

THE EVOLUTION OF SEXUAL INTIMACY IN OUR TIME

Part 2: Sexual Development as Personal Development

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Sexual intimacy is one of the major dimensions of personal and spiritual development in our time. Indeed the major stages of the evolution of sexual awareness in the second half of the 20th century took place alongside the rapid development of individuation during the same period. Sexual development and the development of individual identity seem to be two sides of the same evolutionary process.



If personal development, the development of individual identity, and the development of sexual intimacy are all connected, there must be a dimension of the development of sexual intimacy that is not completely dependent of the availability of a sexual partner in one's life. Personal development even in its expression as sexual development of the individual must be free of dependency on the development of another human being. Therefore the starting point of Psychophonetics approach to the development and the healing of sexual intimacy is the transition from focusing on sexual relationship with others, into focusing on the development of intimacy with one's own sexuality, in freedom.

Naturally, on the basis of mutual love and attraction between two people, one's present level of personal and sexual development at any given point in time, will have to be translated into the development of sexual relationship with others. The development of interest and empathy towards the being of each other can take individual sexual development into mutual development of sexual intimacy.

Sexuality has its own life within each individual, always present at the depth of the body-soul connection. In itself, it is neither completely a psychological nor a physiological phenomenon, although based on and expressed through both. It is a life force, underlying unconsciously all the other life forces of the organism, but also of one's creativity and engagement in life. It can be stimulated into a driving force by sexual attraction to another human being, but it has its own cycles, both in men and in women, which rises and falls independently of external stimuli. As a life force it can be nurtured or depleted, harnessed into creativity in life or exploited into addiction, exhaustion and depletion of life energy. It can be cut off, self abused, neglected, disrespected, covered with dark moralistic projections, cultural taboos, guilt and shame, or it can become an overblown obsession, addiction, replacing the existential struggle for self fulfilment and meaningful life with the delusion of endless pursuit for momentary pleasures.

However, there is a third option between these two extremes: sexuality can also be acknowledged, appreciated, nurtured, strengthened and expressed through a deepening of soul, creativity and an

expansion of one's interest and involvement in life. Then it can spread its true wings of desire soul-size.

In order to make conscious the connection to one's own sexuality, a process much more available for women than for men at this point in our evolution, one has to make a more intimate connection to one's own soul life: feeling, emotions, pains, hurts, suppressed desires, traumas, old wounds, unexpressed and unacknowledged desires, self-hatred, self fears and self doubts. There is no direct connection between consciousness and sexuality that can bypass the complexity of the human soul. Short cuts are short lived. Between one's 'I' and one's sexuality lives the human soul with all its complexity. The development of the capacity of sexual intimacy, both individually and with a sexual partner, is impossible without developing a greater intimacy with our own soul.

Very often one's sexuality, is a being in its own right, can be hurt, angry, frustrated, withdrawn, locked up, neglected, abused, numb, for a whole range of biographical, cultural and developmental reasons. When even early attempts to contact it are made, it is like embarking on a new relationship with a new being. For many people, one's own sexuality is an unknown being, a stranger that appears and disappears according to external and bodily stimuli, but not intimately known in itself. If you wish to enrich, improve, strengthen and deepen your capacity for sexual intimacy with another human being, start with embarking on a more intimate relationship with your own sexuality. She is waiting for you, underneath whatever layers of separation exist between the two of you. Improving intimacy with your own sexuality will improve your capacity for sexual intimacy with others.

One of the major tasks on the road of healing and evolving one's sexuality, both individually and in intimate interaction with another, is clearing sexual intimacy from all that sexual intimacy is not. That is a major developmental-healing task. Briefly, I will list what people project into sexual interaction which is not at all of its true nature:

The need to/for:

- be approved, to feel self worth and self respect
- power
- control
- manipulate, trade ins, get something else
- avoid life's challenges and frustration
- impress
- prove oneself to another
- be wanted and desired
- for security
- avoid oneself
- compensate for feeling rejected, abused, wounded and hurt
- feel real
- avoid loneliness

- keep someone in relationship with you

These needs when projected into sexual interaction with another tend to distort what sexual intimacy is and can be. Using sexuality for these needs is not sustainable, is self destructive, mutually destructive, debilitating and toxic. These needs are to be respected, acknowledged and taken care of, but not through sexuality. They need to be encountered and taken care of directly. A major Psychophonetics process of healing sexuality is acknowledging these needs in their projection into sexual interaction and taking care of them in their own level, liberating sexuality from being used for something it is not.

In order to balance this negative list with a positive one, here is what I believe the legitimate, healthy and sustainable needs that belong to sexual feelings, craving, longing and interaction:

The need to/for:

- express and receive love
- nurture and to be nurtured
- express and to celebrate life energy, joy and creativity
- belong
- reconnect to nature through one's own body in meeting another human being's body
- appreciate and to express beauty
- express adoration and appreciation for the human soul and spirit through the body
- connect deeper with another human being
- connect deeply with one's own being
- deepen the knowledge, the connection, the unity between lovers
- explore sexuality itself
- touch and to be touched
- express unexpressed dimensions of one's soul, body and spirit
- heal and be healed through sexual intimacy
- connect body, soul and spirit
- to be whole

I believe these needs do belong to what sexual intimacy in itself can be in human life, in all ages, in all genders, in all sexual preferences and at any phase of long term relationship. Striving consciously to fulfil these through sexual intimacy is achievable, practical and sustainable. That *is* sexual development.

Healing and developing human sexuality entails the combination of –

- 1) The elimination of projections into sexual life what does not belong to the sexual life, as in the first list; liberating sexuality from what it is *not*, and
- 2) The cultivation and enhancement through conscious sexual development of seeking the human needs that *can* be hoped for and striven for in human sexual intimacy.

The development of sexual intimacy can become a path of personal and spiritual development, but not by the passing of time and the repetition of old habits. Evolution is taking place through the development of human sexual intimacy, but not for everyone. It is possible to stagnate, repeat, be stuck, addicted, depleted and degraded through human sexual activity or the suppression of it. The opposite requires conscious choices, striving, healing, experimentation and transformation.

At the growing point of the evolution of sexual intimacy in our time is the current development of the quality of intimate touch. It is an emerging phenomenon with the most long term consequences to the future of intimate relationship, formation and maintenance of marriages and families. The meaning, expectations and the growing disappointment from intimate touch is growing as more and more people are discovering that the whole human body is not an object but a subject; that the whole human body is a soul and *when you touch a body- you touch a soul*.

The human face is shaped from the inside, not from the outside. The face is not an object, it is a soul made visible. So when you see a face, when you touch a face, you see and you touch a soul. The same regarding the hands-they are also an outer expression of the soul, with more direct connection to the will. Not only is the soul made visible through the hands in their manifold gestures, the soul is made creative through the hands, changing the world in accordance with its will.

I suggest that the whole human body is a face of the human soul! We just don't normally see the whole naked body. But in the intimate sexual interactions in which we do see and touch and interact with the whole human body, we actually see and touch the soul; the whole human body is an appearance of the human soul, and the more we enter with our soul and spirit into our bodies, which is an unstoppable evolutionary imperative, the more the whole body will have to be regarded as the actual face of the human soul.

Generation Y, who came to adulthood after the year 2000, know this already. That is the cause of the growing phenomena named *sexual fluidity*. More and more people do not wish to be fixed and defined as heterosexual, homosexual, bisexual but as a sexual human being. According to a YouGov survey¹ on sexual identity, one third of younger Americans consider themselves as sexually fluid. The biological gender matters less and less and the quality of touch and of human meeting in sexual intimacy matters more and more. Intimacy is taking over sexuality, a human meeting of souls through the body. Women are leading this development. This is the new reality: *When you touch a body- you touch a soul*.

Psychophonetics is a process of continuous training in the conscious intimacy with the body as a soul. The human body is a manifestation of the human soul and everything in human interactions will have to catch up with this development. This is the cutting edge of developing sexual intimacy as a growing point of personal development. The soul is descending into the body. Let us welcome her.

¹ Chicago Tribune 16th February 2016 www.yougov.co.uk