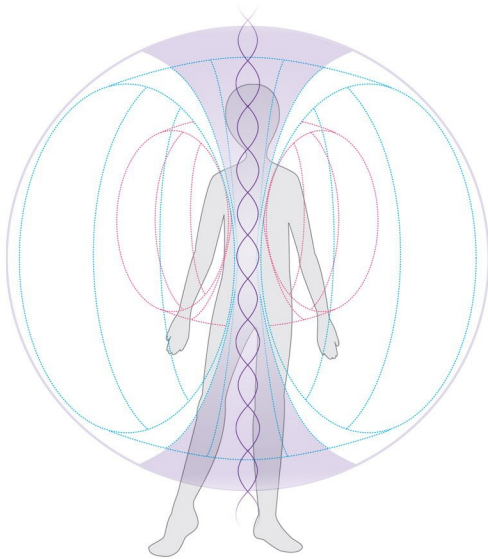


## Conscious Eros by Selah Martha

To talk about the full use of erotic energy, I ask you to think beyond sex, and imagine a simple vertical, fluid column in your body. Through this column, energy from the center of the earth flows up through you, and is met by energy pouring down into your body from the highest reaches above. The two directional forces meet and entwine with equal power at the center of your body, creating an oscillation which radiates out through your contact points: your feet, hands, genitals, navel point, heart, your head with its sensory openings and crown.

This is your complete energized field at its optimal function. You shape this container and the experience within it by your will and intention, and by your practices of giving and receiving - through breath, sensation, communication, and self-expression.



*Illustration from Circle Work: Intuitive Technology, by author*

Every esoteric sexual practice works with these up-down energies to restore the ultimate health of the body and to unify the personal with the cosmic. While we sometimes have an image of bliss as a means to get away from the world, the deeper practices teach that the “liberation” is emancipation from the bondage of self, from the experience of ourselves as separate and in control. When we directly experience union in our cells, we gain knowledge of the whole world and the great sea of existence which moves around and through us constantly. We are free to embrace the world as it is and move in creative and effective ways.

Of course, this state of awareness can be reached by many roads. In my particular calling as an erotic educator, I see that the cultural training makes it hard for people to genuinely live in their lower bodies. We tend to either use our lower bodies in clumsy ways, (often to “get” sex and whatever we think comes with that), or we tend to under-use or actively ignore our lower bodies because this area is considered “less than”, dangerous, or unseemly in society. This cultural amnesia around authentic sexuality results in muscle tension patterns and energy blockages which literally prevent the full flow of energy, especially that from below.

While we need the inspiration of longing for “higher” realms, we need the passion and mystery of the “lower” energy in equal part. It is the union of these forces which moves us to a truly new creation.

Zhuangzi, a Chinese philosopher in 4<sup>th</sup> century BCE, said, “The highest Yin is the most restrained. The highest Yang is the most exuberant. The restrained force comes forth from Heaven. The exuberant issues forth from Earth. The two intertwine and penetrate, forming a harmony, and (as a result), things are born.”

Eros was a Greek god of sense appetite and desire, an irresponsible, boyish emissary of the god realm who came down to pierce mortals with random, sometimes destructive passion. When Eros himself was pierced with love for Psyche, with her heartfelt human need, her courageous sacrifice, and the gifts she won from the underworld, he entered into mature power in the pantheon, and became known as a bringer of truth. Their marriage united knowledge - of the work of being human - with the pure, wild pleasure of it all.

The practice of bringing compassion, breath and attention into the realm of the senses and down into the pelvis and genitals, opens the body to receive the deep energy of the earth, the collective, and the mysterious void. This vast, soft, dark energy can hold you, nourish you, and awaken you. The experience of union is within.

I’ll leave you with a favorite poem:

#### A Blessing for the Senses

by John O’Donohue, *Anam Cara*

May your body be blessed.

May you realize that your body is a faithful and beautiful friend of your soul.

May you be peaceful and joyful and recognize that your senses are sacred thresholds.

May you realize that holiness is mindful, gazing, feeling, hearing and touching.

May your senses gather you and bring you home.

May your senses always enable you to celebrate the universe and the mystery and possibilities in your presence here.

May the Eros of the Earth bless you.

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