

The Path of the Body

Voyage in Destiny
Part 12

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*"Sex, instrument and
modality of Matter,
can open
our perception to that
which surpasses it"*

Significance

Sex: we are not the first and we will certainly not be the last to dedicate ourselves to this topic.

A sign perhaps of the great interest that the sexual experience provokes in human beings.

It is among the most significant and at the same time most taboo subjects debated in our society.

Oscillating between two extremes – one does or does not talk about sex – we stumble around in that darkness generated by the absence of consciousness: some searching for answers, and others perhaps just for physical satisfaction.

Does sex exclude love? Or does one complement the other?

To extricate ourselves from misunderstandings and subjective interpretations we will start from a neutral position, that is the etymology – the origin of words.

Ancient peoples believed that words were endowed with an energy that could create reality, in other words, once the words were pronounced – occasionally also written – they were able to activate a mechanism of manifestation in the reality of the essence of the word itself. Therefore knowing the original significance of the words allows us to consciously choose the energy that we wish to recall with the objective of introducing it to the process of creation of our reality. Seen in this light you will understand that etymology is much more than just a study area for scholars; it is a "path of responsibility" for all those who are aware that we are co-creators of the reality in which

we live.

Let us now define "love" and "sex" etymologically. To do this we need first to go back to the Latin word "amore" for love. We can break it down in this way: "a-mors". In Latin *Mors, mortis* means "death" while the initial "a" has a privative value. Thus the word "amore" means "without death".

In other words with love we can overcome death; that of our mortal bodies and the experience of a purely physical life. With love we enter into Union, or rather a dynamic which allows us to forget our sense of separation and death, real or imminent, which characterises our earthly experience.

In love we feel united at all levels – body, mind and soul – with another human being and so automatically with the Whole.

You will immediately notice that there is a discrepancy between this definition and that which we normally intend with "love".

Sometimes we confuse "love" with "need": I love you because I need you, because you satisfy my expectations, because I define myself through you, because if you are there I don't feel alone.

Love, on the other hand, is a synonym of Union and because of this we write it with a capital L, and the same with Union, to remind you that such an experience is of fundamental importance for the evolutionary process of human beings.

But there are more surprises to come.

Let us analyse the second term in question.

Great importance is given to sex and, within certain limits, this is certainly correct because sex is:

1. the instrument of procreation. Without it life on Earth would not be possible.
2. the most powerful energetic instrument with which human beings are endowed.
3. the instrument of maximum physical pleasure. No other

kind of satisfaction equals it in intensity. It is so deeply rooted in our bodies that whoever tries to negate it, is immediately disowned by his subconscious, generating dissatisfaction, and sometimes uncontrollable impulses if not actual forms of madness. Abstinence from sex is, in fact, not human.

4. the instrument which, more than any other, allows us to appreciate being, temporarily, in a physical body.

From these definitions we understand that sex is an extremely powerful instrument of duality, serving the continuation the species and capable of allowing us to appreciate our temporary being in a physical body.

However, it is only an instrument, and like all instruments, it can be used well or badly or it can simply be used because nature has foreseen it.

All the same there is a fifth variation:

***if used correctly, sex is the instrument of Matter
that leads to Union, not only with the body of the
partner, but also with his/her soul.
Therefore, it can put us into a close relationship
with another human being, helping us to
overcome the sense of solitude and separation
which we think we are in.***

It is surprising to note that etymologically the word "sex" returns to this last meaning¹.

¹ This etymological proposal was published for the first time in "Sesso Sacro. La Via del Corpo", Rome 2015 [8] and in "Sakraler Sex. Der Weg des Körpers", Nordhausen 2016 [9].

The word "sex" derives from the Latin "sexus", a noun composed of the root *sex* and the suffix *us*.

In this case the root is already a complete word with a numerical significance: in Latin *sex* means *six*.

In antiquity, as you know, numbers were attributed with a significance which went far beyond their mere numerical value. Therefore, if the origin of the word *sex* is the cardinal number six, that means that regarding the common use of the word, we are neglecting elements that constitute the essence of the word itself.

How are *sex* and the number six connected?

Six is the result of the multiplication of 3 and 2. In other words six represents the union of two triads.

In a sexual act the two triads which unite to generate the six are the three "bodies" of the human being: the physical-energetic body, the emotional-mental body and the soul.

Having Sex (note the capital letter) according to the original significance means uniting two triads, in other words, thanks to the sexual act, two people unite in their entirety: "soul-mind-body"

In this sense Sex becomes synonymous with Love and, in more detail, with the Love/Union of two human beings.

The etymological definition takes us back to a far superior significance of the words than that which we normally attribute to them, reducing the experience to a mere physical/corporeal act, to the exclusion of both the emotional and the soul dimensions.

In this book we will use the word "sex" (not capitalised) in its ordinary contemporary sense and not in its original sense, this being the term that has been utilized for too long as a synonym for an exclusively corporeal sexual act.

So sex – in the current meaning – is Love?

No, sex is not exactly Love but it is an instrument that can nurture it.

It is an instrument that can lead to Union: like a kind of heat that makes ice melt into water which then mixes with that which is close to it.

So having sex one can enter the dynamic of Love?

Certainly.

Actually, the interesting aspect of the dynamic of Love, in other words, Union is that the body is one of the paths through which we can achieve an experience which transcends the physical and the other mortal bodies of the human being.

It is precisely through the body that we contact our soul and can then unite with the soul of the other person.

What generally happens, however, is that we remain imprisoned in the body or mind, or we stop at an experience, which exhausts itself at a solely physical level or at the level of the mortal bodies.

We wish to accompany you "beyond" – if you like – along a route that we have called the *Path of the Body*.

This step – the going beyond - does not negate the body or mean abstention from a sex life, quite the contrary: only by living fully in the body can we sense what there is beyond it and so access Union.

It is for the reasons just described that in this book the body is at the centre of the treatise.

But our objective is not the body!

We will give you a lot of information about its function before and during a sexual act: information about the kinds of attraction, the best positions from the energetic point of view,

and the thoughts that motivate us towards a sexual relationship. Remember, though, that our objective is the "beyond" or better still, it is to show you which path you can take to arrive, through the body, at a Love-Union experience which involves our entirety – our soul, mind and body together.

The Path of the Body and Tantra

We are often asked about similarities and common points, such as those suggested in *The Path of the Body*, and Tantra.

The question is more than plausible, since Westerners, when in search of more information about sex, generally type on the Internet search engines the word “*Tantra*”.

We both approached tantric teachings about sixteen years ago. After years dedicated to the studies and practices of Tantra, we distanced ourselves from it as we criticized some of its teaching methods in the West as well as some aspects of the discipline itself.

For several years, we have had the opportunity to investigate the human body and sexuality in detail - the most powerful instrument during one's incarnation, having the power to give us continuity in time and the joy of being in a physical body.

We discovered that by using sexuality in a certain way, it becomes a gateway to a "world beyond", one that reminds us of the "evolutionary" meaning of our being in the Matter and its final prize: living within Love.

The *Path of the Body* is, in this sense, one of the possible paths to one's evolution. Human Love is reached through carnality, i.e. the highest level of union that two incarnated beings can achieve.

An exciting path, albeit a difficult one at times, due to the socio-cultural and religious aspects which we are subjected to.

Tantra, whose origins are lost in the mists of time, is an ancient Indian spiritual discipline, with branches also found in the adjacent regional areas. The word refers to a collection of texts

as well as the teachings. Etymologically within the word *Tantra* we identify the Sanskrit root "tan" which means "expansion". This is the precise purpose of *Tantra*: to expand personal consciousness to feel connected with the Whole. This is what is meant by the term Illumination.

Tantra teaches mental and physical techniques that lead to the mastery of body, senses and mind, and to the conscious use of sexual energy. Such is the purpose of Mudras (positions of hands and fingers), of Mantras (vocal expression) and of Yantras (meditation and visualization techniques of complex geometrical forms). Within *Tantra* the sexual act is one of the paths available in order to join Matter and Spirit, to fulfil one's desires without repressing them or becoming a slave to them.

The duration of sexual intercourse is prolonged because the ultimate goal is not orgasm, but rather a diffuse sense of pleasure and the use of sexual energies and mental states that may be induced during intercourse, to the purpose of joining the partners and allowing them to perceive the depth of their Union.

The moment when any kind of Union is perceived is the moment when one is enclosed within the Dynamics of Love; it then becomes easy to perceive other Unions at different and more elevated levels.

When interpreted in this way, *Tantra* becomes a gateway to ascend and evolve. Our *The Path of The Body* has the same objective, but in a simpler and more "Western" way. Above all, there is far less symbolism and far fewer ceremonies, to which, due to our cultural traditions among other things, we are not accustomed.

We realized that *Tantra* is too advanced for current Western human evolution - although our level is gradually approaching the level necessary to understand it. In order to be used in the West, however, it must first be translated, not only from a linguistic point of view.

It is not enough to import it simply as if it were a new product to be launched on the market: it must be made clearer and more understandable; it must be "trans-lated" in such a way that it becomes easier to understand for the West. *Tantra* was born in a historical, socio-cultural and religious context, which is far distant from ours. It encloses a wisdom, which dates back thousands of years and it is related intimately to the history of the area where it was born, to the beliefs, religion, perception of the world, of life, of nature, the body, and of sexuality!

It is not a bundle of perfunctory techniques, but an approach to life that holistically involves all of its areas.

Furthermore, it was brought forth during an evolutionary phase of the human race that is not the one we are currently living in. It was a stage when we trusted the wisdom of the body and in order to understand our reality we made use of a form of intuition that was not mediated by reason.

In order to understand and apply tantric practices we must first revert to this initial stage. We would need to recover long forgotten capabilities, ones which we lost or forgot with the advent of the next evolutionary phase in which reason took over.

Only a few aspects of *Tantra* have been imported to the West. Sexual practices were among them, and if taken out of context they are liable to be misinterpreted, or rather the path they suggest cannot really work in the West or, at best, only partially. It is no coincidence, for example, that Tantra courses in Europe become, at times, places of promiscuity or that the word alone can arouse a sarcastic smile. The purely sexual aspect of *Tantra* has prevailed in the West because of our history, or rather due to the consequences of two thousand years of Christianity and of a certain philosophical and scientific direction, such as Cartesian rationalism, which still

affects us nowadays. That means that we turn to *Tantra* with the conscious or unconscious expectation to free the body and its drives, although what really happens is that we become entrapped by them.

We expect Eastern culture to help us overcome Western present-time closures in the field of sexuality, but it cannot work because the energy circuits of the human body are slightly different from people to people. This means that the ways to activate some energy circuits, specific positions and Mudras as suggested by *Tantra* do not produce the expected results on bodies in the Western world simply because they rely on the energy structures of human bodies coming from the same area where *Tantra* originated.

In order to achieve a spiritual experience through the body, Westerners must first take two basic steps:

- 1) return to the body and to a correct and balanced use of sexuality
- 2) abandon the concept of the superiority of mind over body.

These two goals must be reached by employing Western ways. Eastern disciplines can give us thought-provoking impulses but they risk being ineffective if they are not first transferred, i.e. we need those "adapters" that allow us to comprehend the message they send, first at a cognitive and then at body level (our type of body!).

Imagine somebody suffering from iron deficiency. Even though he or she keeps on taking iron, his/her body cannot absorb it. A simultaneous intake of vitamin C is necessary to obtain a positive result.

The same happens with *Tantra* in the West. It is possible to follow tantric teachings for years and years, as they are offered in the West, and still be locked within the body, never reaching

the condition "beyond" which we mentioned previously.

How to develop the Path of the Body in a practical way

From our personal experience, we draw the conclusion that for us extremely rational Westerners the cognitive aspect is fundamental: once the message has been understood it is the mind that allows the body to experience. This is not the way it was meant to be! The body possesses its own intelligence and wisdom, which needs to be retrieved, particularly so with regard to sexuality.

To do this we must take into consideration the average starting point of a person who wishes to set out on this path having had no previous experience.

It then becomes very important to regularly give the mind a certain amount of simple, clear and logical information so that it sets the body free to experiment.

The true story of sexuality and the bodies of the human being

The *Path of the Body* is accompanied by a significant wealth of information relating to both the true story of Western sexuality [8] as well as the functioning of the body or rather of the non-physical human bodies [2], with particular attention to sexual energy.

Learning that our ancestors experienced sexuality in a spontaneous and natural way - contrary to what we were told - opens up a completely new scenario, one that entitles and encourages us to return to the body to recover lost or long forgotten capabilities: the wisdom of the body we mentioned earlier. This is not an invitation to return to our ancestors'

level, rather one to recover part of their capabilities. They lived their sexuality in that way because that was an evolutionary phase of the human race, which was closely linked to Matter and to the instinctive dimension of the body. Now is the time to recover the corporeal dimension that we abandoned on entering the next evolutionary phase: the one where the mind prevailed. The recovery of the body allows us to balance the mind and to gain access as a whole to the next evolutionary phase. One of the principal steps of our current evolutionary phase is to enter the Dynamics of Love that unite us within ourselves - body, mind and soul - and once our personal Union is completed, to experience it with another human being, just as complete.

Defining the goal

Defining the primary goal of this process has a fundamental relevance because if the mind knows where we are heading - beyond the single steps - it can remain calm thus not hindering the experience taking place in the body.

The aim is to reach physical Union first and then complete Union with another human being. Here, reaching orgasm is not the purpose of intercourse. To the minds that will rise up against this statement we simply respond affirming that this does not mean refraining from orgasm or from complete sexual intercourse or, if you will, an all-encompassing one. Even more, we believe that the absence of sex is not human. Once you are in the proximity of the Union, not seeking orgasm will happen naturally. Sexual energy will still be present, only not concentrated in the genital area and not focused on reaching orgasm.

The experience within the Body

The special attention we have dedicated to the activities of the body in recent years stemmed from the realization that

*Experiences can be made only in the Matter,
i.e. within the body.*

Thanks to our experiences, we can understand the Creation we belong to by developing a process of gradual comprehension that is not only rational or theoretical, but also experiential, which allows us to grow and evolve [7].

Our path to knowledge has made us see, perceive and use our body in a completely new way and also to investigate and define the multitude of non-physical bodies of the human being.

The problem of our time is that we live in the separation of body and mind. Nowadays the mind plays a role that is much more important than that of the body.

What we must understand is that experience is mostly achieved with the body and much less with the mind. The mind is simply a tool which allows us to adapt to physical reality, but if it takes upon itself to lead our lives denying the body, it can lead us astray. Underpinning all this is the body that enables us to gain experiences within the material world. The mind is also capable of forming completely illusory thoughts that do not mirror the real nature of things, nature that is much closer to the body.

Taking it to extremes it can be said that the mind lies, while the body cannot lie.

The demonisation and wrong or exaggerated use of sexual energy is a deceitful illusion of the mind, which, as we have seen, leads to such inconsistent, contradictory and schizophrenic

behaviours: the head says one thing while the body does something else.

One might say that what we Westerners consider the greatest good, i.e. our rationality, is also sometimes the source of deception.

This is why we have to get back to the body and the proper use of sexual energy, which is the strongest and most thrilling tool we have been given to gain experience in the Matter, and which in itself also has the ability to transcend it.

Primary Union

The first and vitally important union is that which regards each individual.

Without the Union of soul and body within ourselves, it is not possible to achieve the task for which we find ourselves here on Earth and neither can we fulfil our aim to achieve complete Union with another human being, who must also be complete, body and soul.

In this book we will not dwell on the ways in which each individual can achieve the important step of union within him- or herself. We will take it for granted, or in other words, we will assume that you as individuals are already united within yourselves.

If this is not yet the case, take yourself to task and set out on this path, bearing in mind that Union within yourself is achieved by reawakening the body, its wisdom and its sexual energy.

