

Sexual energy in the modern world: How different natural sexuality is from modern “alternatives”.

We can only imagine how our ancestors lived. We might get more sense of ourselves through the study of primates in their natural habitats as investigated by Dr. Frans De Waal and others. From studies about chimpanzees and bonobos we can get a much better sense of how our sexual energy used to be before all of the ways and means of finding a sexual thrill were formed in the human world today. One absolutely key difference between modern sexuality and that of our ancestors was that sex was *real*. Although it seems simple this is the biggest problem people face today as evidenced by difficulties of infertility in men and women. The modern generation are growing up on a diet of fundamentally *unreal* sex.

Sex has many components to it, it has touch, smell, taste, visuals and sounds, all of the energy of the body is involved in this process. In a natural tribal setting these connections are born of a complete intimacy of union with each other. In the modern classic “Sex at Dawn: the prehistoric origins of modern sexuality” the authors draw our attention to how tribal peoples would often have practices akin to what we might call “fertility rites”, where there would be groups intermingling sexual energy rather than individual couples. However this is only possible in the context of a bonding of mutual union that is so strong that it’s about the bonding of the whole tribe together. It forms bonds that can only be broken by death and union which means there is a kinship connection of all the people in the tribe together.

The closeness of this kind of energy is the same closeness we feel for our partners in modern day monogamous relationships. It is just that the realization of male and female sexuality is met in these tribes rather than hidden. It is understood that both men and women need to have different partners every so often, as the nature of nature is to find sexual variety, just as it is with diet. No mono-culture of any kind is natural, so this is accepted in tribes such as those described in “Sex at Dawn”. Nevertheless our monogamous ties to each other are just as profound in their origin as with the tribal peoples of the world, we are connecting to a small piece of something much more powerful, but it is nonetheless only a piece.

The nature of sex with a partner where one’s whole heart and senses are involved is a much more powerful and fulfilling experience than where it is just a physically focused activity i.e. the people don’t like each other that much but need to have sex, or in alternative methods of relief such as masturbation. However what is less instinctively sensed and less spoken about is that sex which is either associated with a purely physical act, and even more so if it is a masturbatory process, means that many of the senses are restricted, there is a narrowing of the full range of senses of sex with a partner. These are replaced by fantasy in the modern human and this narrowing of the senses and focusing in mental fantasy are extremely damaging to natural sexuality.

It is no surprise that in most cultures all over the world the sexual act is considered extremely sacred. The male seed and female essences are seen as being refined energy that is akin to the quality found at the origin of the life of the universe. Yet in the modern world, sex is just sex, it is no longer important, or doesn’t matter that much. However with each step away from the true reality of this energy infertility is rising.

While sex is no better or worse than anything else, it is definitely neither as common nor as unimportant as we may think. It uses up the whole focus of the body and direction and is a peak expression, much more so than vigorous exercise or ingesting food or anything else. Sex is a much more powerful discharge of energy than any other human activity.

Sex is for couples (or more). It isn't something that is based on a situation of "self regulation". Whereas one could say eating and drinking are done for the individual, sex is not, the genitals are set up in order that someone else's are involved. This is why in most ancient cultures masturbation was associated with death. Masturbation is found in primate groups but this increases significantly with captivity. In the wild it is much rarer and almost always sexual contact is found with partners, even if it doesn't result in orgasmic sex, this isn't the point. Sexual contact between bonobos and chimps is about bonding, so it isn't necessarily that "full sex" occurs, it can be that just genital touching or hugging or many other aspects that are not to do with "full sex" are all that is needed. Again modern society is all about a focus on the orgasm as being what one is aiming for, but fundamentally only if the energy is there to have orgasm, if not why try to "achieve" it. The point is that sexual energy is just energy, it comes up and down like tidal flow, if it is ripe for there to be sex then so be it, if not one can't schedule it on demand unlike the modern IVF processes dictate.

Sexual energy is an amount of energy that is just over that which is needed for running the body, it is "extra" so to speak. This extra energy is naturally used for reproduction. When there is no extra there is no reproduction. When there is scarcity in the environment the energy goes down and there is no extra for reproduction, this is how all animal species keep their numbers down. It is only when the human mind tried to manipulate the environment to suit themselves, thus damaging it and themselves, that this created the "permanently on-heat" situation that is currently occurring. It is possible for humans to get away with having a lot of sex even when the actual environment you're in doesn't facilitate that. One can force the environment to provide food and shelter because there is money and "power" to do so, or to live happily in the North Pole if one has money enough to manipulate the environment to live there, while you would last about 3 minutes outside naked in the cold. However, humans haven't adapted at all, they have just hidden themselves in the mind. Actual physiological adaptation is very different from the pretence of our minds. There is something innately "wrong" with this. As a result sex again loses its uncommonness and it is seen as a normal activity of a daily routine.

So basically, if truth be known, your genitals are not your own! This might sound ridiculous because "I" am attached to them, but in reality there is no ownership of any aspect of "you" because "I" doesn't really exist, only in the mind. However while the genitals are the key part of you that do not belong to you, they are actually made for the other, for the partner.

We masturbate for many reasons, but masturbation can be categorized into two forms: one that is psychological, the other is physiological. All situations of masturbation in animals occur as physiological masturbation, i.e. there is a lot of energy building up in the genital area which needs relief and so masturbation occurs, *without fantasy*, to basically help to clear the build-up. This is most often seen in animals that have been

in captivity, it does also occur in the wild but less frequently. It is often because there is no possible partner there at the time, otherwise this energy would be directed outwards.

Human masturbation sometimes has a physiological cause but is mostly psychological. Sometimes it's both but psychology dominates. If we first look at physiological this is the same as with the captive animals, energy builds up in the genitals and there is an extreme desire to let loose this energy. When any animal is in captivity it alerts the body to a fight or flight response but this too has associations with sex, in a way it is as if the body feels like it might die, so it is time to form the next generation to carry on as fast as possible. This is why there is sometimes sexual response in serious death-inducing situations of disaster. The point is that captivity does actually create some physiological tension and this can and indeed does increase masturbation. Let's say this pertains to 20% of the time people masturbate.

However psychological masturbation is associated with an estimated 80%, which is significantly different in animals. This occurs as an extension of physiological captivity. The psychology of the human is so strong that it perpetuates the process of relief of tension via the sexual route. This then becomes a psychological addiction. The process of dealing with all psychological stresses is then dealt with through the genitals.

D.H Lawrence had a great way of describing this difference. He called it "sex-in-the-head", versus what we might call "sex-in-the-body". The nature of our natural animal behavior is bodily sex, i.e. when there is actual genital energy or the energy is full in the genitals, then sex is induced in whatever way, ideally with a deeply connected partner. This is a non-addictive sex as it just occurs naturally when the energy is full.

Sex in the head however is the process by which the mind uses the body to relieve its tension. Any form of addiction follows this same pathway. It is always about the "self" needing to find a way to let go of its stress by getting back into the body using some kind of sensation, be it cutting yourself, masturbation, alcoholism, high adrenalin sports or other activities, bingeing and vomiting with food or thousands of other similar expressions.

Basically sex that is in-the-body doesn't have a fantasy component, it is totally real. There is an actual desire to have sex, there is strong erectile function of the tissues in the genitals that occurs by itself without touch or manipulation of the genitals, there is a heightening of all the senses and a strong impetus to find a partner. If one can't be found then masturbation is the last resort, so to speak.

Sex in the head is as a result of feeling the difficulty of being captive in society and all the thousands of billions of possible contractions and contortions we experience in the process of being "selves" in the world. Plus being unable to connect to people and feeling life as a personal problem, every difficulty becomes to do with "me". After this the psychological tension that produces needs to come out some way, any number of addictive behaviours can develop and masturbation is just one of the possibilities. People with this kind of pattern will find pornography and fantasy of all kinds to be the "way out". Often clinically people who don't do drugs or drink or have any other kind of outlet or vice, often shunning such activities, will often use porn and

masturbation as a way to relieve psychological tension. It is still one of the most hidden addictions and therefore is much easier for people to use frequently as a method of controlling anguish.

The process of the damage that porn-based masturbation does is akin to very aggressive drug abuse to the sensitivity of the body. It also narrows those sensations the human needs for health which causes a myriad of effects. As ever, the most important difference with this is that it isn't REAL. Sex in the body is very real and sex in the head is not. This is why animals experience sex in the body and humans have a combination of head and body, but most often it is head only. Younger men and men particularly are much more susceptible to fantasy-based porn-induced type addictions than women, because of the already male-dominated/driven environment upon which the sex industry is based.

There is now a large community of people who are involved with the healing of men and also women with addictive behaviours based on sex. The internet has many resources for these kinds of situations, one being <http://yourbrainonporn.com/> which is a brilliant resource for people who have had addictive behaviours associated with porn. The main principle, however, is less complex than the scientists are making out, which is that until sex becomes real and bodily it is going to be about the head and this is never going to work.

By the same token there are many practices such as Chinese Confucian Qi Gong as well as Tantra Yoga from India which are based in attempting to circulate and recycle sexual energy. In most of these practices there is a withholding of sexual energy, often for long periods of time in an attempt to form what in ancient Chinese is called "the immortal fetus" and in Tantra is associated the "Kundalini" energy. These processes of storing charge in this way mean the energy eventually reaches a fullness in the lower body, then pushes up and out to the top of the head where there will form "spiritual enlightenment". These practices are not extremely ancient, they derive from around 2000 years ago. When we are talking about the nature of the human sexual energy in animals we are talking about a time which is hundreds of thousands of years ago when we were in the rainforest of our origin.

When we look at ancient practices we have to do so with discernment. We have to realize that not much has changed in the nature of the human's problem of the "Self" state or the "human condition" over thousands of years and the methodologies of wanting to escape from this tension have been around for as long as humans have been trapped in the tension of the "self". As yet we have not made any progress to change this, though not for want of trying.

The ideology of holding sexual energy in an to attempt to break into enlightenment is simply another form of sex in the mind. In this case it's "enlightenment in the mind". Basically it isn't a body sense, it's a goal. Of course Tantra teachers and Qi gong experts will be up in arms at my expressing this, but essentially the body energy knows how to circulate, knows what to do and knows how to be without the requirement of our personal dictates as to how it should flow. The idea is always that there is a re-training needed to become natural, but actually it is always more of a forgetting. The nature of the body when we actually sense it and feel it knows what to do if we let it be. As soon as we aim to do anything that isn't purely from instinct it

starts to warp into something else. While Tantra might suggest that it is a way to connect to the instinctive through spiritual enlightenment, this calls into question why sex has to be the modality through which this is found. Of course Tantra isn't very much about sex as a focus, however its popularity is focused on this and this is how many people enter into its practice.

That which isn't an animal response, that isn't the natural function of the animal's body going with the ebbs and flows of bodily sense, is something erroneous and fundamentally prevents spontaneity and actual natural sexual energy. It also causes egoistic hierarchical ideas and even if the energy can be recycled and transmuted and allows one to live for 300 years, does this mean a person has benefited from this process? Why do we see longevity as good? No animal attempts to live forever, no animal attempt to hold back sexual energy when they feel they need to emit it. No animal attempts to block life's process. One can live for 300 years in total ignorance of the flow of nature and attempt to hide from it using "methods" that are holding back time and tide, but inevitably the waves rush in and the fear that began these methods that initiated the attempt to find enlightenment, this fear is eventually only vanquished by death itself.

The best one can find from these activities is the possibility of re-sensing the body again, or returning to the flow of natural senses and to connecting to each other naturally. If these processes allow for this then it is worth connecting with them but I have not seen this being the result of Tantra or Qi Gong practitioners. What I see very often is people tied in knots by their spiritual practices which very often affects their bodies by causing conflicts internally which need not be there. When sexual emission is a cause of guilt and suffering and when there is a troubled way of seeing sex as a means by which to achieve something else, it becomes a game of the mind.

Sexual fetishism which include all kinds and any kinds of pain induced process and aspects which are pleasure with pain in some way shape or form are all to do with the escalation of required sexual stimulus due to loss of sensitivity of the body and genitals. This can be due to sexual frustration and held in tension very often exaggerated by the process of mentally-induced addictive sexual fantasy rather than anything real. Most sexual fetishism is in Chinese medicine about the stagnation of the liver energy, which effects the whole of the genital and anal regions. The application of force and aggression to these areas is associated with the tension of repressed energy and the long term inability to connect with partners or the process of have a sexually addicted mental processes that just leads to less and less sensation and eventual dysfunction of the whole sexual system due to exhaustion. This is all part and parcel of modern sexuality. The more unreal it gets the more outlandish the fetish.

All the human needs to know is to get a sense of the bodily-felt sexual response, not the mentally-induced sexual response. There is no point attempting to "perform" sexually, as that is all in the mind, or attempting to use drugs and potions that are set on increasing virility. More important is to rest when there has been over-simulation, and rest until the actual sensation of the genitals and the erectile tissues starts to respond to sexual stimulus from the outside NOT the inner mental world. The inner world of fantasy is not real, and this is the killer, the killer is the unreal world that is fed by pornographic images and fantasy that suggest that this is "real" to the mind. The path of sex-in-the-head leads to narrow, insensitive and stressed-out bodies and a

spiral of attempting to get stronger and stronger “hits” of fantasy to perpetuate the illusions in the mind. But all of this is unreal, it is a dream world of the internet, or the fantasy gone mad. As with any addiction the less sensitive the body becomes, which means it is exhausted, the more strong the hit of fantasy has to be in order to get the same rush, which again further deadens and depletes the body energy. We don't realize how exhausted we are, the addict doesn't know how tired they have become till it begins to dawn on them as infertility sets in.

To feel is real.

To sense is real.

To touch, smell, taste and see and hear is real.

The screens in our lives are not “windows” they are actually a 2D page, it is literally like looking at a wall. This wall has dancing lights, but that's all, it's not an actual reality.

Infertility in women and men often occurs in the modern world due to being addicted to screen-living and the drawing up of the energy from the genitals to the head and mainly to the visual cortex. For women this depletes the libido and draws them into a “sex in the head” type situation. There is a frustration with the body that it doesn't want sex, a feeling that one wants sex but very often it is simply the want to hold and be held as there is no actual sexual energy in the genital area. This of course means cold feet and a hot heat and no ability to conceive children. The body is exhausted.

For more and more men, as well as the job and constant use of screens, there is a focusing on the screen as a way of releasing sexual tension until the head attempts to push the body more and more, forming addiction. Women also do this but statistically there is way more predominance with men. The increased singular stimulation of stronger and stronger forms of porn to stimulate a desensitized body means that the condition very often moves to erectile dysfunction which is the body's mechanism of stopping further damage to the body and preventing draining of the energy in this way. Fundamentally if there is erectile dysfunction then of course fertility is going to be significantly reduced. The sex in the head processes means real sex becomes an uninteresting thing for the body as the body has become desensitized to the situation of real sex. The body is in a wired state of frustration and exhaustion and cannot feel the female energy from the exterior.

All of these conditions reverse when there is a body-sense based approach to sexuality, when it isn't about manipulation of the energy with the mind in any way and when the body is allowed to govern the process, not the mind. When psychological tension is resolved through being able to see the untruth of it, then the addiction is not focused on. When we are able to see though the illusion of “self” even a little, then there can be resolution and letting go of all or most of the addictive behaviour, sex being just one version of it.

As human animals we have to find the natural and the real. The opportunity to do this is through our senses. If we see how wild animals behave when it comes to computer monitors they often stay away from them or walk over them or attack them if they come into close contact. There is no real engagement with these things. The brilliant film “Her” (2013) by Spike Jones, “The Lawnmower Man “(1992) and “Gamer”

(2009) are all films that express the nature of how the future is looking, where our surreal disconnection from each other is killing our true nature. These are all warnings that illustrate we have had enough.

If the return to reality is to let go of addiction, to listen to our bodies again, this is freedom from the known.

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