

# Pathwork® Steps

## The Spiritual Symbolism and Significance of Sexuality

Pathwork Lecture #207

<https://www.youtube.com/watch?v=nXeCGbxx9ME> 1 hr 18 mins

This is September 26, 2009, and this is a Pathwork teleconference on Pathwork Lecture 207, *The Spiritual Significance of Sexuality*. And well, let me be... sometimes I shorten the titles and don't realize it, so I'm going to give it its full name: *The Spiritual Symbolism and Significance of Sexuality*.

This is a very powerful lecture. For those of you who are listening, I really recommend that you read it. There are lectures that are difficult to understand. There are lectures that are very confrontive about our current state of being, so sometimes we can feel resistance to the lecture. And that shows up as numbness, or irritation, or a number of other things. There are some lectures that are fairly straightforward and clean; they're a delight and a pleasure to teach!

For instance, with this lecture, I felt no need to add to it as with other lectures because I really think that this is going to come through fairly straightforward and clear.

The other aspect of this lecture is it's very powerful because people care. So, I welcome your questions as we go along. There will be a question and answer session, after this recorded portion, for an hour if you'd like, so that you can, if your questions are personal, you can ask them at that time.

In terms of talking about sexuality, what I like to say when I teach the spiritual qualities of sexuality is that the manifestation of sexuality is the subject of pop magazines. With television/radio discussion shows, there is so much discussion of sexuality. That level of discussion of sexuality is really more about the *effect*, and that's what this lecture teaches.

Sexual dysfunction, sexual desire, sexual frustration, or blockage, or even the sexual drive itself is really secondary to the *cause*, or the actual meaning, of sexuality. Now, by that I do not mean, in any way, that it is minor or lesser than. But it's important to understand when you study something, -- if something is the *effect* rather than the *cause*. Because giving a lot of attention to the *effect*, and not realizing there's an underlying *cause*, can invite us to stay superficial about the topic. In the staying in the superficial reality, we can be very busy looking at things, and talking and analyzing, but we don't really get any place. Because that's not where the real issue is. The issue is underneath.

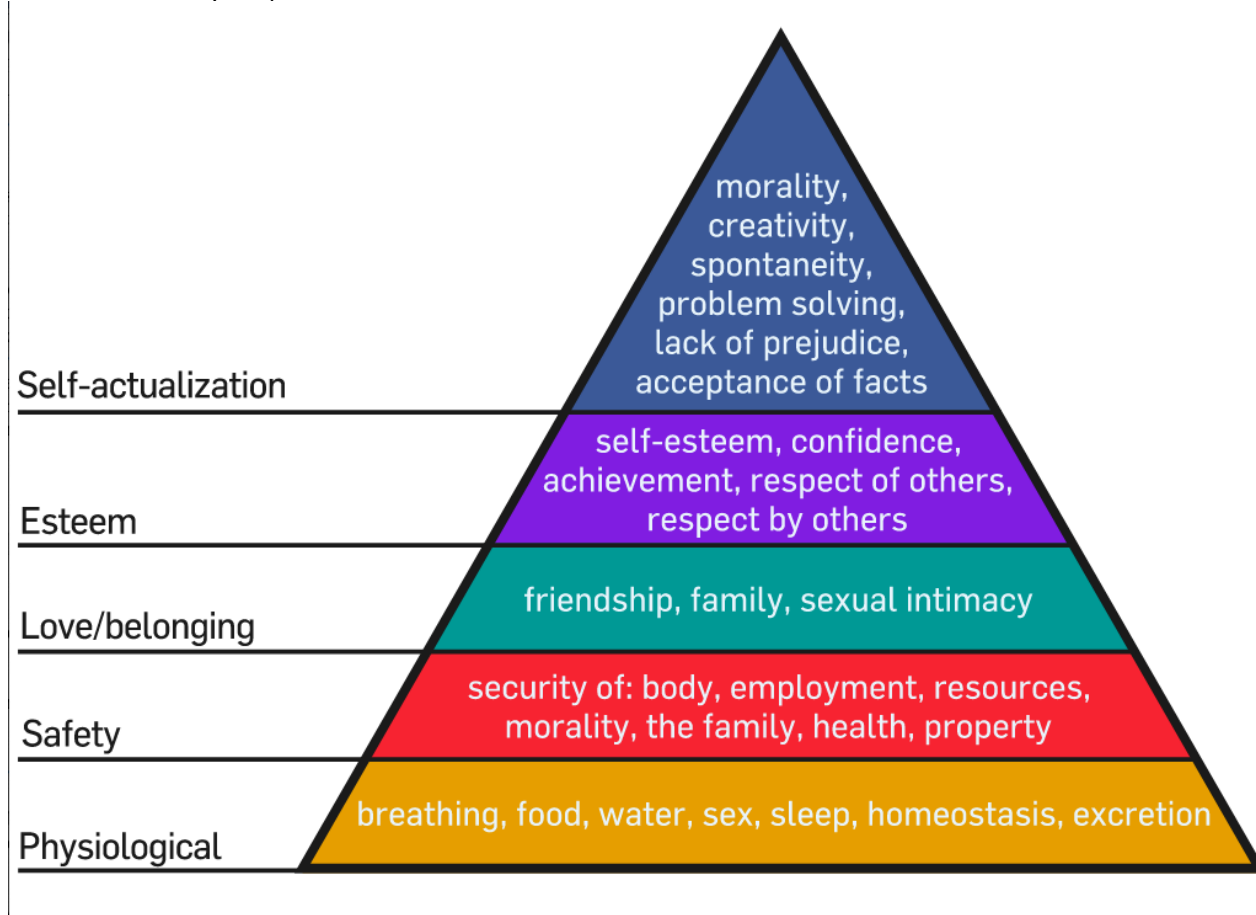
In terms of sexuality, what are we dealing with is on an *effect* level. On an *effect* level, sexuality is part of our deepest, most intimate relationships. It is also a deep part of our personal, fantasy life. It is a physical aspect of our life. And this is not something that should be taken lightly. Sexuality is a deep driving force on a physical level, that when dammed up, when frustrated, when blocked, when not allowed to express itself, actually causes physiological repercussions.

What the Guide does when he goes through this, is he talks about the different levels of sexuality; how it manifests; and the effect of sexuality. I'll go through that. Then, He spends a fair amount of time talking about the underlying cause, i.e. what is it? What is sexuality all about in the first place?

In Core Energetics, they have a pyramid that they use. It's just a simple pyramid with five/four bars across it. It looks like Maslow's hierarchy of human needs, although that's not what it's intended to represent. Basically, what it indicates is that at the bottom level, the largest level of human existence, our needs are to manifest and take care of our physicality. So that's the base of the pyramid of the triangle. That would be natural, because if you die, the game is over! So it is very, very important that you take care of your physicality, so that you wake up the next morning, so that you can continue with your life. Because everything that comes after that on a human level is secondary to staying alive. Now when Maslow used this triangle, what he was trying to

communicate was that humans need to take care of your physical surroundings before they can take care of the other levels.

[Noises and muffling sounds heard. There's a huge amount of noise right now. If someone would press \*6, that would be helpful.]



So on the physical level, -- when there's a problem on the physical level, the other levels cannot be paid attention to. So when you're ill; when you're threatened; when you're in physical danger; when you're malnourished; when you're facing a long-term illness, other aspects of your life have to bend a bit so that you can take care of your physical being, and once again, stay alive. It is that simple. You need to live another day.

The second level of Maslow's and the Core Energetics' triangle is the emotional level. Why?

Emotional because as human beings, our emotional level, -- meaning our family; our relationships; our sense of well-being -- is the next level that people engage with. Think of this in terms of civilizations. Civilizations do not start out with colleges and universities. They start out with taking care of the physical needs of their people. Then they take care of their emotional needs. A civilization is not going to get very far if it cannot allow its people to live happy and fulfilling lives.

People who live such lives are, of course, willing to bend periodically during times of emergency or stress. It's not that we can't do without these things, but we need to have a basis. All civilizations are founded on the idea that people want to have families; protect their families; and nourish their families. So first of all, you've got to be alive to do that. That's the physical level. And secondly, the emotional level of interaction with others and self-actualization into self-fulfillment and self-happiness.

The third level of the triangle is mental. Once these other two needs are taken care of, that's when we have time to explore our minds. That's when we have time to sit down and work on puzzles; to engineer; to spend our leisure time trying to do something that interests our mind; or inspires us; makes us look at the stars; or look at the ground; or allows us to flesh out and understand the world we live in. This is an essential part of human existence.

But in times of emergency, this is secondary to the physical and the emotional levels.

*[Note: the next 2 paragraphs are incorrect. Maslow's triangle did include a level for self-esteem, see above.]*

Now, Maslow went immediately to a level of spirit and a sense of inner self-actualization. Core Energetics adds one more level. They add the level of will/ego. By adding that level, it is to indicate that there is a place for individualism, ego, figuring out who you are as a person, distinct from your family, your friends, your civilization, -- distinct from your animal needs, and distinct from your thought patterns. *Who am I? And why does my life look like this?*

Then the fifth layer in Core Energetics (and the fourth layer in Maslow) is self-actualization. Or to put it more simply: spirit. Civilizations and individuals reach for spirit when they have basically taken care of, identified, and have some measure of control or success with the other aspects of their lives.

Now, that sounds a little esoteric for a lecture on sexuality, but it's not.

The Guide uses the same divisions in this lecture, as I have just described. He describes sexuality on a purely physical level. He describes it on an emotional level. He describes it on a mental level. Those are very well-identified in the lecture. He does not identify a level of ego, and yet, it is in here and I'll describe it as I go through this. And then He describes the top level of spirit, i.e. the deep spiritual meaning of sexuality.

So if you can imagine that -- of this triangle with a base, and narrowing as you go to the top, simply because it has a limit. This may sound kind of silly, but it takes a lot of effort and a lot of detail to survive on a physical level. But on a spiritual level things can happen in an instant. Time is less important. Material is less important. What is going on in the world is less important on a spiritual level. But we don't get to that level unless we have some basic needs met on the lower levels. Lower does not mean inferior, it simply means that there are priorities as we go through life. So that's how the lecture lays this out: 1) physical, 2) emotional, 3) mental, and 4) will (described later as ego) and then 5) the spiritual.

So let me walk through these now that we have a slight outline.

On a physical level, the Guide says something really fascinating. He says that sexuality is "*consciousness reaching for fusion*"; that it is an irresistibly strong urge in all organisms, even organisms that do not seem to be alive. The Guide is describing sexuality, the drive towards sexuality, as being a universal reality for all beings, whether or not you understand it in terms of consciousness reaching for fusion.

Or if you do, -- and one of the reasons that people study the lectures is that, -- if sexuality is consciousness raising/reaching for fusion, and it's instinctive in us, then aren't we going to get there anyway? Yes, many of us are. It's IN you. You will get there because of the irresistible urge. You will not give up on this part of your life. What studying spirituality does is, it gives us an ability to accelerate this process. It gives us an ability to get there faster, and to also be able to identify things that are holding us back.

So, if we were all dogs, cats, sheep, cows, zebras, -- "lions, tigers, and bears"-- sexuality is an urge to be with, to fuse with the task that we have on the earth. In animals, it may be just a matter of finding a mate; getting enough to eat; finding a nice place to lay in the sun; and enjoying your life. So there, we [humans] are [aligned] with the physical, and even the emotional, in the animal kingdom.

But with people, we add the mental layer. And that mental layer means we want to know why. We want to know what's going on. If things aren't working, we want to do something about it. We don't just want to bumble through life.

So back to the physical again: that this [sexuality] is an irresistibly strong urge in all beings, which means that we're all going to be working on this. That we're hard-wired, in a way that makes it impossible for us to simply ignore our sexuality, -- like eating and drinking, sexuality is a basic force within us. By utilizing the sexuality, we have the opportunity to move towards fusion. The more levels that we involve in this fusion, the more fulfilled we will be in the process, and the stronger and deeper our fusion will be.

Physicality is critical, just like the larger base of this triangle that I described. The physical [aspect] is terribly important. But all by itself, it leaves us unsatisfied. A lot of “free-form sexuality” or sexuality simply for the sake of exercising that energy becomes either compulsive or unsatisfying. Because it may only satisfy that one layer, and I'm going to repeat this: *there is nothing wrong with satisfying that later layer. That physical layer must be satisfied to some degree, according to the individual's desires and needs.* It must be satisfied in some degree. But if it stops there, people, in general, are not satisfied with a simply physical life. That doesn't mean we don't enjoy it! But we're not satisfied with it; it doesn't bring us to the larger picture.

[Noises and muffling sounds heard. There's a lot of noise in the background. If you could hit \*6, I'd appreciate it.]

It doesn't bring us to the place where fusion on all levels of our being can happen, because it's only one level. So for the moment, I'll leave that physical level.

On the second level, on the emotional level, the Guide describes the need to engage in an emotional sexuality as requiring a feeling exchange. Simple sexuality, without a feeling exchange, is basically only satisfying one layer. The next layer, of emotional need, requires the sharing: giving and receiving, and the sharing of feelings between.

We're going to narrow this down at this point to two people, although I will speak a bit about the broader sense of sexual energy and the sexual force. Right now I'm going to speak specifically, in terms of sexuality between two people. One moment in time, when people share their bodies: that is one level. But when they share their feelings; when there is an exchange; giving and taking of how each other feels, what is going on with each other. This is what is needed to satisfy this second layer.

The Guide describes one of the ways you can gauge if you are successfully engaged in a mutual feeling exchange: the level of satisfaction with the sexuality. So, the measurement of the measure of fulfillment -- I'm sorry, let me start over again!... is a gauge...well, I'm going start over again. This is very interesting. I'm rattling around here because I wrote it down and I usually speak without notes. And when I do have notes, actually, they confuse me!

The Guide spends a lot of time about the fact that we need to access the real person, and we need to be real ourselves. On this feeling exchange level, we need to go past what we want the other person to be -- even beyond who we want to be. On this level of feeling exchange, the satisfaction that you will receive from sharing yourself with another person will come as a direct result of whether or not you are ready to share yourself -- as you are -- and to receive the other person as they are.

Even in this feeling exchange, just like I've described about how physical sexuality can become superficial -- if that's all there is -- in the feeling exchange -- simply sharing words, going through phrases, walking through the motions... If [it's based on a] level of politeness, or ritual, or anything that's not real on this level, you're not truly fulfilling the emotional level of sexuality.

The emotional level of sexuality is most fulfilled when you see the other person for who they are. One of the things that the Guide talks about in this lecture, which is particularly beautiful, is -- it's almost like He's joking -- he says, "*To know another person is such a wonderful experience. How could you possibly ever be bored?*" Now he doesn't say it, but I'm presuming the Guide means that even knowing *ourselves* is a lifetime experience of exploration and enjoyment. When we include someone else, his phrase is "*How could you ever be bored with another person?*", -- if you're seeing them for who they really are. So again, we're talking about a feeling exchange on a deep, profound, honest level; without guile, without pretense, and without hiding. That is what is required to satisfy the emotional level of sexuality. Any pretense or guile here is simply going to keep it at a more superficial level.

The next level the Guide talks about is the mental level. What he mentions here is, this a matter of sharing your mind and your ideas. This is where -- it's not that you don't need compatibility and all the other areas, but physical compatibility is a decision that you make; it's not a reality. There is no technical reality about tall, short, fat, thin, race, and ethnicity. There are no real boundaries regarding physicality. ~~We talked about physicality.~~ The same thing is true about emotions. There is no reason one human being cannot fully connect with another.

When it comes to the mental level, there are some realities. And those realities are that one person may not be able to share and understand the mental reality of the other. And this is where compatibility in terms of -- I don't want to make this simplistic, because what it might sound like is, you need somebody at your own level -- but at your own level on a spiritual, holistic point of view. It does not mean that a college graduate requires a college graduate, or a qualified tradesperson can't have a partner who's totally illiterate and doesn't even hold a job. That's not the kind of compatibility that the Guide is talking about. This kind of compatibility is an ability to hear, and if not understand, to begin the process of understanding the other person's dreams and ideas.

So when we talk about sharing the mind, we're not talking about sharing information. But information is one of the vehicles of communication. But underneath that, what he's talking about is being able to communicate by being able to share something that the other person comprehends. I'm working very hard to make this general because that's where we sometimes get messed up!

If any of you have seen or noticed personalized ads, I find them slightly hysterical. Because the more precise you get when you're outlining the person you want, it seems like the more you want a cookie-cutter idea of who you would get along with. So the personal ads read, "*I want someone who's 5'3" or 5'8.5" tall, who weighs 132 pounds, who has 1.5 children, who has no baggage...*" (which I presume means no parents or friends, or job experience?) "*I want this, that...*" you've probably seen it. The list goes on and on and on.

What is this about? This is an attempt to try to find someone that you can understand and communicate with and feel attracted to. But what we're talking about in the spiritual symbolism and significance of sexuality is a place where if your heart leaps towards another person and you make a decision to connect with that person, you will probably be able to overcome any 'boundary' there is. And yet to totally fuse with this person, you will need to satisfy some level of physicality; some level of emotional; AND some level of mental sharing experience, having a sense that you are seen by the other person.

Because -- if we back up to the emotional exchange, the feeling exchange -- if the other person, for instance, does not speak your language (whether that is technically your language), just reading your facial expressions, understanding the level of sensitivity, understanding what you're affected by and having an idea of what that is -- this can all be part of feeling exchange. So take two vastly disproportionately, crazily matched people. If they can meet physically and they can exchange their feelings, even on a nonverbal level, then they can go so far. But for total fusion to happen, they need to be able to share their ideas.

Now, once again, if you can manage not to get too constrained about this: sharing a mental idea can be as simple as one party sitting down with, say a camera and being fascinated by it. And the other person noticing

that, and noticing that there's a dream here, there's an idea here, there's something that their partner's 'will' wants to do with this camera -- that goes beyond the simplistic realities of a camera. If you can understand what your partner's dreams are, if you can get a sense of what their ideas about the world are, this is what we're talking about on the mental level.

Now that sounds very similar to the feeling exchange. In truth it is! Just like the physical level with human beings is also indistinguishable at times from the mental and the emotional.

So, these are the first three levels that you need. The stronger the bonds are on each level and the more levels you have access to with someone, the stronger your sharing will be with them, the deeper the fusion between the two of you can be.

Now when we come to the place of real world or ego, this is where, perhaps it's a bit tricky.

At some point, the Guide talks about the fact that we do not truly see others. That we see what we want to see. And, we may also not see ourselves. We will see what we aspire to be rather than who we are. And this is the area -- even though it sounds like feeling, sounds like a lot of other things -- this is the area that I'm going to call the area of Ego and Will.

Will is a two edged sword like everything else. You need Will to get through life. You need Will to accumulate education; to make friends; to be in the world -- long enough to attract a mate; to do whatever it is you have to do in the world. But your Will also has the ability to feel that it must protect you, or protect the organism itself by shying away from things that are negative, or difficult to understand, or confusing, or frightening. And the part of you that decides is your Ego.

The consciousness, the part of me that is talking to you, that is trying to string the sentences together -- is the part of me that is reaching into me and finding my feelings about the lecture and my mental understanding of the lecture. It includes telling me to sit up straight. It includes telling me to project so that people can hear my voice. But the part of me that is orchestrating all that is the part I'm calling the Ego.

For two people to fuse together, they also need to meet on the level of ego. By that I mean that you need to want to be with the other person. That on a level of ego, if there's a reason why you're afraid to be close to someone and you close yourself off a little bit, that person is not going to get to know you. That means it's going to inhibit the feeling exchange.

When part of you is closed off, your sexual force and your sexual energy will not flow. Part of the physicality of sex *is* an energetic part. I think of it like flowing water. When the energy flows and there are no blockages, versus when it does not. When there's no force behind it, when it simply runs like a creek down the pebbles, in a brook, or flows. When it's a long soft river, it simply moves and there's nothing obstructing it. And if there are things obstructing, it simply goes around it or waits a bit. There's not an urgency to the flow of energy. That's part of the physical level.

But when you do not want to be seen by another person, when your Ego mind says, "*I am not good enough, if they find this out, they will not like me -- so I will hide or restrict that part of me.*" Then at that point you are blocking up. You were damming up -- not only your physical energetic energy, but you are also hiding behind a mask on a feeling exchange level. And you are going to be preventing the person from getting to know you.

Now, if you're doing it, you're blocking yourself on a physical level. And you're blocking yourself up on a feeling exchange level. Then naturally, on a mental communication level, you would also tend to avoid a certain subject, or over-talk a situation to try to impress someone, try to stay in one place rather than letting the conversation drift, as might naturally occur.



So at the level that I'm talking about, Will is the part of you that consciously dictates and makes decisions about who you are with; what you want; and is not in full communication; not in full alignment with what the rest of you may want. So in effect, the conscious Will is the place where dissonance takes place. If you have dissonance on a physical level, such as I-- would eat and I want to exercise, eat/exercise, eat/exercise. I eventually do one or both or nothing. If you have a dissonance on an emotional level, -- I like you/I hate you, I like you/I hate you. You may just sit there and feel all those feelings at once. On a mental level, you say I disapprove of this because of my values, but I like this aspect of it. So I'm back and forth on whether I want to proceed in a certain direction. But on a will level, when we hit dissonance, we feel that we need to make a decision.

So it is the Will that says, on a mental level, *"I'm back and forth on this, but I'm going to go ahead anyway."* Now, there are times when that is reasonable and appropriate. But there are also times where we are trying to move forward without having resolved the conflict. And that's where the Will level can mess up all the other levels and create a lot of problems for the organism and for the individual.

Let me see if I can rephrase this.

On a mental level, we have thoughts. And the thoughts, if they're honest, may come and go. And they may be in conflict. They are simply thoughts. You can lay them out and say, *"Isn't that interesting? I have 15 different thoughts and they don't seem to be congruent. They don't seem to be too coherent. I wonder what this is."*

On an emotional level, you can have different kinds of feelings and say, *"Wow, look at these conflicting feelings. They're all over the map. I'm crying at funerals. And Jiminy, I'm crying at weddings and I'm happy at funerals. What is going on here?"* But that's just the emotional reality.

On a physical level, you can feel an urge to do something and also a reluctance to do it. And you may literally shift back and forth on your feet. You may take a step towards and take a few steps away.

But the part of you that decides what to do in a given situation--that part of you is determined by your Ego; by your conscious mind rather than a mental process. So that's why I'm describing this part in the triangle. It's in the lecture even though it's not identified in that way.

The last of these levels of fusion that the Guide talks about... he literally talks about it in terms of emotional fusion, mental fusion and spiritual fusion. If you can imagine this triangle with all these additional layers, when all five are connected, including spirit, all five are connected, -- that is what the Guide says happens when you are in total and complete fusion with another person.

The spiritual level of this triangle is in terms of our spiritual needs, which may include self-actualization or our ability to perceive the greater reality. We know what we're here for when we perceive / when we feel that epiphany; when we feel that rightness, when we feel that we are at peace with and understand. By 'understand', I mean that we feel comfortable on all levels of our being what is going on in the moment. There is a place that an epiphany --and a *total fusion* -- where it goes through all five of these layers. Our physical agrees, our emotional agrees, our mental agrees, our ego agrees, and that deeper part of us which we can term the *"higher self"* or the *"real self"* or the *"Divine Self"* or *"child within"*-- whatever term suits you; the inner part of us that inspires all of this activity.

When all five of those layers match, that's what the Guide is describing, when he talks about *total spiritual fusion*. And what he says (and I'm really talking about the tip of this triangle right now), what he says is that experiencing that fusion, while in human form, is actually the reality of what we are actually experiencing as REAL in the spirit world, on any eternal layer. So this phrase -- *fusion* -- is an experience of the true existence; a *total fusion* is an experience of our true existence in the eternal now.

Why is sexuality so powerful? Because depending on the development of the individual, even a [lesser] developed individual who does not have all these aspects, in terms of consciousness, can experience a physical and emotional orgasm during sexuality. Sexuality is like the great common denominator. Anybody can have it. The quality of that sexual experience, the sense we have -- of whether it is fulfilling, and the ability to maintain and improve that experience at an ongoing level, -- is dependent upon whether we address all these other aspects.

Now, again, I'm trying to be very, very careful here because I do not want to leave the impression that if you "actualize" or other spiritual whoopy-doo phrase, that you get more sex than people who aren't that way! That is *not* what this lecture says. What this lecture says is that people who can totally fuse on a level are going to get a great deal of joy and pleasure out of it. And that as we add more layers to this sense of fusion, our sense of self-fulfillment and joy increases. So, it is not a matter of either / I get it or I don't. It is a matter of human [development].

Human civilization is about wanting more. Not just greedily wanting more, although we manifest it like that. But even our greedy, wanting for more is propelled by a need within the organism to expand our horizons; to reach out; to have more goods so that we can rest more, so that we can spend more time doing what we want, so that we do not feel threatened. Civilization is made up of a bazillion stories of people who murder and capture and purge other civilizations.

But from a spiritual perspective, if we look at the spiritual aspect of this, we do this because we need to feel safe. And that's the physical level. Because we want, on the emotional level, we want pleasure and joy, ongoing pleasure and joy. On a mental level, we want new horizons. Now razing or destroying other civilization may not sound like we want new horizons, but that that's what it is. It's also mixed in with a lot of other things. Human beings want to conquer. We want to exercise our capacity to work that out in the world.

So, at one point, the Guide talks about why sexuality has been repressed throughout a large number of civilizations, for a large number of centuries. What He says is that sexuality is repressed for two reasons:

- 1.) It's so strong. You need to do something with it / about it, because otherwise it'll just blow you over. It seems safer / easier to renounce it, to control it, try to build a container for it, then to simply let it out and not have any control at all over it.
- 2.) The other aspect of why sexuality has been repressed or contained throughout the years, is that sexuality not only allows us to exercise our being, and reach out for a fusion, and access the deeper, finer parts of us. Sexuality is also going to uncover and bring forward the parts of us that are negative and undeveloped. So a simplistic answer to an activity that brings forward a lot of negativity is to shut it down! Instead of realizing that that the negativities that are emerging are things that we need to work with / through.

The Guide describes that, in earlier forms of civilization, we had to restrain the sexual impulse. We had to restrain the negativities that would come up with that, in order to develop spirit. He says that because we have an opportunity now, because spirit has been so strongly developed, one of our next steps as a civilization, as a species, is to open up our sexuality and allow it to move forward more freely, with less containment. Because we have the spiritual ability. We have the knowledge. We have the insight to be able to deal with the negativities that will flush forward.

So again, think of it like plumbing. When you open the floodgates, you're going to get a lot of silt; and a lot of debris; a lot of stuff that has come down the river; a lot of flotsam and jetsam is also going to flush out. If you critique the quality of the water and say, "*We don't like that. It's full of junk, damn it up.*" You will reduce the amount of junk, the amount of negativity! But you have also dammed up the flow. The Guide is describing that, at some point in civilization, we may have felt that we had to do that. Like many other things in human life, once you've shut something off, you may believe, "*we shut this down for good reason, because so much negativity was coming through*". We forget, when we have reached a plateau of understanding, and



civilization, and spirituality, that it may be time to open these floodgates again, to let the energy move. To let it move freely because we can now deal with what it's going to bring forward for us.

So I'm going to change over the tape right now and take a break...

Part 2 of the Spiritual Symbolism and Significance of Sexuality, Pathwork Lecture 207.

What I've tried to do in the past hour is to go through the different levels of the functions in human beings: physical, emotional, mental, will or ego, and spirit. I haven't gone a lot into spirit, but I wanted to give you an idea of this triangle because it's a very useful matrix.

Towards the end I was talking about negativities, and how negativities come to the surface in the sexual current, in the flow of sexual energy.

Negativities appear in all aspects of our lives. But when they appear in areas that have less urgency, that are easier to resist acting upon, they may be able to stay contained. Both the positive and the negative aspect of sexuality is that it is irresistible.

Because we have this basic, ongoing urgency to express ourselves on a sexual level, either physically, emotionally, or energetically, we are not fully able to contain those negativities.

And that's a positive. Negativities are never fun. It's never good to see your bad habits. It's never good to realize...when I say "*it's never good*" it is uncomfortable to come face-to-face with your own discrepancies. It is uncomfortable to realize that you have been hypocritical or unfair. It is distressing to realize that there is cruelty in areas in your life where you are not [actually] compelled to act. Where there's not this strong cord and force, you might be able to dodge seeing those moments. You might be able to stay contained and controlled. But the blessing of sexuality is that we're not quite able to control and contain it. What that means is that who you are will manifest in your sexuality.

Let's take a second here and define how I'm addressing "*sexuality*." When I give workshops, I tease. I hope this comes across the way I need it to, on tape. When I talk about sexuality, I'm not talking about genital sexuality; the touching; the act of intercourse; the technical; the techniques, and relationship aspects that are, relatively speaking, all so far down the line from this. When I speak of sexuality, I speak of it in the terms that the Guide speaks of in Lecture 44, in the Forces of Love, Sex, and Eros.

*And that is - sexuality is the Life Force itself.*

Yes, it manifests in a procreative way. Yes, it manifests in a way that tends to center around activities that create babies. But it is more than that. And people who do not have a sexual outlet, a genital, sexual outlet will take that same force, and they will (or they can) sublimate it into their work; into the passion of being an architect; into the passion of being an artist. They can sublimate it into the passion of taking care of their family. So if you see a single parent who has tons and tons of energy, in this taking care of a huge family, possibly intergenerational, one of the places that person can get that energy is the sexual force itself. It can manifest with a partner. But it can also manifest on many, many, many other levels of human activity.

You can identify this force because it is so strong and so irresistible. It is a good portion of what our compulsions and our impulses are, that we just can't seem to resist. This is the life force in us; the part of us that wants to know; that wants to touch; that wants to feel; that wants to examine. Sexuality is: I have this huge life force and when I cannot get my needs met on a human, sexual level, then I may decide -- or may be able to get -- my needs met in a wider arena. And I will use that same energy.

So when I speak of sexuality, I'm talking about the Life Force, driving us to express ourselves, to be known by others, to feel comfortable and confident in the world, standing on our own two feet, being a human being and also driving us to reach spirit.

If human sexuality represents the [potential] for total fusion, that actuality is the reality of being in spirit, then so do the other aspects of human experience that mimic this; that allow us to feel part of our community, part of our species, part of our family. In the giving and taking -- the same thing that happens in sexual communion -- in the giving and receiving of ourselves, we can give and receive of ourselves in the world, to other people, on many, many layers.

I invite you to consider this lecture as an allegory of how human beings begin to access the real world of spirit on this planet we're living on, as the Guide presents it. I shouldn't say invite -- "*As I re-present it.*" I should own up to that. As the Guide presents the lectures.

As humans on this planet, we are an allegory for everything that is in spirit. We are here to accomplish something. We all have different tasks. The Guide mentioned somewhere this lecture that in fulfilling your sexuality, you're actually performing a spiritual task.

[I'm going to pause at this point and find out if there's any questions. \*6 yourself... you'll have to \*6 for me to hear you. Thank you.]

What I've been building is the idea that sexuality exists on many, many levels of our human existence. And that we have contained our sexual urges over the millennia as a civilization. Because when it moves forward and it brings stuff up with it, we didn't know how to handle it.

That's part of the sexual revolution that specifically may be occurring in Western countries. I want to be very careful here, because not all cultures are in the same place, doing the same thing. Just because a wide spectrum of countries or cultures are in one facet of self-development does not mean that another group of cultures is [simply] in a different level. Just like an individual, it doesn't make them wrong.

I'm trying to be inclusive here because we're all working with the same raw materials. We're all working with a desire to be; a desire to self-actualize; a desire to be in the world; a desire to be with other people; to be seen, and to see other people. This is a generalized overview. This is sexuality in general.

When the phrase is used that "*Man is a sexual being,*" that's how I understand that phrase. That mankind is a sexual being, in the sense that we have this energy and we want to move it. And we want to see it and enjoy it. And we have found many, many different levels to exercise this energy on.

If I shift for a second. When we talk about these negativities, the lecture speaks, at one point, of how the personality experiences negativities on a sexual level. That the personality, when they are frustrated, or unable to make things work, that Will starts to force or push or substitute. It takes a small hindrance, and makes it a bigger hindrance, and it turns it into a blockage. So the personality, the mind, the Will -- on an Ego level, when it feels that it's not getting what it wants, and it wants more, and it can't seem to do it, -- that's when the Ego will marshal forces, and attempt to force, push, or substitute something else, so as to achieve a sense of satisfaction -- either on a physical, or emotional, or mental level. You can even force things on a spiritual level. And when this is done, when the personality or Ego mind does this, what it actually does is it splits off the sexual identity from the larger being.

When we cannot get the relationship that we want, we try harder. And we try to make ourselves, for instance, fit the picture of what people seem to want...but that's not us. Then, if we wind up meeting someone, the person they are meeting is not the real us. It's a mask that we have put on, in attempting to attain relationship with another person. If we aren't able, -- it's usually very difficult, when you meet someone and you're wearing a mask, it's very hard to drop that mask all of a sudden and say, "*Surprise! I was just trying to get*

*your attention!*” Well, the harsh reality of that is the person will very likely turn around and go away. Because either they want you, *i.e. the mask that you were presenting*, or they don't know how to deal with the new person that you are [now] saying, *“I was here under this mask and I thought I needed to use the mask to meet you. But now I'm going to put it down here.”* They weren't prepared for that. So when we use a mask to try to meet someone; or use a mask to try to fulfill an image, to try to fulfill our need for connection with another person, and we continue to use it, it is very hard to figure out when to drop this. We've all done this since we were children.

And this is where this lecture integrates with the other lectures that I've been presenting for the past year or so. As you can probably hear, it integrates with Images Pathwork Lectures 39-41, PL 83. It obviously integrates with Love, Eros and Sexuality PL 44. It integrates with The Function of the Ego PL 132, and on and on. So that is part of what I've talked about; that the spiritual symbolism of sexuality is in terms of it representing / being the life force; this is the significance of sexuality.

I know that most people who come to workshops on relationships or even sexuality are concerned about their lack of, or dysfunction, of something along [the lines of] their sexuality. What the Guide talks about here is that we need to go deeper than that. We need to go underneath that. That the dysfunction or lack of relationship that we have is the effect. The cause, the deeper cause, might be that we may not feel comfortable exposing ourselves with other person. Physically, we may not be comfortable with our body. We may not be comfortable with our sexual desires, and how we have decided they want to manifest. We may not feel comfortable with our emotions. We may not be comfortable with our mental.

Let me give you some examples of that...

Physically... and you've got to have a sense of humor about this, because it's very true and it's very painful! It is so painful that it's easier to just laugh a little bit about our human foibles than to treat them so deeply. Most people have some degree of physical issue about their physical bodies, even people who have perfect bodies. Actually, they're worried about any imperfection within that perfection. So we can look at someone and say, *“They're a perfect specimen. They're handsome. They're well-built. Their muscles are toned, are the right size, and shape.”* But that person may actually feel that they are unable to relax and be themselves because they are fitting an image of what they ought to be. Now the majority of us are a little pudgy in places we don't think we should be pudgy. Or have a little bit too much hair or too little hair; or too much flesh; or too little flesh; on and on and on. But focus on any area where you feel you are deficient: if you can imagine, for a moment, how you would just contract slightly in that area, and not want it to be seen readily seen by another person. In this way, you are hiding from the very experience of sexual fusion.

On an emotional level... I feel a little silly sometimes, on emotion level. Because I teach spirituality, and I direct things, and have been supervising, I have some reputation of being a very serious and straightforward person. And then, when silly moments come around, it feels sometimes that there's no place for that, *i.e.* that I destroy people's image of who I am, when I get goofy, or relaxed, or silly. Well, that's important. It's important for me to do that. Because I'm not serious all the time. I'm not teaching all the time. I'm not good all the time. And everyone is like that. So on an emotional level, in the places where you have feelings that you don't feel are appropriate, or you're embarrassed about, or you're holding back... Once again, if you're shrinking back from sharing that with someone, then you're not ready to do a true feeling exchange with that person -- because you have judged the value of your feelings.

On a mental level, the thing that came to me was that you can feel very free about your physicality. And you can feel very free about your emotions. But you may hold ideas that the other person may think are a little... strange. And so you may have some reservations about sharing with them. Now on a joke level, this is like being a secret Republican or Democrat when the other person isn't. It could also involve having an interest in something that you feel the other person might consider to be silly; or really out there; or bizarre; or have had a negative experience with. For instance if your truth is that you were very committed to your religious beliefs, and you have had experiences of other people putting you down a bit because religion is 'on the out'

now. “*You should be more hip and cool and have a New Age thing*” instead of being a Methodist, or Catholic, or whatever it is... If you hold back your ideas about God and theology; if you hold back your ideas in the political arena; about what you see, and what you feel are solutions. If you hold back your ideas about where we are; where we're going, just because the other person may not agree with them -- in that place, you are also hiding from that person. And you will be unable to meet them and achieve fusion on that level.

In terms of Will, an example that the lecture spells out is that there are male/female components that are not gender based, per se. I remember one of the things that the Guide said in this lecture is that when a woman becomes a mother, she takes on a great deal of the male aspect in caring for the child, because it's a very active process. And the infant, be it male or female, is very receptive, so plays a feminine [role] for an extensive period of time.

On a will/ego level, there are times where we may want to be receptive. And we may feel that the other person would think that would be weak. So we might try to be more aggressive, attempting to hide the fact that that's not where we are. Again, you can see where you're not really being honest with the other person. That's not where you are. That's not who you are at that moment. And the fact that it's confusing; or difficult to understand; or perhaps even causes dissonance, that is something to be shared, examined and supported, rather than hidden.

On a spiritual level, if what you're after is fusion on all levels, and the other person does not want that, and so you shy away from fusion -- in a misguided attempt to have fusion with that person! For instance, one might say, “*If they think I'm too holy and too spiritual, then they won't fuse with me. So I'll pretend that that's not what I am.*” Well, immediately, you are again in a mask, even though it may look like a [non-]spiritual mask at the time. What I'm talking about here is how the personality can attempt to gain fusion through subterfuge i.e. where we can try to reach another person and be with another person, but because there's a forcing in it, or a contraction and hiding in it, we actually cripple ourselves, and deny ourselves the very thing we want.

The last point I wanted to make -- and this was a beautiful phrase towards the end of the lecture. What we're talking about here is, again, talking about it for a second... this lecture on sexuality is talking about fusion.

Fusion on all layers of the personality, with the acknowledgement that we may be working on one or two layers at a time because of our human development. It is a task. We may need to work only on a few levels. We may not be able to, or it may not be our task, to work on all five levels. It may be our task to become better at, for instance, the feeling exchange level.

I'm going to go digress with this for a second...

If our spiritual task right now is to improve our ability for feeling exchange, we may engage in life activities that do not include sexuality. *Not because we don't deserve it. We do! Not because it isn't good. Because it is!*

We may not [engage with sexuality because it distracts from] other activities. Because we need to specialize and gain... I'm going to call it “expertise.” But perhaps a better word is experience. We need to get better at the feeling exchange. And in order to get better at the feeling exchange, we may need to be in an ‘uncrowded room’. We may need to put some things aside for a while, so that we can focus on feeling exchange. And even though that might be done in a non-sexual environment, if we can accomplish that task, if we can learn to be as honest as we can be on a feeling exchange level, we can then take those skills and go forward into other relationships and exercise fusion on an increasing number of levels.

What I'm speaking of here is, even though the point is a fusion, you may need to get there, -- like a sailboat -- by going in a different direction for a while, then coming back and forth, and back and forth. Practicing these skills, becoming better at these activities, without the pressure of having to do everything at once.

So let's call this 'harmonious fusion', meaning that 'right time, right place'. This is exactly what your developmental task is. It's right in front of you. Here it is. And it seems to be going well, if we term that harmonious fusion. I read a quote from the Guide, "*Harmonious fusion builds up to a point of total fusion. Harmonious fusion builds up to a point of total fusion.*"

One of the lectures that I presented a while back was Unity and Duality PL 143. The short version is that Dualistic Thinking is 'all or nothing' thinking. When we say 'I'm not /I don't have fusion', that may be true. Yet that's an 'all or nothing' statement. I have it/I don't have it. The actual reality is that we all have *some* experiences of fusion. The idea is to gain *more and more* of them; to *integrate* them; to *build upon* our experiences; to *use* our strengths to support us, while we work on our weaknesses. This feels like what the Guide is talking about, I believe, when He talks about *harmonious fusion*. Working towards a goal, and accepting that we're not completely there yet. And that's how I understand this quote "*Harmonious fusion builds up to a point of total fusion.*"

When we speak in dualistic terms, we say, "*I want total fusion.*" Wonderful. Yet it is a process to get there. Part of that process lies in seeing what you've got; seeing where you're strong. seeing where you're weak; looking at yourself. This is what the entire range of Pathwork lectures is about, i.e. how to look at yourself, to discern and discover where you need to be working, and what might be in your way. When you are doing that, that is a form of fusion.

You are getting to know yourself. You are becoming more at ease with your own needs physically, emotionally, mentally. In terms of your ego, your ego has needs. Your desire for self-actualization, that is your spirit. So, harmonious fusion builds up to a point of total fusion.

To continue, total fusion is the total fulfillment, where the two movements have bound, in their combination. This is again a universal phenomenon to be found in every creative act, "*Whether this be the creation of a planetary system or the creation of a simple object or the unifying of two loving mates. This point of fusion, which you may call orgasm is the total fulfillment.*"

I wanted to read that quote because I was quite struck by it... "*Whether this be the creation of a planetary system or the creation of a simple object.*" This is where I draw my sense that -- just like sexuality meaning life force, total fusion can occur on any level of yours, under any circumstances. From the microcosm of one atom fusing with another, to (and I don't know the terms for it, so I'm guessing this) but within an entire galaxy -- whatever it does -- to create a planet. When a star is created, that is a point of total fusion of molecules.

What the Guide is saying is that all molecules have consciousness. Therefore, the simplest molecule can achieve total fusion. Then, as the process builds up, and the organism becomes more complicated, the fusion can get bigger and bigger, and more impressive! But the important thing is that two molecules can have perfect fusion; total fusion.

As human beings, we do not represent galaxies and planets. And we may not represent the entirety of the spirit world. And yet, when two people can be with each other, in total acceptance, love, and experience, there's a sense of total fusion; i.e. of both of them are reaching a level of self-actualization or understanding of who they are on a very real level. That can *only* increase their ability to share, and be in the world, and help others. At some point, the entire species of humanity may be able to achieve a point of total fusion. So there may be a place where we can spiritually have an orgy – an orgasm, as we fuse totally and completely with each other. I don't see how you can get much more spacious or glorified than that!

I think I'm willing to rest it there.



If there any questions, I'm happy to answer them. Otherwise, we'll take a break for half an hour and I'll be back on the phone on the hour if you wanted to discuss off the record. Anyone have any questions at this point?

Okay, we'll call this the end.

And I thank you very much for joining me. And if you'd like to join in half an hour with the same phone number and PIN, we won't be recording it. And we can go through, perhaps, more questions and answers on an individual level. So thanks very much for being with me today.

Okay, bye-bye. Thank you.

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