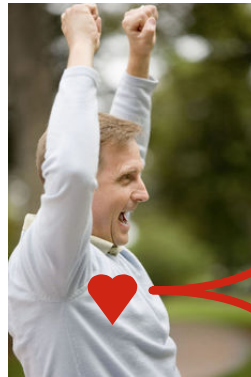
Introduction and Summary



Closing Wish

Oh that You Would Know and Use this Truth

- “If all of you could really know that *you have an inexhaustible treasure*
 - of security,
 - of love, and
 - of light in you!”
- The only thing that **blocks you off** from it is
 - Your **thinking**,
 - Your **not knowing this truth**.
 - Your *not wanting* to feel, to know, and to consider this truth.
- “*Make use of this truth!*”




*But don't you
walk away! You
are no longer
Blind!*

Closing Blessing

- I leave you with this **golden flow of energy** and the **feeling that has been elicited in most of you.**
- Be blessed
 - In the **truth of life** that is available at all times
 - In the **love of truth,**
 - And in the **peace of spiritual reality.**

Please Take This In...

Summary of Purification Work toward Fusion

<i>Impurities</i>	<div>Purification </div> <div>-5 0 +5</div>	<i>Higher Self Emerges</i>
<p>Not see other or be seen AS IS -- always distort</p> <p>Self <u>or</u> other oriented, not mutual</p> <p>Pleasure & Babies only</p>	<div></div> <div></div> <div></div> <div></div>	<p>Yearns to <i>know</i> other <i>as is</i> AND <i>in potential</i>; and <i>be known</i> in TRUTH</p> <p>Mutuality in giving and receiving</p> <p><i>Ecstasy beyond Pleasure</i></p>
<p>Focus on <i>getting</i> love you want</p> <p>Self-centered cruelty--use truth to hurt other</p>	<div></div> <div></div> <div></div> <div></div>	<p>Fully committed to <i>GIVING</i> the LOVE you want</p> <p>Risk being in truth, with positive intentionality, Freedom in Truth</p>
<p>Hide innermost self</p> <p>Cave in to other out of fear <u>or</u> stick stubbornly to own ideas out of pride</p>	<div></div> <div></div> <div></div> <div></div>	<p>Mentally share innermost self</p> <p>Aim at TRUTH, let go of own and other's position</p>
<p>Low state of awareness</p> <p>Low commitment to path of spiritual development</p> <p>Experience only</p> <p><i>Separateness</i></p>	<div></div> <div></div> <div></div> <div></div>	<p>High state of awareness</p> <p>High commitment to spiritual and personal development</p> <p>Discover and experience feelings of true ONENESS</p>

Exercise: Score yourself on these aspects of Purification