

Exploring Intimacy

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Chapter One – Birthing Integration

Inner reflection is a necessary ingredient for the achievement of mental and physical health. When we become more aware of the extrasensory sixth sense, called intuition, we can expand ideas regarding intimacy. A form of internal house cleaning takes place when we connect with the body's systems. Conscious awareness of an Integrated Self emerges as history unfolds.

Chapter Two – Evolving Definitions

All of our partnerships benefit when we recognize the need for Self-love. Developing our sixth sense of intuitive knowing can provide a new basis for understanding our desires. Knowing the words for different forms of love will enable us to participate more fully in a variety of relationships. A renewed understanding of Self-actualization may be an outcome of recent changes in the emotional connections among and between women and men. A compassionate Integrated Self has the power that allows for conscious evolution.

Chapter Three – Understanding Life Force

The vital life force remains a curiosity as it flows throughout the body's mind and generates creative expression as well as behavior and responses to external stimulation. When this energy is not flowing freely, dis-ease and dis-harmony manifest on the physical plane. Life force or vitality can be cultivated through the breath. This chapter reflects on the history of Eastern and Western perspectives while looking at ways the flow of compassionate love energy might be blocked and suggests methods of healing to improve this flow.

Chapter Four – Discerning Systems

Models from other cultures regarding the body's capacity to heal itself provide a base for holistic health programs that include such modalities as chiropractic, therapeutic massage, and physical therapy. An understanding of our internal processing systems contributes to an explanation of how the tangible physical organs of the body work together with the subtle energy fields to foster greater vitality and the overall sense of well-being that in turn lead to achieving more meaningful relationships.

Chapter Five – Sensing Perception

A combination of Nature and Nurture forms the personality. As we perceive the outer world with our five senses, these perceptions are recorded in our mind. How do we define mind? How do we differentiate emotions from thoughts and memories? None of these can be seen or heard, they do not smell and cannot be tasted or touched, yet we continuously make distinctions about the role they play in all of our relationships. New theories regarding how we think can provide ways to access our powerful sixth sense of intuition and to gain greater intimacy.

Chapter Six – Connecting Tensions

We sometimes confuse our need for connection with a desire for sex. When we understand the concept of libido as the vital life force, our capacity to make connections is improved, and we become receptive to an intense intimacy that does not necessarily lead to sexual encounters. When we are able to let go of angry, aggressive, or fearful responses, we can move past defense

mechanisms and fixations that no longer serve us.

Chapter Seven - Developing Stages

How can we use our past to understand our future? In order to become an Integrated Self and have true intimacy, it is important to discover the tensions and possible demons that may have developed in the early stages of childhood that might keep us from reaching our full potential. This awareness is essential to deepening our intuition in order to experience intimacy in a diverse range of relationships.

Chapter Eight -- Maintaining Balance

National Coming Out Day is today. I'm coming out for lesbian, gay, bisexual and transgender equality because it's 2010 and you can still be fired from your job in We easily lose our sense of balance if we are not mindful of the information available from our internal systems. As we learn to recognize different Levels of Being, they contribute to understanding the concept of how transcendence becomes a process of conscious evolution. Discovering the ebb and flow of the Psychology of Mind brings us to another level of Self-understanding.

Chapter Nine – Activating Energy

Many people understand desire and being “turned on” as feelings associated with the sexual act. It is important to differentiate between sex drive and movement of energy. The more we become aware of the internal flow of energy and accompanying emotions, we are better able to make conscious choices about our behaviors.

Chapter Ten -- Overflowing Pleasure

Learning to slow down and breathe deeply are the first steps to achieving mindfulness. These steps open a gateway for extending joy and pleasure through psychosomatics, kundalini awakenings, and the integration of spirituality into sexuality. Setting intentions and making time to cultivate pleasurable experiences can be a magical path leading toward evolutionary growth.

Chapter Eleven – Changing Roles

When we desire to possess the beauty, characteristics, and qualities of someone we idealize, we may be projecting what we lack onto them. The integration of heart and mind is important in order to re-interpret traits that were previously defined as masculine and feminine. We move closer to an Integrated Self as we overcome the various demons that haunt us in the illusionary concepts of what it means to be female or male.

Chapter Twelve – Opening Connections

Taking time to reflect on the various tensions from each developmental stage can provide an open window for a healthy and balanced Integrated Self to emerge. If we are overly dependent on substances, or limited ways of thinking, these can be the cause of addiction, depression, and feelings of oppression. Releasing negative patterns brings freedom, joy, and pleasure.

Chapter Thirteen - Blending Gender

Men and women are both affected by the popular culture that surrounds us. In order not to get lost in the complicated labyrinth of another's personal characteristics, we must attain a sense of personal power, and recognize how cultural attitudes regarding gender can influence our personal

growth. To become an Integrated Self, it is important to acknowledge gender discrimination and understand how acceptance of a gender spectrum might contribute to more harmonious socialization for future generations.

Chapter Fourteen - Embracing Shadow

Jung defines the shadow as the negative side of the personality. He saw the shadow as the sum of unpleasant qualities most of us keep hidden. When we become aware of personality traits that are insufficiently developed, we have an opportunity to tap into our intuitive sixth sense. Learning about unconscious projections from our parents frees us to explore a gender spectrum that will benefit all of us, as well as to experience the Self-love that can lead to deeper and more meaningful erotic encounters.

Chapter Fifteen – Creating Focus

As we allow ourselves to experience new sensitivities and sensual awareness, we begin to see the world quite differently. We are able to pay attention to things that may have previously appeared unimportant or even non-existent. As we grow in awareness of the subtle energy fields around us, we listen to our intuitive sixth sense. We can use dreams and other divination tools as gateways to illuminate similarities rather than accentuate differences between men and women, and also regarding people in other cultures.

Endnotes

Suggested Reading List