

Evolving Sexuality in Evolving Consciousness

Ken Wilber and Andrew Cohen from EnlightenNext May 2009

... Are there ways that we can pass through sexuality and not become either addicted to it or allergic to it? That's part of what a spiritual path should do for us: help us see our relationship to sexuality. It's *fine* to go through periods of fasting, but not to have a chronically sex-negative attitude toward life.

... The vast majority of people in this country who are interested in these types of things are indeed at the pluralistic, or postmodern (green) stage of development. ... This stage denies any sort of differences. It's an egalitarian approach to the world, and what that means when it comes to sexuality is that it *completely* destroys any sexual tension between men and women, destroys the creative, vital sparks of difference that make sexuality such an extraordinary thrill and joyful and blissful experience. It wants to water it down into "same for you, same for me. You want to be on top this time? No, you go ahead." Yawn, yawn, yawn.

... If we look at this developmentally, we can see that in the traditional or conventional stage of development, the sexes are highly polarized. Women stay in the kitchen, and men earn the bacon. But moving beyond that to the postmodern or post conventional stage, differences become less and less emphasized. And when people get stuck in that stage, it almost wipes out sexual energy. It destroys the creative difference between men and women that allows that joyful spark and juice to arise sexually when the male body and female body are brought into contact and allowed to do their thing.

I find that people have a hard time with this idea, but I think that at the higher stages of development, ... men's and women's roles in *each person* are integrated. But what that means, paradoxically, is that a man becomes *more masculine* but *less identified* with it. So he can become just a very strong source of presence and strength and sexual energy, but he's not identified with it. He is not macho but rather he's very caring, open, and loving – *and* he's masculine.

That's one of the things that happens as we continue to disidentify with the exclusive attachments to these various chakras. I think it's one of the things that happens with individuals who follow the path [of evolution]. ... As they evolve beyond the postmodern ego, there's a kind of authentic autonomy that emerges, and in some ways, the best qualities of masculine and feminine become liberated, instead of masculine and feminine qualities being neither clearly differentiated nor consciously owned.