

Sexuality from an Energetic Viewpoint

Sexuality and orgasms require energy and release energy. When our energy is blocked, we can't experience neither lust nor the rhythmical energetic release flowing through our bodies as it does in an orgasm. One can differ between a sexual release and an orgasm. It is possible for a man to ejaculate without having an orgasm and, to a less but still similar extent for a woman, to have a local release of muscular tension in the vaginal area through for example mechanical stimulation, without the experience of having an orgasm.

Let us take a deeper look at some of the causes of blocked energy.

If we are stressed, nervous, depressed or occupied with inner conflicts, the energy is blocked. If we study the dreams of people under such conditions, we will most likely see that the inner images are very descriptive of what is being worked on a deeper level. The energy is trapped in the unconscious, where the psyche is trying to solve a situation which is too overwhelming or too one-sided for the psyche/soma to be solved in a conscious way.

Perhaps we are trapped in a complex, which is activated by a current situation. It could be a father/mother/sibling complex, or an inferiority complex, or an accomplishment complex just to mention a few. Often we are caught up in projections, which also shadow our clear vision of people around us. When our projections meet reality, the discrepancy between our expectations and what we encounter is so vast that we become utterly disappointed, angry or in other ways agitated in a misplaced sense. In these sorts of situations, our libido cannot flow freely and our sexual responses are hampered.

Shame, guilt and inhibitions caused for example by religious dogmas are other factors which might restrict a free flowing sexual energy. Self-denial or prejudices are even today for very many gays, lesbians and bisexuals an issue which may have an impact on sexuality.

Earlier experiences of sexual abuse or uncomfortable touching can of course also block energy. Touch may then lead to a "fight, flight or freeze-response". The tightening of muscles is a natural response in such situations.

A feeling of being one with my body and at home in my body is of course very essential for our ability to enjoy our sexuality. For transgender people for example, this poses a situation which can make sexuality very difficult, until one has come to a place of being one with ones body.

Psychic harmony with my partner is another very important issue. For women it is often even more important to be "turned on" by psychic predicaments, than for men. Fantasies, pictures, erotic encounters and a feeling of being in love heighten the feelings of lust and activate the pulse and moisture in the clitoral/vaginal area.

Today, there are many various forms of therapy which deal with blocked energy and the reasons behind it. To achieve a rich sexual life one can need to work with oneself and eventually together with one's partner on many different levels,

often on a concrete technical level, and partly perhaps also on a more psychic level.

Breathing and movement are keywords, just as we can need to find and strengthen our inner core, in order to let go of our mind-control.

Having an orgasm is just one aspect of a fully lived bodily response. Feelings of sadness or joy or deep inner gratefulness are other emotions that may be released together with an orgasm or may be awaiting to come forth, in order for an orgasm to be fully felt. In most body-mind therapies memories may surface that have kept a fully vibrant body still and frozen. Finding these vibrations are possible for all humans and a source for wellbeing and lust. Some call it the orgasmic response, other's the Kundalini Energy, other's Life-Energy.

Let me present some of the schools which I have encountered on my way to a further understanding and experiencing of the energetic approach to Sexuality.

Bioenergetics

Bioenergetic Analysis is a form of therapy which combines Psyche and Body in order to solve their emotional problems and finding their potential for happiness and enjoyment in life. It was developed by Alexander Lowen in the 60-ies and 70-ies and has its roots in Wilhelm Reich's (1897-1957) work. Reich in his turn was one of Freud's (1856-1939) followers. Reich developed theories about the basic life force which he called the Orgon Energy. He was convinced that many physical and mental problems had their roots in blocked feelings, which can be observed as blockings in different parts of the body. When one or more of these blocked segments are released an overall bodily orgasm can be experienced. It is felt as rhythmical waves which move through the whole body and all tensions in the body are released, tensions which might have been there for years or a whole life. Lowen developed further techniques to get past these blockings. The exercises are done in a singular setting with a therapist or in a group with a leading therapist. Breathing and finding the vibrations are in focus.

The international Institute for Bioenergetics is in New York. www.bioenergetic-therapy.com

For further information on therapists in Zürich please call or look in the phonebook.

Recommended books on Bioenergetics:

Koemeda-Lutz, M. Körpertherapie-Bioenergetische Konzepte in Wandel (Schwabe Verlag, Basel 2002). The latest and most accurate and complete book is only available in German.

Lowen, A. Bioenergetics, (Penguin Books, N.Y. 1977).

Lowen, A. Love, Sex and your heart (Macmillan, N.Y. 1988).

Lowen, A. Pleasure, Penguin Books, N.Y. 1975).

Ranknes, Ola, Wilhelm Reich and Orgony (Pelican Books, 1979).

In Jungian analysis we look at energy as a release of blocked energy would manifest itself just as much in creativity, spirituality and social interactions, as in sexuality.

"Energy is always experienced specifically as motion and force when actual, and as a state or condition when potential. Psychic energy appears ...as instinct, wishing, effect, attention, capacity for work etc, which makes up the psychic forces. When potential, energy shows itself in specific achievements, possibilities, aptitudes, attitudes etc. which are its various states". Jung, C.G. Collected Works 8, par.26

Allowing symbolic expressions from the unconscious to become conscious, via for example dream analysis, creative expressions, authentic movements (see further under groups and workshops) link, can loosen up deep inner conflicts and blocked energy. Thereby life-energy and creativity and sexual energy can be released and flow freely.