

SEXUAL ENERGY IN HEALTH AND SPIRITUALITY

If we can understand the neurochemistry and bio-energetics of sex and sexuality and apply this knowledge in our lives, we can have relationships that are healthier, more loving, and more spiritualised.

Part 1 of 2

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THE NEUROCHEMISTRY OF SEX

Sex—or, rather, sexual energy—is a potent force in regard to our health, intimate relationships and spirituality, but the extent of this is rarely realised. Fortunately, we can now discern much of the prevailing dynamics due to recent advances in understanding the neurochemistry of the brain. The observed effects can partly be explained with biochemistry and partly with bio-energetics.

Orgasm is generally regarded as the ultimate goal of recreational sex. Wilhelm Reich was the first scientist to describe the nature and purpose of the orgasm as a discharge of excess bio-energy with the additional liberation of feeling energy, and he also recognised the negative consequences of blocked sexual energies.

In addition to exciting peaks, orgasms unfortunately tend to produce powerful negative side-effects that are only now becoming better understood. These are due to predictable trends in hormonal activity which seem to be similar in all mammals to ensure certain evolutionary objectives, especially the wide mixing of gene pools and the safe raising of offspring. These objectives are achieved with the following neurochemical changes.

The main players are dopamine, the reward hormone (see table 1), prolactin, the hormone of satiation (see table 2), oxytocin, the cuddle hormone (see table 3), and levels of androgen receptors—all of which powerfully affect our mood, our desire for intimacy, our perception of our mate as well as our susceptibility to addictive activities and substances. These hormones can also have different but generally related functions.

Additionally, the stimulant phenylethylamine (PEA) is involved, which is also present in cocoa and chocolate and elevates energy, mood and attention. PEA is produced in greater amounts when one is in love. Conversely, a deficiency (common in manic-depressives) causes unhappy feelings.

When we fall in love, we become bonded by rising PEA, oxytocin and dopamine levels. When we are sexually aroused by close contact, our dopamine level rises further and at the time of orgasm we have a dopamine brainstorm. Groningen University professor Gert Holstege and colleagues have likened this to the effect of heroin on the brain.¹ Dopamine is active in all addictions, even in people who have forgotten what sex is. Most of this activity is in the limbic system, the oldest part of the brain.

After orgasm, the dopamine level falls sharply, with the usual withdrawal symptoms. This reaction tends to be immediate in males and delayed in females. Also, the prolactin level rises and the androgen receptor level falls after orgasm. The oxytocin level falls after conventional orgasm, but if the couple maintains close contact this may help to counter this drop and sustain the level of oxytocin.

Behavioural changes from this disturbed hormone equilibrium have been noticed for up to two weeks. During this time, we may be more irritable, dissatisfied, anxious or depressed, and instead of seeing the good side of our mate we now may be painfully aware of his or her shortcomings. This is exactly the same process and length of time that prolactin needs to recover to its normal level during withdrawal from cocaine.

Initially, during the honeymoon period of our relationship, we remain strongly bonded by high oxytocin levels and quickly overcome our hormonal blues by having more sex. Initially, sex stimulates us to crave for more sex. This leads to a rapid rise and fall in the dopamine level and to corresponding rapid emotional fluctuations in our relationship. Later we may become less and less interested in sex with our partner (perhaps because we subconsciously begin to associate him or her with the "lows" of the cycle, or perhaps because we grow tired of being used as a fix, and therefore feel less attraction), and now

Table 1: Dopamine Levels

Excess	Deficient	"Normal"
Addictions	Addictions	Motivated
Anxiety	Depression	Feelings of well-being, satisfaction
Compulsions	Anhedonia (no pleasure; world looks colourless)	Pleasure; reward in accomplishing tasks
Sexual fetishes	Lack of ambition and drive	Healthy libido
Sexual addiction	Inability to "love"	Good feelings towards others
Unhealthy risk-taking	Low libido	Healthy bonding
Gambling	Erectile dysfunction	Healthy risk-taking
Compulsive activities	No remorse about personal behaviour	Sound choices
Aggression	ADD/ADHD	Realistic expectations
Psychosis	Social anxiety disorder	Maternal/paternal love
Schizophrenia	Sleep disturbances, "restless" legs	

(Source: http://www.reuniting.info/science/sex_and_addiction)

we may try to prop up our dopamine level by becoming addicted to some kind of food or drug, or by becoming interested in a new sexual partner.

Basically, this type of behaviour is the same for humans, primates, mammals and reptiles because it originates from the primitive part of the brain.

Further evidence of a lasting post-orgasm hangover comes from sexually exhausted male rats.² The number of androgen receptors in the hypothalamus declines, reducing the effectiveness of testosterone and changing sexual behaviour. These changes last for about seven days, corresponding to a lack of libido in the rats.

In addition to serving as a sexual brake, prolactin affects our moods and behaviour somewhat like a hormone of resignation. For example, caged wild monkeys initially had high levels of the stress hormone cortisol but gradually their prolactin levels rose as they became resigned to their fate. Prolactin levels were highest after seven months. With raised prolactin levels, they do not mate.³ This looks like the same effect that we see in long-term relationships without oxytocin-producing close bonding.

The Coolidge Effect

In experiments with rats it has been observed that, after vigorous copulation with a new partner, male rats soon completely ignore this partner, but when a new female is introduced they are immediately revitalised—at least sufficiently to become sexually active once more. This can be repeated again and again until the male rat is completely exhausted.⁴

This phenomenon has been called "the Coolidge effect", after US President Calvin Coolidge (<http://www.reuniting.info/science/coolidge-effect>). The story goes that on a visit to a farm, his wife was shown a rooster that could copulate with his hens all day long, day after day. She liked that idea and asked the farmer to let the president know about it. After hearing it, President Coolidge thought for a moment and asked, "Does he do that with

the same hen?" "No, sir," answered the farmer. "Please tell that to Mrs Coolidge," said the president.

Not only has the Coolidge effect been observed in all tested male animals, but also in females. Female rodents, for instance, flirt more and present themselves more attractively when observed by new males than in the presence of males with whom they had already had sex.⁵ Another experiment indicates that the cause of this effect may be a rush of dopamine. When rats were taught to pull a lever to stimulate their own reward centre, they would forgo eating and copulating and just continue to stimulate themselves until they were totally exhausted.⁶

The Cuddle Hormone

The dopamine system is obviously designed to produce genetic variety by inducing us to mate with as many different partners as possible. There is, however, a hormone that counteracts the emotional rollercoaster effects of dopamine, and that is oxytocin—the cuddle hormone. Oxytocin also counteracts fear, which is associated with high cortisol levels and stress (table 3).

Oxytocin leads to strong pair-bonding. In pair-bonded animals, mating—and with this, the dopamine rollercoaster—stops with the rise of prolactin after successful fertilisation, and now oxytocin ensures that both parents co-operate for the survival of their offspring. Humans could do the same: mate only to produce offspring and then abstain from sex. This might produce an emotionally stable relationship for life, but most of us would also find it utterly boring. Paramahansa Yogananda wrote in *Autobiography of a Yogi* that this is exactly what his parents did.

The time-honoured solution to this problem is having loving sex without orgasm. This greatly helps to sustain oxytocin levels without producing the emotionally disruptive high-low neurochemical cycles of orgasm, and it has been practised in Indian Tantra, by the Chinese Taoists and apparently by early Christians. In modern times it has been resurrected as Karezza,

Table 2: Symptoms Associated with Excess Prolactin

Women	Men
Loss of libido	Loss of libido
Mood changes; depression	Mood changes; depression
Hostility; anxiety	Impotence
Headache	Headache
Menopausal symptoms, even when oestrogen is sufficient	Infertility
Signs of increased testosterone level	Decreased testosterone level
Weight gain	Weight gain
Intercourse may be painful because of vaginal dryness	

(Source: http://www.reuniting.info/science/sex_and_addiction)

Table 3: The Benefits of Oxytocin**Fear – Cortisol**

Aggression
 Arousal; anxiety; feeling stressed-out
 Activates addictions
 Suppresses libido
 Associated with depression
 Can be toxic to brain cells
 Breaks down muscles, bones and joints
 Weakens immune system
 Increases pain
 Clogs arteries, promotes heart disease and high blood pressure
 Obesity; diabetes; osteoporosis

Love – Oxytocin

Anti-stress hormone
 Feeling calm and connected; increased curiosity
 Lessens cravings and addictions
 Increases sexual receptivity
 Positive feelings
 Facilitates learning
 Repairs, heals and restores
 Faster wound healing
 Diminishes sense of pain
 Lowers blood pressure, protects against heart disease

(From http://www.reuniting.info/science/sex_and_addiction)

White Tantra and various forms of spiritual sex. It heals and holds relationships together rather than driving them apart as frequent orgasmic sex seems to do—although, as we shall see later, it is also possible to have bonding orgasmic sex.

For a wealth of articles on the hormonal aspects of our sexuality, see <http://www.reuniting.info/science>.

SEXUAL RELATIONSHIPS

Presently a large number of marriages end in divorce, often after only a very short time. Informal relationships are even more fragile. While this is a rather recent phenomenon, the underlying reason has always been there. In previous centuries, dysfunctional marriages simply were held together by social pressure or an inability to get a divorce.

The underlying reasons that drive relationships apart are rooted in the hormonal characteristics of our sexual relationships. In evolutionary terms, we are conditioned to spread our genes as widely as possible and provide a safe environment for raising our offspring. This means we are programmed to meet someone, fall in love, mate to conceive a child, and after some time to meet another lover and repeat this procedure.

Females are attracted sexually to handsome men, but often choose mates based on resources and parenting potential, and males try to spread their genes by being strongly attracted to any (fertile) female with genetically desirable features.

This evolutionary pattern comes to a head after pregnancy when the woman maintains a high prolactin level during breastfeeding, and instead of maintaining a loving oxytocin connection with her partner she now has switched her oxytocin bonding to the baby. In this situation, sex is hormonally undesirable and any orgasmic sex leads to further hormonal and emotional instability.

Therefore, what happens presently in our society is perfectly normal in evolutionary terms. The main problem is just the unacceptable amount of emotional distress and social upheaval that it causes. Other casualties are our health and well-being, which are greatly enhanced by harmonious long-term relationships.

Initially we are bonded together by falling in love through a generous release of oxytocin, and we enjoy the exciting peaks of dopamine release during our sexual encounters. Gradually the oxytocin glow fades and we begin to fall out of love, and it also becomes more difficult to maintain an exciting sex life.

Instead of enjoying dopamine peaks, increasingly we now have to cope with the dopamine lows after our routine sexual encounters. We begin to see all the faults in our partner that were previously covered by high oxytocin levels (from frequent physical contact without unpleasant subconscious associations). These dopamine lows may last for up to two weeks, thus causing

considerable strain on a relationship. During this time we tend towards increasing irritability, nagging, resentment, frustration, blaming each other and similar negative emotions as an expression of a biological hangover. Depending on our emotional make-up, we may now develop a subconscious desire to separate, and many couples do just that.

Over time, couples may start losing interest in sex and withdraw emotionally, or they may try to shift their emotional involvement to other common interests and in this way may be able to maintain a satisfying relationship. Still others may try maintaining peak dopamine experiences by exploring all the different sexual positions or start swapping partners or becoming interested in a new partner.

Dopamine peaks can also be maintained by becoming addicted to something—it does not really matter to what: it may be to legal or illegal drugs, games, racing and betting, chocolate, or frequently finding a different sexual partner. Apart from causing long-term stress-related and other health problems, addictions also have a host of unpleasant side effects on our capacity for intimacy.

With the present structure of our society, it is obviously an advantage to form stable, co-operative, sexual relationships for the benefit of the children and also for the emotional well-being of the parents. As this objective is contrary to our evolutionary neurochemical conditioning, we need to find ways to outsmart the hormonal changes that drive us apart.

In hormonal terms, we need to maximise oxytocin production and avoid the dopamine rollercoaster. Apart from occasional procreating activities, all of this could be done within a loving, platonic relationship. However, there is a biological catch: to maintain a strong and healthy body, we also need to maintain a strong production of sex hormones. This hormone production is best maintained by sexual feelings. As with muscle activity, it is best to use it or we may lose it.

This leads us to two remaining questions: "Can sexual activity without orgasm be satisfying?" and "Is orgasm needed to stimulate our sexual glands and maintain the health of our sexual organs?" These questions cannot be confidently answered from theoretical considerations, but fortunately we already have a wealth of practical experience in this regard.

KAREZZA

Karezza (as well as White Tantra) is one answer to non-organic sex. Basically, this practice shifts the focus of love-making from the sexual organs to the heart. There have been three basic ideas in the evolution of Karezza: increasing health and well-being, avoiding unwanted pregnancy, and increasing close bonding and sensual pleasure.

The Oneida Community

In the middle of the 19th century, some health-minded individuals, generally males, felt from their own experience that non-ejaculatory sex gave them more energy and improved their health while at the same time prevented unwanted pregnancies. Their female partners were uniformly enthusiastic about the close emotional bonding that it provided. (However, this is not necessarily the case at present, as many women still prefer orgasms and men are even more strongly orgasm oriented.)

One pioneer was John Humphrey Noyes from the Yale Divinity School. Noyes came up with the concept of male continence as a consequence of his wife losing four premature children in the first six years of their marriage. After struggling with self-imposed celibacy, he eventually found that he as well as his wife greatly enjoyed non-ejaculatory sex. He told friends about it, and in 1848 they founded the Oneida Community in upstate New York, which eventually grew to 250 men and women. Intercourse without ejaculation was a cornerstone of the Oneida Community. Young men learned self-control from post-menopausal women.

Noyes also realised some spiritual implications for male continence: in order to create the Kingdom of Heaven on Earth, we must not only strive for reconciliation with God but also bring about a true union of the sexes. He even suggested that the frequent unease after ejaculatory intercourse lies at the heart of the Judaeo-Christian association between sex and guilt.

Because of statements from some medical authorities that non-organic sex is harmful, a large number of members of this community were examined by a medical practitioner and found to be "in perfect health, happy and in complete harmony".⁷

The Development of Karezza

In 1872, after more than 25 years of practice, Noyes published his experiences and theories in *Male Continence*. Two other Karezza classics are *The Karezza Method* by J. William Lloyd (1931) and *Karezza: Ethics of Marriage* by Alice Bunker Stockham, MD (1903). All of these are available as free downloads from <http://www.reuniting.info>.

Dr Stockham developed her method mainly to help her patients, and promoted it as producing better health, greater harmony and spiritual attainment. She believed that sexual energy may be directed into building bodily tissue and permeating every cell with health and vigour.

For Stockham, Karezza was a form of spiritual companionship. Partners seek union and mutual soul development rather than fleeting passionate gratification, but the emphasis is on loving closeness rather than denial of pleasure. At the appointed time and after joint meditation, the couple calmly engages in physical contact and expressions of endearment and affection, followed by the complete, quiet union of the sexual organs.

Only the book by Dr Lloyd still has some practical value in regard to details of the technique, while the other two books are mainly of historical interest. But all of them relate the great health and emotional benefits derived from this method.

By the middle of the 20th century, the practice of Karezza had greatly declined in the United States, although related non-ejaculatory methods apparently had gained many followers in India and Egypt.

Peace between the Sheets

Recently, Karezza has been enjoying a revival in the United States and knowledge of the practice has also been spreading to other countries, in large part due to the efforts of Marnia Robinson and Gary Wilson.

They maintain the website <http://www.reuniting.info> with a wealth of practical, scientific and spiritual articles as well as a discussion forum and a monthly newsletter. The basis for this work is Marnia's book *Peace between the Sheets: Healing with Sexual Relationships* (2003), available from their website.

Gary had been a long-time alcohol addict and was on prescription antidepressants. Within a short time of instituting their new sexual habits, he found it relatively easy to overcome these problems (although he still had some tough moments); also, Marnia's chronic yeast and urinary tract infections disappeared.

The book and the website, which includes a number of testimonials, show the many health and relationship benefits of this non-orgasmic approach to making love, and Marnia also provides easy-to-follow instructions and exercises for beginners.

The Karezza Method

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In Karezza, the emphasis is on the inner feeling awareness as well as on the feeling of complete union with the partner. Orgasm is avoided or at least minimised. Caresses and slow, controlled movements during intercourse generate a steady stream of sexual energy that is consciously converted into feelings of sublime joy and love. Typically, this may continue for an hour or more. It is not necessary for the penis to be erect or even inside to enjoy this type of lovemaking: part or all of the time, the tip of the penis may just touch the

entrance of the vagina or the sexual organs may not touch at all.

Initially, concentrate awareness on the sensations at the point of contact with the partner, in the genital area and wherever the skin or a caressing hand touches. This generates pleasant sensations, which can now easily be converted into a loving feeling. Open your heart and send this love to your partner. In a more active fashion, you can in your imagination lead the energy felt in the genital or pelvic area upwards to the heart. There you feel it as love and radiate it out onto your partner and also envelop both of you in a cloud of love.

For many sensitive individuals, this is more satisfying than just mechanically experimenting with different positions or chasing an elusive orgasm. You may also lie quietly connected, just to relax and feel close, cared for and protected, without attempting to generate any specific effects. If sleeping together, you may develop a routine of connecting daily before going to sleep or after awakening, or both. This may be done without moving, just to feel close to each other, or you may sleep together skin to skin. All this is not only emotionally satisfying, but produces strong bonding and greatly strengthens the relationship.

A connection based on love provides a natural increase in sexual self-control, as explained by Dr William Lloyd: "As you acquire the habit of giving your sexual electricity out in blessing to your partner from your sex-organs, hands, lips, skin, eyes and voice, you will acquire the power to satisfy yourself and her without an orgasm. Soon you will not even think of self-control, because you will have no desire for the orgasm; nor will she."

Dr Lloyd also notes the ability of Karezza, or controlled intercourse, to nourish lovers. He reports a sense of "sweet satisfaction, fullness of realisation, peace, often a physical glow and mental glamour that lasts for days, as if some ethereal stimulant, or rather nutriment, had been received." He says: "...in successful Karezza the sex-organs become quiet, satisfied, demagnetised, as perfectly as by the orgasm, while the rest of the body of each partner glows with a wonderful vigour and conscious joy...tending to irradiate the whole being with romantic love; and always with an after-feeling of health, purity and well-being. We are most happy and good-humoured as after a full meal."

BIO-ENERGY Regenerating the Life-Force

Sexuality and the various benefits resulting from non-organic sex can only be understood in the context of bio-energy or life-force, also called *prana*, *chi*, *ki*, *orgone* or *od*. We may see it as the innermost aura around living objects or feel it as heat or tingling in our body, especially when transferring energy, as with "laying on of hands" or Reiki or most strongly during orgasm.

This energy circulates in our acupuncture meridian system, and its vortices form our chakra system.

It is at the base of paranormal or psychic phenomena and is also the healing agent of many natural therapies. While bio-energy is still unknown to orthodox science (except in astrophysics, where it is called "dark energy"), it is an everyday experience of many sensitive individuals. Sexual energy is highest in virginal teenagers, where related electrical activity can lead to static and interference with electrical and electronic equipment.

As living organisms, we are a dynamic bio-energy system. Our health and energy rely on a strong flow of bio-energy into the chakra system. From there, the energy flows through the meridian system into all the organs and tissues, and any surplus flows out to form the etheric aura around the body.

The sex chakra is our strongest bio-energy generator. In addition to providing a moderate stream of energy into the base chakra and then up the spine into the brain, it also keeps the production of our sex hormones going. If this energy generator becomes weak, then we lack vitality and may be close to a disease or to old age.

The problem now is this: if we let this energy generator deteriorate through poor nutrition or by blocking the flow of sexual energy, then our overall energy level deteriorates. If, on the other hand, we frequently use it with organic sex, then we lose an inappropriate amount of bio-energy, again resulting in a low energy level in addition to the negative effects of strong hormone fluctuations.

The logical solution is the sufficient use or stimulation of our sexual energy, but without discharging it and without creating an energy blockage. Ideally, we produce a high amount of sexual energy and then channel it into the chakra and meridian systems to keep us young and healthy.

This model lets us understand the frequent claims of practitioners of Taoist (Daoist) and Karezza methods of love-making as to the amazing health and rejuvenating effects that have been experienced.

Lessons in Sex Perfection

Rudolf von Urban, an Austrian psychiatrist and psychologist, was originally associated with Sigmund Freud but, like Wilhelm Reich, later immigrated to the United States. In 1952 his book *Sex Perfection* was published, in which he relates experiences and insights that led him to the conclusion that there is a bio-energetic potential difference between a sexually charged male and female which requires about half an hour to be exchanged and reach an equilibrium. Knowing that his colleagues would not take kindly to facts that contradicted their theories, he waited 30 years before publishing his discoveries. In addition to writing about Karezza, he also relates the following observations which we need to consider when formulating a theory of sexual energy.

• **The Arabian couple:** The first account is of a former patient, a medical doctor, and his young Arabian bride. After caressing naked in a dark room for about an hour without sexual contact, he saw the body of his wife surrounded by a greenish-blue, hazy light. When he moved his palm "within an inch of her breast", a visible and audible electric spark jumped from the breast to his palm, causing some pain. Dr Karl von Reichenbach, a distinguished scientist, had previously described a similar phenomenon without being taken seriously by mainstream scientists.

Following von Urban's suggestions, the couple made a series of experiments with the following results. When they caressed for an hour and then had organic intercourse lasting for less than 27 minutes, sparks still moved between them. However, if intercourse after caressing lasted 27 minutes or longer, no more sparks would fly. Furthermore, if they started intercourse immediately without caressing, the woman would not emit a visible radiation and no sparks

would develop regardless of the length of the intercourse.

In addition, caressing followed by organic intercourse lasting less than 27 minutes induced in both a strong desire to have more sex. But if they acted on this with another brief intercourse, they both developed health problems afterwards, such as headaches, asthma and heart palpitations. Also after caressing and organic intercourse of short duration, the sparks between them became stronger. Von Urban interpreted this as showing that a short organic intercourse of less than 27 minutes eliminated the tension in the sexual organs but increased tension in the rest of their bodies. Sparks were also stronger a day before the start of her menstrual period, again indicating increased body tension.

Von Urban wrote that intercourse for periods of less than 27 minutes increased the distance at which the sparks would jump to more than one inch, indicating that the tension in their bodies became stronger with each organic intercourse of short duration. These sparks, which may only be observed in individuals with strong sexual energy, show that the skin is highly charged with bio-energy. This is pleasurable and desirable as part of sexual foreplay, but then it needs to be discharged as part of a prolonged sexual union. If, instead, the skin remains charged up because the following union is too short, then the individual becomes tense and may in time develop stress-related symptoms and diseases.

So, to summarise, organic intercourse for half an hour or more, with or without initial caressing, did not produce any sparks and therefore appears to eliminate all tension. Intercourse for half an hour or more was followed by a pleasant relaxation of the whole

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body, with increased love and happiness of the couple and no desire for another sexual connection for five or more days. If the intercourse lasted for an hour, this contentment lasted for one week, and after a two-hour intercourse it lasted for two weeks. This was true even when there was an early ejaculation but they remained sexually connected with a non-erect penis. Later, von Urban found these observations confirmed by reports from other couples.

• **South Sea Islanders:** Von Urban also describes the sexual practices of some Melanesian societies as confirming the experiences of the Arabian couple. Foreplay with kissing and caressing takes at least half an hour, but a man never touches the clitoris. Then they connect with their sexual organs and lie motionless together for at least another half-hour before starting movements, and after orgasm they remain sexually connected for a long time. He says that on nights when they did not have sex, they slept skin to skin but without any kissing or caressing. They had intercourse not more than about every five days, and sexual problems seemed to be unknown in these societies. They made fun of what they regarded as the immature sexual practices of Westerners.

• **The young woman:** Von Urban presents the case of a beautiful but "neurotic" young woman who was terrified of men, but after falling in love with a medical assistant of von Urban eventually agreed to marry him on the condition that he would not try to have sex with her. After six weeks, they spent their first night together, naked but without any sexual contact. After about half an hour of lying together, they both experienced an indescribable delight and rapture that lasted the whole night. However, after seven hours they had to separate or they would get a feeling of suffocation unless they had a shower, and then they could continue lying blissfully together. During the day they felt exceptionally happy, relaxed and energetic. For 14 years they practised this celestial type of love-making until they tried conventional sex and lost it. As with the Arabian couple, their experiences were enhanced by having a shower before lying together.

Von Urban's Six Rules of Perfect Sex

1. **Preparation:** A day chosen for making love should be filled with mutual kindness and affection. A period of love play with kissing and caressing should precede the sex act. Clitoral stimulation should be avoided. Women who are used to clitoral orgasms should gradually, within a few weeks or months, be helped to refocus on vaginal stimulation. (Comment: Von Urban believed that clitoral stimulation increases tension and makes deep relaxation of the whole body more difficult, and that if one is used to clitoral stimulation it also may make it more difficult to achieve deep vaginal orgasm. The main goal for von Urban was not creating strong excitement and coming quickly to orgasm but, rather, having a loving and strongly bonding connection with a partner. This does not mean that everyone needs to do it this way; von Urban just believed that it gave the best long-term results in regard to health and relationships.)

2. **Position:** The partners should adopt a position that allows them to remain fully relaxed during a long intercourse. Preferred is the scissor position: the woman lies on her back with knees drawn to the chest, while the male lies on his left side crosswise to her, so that his penis touches the entrance of the vagina. She now drops her legs and he places his right leg between her legs. With

this, her left leg is between his legs while her right calf rests on his torso. Sides may be reversed. The man places the tip of the penis at the opened entrance of the vagina. Now all kissing and caressing should cease and both lovers should focus on the energy streams between their sexual organs. It does not matter if the penis is soft or erect. After half an hour and full exchange of sexual energy, the penis usually becomes erect and may now enter provided that the vagina is naturally moist.

The use of oil is discouraged as it slows the exchange of energy (but this should not be a problem with long connections), and condoms must be avoided (except possibly temporarily for the purpose of ejaculation) because they block the exchange of bio-energy and lead to increased body tension. (Comment: These recommendations are for couples in long-term relationships; for casual encounters, use safe sex practices.)

3. **Duration:** After the man has learned to control his ejaculation, the 30 minutes outside the vagina are no longer required. For a long connection of one to three hours, the couple remains mainly motionless or with slow movements. If ejaculation

occurs prematurely, the soft penis should remain inside until at least half an hour after entering. If unwanted pregnancy needs to be avoided, then withdraw shortly for ejaculation, urination and washing, and then connect the penis again to the inner lips.

4. **Concentration:** During the whole sex act from preparation to finish, the couple should focus on each other and what they are doing, and become aware of the sensations where they are touching and the energy flows within and between them.

5. **Relaxation:** It is essential to relax not only physically by choosing a suitable position, but also mentally and emotionally. Any kind of worry, guilt or preoccupation with work or family problems prevents relaxation and full exchange of bio-energy. Try to overcome such problems by dealing with them at other times, and use relaxation exercises and meditation to switch off when you want to. Another problem is that a woman may suppress her sex drive because of previous abuse or disappointment, and may resist subconsciously. This can usually be overcome with much tenderness, love and patience from her partner.

6. **Frequency:** While frequency of sex may depend mainly on the desire of the partners, von Urban observed that generally, after a 30-minute intercourse with proper preparation, couples are happy with a five-day interval; after one-hour intercourse, with a one-week interval; and after two hours, with a two-week interval. He regards a sufficient interval as important to fully recharge the body batteries with bio-energy.

Additional Comments on von Urban's Six Rules

Von Urban's observations seem to show that the undesirable effects of conventional orgasmic sex may be mainly due to unreleased body tensions rather than hormonal changes *per se*, although hormonal changes may be a result of bio-energetic changes. The increased contentment and happiness after von Urban's Perfect Sex appear to be the same as after Karezza, and would be due to the combination of persistently raised oxytocin and increased relaxation.

The main goal for von Urban was not creating strong excitement and coming quickly to orgasm but, rather, having a loving and strongly bonding connection with a partner.

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The rest period of five days to two weeks between orgasmic events may mean that prolactin rises and androgen receptor levels fall as after conventional orgasm, but that the duration of the changes depends on the degree to which the body tensions have been neutralised. If there is a prolonged reduction of the dopamine level, as after conventional sex, it may be offset by increased oxytocin so that overall there is no negative emotional effect.

It is not clear if after Karezza there is a five- to 14-day period of decreased desire for sexual union, as is the case after Perfect Sex. Some authors seem to say so, while some modern couples may connect daily but often just lie together peacefully or in a meditative state, or snuggle up for comfort.

Any period of decreased desire may be much less pronounced with Karezza and may be mainly due to the contentment of being in a bio-energetic equilibrium rather than due to an unfavourable hormonal effect.

For more details on Perfect Sex, see <http://www.health-science-spirit.com/Sexuality.html>.

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Endnotes

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Walter Last no longer has a clinic. For information on health questions, see his website <http://www.health-science-spirit.com>. Additional references for this article are available from Mr Last on request.

SEXUAL ENERGY IN HEALTH AND SPIRITUALITY

Ancient spiritual traditions and new ways of relating sexually with our partners offer solutions for overcoming health problems and improving our vitality and longevity.

Part 2 of 2

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Website:
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SEX AND HEALTH

According to psychological studies and statistics, in the longer term the vast majority of sexual relationships cause more distress and unhappiness than happiness. It is obvious, at least to me, that stress due to failing relationships also has a major impact on our health, emotionally and biologically. Even medical thinking now regards stress as an underlying problem that aggravates all other diseases.

Sexual factors that may contribute to health problems are nutrient deficiencies, hormonal and bio-energetic imbalances, and emotional distress. Several of these may be involved in any one case, and they cannot always be identified.

Nutrient deficiencies relate mainly to loss of ejaculate. The seminal fluid is high in zinc and requires much vitamin B6 and omega-3 fatty acids, which are found in fish oil and linseed oil. Deficiencies of these are widespread, especially in teenage boys with frequent loss of seminal fluid. The same deficiencies are common in schizophrenia, which starts most frequently in teenage boys. I believe that this may be a contributing factor in cases of existing deficiencies. Zinc deficiency also leads to underdeveloped male sexual organs and later in life to enlargement of the prostate gland. By pointing out these connections, I do not want to create guilt about masturbation but, instead, improve awareness about nutrition. Also, orgasm and schizophrenia are both associated with a high and unstable level of dopamine, while depression is associated with a low dopamine level.

Another observation is that arthritis tends to get worse with frequent ejaculatory sex. An ancient proverb says that "[Excessive] love-making, wine-drinking and laziness create arthritis". Arthritis specialist Bernard Aschner, MD, observed that arthritis tends to get worse with frequent ejaculations, especially with elderly men, whom he advised to abstain from sex for a few months until cured.⁷

Hormonal imbalances, especially dopamine excess or deficiency, seem to be the greatest contributors to addictive behaviours such as drug abuse, compulsive behaviour and gambling as well as aggression, violence and attention deficit disorder. Oxytocin, on the other hand, has a beneficial influence on these problems. For a referenced discussion of this subject, see http://www.reuniting.info/science/sex_and_addiction.

The main factor in raising our stress level is probably the inability to discharge bio-energetic static. One common example is watching exciting movies that fire us up, and then going to bed without releasing the induced tension. It is likewise with conventional sex. Initially the body may get charged with skin stimulation and anticipation, but then there is little release, especially for women, if the union lasts for less than 30 minutes. No wonder that some women develop emotional problems and gynaecological or nervous complaints, or just switch off and abstain from sex. Men, being less emotionally aware, may just develop physical symptoms instead, such as hypertension, heart disease, prostate problems or impotence.

Dr Rudolf von Urban's solution for relieving single or otherwise frustrated women of sexual and bio-energetic tension is a warm douche at bedtime on alternate nights. The duration is from 10 to 20 minutes while lying in a bathtub. The water is supplied by fitting some rubber tubing over the tap. This practice is very relaxing and not meant to induce an orgasm, but will help to provide a peaceful sleep.

Most diseases and health problems of the sexual organs are likely to be linked to unhealthy sexual practices. These health problems include not only cancers and

infections of the sexual organs but also diseases in other parts of the body. Even tumour growth and metastasis are stimulated by stress hormones.

Oxytocin counteracts the effects of stress hormones, and less stress means increased immunity and faster recovery. Oxytocin receptors have also been discovered in tumours. Therefore, oxytocin has a growth-inhibiting effect on cancer, especially prostate and breast cancers: the more oxytocin, the less tumour growth can be expected.

At <http://www.reuniting.info/science/research> you can find scientific references showing that oxytocin is increased by hugging, massaging, touching, kissing and psychological support. It improves stress levels, immune functions, wound healing, detoxification, impotence, autism, memory, caring attitude, female receptivity, and reduces addictions, anxiety, aggression, allergies, pain, breast and prostate cancer. At the same website is an equally impressive collection of research references showing the health disadvantages of orgasmic sex.

Hypertension and Stress

As an example of the benefits of healthy sex, von Urban mentions that at a neuropsychiatric conference he presented a difficult case cured of high blood pressure, stomach ulcers and inability to work within eight weeks with his Perfect Sex method. A leading expert doubted that a change in sexual practices could normalise high blood pressure, so von Urban asked him to send his most difficult and hopeless case. Ten days after the patient was counselled by von Urban, his blood pressure was almost normal.

In contrast, it should be noted that Wilhelm Reich, who advocated orgasmic sex for release of excess bio-energy, died of heart attack probably associated with high blood pressure, and his wife suffered from severe hypertension.

Von Urban also presents the case of a young woman who was diagnosed as schizophrenic, temporarily institutionalised and treated with electric shock therapy. A few weeks after changing sexual habits, she became completely "normal" and remained so.

Considering the vast amount of hypertension, mental disorders and other stress-related conditions in our society, and that von Urban demonstrated the effectiveness of his method only 60 years ago, I do not expect the method will be discussed in medical journals or the mass media any time soon.

I do not want to imply that sexual energy is the only factor causing or curing the discussed diseases. However, if sex is changed from being a severe stress to becoming a healing factor then this can be sufficient to overcome the health problem.

Furthermore, most of those with a chronic disease, especially cancer, are emotionally rather fragile and they benefit greatly from a close-bonding, loving relationship to elevate oxytocin. This is also beneficial with heart disease and mental/emotional conditions such as depression and addictions.

A high level of testosterone is a negative factor with prostate cancer, as is high oestrogen with most breast cancers. But when

we are in love (or create a feeling of love with increased oxytocin), the sex hormones in both genders become more like each other. Males become less aggressive, gentler and more spiritual, while females produce more testosterone to make them bolder and balance excessive oestrogen levels.

For the Lack of a Cuddle

Anorexia nervosa develops mainly in teenage girls. This immediately suggests a connection to sexuality. I was intrigued to read that one of the more successful methods recommends, in addition to other measures, using a cosy vest to provide a feeling of being warm and protected.

That reminds me of an experiment with monkeys.⁴ Immediately after birth, the babies were separated from their mothers and raised with two substitute

"mothers". One was a wire structure containing a food bottle with a nipple, and the other was a terry-towel cloth wrapped over the wire, heated by an electric bulb inside. The young monkeys adopted the cloth-covered structure as their mother substitute and were distressed when it was temporarily removed. The bottle structure was just a feeding machine to them. All these monkeys became disturbed emotionally as well as in their behaviour when growing up, and they were unable to perform the sexual act successfully on maturity. Touch was emotionally more important to them than food. That is exactly what happens with anorexia nervosa.

It was often worse for human infants who were raised in church or government institutions without even a cloth mother substitute. One of the worst aspects for a baby is the feeling of not being wanted, and especially if it experiences hostility from one or both parents. A difficult birth with forceps, surgery and glaring lights is traumatic, as is a negative attitude by anyone present at the birth.

Even worse is the prolonged removal of the baby from the mother in most hospitals. All of these aspects generate stress hormones when babies need, more than anything else, persistent contact with the mother (or a suitable human substitute) to generate soothing and bonding oxytocin.

Presently there is a rapidly rising incidence of self-harm reportedly affecting up to 20 per cent of teenagers, with a high incidence among teenage girls. While teenage boys tend to release their internal tensions through outward aggression and harming others, girls tend to harm themselves. Princess Diana admitted to self-harm. This phenomenon is not new and was reported in former centuries and even millennia ago. In the 19th century, many girls were known to stick needles into their skin and were called "needle girls" by medical professionals. At present, cutting with razor blades is more fashionable.

The reported reason for doing this is unbearable emotional tension. It provides essential stress relief, and some girls say it keeps them alive so that they don't need to commit suicide. This tension starts with puberty and abates towards the end of teenage years. Self-harm is also related to eating disorders and

Oxytocin receptors have also been discovered in tumours. Therefore, oxytocin has a growth-inhibiting effect on cancer, especially prostate and breast cancers: the more oxytocin, the less tumour growth can be expected.

is prevalent in detention facilities and nunneries. In adults, such behaviour now gets the psychiatric label "borderline personality disorder" (BPD).

We can now understand this behaviour according to von Urban's model of a stress-based, bio-energetically charged skin. When someone is in pain, bio-energy is released together with feeling energy, and it is this pain-induced release of bio-energy that keeps these self-harming teenage girls sane. Furthermore, pain due to various known or unknown causes can be relieved by appropriate skin contact. From this, it is easy to see that the most curative method for these teenagers, as well as for others with emotional problems, would be prolonged skin contact in a safe environment to raise oxytocin levels, and especially non-sexual, affectionate contact with someone of the opposite sex. Cuddles from either parent, as well as other offerings of affection, are beneficial for the emotional well-being of all children regardless of gender and greatly reduce children's stress levels. (Note, too, that with larger families in the past, there was more contact between children.)

However, in addition, it is beneficial to reduce the strong build-up of sexual energy which causes stress at the bio-energetic level, especially in adolescents. In Western society in previous times, there was a custom of boys and girls holding hands or dancing on Saturday evenings for a long time with body and hand contact. Now, couples tend to have little contact during dancing, and the music and lighting, instead of being relaxing, are designed to produce a stress-induced dopamine hype.

The hands are strong radiators of bio-energy, and the most effective equalisation is between the male right hand and the female left hand. Also, a foot massage facilitates energy exchange and is relaxing. A parent can easily massage the bare shoulders, neck and back of a child or teenager of the opposite sex, and then get a massage in return; this would be relaxing for both. However, it is important for the same-sex parent to participate as well so that there is no emotional separation. A special time of the week may be selected where the whole family joins in gently massaging each other. Also, having a professional massage from a therapist of the opposite sex is an option, or cuddling in a health or social club.

Reducing Stress and Tension

Bio-energetic static and emotional energetic blockages are probably major factors not only with hypertension, mental problems and other stress-related conditions, but also in the present epidemic of hip, knee and lower back problems, leg cramps as well as gynaecological and other disorders in the pelvic area, including impotence and frigidity. Persistent bio-energetic static and its associated emotional blockages tend to cause muscle tension with permanently reduced blood, lymph and nerve supply to these areas, making them susceptible to infections, arthritis and other health deterioration.

According to the findings of von Urban and the experiences of couples practising Karezza, the easiest way of reducing such persistent tensions is prolonged, quiet skin and possibly sexual contact with a partner of the opposite sex, basically as a long

period of relaxation or meditation. While superficial tensions may be eliminated in one session, deeper muscle tensions are caused by a lifetime of sexual frustration and may require many repetitions of lying together while using guided imagery and pleasurable feelings to melt the corresponding emotional blockages.

Emotionally deprived children grow into adults with antisocial or asocial tendencies. On one side of the scale this manifests as violent, criminal and destructive behaviour, and on the other as shyness, lack of confidence, self-destructive behaviour and depression. Often our sexual problems start right after birth if we are bottle-fed instead of breast-fed or, worse, if we are separated from our mother for a prolonged period. This separation tends to make it difficult later to bond with a partner. Even with relatively good parenting, our evolving sexuality causes enormous tensions and stresses while we grow up in our society, and most adults will experience emotional and health problems due to general ignorance in regard to balancing sexual energy.

Compare our Western upbringing to the way von Urban describes how children were raised in some more advanced native societies. He writes: "The Melanesians are certain that children whose sex impulses are not correctly developed can never become experts in love." Sexual training is considered to be most important for the future happiness in the love life of their children. They encourage children to pay attention to their sexual feelings. There is a lot of touching, caressing and skin contact

between adults and children in native societies.

According to von Urban, anthropologist Professor Bronislaw Malinowski reported that the chief of an African tribe expressed his astonishment to an early explorer that Westerners do not provide sexual training to their children. He believed this to be more important than any other kind of training, as healthy sexual development not only provides bliss for the individual but also harmonious family and tribal life. He also said that "In some tribes of Central Africa, masturbation is taught by an elder of the opposite sex", and to abate sexual tension "old women quietly lay their hands on the testicles of little boys, and old men on the vulvas of little girls, holding them thus for some time". Malinowski noted that such practices were more satisfactory than masturbation. Why? Because masturbation, while providing local relaxation, increases overall bodily tension, while skin contact with the opposite sex reduces it. Therefore, prolonged non-sexual skin contact between a boy and a girl, or a child and parent of the opposite sex, would probably be a good way to alleviate hyperactivity, attention deficit disorder, shyness, autism, violence, self-harm and related problems.

There seems to be a complete absence of sexual and stress-related conditions in native societies described by Malinowski. In our society, children's sexuality is so misdirected that sexual violence, rape and many forms of sexual inhibition, frustration and abuse, emotional problems, mental diseases and other stress-related conditions are a frequent outcome in adult life. This shows that we could learn much from native practices. As these native people could observe all varieties of loving sexual

Now, couples tend to have little contact during dancing, and the music and lighting, instead of being relaxing, are designed to produce a stress-induced dopamine hype.

activity, sex held no unhealthy fascination or obsession for them, as it has for most people in our society. Consequently, abuse of children, rape or other forms of violence were unknown to them. Sexual activity to them was as natural and open as eating is to us. According to Malinowski, such open native sexual education does not necessarily result in early pregnancies. Properly taught Karezza would not only lead to a healthier society at all levels, but would also curb the unsustainable overpopulation of our planet.

What many singles and especially women miss even more than sex is touching and hugging. Some try to satisfy this need with regular massage therapy. However, there may be a simple solution: just form a local "hug club". Discreetly spread the word and you may be surprised by the amount of interest in hugging that's "out there". You may also form or join a healing group where hugging may be practised together with other self-healing techniques.

SEX AND REJUVENATION

There are many hints of rejuvenation and increased longevity achieved as a result of sacred sexual practices. Some of these, such as increased longevity in harmonious relationships and longer lives of caregiving parents could just be due to persistently raised oxytocin levels. However, there are also ancient practices, especially based on Tao, that deliberately use sexual energy to rejuvenate and increase longevity.

Also, according to information channelled by Edgar Cayce, we can achieve complete regeneration (perfect operation of the endocrine system) if we cleanse and purify the reproductive centre.

In the 1930s, Peter Kelder wrote the now famous *Eye of Revelation* with the "Five Rites of Rejuvenation" or the "Five Tibetans". Thousands and possibly millions faithfully did these exercises every day without doing the one that really mattered to draw sexual energy up the spine. That was probably because Kelder's instructions for the sixth rite were somewhat vague. The rite is only practised when one is sexually excited. One is to stand and bend over with the hands on the knees and push all the air out of the lungs. Then straighten up and with the hands on the hips push up the shoulders. Pull the stomach in and up and hold this position for as long as possible. Then forcefully inhale through the nose and exhale immediately through the mouth. The arms may now hang to the sides while you take further deep breaths through the nose or the mouth. If one is still sexually excited, the same procedure may be repeated as often as necessary. However, Kelder did not write about how to cause the sexual excitement that generates the sexual energy to be drawn up and distributed through the body. A more detailed and substantial set of instructions is now available thanks to the work of Mantak Chia in collaboration with Michael Winn in their series of *Healing Tao* books. Some of the relevant books are *Taoist Secrets of Love: Cultivating Male Sexual Energy* (1984), *Healing Love: Cultivating Female Sexual Energy* (1986), *Awaken Healing Light of the Tao* (1993), *The Multi-Orgasmic Man* (1996) and *The Multi-Orgasmic Couple* (2000), published by Healing Tao Books, Huntington, New York. In addition, there is a global network of certified Tao teachers; see <http://www.universal-tao.com>.

Circulating Sexual Energy

Mantak Chia, born in Thailand of Chinese parents, studied with various Taoist (or Daoist) masters before moving to New York 30 years ago and setting up his Healing Tao centre. He seems to be the first modern Tao master who openly teaches previously secret Taoist methods of using sexual energy for rejuvenation, longevity and spiritual development. This system uses sexual energy as the primary fuel to be refined by spiritual practice. Instead of sexual energy being released in the form of an orgasm, it is channelled up the spine and then down the front in the "microcosmic orbit". In this way, it remains available to heal and rejuvenate the body, while any surplus is stored in the area behind the navel. It appears that the microcosmic orbit was developed 2,000 years ago by Taoists as a sexual practice to rejuvenate the brain, and it later evolved to become a spiritual practice.

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First, you practise to learn the two basic skills of avoiding an orgasm and circulating energy in the microcosmic orbit. It is advisable initially to practise alone with self-pleasuring. This is called "single cultivation". You stop shortly before the orgasm and, with breath control and imagination, draw the energy upwards. Chia calls this the "big draw" for men and the "orgasmic upward draw" for women. When you are able to do this, it is preferable to use "dual cultivation" with a partner of the opposite sex as the technique involves exchanging

male and female sexual energies. When you are sufficiently advanced, you can derive pleasure from repeated "valley orgasms" during long periods of love-making and with repeated upward draws of energy. It is possible to continue practising alone or with a same-sex partner, but then one may need to use additional methods of attracting the missing opposite-sex energies.

In addition to using activated sexual energy, you may practise the orbit by accumulating energy during meditation, imagining energy entering through the crown centre at the top of the head or by condensing breath energy. To learn to circulate energy, you need to have a basic understanding of the chakra system. These are the seven major and numerous minor etheric vortices that distribute bio-energy within the body. When you have a good feeling sensation of the energy either from breathing into the abdomen or from activating sexual energy, you imagine this sensation flowing towards the perineum and the base of the spine.

Now, imagine a valve opening at the tailbone and with each inhalation you lift the energy higher up the spine, while holding it during exhalations. Imagine that your spine is a straight hollow tube through which the energy flows and continue to lift it all the way to the top of the head. Reinforce it with energy entering the top of the head and then lead it down in steps to the centre of the forehead, the throat, the middle of the breastbone, the stomach and, finally, store it behind the navel as a ball of energy. When leading the energy down, it helps if you touch the roof of the mouth with the tip of the tongue.

When needed, this energy may be reactivated with your intention and used for healing yourself or others by directing with your mind where you want it to go. It may also be used

for tasks with high-energy requirement and is the same energy that masters of the martial arts aim to cultivate and use.

When you can readily feel the circulating energy and the various centres on its path, you may also use a short form to energise and centre yourself quickly. Imagine the energy entering the top of the head and rapidly jumping down from one centre to the next to the base of the spine. Then with one inhalation lift the energy to the top of the head, and with the next exhalation drop it again down to the base. In all this energy work, imagine and feel the energy moving below the surface of the skin.

Instead of doing the big draw when close to orgasm, you may constantly draw up sexual energy in a "slow draw", especially during prolonged love-making as in Karezza. You do this by keeping part of your mind focused on your third eye area between the eyebrows, best done by turning your closed eyes up and inwards as if looking at this point. Then with each slow inhalation you imagine sexual energy moving up the spine to the top, while during the slow exhalation you let the energy fall down the front and back to the sexual organs, not forgetting to keep the tongue against the roof of the mouth.

If this sounds too formidable, just start out by keeping your focus on the third eye and feel love radiating from the heart. The slow draw is also suitable in a meditative state with or without gentle self-pleasuring or early morning erections or other states of gentle arousal. For more details, see <http://www.health-science-spirit.com/bioenergies.html>.

Strengthening Sexual Energy

The strength of our sexual energy is a function of our overall vitality or vital energy. If our overall vitality is low, then we do not have much sexual energy available to circulate in the microcosmic orbit. Furthermore, by frequently drawing the energy up, it may initially deplete our available sexual energy. Apart from conserving energy through non-organic intercourse, there are many techniques to strengthen these energies.

One such method is the "inner smile". In its simplest form we may just smile at people we meet, at a tree, a flower, a cloud or the sky or landscape. As a more deliberate exercise we may close the eyes, focus on the third eye point between the eyebrows and smile in succession at every major organ and gland in our body.

Another important method is concentrating breath energy. This may be done with any organ in need of healing, but for this purpose we may breathe into the sex organs. Inhale deeply into the abdomen, and during a slow exhalation imagine the bio-energy in the inhaled air being compressed into the testicles or ovaries.

Due to decades of sexual tensions, most of us have permanently tense and weak muscles between the top of the pelvis and the knees. This is like an old battery that cannot hold much charge. Use massage, vibrating, shaking, relaxation exercise and guided imagery to soften their contracted core.

Also, do pelvic floor exercises. In addition to rhythmically contracting and relaxing the whole pelvic floor, selectively push forward to contract only the front part.

In men, this gives an impulse to the penis, while woman may also rhythmically contract the vaginal opening. This forward pressure is used to prevent loss of energy when near orgasm, while selective contraction around the anus and tailbone helps to lead the energy up the spine.

Other common techniques are *tai chi* and *chi gong*. In these practices, we imagine and feel energy being drawn into our body from our environment. Walking barefoot on grass or moist soil or swimming in the sea enhances and cleanses our aura.

The north-pointing pole of a magnet, like the right palm, has an energy that is similar to the *yang* or male sexual energy, while the energy of the south-pointing pole or the left palm is similar to the *yin* or female sexual energy. In Taoist philosophy, the heavenly or spiritual energies entering through the top of the head are male or *yang*, while the earth energies are female or *yin*. Generally, female energies are soothing and relaxing, and male energies are stimulating and activating.

Food for Sexual Energy

We cannot have strong sexual energy if we are malnourished. Our life force, from which we generate sexual energy, is similar to the bio-energy in raw food. Therefore, raw food has a much stronger vitalising effect than cooked food.

High-quality proteins are part of the seminal fluid, and a high-protein diet is sexually stimulating. In our culture meat is preferred, while in the Orient chickpeas are used to improve sexual performance. However, the food with the highest reputation is the raw yolk of a free-range, fertilised egg; it supplies sulphur compounds that are also high in the semen. However, even more effective than egg yolk is raw minced

meat.

The seminal fluid is also high in zinc and requires much vitamin B6 and omega-3 fatty acids, which are found in fish oils and linseed oil. Deficiency of these is widespread, especially with frequent loss of seminal fluid. Fish oils are also required for natural vaginal lubrication.

The body forms nitric oxide from the amino acid arginine as a signal for the blood vessels of the penis to relax. This is necessary so that the penis can fill with blood and have an erection. Also, magnesium supplements help with relaxation. Stress, on the other hand, often being emotionally uptight, prevents this necessary relaxation and, with this, an erection.

Various herbs and alkaloids have traditionally been used to improve sexual functions. Commonly used for improving and balancing the endocrine system in general and sexual hormones in particular is maca (*Lepidium meyenii*). It appears to be more effective than wild yam and is especially helpful with age-related sexual problems. Also *Tribulus terrestris* (puncture vine) is frequently used to improve sexual functions.

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SEX AND SPIRITUALITY

Sexuality is closely related to spirituality in several ways. In its negative aspects of lust, sexual excess, degradation and rape, it appears as the antithesis of spirituality, and in this light it has been seen in the Christian tradition. However, in its positive aspects our sexuality can open our heart to love and enable us to have experiences similar to meditative states and mystical bliss during or instead of an orgasm and its afterglow. In a less obvious way, sexual energies can be channelled upward to develop our energy centres or chakra system and higher energy bodies. According to esoteric and yogic teachings, this is all part of our spiritual evolution.

The idea of celibacy for priests, nuns and monks is to spiritualise sexual energy through meditation, rituals and other devotional practices. While this generally involves conscious exercises, as in yoga, Christian mystics commonly transformed their energies without conscious awareness through intense devotion. If religious celibates fight to suppress their sexuality, they misunderstand the deeper reason for the practice of celibacy and block their spiritual evolution on that level. If devotional practices do not lead to the transmutation of sexual energies, then it is much better to find a natural outlet. Suppression always leads to problems.

There are hundreds of different tantric, Taoist, yogic and meditative techniques to transform sexual energy into kundalini or spiritual energy. Sexual energy is a denser part of our general life-force energy, which can be liberated as kundalini energy and led upwards. Its ultimate purpose is to facilitate spiritual growth by developing our chakra system and higher energy bodies.

What is Spirituality?

In this context, "spirituality" means to me an effort to speed up the evolution of our consciousness, which then becomes manifest in the functions of our energy bodies and the formation of higher energy bodies. I see the next stage in the spiritual evolution of humanity as forming a society based on co-operation, love and compassion. In some way, this is a high ideal of all religions but is especially expressed in Buddhism and Christianity. Love and compassion are the expressions of an opened heart centre. Therefore, the practice of Karezza is especially relevant at this time.

Tantric and yogic methods aim instead for a fast road to enlightenment, while Taoists ultimately want to develop an immortal energy body, which may correspond to the light-body of New Age philosophy. However, apart from achieving various temporary states of bliss and psychic happenings, few seem to be really successful in this way, and also so-called brain or spiritual orgasms may still be related to addictive dopamine activity.

Tantric and Kundalini Yoga

Tantric and kundalini yoga originate from the Hindu tradition. Both methods aim to lead sexual energy upwards: tantra in ritualised male-female interaction, and kundalini yoga

in strict individual practice; both methods entail semen retention. As a reward, there may be a brain orgasm and various states of blissful conditions. Traditionally, tantra was seen and used as a method to enable men to achieve enlightenment while women were only used as tools, even if they were ritually worshipped as goddesses. This has changed in modern Western practices where women are now the complete equals of men.

I see the main problem with these methods as being a one-way street of energy flow from the base of the spine to the top. This tends to lead to unbalanced development by overstimulating the head centres at the expense of the heart centre. Furthermore, drawing up too much sexual energy may in time deplete overall vitality. Also, I am not impressed with the abilities of practitioners of these systems to rejuvenate. There is probably no problem with these methods for beginners, but various reports indicate problems may result from continued

overstimulation of the brain. This seems to be increasingly acknowledged by modern tantra and kundalini practitioners who now have added the microcosmic orbit to their practices. For an interesting overview of the modern tantra, kundalini and Tao scene, see *The Quest for Spiritual Orgasm* by Michael Winn or visit the website <http://www.healingtaobritain.com>.

"Enlightenment is in the Vagina"

You may think I'm trying to be cheeky or provocative with the statement "Enlightenment is in the vagina", but this is one of the authenticated sayings of the Buddha. The actual phrase in Sanskrit is *Buddhatvam yositonismasritam*. This leaves us with the problem of how to understand or interpret this saying. It seems to turn our usual understanding of enlightenment on its head. This same view is expressed in various sacred tantric texts. There appears to be much hidden sexual activity involving female consorts in some Tibetan Buddhist sects. Western Buddhists, on the other hand, apparently do not know what to make

of this saying and therefore tend to ignore it, although I know of one Western Buddhist in Thailand who took this to mean that lots of intoxicating orgasmic sex is the road to enlightenment. But there is also another Buddhist saying that refers to orgasms as killing the inner Buddha.

My understanding of the first saying is that it refers to female sexual energy which is required for a male monk to become androgynous, meaning that male and female energies become balanced in an individual. This may be achieved by dual cultivation as with tantra or having a female consort, or by single cultivation as with energy meditation. This is really the same process that we also see in Taoist practices and in the Gnostic Gospels. It has nothing to do with surgical or hormonal gender changes. The second saying simply means that by wasting our sexual energy with orgasms, we do not have enough left over for enlightenment.

In the eighth century, a female Buddha, Lady Yeshe Tsogyel, achieved enlightenment through mutual tantric practice.

If religious celibates fight to suppress their sexuality, they misunderstand the deeper reason for the practice of celibacy and block their spiritual evolution on that level.

Suppression always leads to problems.

She explains that women must control their sexual energies just like men need to control their ejaculation if they would cultivate spiritual enlightenment: "If there is leakage of *bodhicitta* [sexual energy], the Buddha Unchanging Light is slain..."

Therefore, with the power of retraction, drawing up 'love' with the base energy of life-force, I held it in the pot of my belly, and maintaining the recollection of pleasure uncontaminated by lust, divesting myself of mind-created *samadhi*, yet not slipping into an instant of torpor, I experienced the ascent of Awareness.⁹⁹

This passage explains in beautiful simplicity the process of Taoist internal alchemy: produce a feeling of sexual pleasure, draw this feeling from the sexual organs into the abdomen, continue to increase it with mindfulness, and at the same time lead the feeling of meditative bliss from the head into the abdomen. Energy flow then follows the feelings. In the abdomen, the heavenly or male energy from the head centres interacts or copulates with the female earth energy of the sexual and base centres.

The ultimate goal of Taoist energy cultivation is the formation of an immortal body.

This is not a physical body but a higher energy body, a light-body. In the same way as in esoteric Buddhist practice, this is achieved by combining male and female sexual energies so that the practitioner becomes androgynic.

This takes place initially in the area behind the navel where the converted sex energy has been accumulated by practising the microcosmic orbit or an equivalent method.

Our major male-female poles are at the top and the bottom of the spine. This is like an energy axis between two spinning vortices with a secondary male-female split between the right and left side of our body. The internal alchemy or inner copulation of these poles then creates the "divine child" or immortal light-body. To be successful, we need not only a strong sexual pole but also a strong crown or heavenly pole formed by regular meditation and a spiritual attitude.

Lao Tzu explained the immortal light-body thus: "It is self-aware yet without ego, capable of inhabiting a biological body yet not attached to it, and guided by wisdom rather than emotion. Whole and virtuous, it can never die."¹⁰⁰

However, Edgar Cayce warned that if you raise the kundalini before you can control your sexual energy, it simply inflames your sexual desire and causes problems on your spiritual path. As general advice, this means practise Karezza or the microcosmic orbit until you can use your sexual energy without being confronted by uncontrollable desires.

The Sacrament of the Bridal Chamber

A similar picture emerges from the Gnostic Gospels. Apparently these Gospels, ascribed to the disciples of Jesus, have been rejected by the official Christian Churches because they imply that Jesus had secret teachings for his disciples.

Western Christianity is based on the doctrines of Paul who did not know Jesus personally and therefore did not receive

these teachings. Most great spiritual teachers reserved advanced teachings for those who could understand them.

So we read in the Gospel of Thomas (22): "When you make the two into one, and when you make the inner like the outer and the outer like the inner, and the upper like the lower, and when you make male and female into a single one, so that the male will not be male nor the female be female ... then you will enter [the kingdom]." This basically says that we must become androgynic to enter the kingdom of heaven. There is no chance that the general public would have understood this.

Also consider the following (114): "Simon Peter said to him, 'Let Mary leave us, for women are not worthy of [eternal] life.' Jesus said, 'I myself shall lead her in order to make her male, so that she too may become a living spirit resembling you males. For every woman who will make herself male will enter the kingdom of heaven.'" This, too, refers to androgyny. The means to achieve this is the Sacrament of the Bridal Chamber. It is alluded to in various Gnostic Gospels. Jesus taught several sacraments, and the Gospel of Philip states that these were the holy baptism, the holier atonement and the "holy of the holies", the sacrament of the bridal chamber, in which participants "put

on the Light" or "Chrim" and return to Oneness. Androgyny is also a central part of other religions, where deities in Taoist, Hindu and Buddhist art are often shown as part male and part female.

There are no direct descriptions of the sacrament of the bridal chamber, but it is clothed in sexual symbology and seems to have been practised as a sacred male-female union without orgasm, also described as pure embrace or undefiled intercourse. Possibly both methods were used as in Tao and tantra kundalini practices. Dual cultivation appears to be by far

easier for equalising male and female energies. However, there is also the following description of it which may indicate single cultivation:

Epiphanius mentions a Gnostic writing called "The Great Questions of Mary", where Jesus gave Mary Magdalene a revelation on a mountain. According to this, Jesus produced forth a woman from his side, akin to the generation of Eve in the Garden of Eden in Genesis. Jesus had sex with her, and then consumed his own semen (see <http://www.novusordosclorum-oai.org/documents/magdalene.htm>). This description is interesting as not only the mythical Eve was created in this way from the androgenous Adam and together they populated the world, but also in Hindu mythology Shiva produced his consort in the same way and they then copulated to produce the world. All of these describe a male-female split of the divine androgyny, and the sexual union of both parts then produced an immortal light-body, the human race or the world.

It is clear that descriptions of secret teachings such as the above are disguised so that only the initiated understand the true meaning. From what we know now, we may assume that Jesus demonstrated to Mary how to focus sexual energy into a male and female energy pole, and then unite these polarised energies to create a higher energy body.

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The swallowing of semen is symbolic for retaining his seed and actually not ejaculating.

Here is a quote from the last paragraph of the Gospel of Philip: "If anyone becomes a son of the bridal chamber, he will receive the light [the Christ]. If anyone does not receive it while he is here, he will not be able to receive it in the other place [the afterlife]."

He who will receive that light will not be seen, nor can he be detained. And none shall be able to torment a person like this, even while he dwells in the world."

According to the Gnostic Gospels, the main purpose of Jesus was to teach eternal life by re-creating the divine androgyne and thus overcoming the separation of the sexes in the sacrament of the bridal chamber.

Being born again in this way with an immortal light-body, any successful follower was no longer a Christian but became a Christ (Gospel of Philip).

The real significance of the crucifixion and the crowning achievement of Jesus' life was the reappearance of Jesus and his

continued teaching in the materialised form of his immortal light-body. This was to demonstrate to his followers the truth of his teachings about the divine androgyne and eternal life.

Therefore, the real basis of the teachings of Jesus is sacred sexuality, the same as in Buddhist, Hindu and Taoist teachings.✽

Endnotes

7. Aschner, Bernard, MD, *Arthritis Can be Cured*, Julian Press, New York, 1957.

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9. Dowman, Keith, *Sky Dancer: The Secret Life and Songs of the Lady Yeshe Tsogyel*, Snow Lion Publications, New York, 1996.

10. Walker, Brian (trans.), *Hua Hu Ching: Unknown Teachings of Lao Tzu*, HarperCollins, San Francisco, 1995 (pb ed.), section 66.

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Walter Last worked as a biochemist and research chemist in the medical departments of several German universities and at Bio-Science Laboratories in Los Angeles, USA. Later he worked as a nutritionist and natural therapist in New Zealand and in Australia, where he is now based.

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Walter Last no longer has a clinic. For information on health questions, see his website <http://www.health-science-spirit.com>. Additional references for this article are available from Mr Last on request.