

# **Sexual relationships for conscious evolution**

By Dr Shakti Malan and Baba Dez Nichols

Did you know that sexuality can be a gateway to consciousness? In our time, ancient wisdom is meeting modern science and understanding in an unprecedented inquiry of this topic. In just a few months sex and consciousness educators and researchers from around the world will be meeting at conferences in Amsterdam, Seattle, and Cape Town with the latest research and healing processes. In this article, we explore how sexuality becomes a gateway to consciousness, and how this possibility expresses in different relationship paths.

Mystics throughout the ages have understood that the inclusion of sexual energy in spiritual practice can radically speed up our evolution. These practices were kept secret and were only revealed to those few seekers who were ready to be initiated into the mystery traditions.

And so it would happen, that a Tibetan Buddhist monk may be sitting in solitary celibate practice for twenty, thirty years until his teacher would perceive his readiness. Then he would send the Dakini to the monk. Dakini means skydancer. It is the name given in the Tibetan tradition for a woman who can lead practitioners to their transcendence through their sexuality. The Dakini would use sacred sexual practices and seduce the celibate monk and feed him meat and alcohol. Such an overwhelming taboo-breaking experience could quite possibly shatter what remained of the monk's ego.

Our sexual energy is our life force energy and can powerfully support our awakening. For most people, the reality is that our relationship with our sexuality is unconscious and repressed. Sexuality is judged in our society, and we are not encouraged to learn about our sexuality as a spiritual celebration.

The experience most people desire from their sexual relationships is a great orgasm and a fun time. We live in a culture that is addicted to ejaculation. Many men see ejaculation as the cure for all sorts of stresses and insecurities. Much of our sexuality becomes orgasm chasing and thus very performance oriented. Women learn to judge their sexual performance by whether their man has had an ejaculatory orgasm. Men, when they become a little more conscious, want to make sure that their partners have an orgasm before they do.

The reality of this approach to sex is that it is one big contraction. The body tenses up and contracts in lovemaking. We get goal oriented and so our spirits get contracted. We keep all our sexual energy tightly compressed in the genitals,

and we aim for those great 45 seconds of genital release.

While genital orgasm can certainly be profound, this is only the tip of the iceberg for what is possible. The ancient mystery traditions have likened our sexual energy to a snake, coiled up at the base of the spine. This snake, our vital life force or kundalini, stays asleep in most people for all of their lives. When we begin to wake up, relax and surrender, we start to feel something else happening in our beings. The sexual energy or kundalini gets activated at the base of the spine, and ascends up the body through a central meridian called the shushumna. This meridian connects the perineum or first chakra to the seventh or crown chakra.

Chakras are nexuses of consciousness situated along the central pathway that the sexual energy travels up. To the degree that each of these chakras are open, our energy can ascend up through them. There are specific unconscious patterns that can keep energy trapped in each chakra point. Here are a few examples.

When sexual energy gets trapped in the base chakra on the perineum, this can be because our reality is tied into unconscious survival issues. An example is when a woman stays in an unhappy marriage because she believes that she would not survive, or would not be able to afford her current lifestyle, if she left the marriage. If there is a strong block in the base chakra, it is very unlikely that sexual energy will be experienced anywhere but in the genitals.

As the base chakra opens up, we start to live in a state of deep trust and surrender to the flow of life. We feel at home and supported wherever we are. We develop a deep, healthy relationship to our own sexuality. We take care of the planet, our home, and our bodies.

With the base chakra open, sexual energy can move up into the second chakra. If sexual energy gets blocked here, this may be because we are concerned about tribal loyalties. An example is when a person chooses a partner based on the fact that their family and community would approve of this person. Love limited to the second chakra says: I love you because you are mine. Love beyond possession would seem way too risky to consider. When the second chakra opens up, we develop a deep loyalty to ourselves and an ability to share from a space of greater self love.

Sexual energy moves up into the heart chakra when we have embraced our personal power in a conscious way (third chakra) and have felt all the feelings that come up around rejection, abandonment, betrayal and jealousy. By lifting the suppression of these feelings and being willing to experience what is authentically there in the moment, we develop a capacity for unconditional love.

The question of conscious sexuality is: How much bliss can you stand? Contractive orgasm is one way to stop the level of bliss building up in your body. In conscious sexual practice, we learn to ride the waves of orgasmic energy and to let them build up and ascend through the body. When orgasmic energy enters into your heart, it feels like your heart opens into an unlimited, expansive love for all that is. When it reaches all the way through the crown of the head, the level of bliss in our bodies becomes so huge that there is no way we can hold on to a limited perception of who we are.

Relationships offer an extraordinary opportunity for opening to the potential of our sexual energy. There are three primary sacred sexual relational paths. When any of these paths are walked with consciousness they can build mastery, power, depth, and love.

The first relational path is the self-contained choice of Celibacy. It is where we get to know the dynamics of our internal relationship. A solid foundation here creates the basis for all other relationships. Most people think of Celibacy in its repressive unhealthy form, as a repressing and denying of sexual expression. Celibacy as a conscious sacred sexual path means the individual becomes a self-activated, thriving vessel of self-circulating sexual energy. Walking the celibate path impeccably means there is no physical sexual sharing with others. The challenges are to keep your sexual energy alive and active without engaging with another.

The second path is the path of Monogamy. This path is where an individual chooses to share sexual activities and energy exclusively with one person. Within this sacred container we learn to celebrate and receive a deeper understanding of ourselves and Divine with one chosen partner. Contrary to popular belief, Monogamy does not require that your only lover also be monogamous with you, as this is your path and not necessarily theirs. In the collective consciousness, this path has been idealized and validated as the "Normal and Good" path. Many people are confronted with lying, cheating, and sneaking and desires to share outside of this container. Walking the Monogamous path impeccably can bring huge lessons in unconditional love.

Then there is the third path of Polyamory. This is a path where an individual chooses to share sexual activities and circulate energy with more than one person with the consent and agreement of all the partners. In this sacred container we learn how to hold more than one intimate relationship. This can be single, in a committed primary relationship, or a third interacting with a couple. It requires a high level of skill, tools in communication and clear agreements to make Polyamory work. The shadow side of the Polyamory path is that having more than one lover can be a way of avoiding deep intimacy by bouncing from one lover to another whenever you are challenged in one of your relationships.

All of these paths have their challenges and rewards. They all can be used as way to avoid intimacy by hiding out with someone who is co-dependant with our fears and addictions. Notice where you have fears or judgments about any of these sacred sexual paths. And notice which you most strongly resonate with.

These and other topics will be under discussion at the Sexuality and Consciousness Educators Conference in Cape Town on 3 – 5 December. 2010. The conference is aimed at all who teach, work, heal, facilitate or have a strong interest in the areas of sexuality and consciousness. See details below.

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