

## **SEX, SEXUALITY and SPIRITUALITY**

[The following are articles that I wrote, which were published in The Mic online magazine (Now defunct) in December 2001 and January 2002]

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<http://www.YOUtopiaINstitute.org> The Cosmic Detective on:

*"The Surgeon General's Call to Action to Promote Sexual Health and Responsible Sexual Behavior June 2001"*

From [The US SurgeonGeneral.gov](http://www.USurgeonGeneral.gov)

<http://www.surgeongeneral.gov/library/sexualhealth/>

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Greetings fellow Humans,

From a certain perspective I AM a cosmic consciousness human, from another I'm your practical, basic, "down to Earth" kind of dude, bro, pal, fellow, guy, minister or whatever other label for this man with direct immediate blood line of African, Native American/Cherokee, Caucasian and so on. I was "raised as a Southern Black Baptist," in Virginia, and do and have studied, explored, researched and experienced inclusive and beyond to world wide, ancient to esoteric comparative religions, spiritual paths as well as various consciousness raising techniques of prayer, meditation, massage, breathing, postures, mantras, and so on...

During this 'Main Holiday Season' which is generally thought of as a time for joyful festivities, religious rituals and ceremonies of reverence, and the like - at this 'practical point in time' when far too many are either deeply depressed, sad, sorrowful, in mourning, trying as best as any of us can to recovery from a most severe state of shock, and/or gripped in fear, with high levels of anxieties and stress about the "THREAT of bioterrorism attack, suicide bombers," and all the like, this is a most appropriate and necessary time for any and all of us to have, or establish, a priority **focus on HEALING.**

*It is important to know the difference between any perceived 'threats' and immediate, on going (and pre 9/11/01) serious to severe problems of epidemic proportions that need to be recognized and dealt with as*

*priorities.* One of those *severe problems* is what the **Surgeon General of The United States, David Satcher** described in a July 2001- TIME magazine interview and article titled "**STOP THE CONSPIRACY OF SILENCE**" as "**Our nation is suffering in so many ways because of a failure to address human sexuality.**"

I have the kind of healing in mind that goes to the root source and essence of the most critical problems that the human species is confronted with. In regards to this "**failure to address human sexuality**" problem, *the root of the problem is a psychological/mental disconnect between sexuality and spirituality* (with or without any religious organization membership) of the predominance of individual modern human thinking and behavior - and, generally, way too much confusion, lying and deception. My future written articles here will explore this matter as an "art and science worthy of detailed study and practice." - from THE ALCHEMY OF ECSTASY: Sexual Secrets by Nik Douglas and Penny Slinger.

To lay the scientific foundation for the on going epidemic problems that we as a nation, extending to the human species, live with as a result of our collective "**failure to address human sexuality,**" the best way to do this is to start with the currently available scientific information and data from the top appointed representative of the American professional healing community. The following are quoted from the July 1, 2001:

**[A Letter from the Surgeon General - U.S. Department of Health and Human Services.](http://www.surgeongeneral.gov/library/sexualhealth/call.htm)**

**<http://www.surgeongeneral.gov/library/sexualhealth/call.htm>**

**“I am introducing the *Surgeon General's Call to Action to Promote Sexual Health and Responsible Sexual Behavior* because we, as a nation, must address the significant public health challenges regarding the sexual health of our citizens. In recognition of these challenges, promoting responsible sexual behavior is included among the Surgeon General's Public Health Priorities and is also one of the *Healthy People 2010* Ten Leading Health Indicators for the Nation. While it is important to acknowledge the many positive aspects of sexuality, we also need to understand that there are undesirable consequences as well—alarmingly high levels of sexually transmitted disease (STD) and HIV/AIDS infection, unintended pregnancy, abortion, sexual dysfunction, and sexual violence. In the United States:**

- STDs infect approximately 12 million persons each year;
- 774,467 AIDS cases, nearly two-thirds of which were sexually transmitted, have been reported since 1981;
- an estimated 800,000 to 900,000 persons are living with HIV;
- an estimated one-third of those living with HIV are aware of their status and are in treatment, one-third are aware but not in treatment, and one-third have not been tested and are not aware;
- an estimated 40,000 new HIV infections occur each year;
- an estimated 1,366,000 induced abortions occurred in 1996;
- nearly one-half of pregnancies are unintended;
- an estimated 22 percent of women and two percent of men have been victims of a forced sexual act; and
- an estimated 104,000 children are victims of sexual abuse each year.

Each of these problems carries with it the potential for lifelong consequences-for individuals, families, communities, and the nation as a whole. As is the case with so many public health problems, there are serious disparities among the populations affected. The economically disadvantaged, racial and ethnic minorities, persons with different sexual identities, disabled persons, and adolescents often bear the heaviest burden. ***Yet it is important to recognize that persons of all ages and backgrounds are at risk and should have access to the knowledge and services necessary for optimal sexual health.***

**This *Call to Action* has been developed through a collaborative process. It is based on a series of scientific review papers contributed by experts in relevant fields, on recommendations developed at two national conferences, and on extensive review and comment as the document was being prepared-all of which sought the broadest possible input and brought together a wide range of experience, expertise and perspective with representation from the academic, medical and religious communities, policy makers, advocates, teachers, parents and youth. The strategies presented here provide a point of reference for advancing a national dialogue on issues of sexuality, sexual health, and responsible sexual behavior. It can begin among individuals, but must also involve communities, the media, government and non-government agencies, institutions, and foundations." [Surgeon General David Satcher](#)**

<http://www.YOUtopiaINstitute.org> The Cosmic Detective, DD on:



**THE ROOT SOURCE of SEXUAL PROBLEMS -  
THINK ABOUT IT.**

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[www.YOUtopiaINstitute.org](http://www.YOUtopiaINstitute.org)

Greetings again fellow Homo saps;-),

As I AM an 'unknown' author I think I should continue, for a while, to start each piece here with a brief statement about who I THINK I AM. From a certain perspective **I AM a cosmic consciousness human**, from another I'm your practical, basic, "down to Earth" kind of dude, bro, pal, fellow, guy, minister or whatever other label for this man with direct immediate blood line of African, Native American/Cherokee, Caucasian and so on. I was "raised as a Southern Black Baptist," in Virginia, do and have studied, explored, researched and experienced beyond, what I was taught/programmed with/indoctrinated with, to worldwide ancient (and esoteric/secret) comparative religions, spiritual paths, and various consciousness raising techniques of prayer, meditation, thought communication/transmission and receiving, massage, breathing, postures, mantras, and so on...

In my last article, here on The Mic, I included some scientific data and statistics from the report commissioned by US Surgeon General, Dr. David Satcher, seeing as he is the nation's leading spokesman on matters of public

health, which is “...based on a series of scientific review papers contributed by experts in relevant fields, on recommendations developed at two national conferences, and on extensive review and comment as the document was being prepared-all of which sought the broadest possible input and brought together a wide range of experience, expertise and perspective with representation from the academic, medical and religious communities, policy makers, advocates, teachers, parents and youth.” about which he described in a July 2001-TIME magazine interview and article titled "STOP THE CONSPIRACY OF SILENCE" as "our nation is suffering in so many ways because of a failure to address human sexuality."

With the scientific, practical, logical and reasonable need for solutions clearly established, and to “*Promote Sexual Health and Responsible Sexual Behavior*,” it is important to explore, learn, see, understand and come to know the root source of the problem and it’s historical evolution. Before I go any further, the following are the links that should have been included in my previous article.

1. **[A Letter from the Surgeon General - U.S. Department of Health and Human Services](http://www.surgeongeneral.gov/library/sexualhealth/call.htm)**

**<http://www.surgeongeneral.gov/library/sexualhealth/call.htm>**

2. **[Surgeon General David Satcher](http://www.surgeongeneral.gov/library/history/biosatcher.htm)**

**<http://www.surgeongeneral.gov/library/history/biosatcher.htm>**

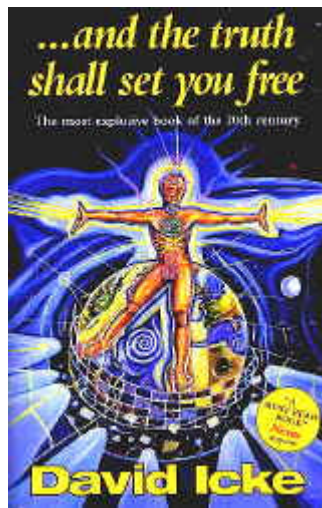
3. **[Chuluaqui Quodoushka](http://www.google.com/search?q=Quodoushka&btnG=Google+Search)**

**<http://www.google.com/search?q=Quodoushka&btnG=Google+Search>**

Teachings passed down orally and described as "sacred shamanic

**traditions, which integrate spirituality and sexuality as an integral part of life."**

4. <http://www.dtmms.org/lineage.htm> "At times throughout history the magickal mystery schools were forced to take their teachings and knowledge "underground" for safekeeping because they were being misused by others for personal power and domination or perverted by religious hierarchies."



5. It is eternally true that –

<http://davidicke.com/icke/index.html> - and provide the healing necessary for all of us, in every respect.

6. [SurgeonGeneral.gov](http://www.surgeongeneral.gov)

<http://www.surgeongeneral.gov/library/sexualhealth/call.htm> "*The Surgeon General's Call to Action to Promote Sexual Health and Responsible Sexual Behavior - June 2001*"

To begin to look at the root source of the problem - described by the US Surgeon General as "**our nation is suffering in so many ways because of a failure to address human sexuality.**" - WE CAN start with the fact that throughout the tens to hundreds of thousands to millions of years of human

history on this earth, for only a small fraction of that time, a few hundred or thousand years, have groups of people, tribes, cultures, societies, nations and the species been plagued with *epidemic proportion* sexually transmitted diseases, crimes of rape and serial rapist, unwanted pregnancies, psychological and physical repression resulting in loss of vitality and virility that spawns a huge material/monetary, multi-billions dollars **medical and pharmaceuticals industry that creates and sells artificial treatments for the symptoms of the root source problem.**

As I wrote in the last article (slightly edited by me, here now), *the root of the problem is a psychological/mental disconnect between sexuality and spirituality* (with or without any religious organization membership) of the predominance of individual modern humans thinking and behavior, and, generally, way too much confusion, lying and deception (well meaning or not) it was a normal part of everyday life for ancient people, independently, on the various continents around this earth to acknowledge, appreciate, respect, experience and enjoy the benefits of conscious connection and communication with the sacred, spiritual, invisible, to most, spiritual transcendental realms and dimensions relative to ALL aspects of existence - inclusive of sexuality.

Yes, I do know that there are currently many people who think and believe that there are no 'spiritual transcendental realms and dimensions.' I have no argument for those people. Most people understand that the greatest gift and asset that humans possess is 'free will,' i.e., the potential to think and make choices. I'm all for respecting the choices of others that, primarily, only effect the individual's fate spiritually, physically and mentally. The choices

that we make amount to where we, individually, place our human earth life bet as far as how we choose to think, act and relate in this life, in regards to whether or not there is life and consciousness after this human one, and the ‘reality’ existence of other ‘spiritual transcendental realms and dimensions.’ One thing is for sure. We, individual humans, as conscious aware, observing and experiencing entities will be “dead” in nothingness, **or** existing on some other ‘spiritual transcendental realms and dimensions.’ for a lot longer, like **forever** after this infinitesimally brief hundred or so chronological human earth life years, this time. Give or take away some number of years, we still end up with the reality of what Dr. Martin Luther King said, the night before his assassination, “...*longevity of life is not about chronological longevity, it is about what you do with the time you have here.*”

It was stated, this past week, on a ‘The History Channel’ cable TV program titled “Ancient Astronauts” that the beginning of the separation between spirituality and sexuality in the psychic and thinking of (*too many*) people, currently, on this earth can be historically traced to the one referred to as Saint Augustine, his thinking, and most influential writings **promoting the idea that sexual enjoyment was “sinful,”** and of the necessity to practice sexual abstinence, except for procreation, in order to please “God” and go “to Heaven,” after his conversion to “Christianity,” following his earlier experiences as a notorious hedonist.

Soooo, what do YOU THINK – huh?

## **SWEET DREAMS**

Once upon a time, a long time ago, before most of the members of this earth's species lost touch with our transcendental CREATOR, God-given natural Divine inherent rights to taste and enjoy, in our physical atom body forms, all of the pleasures available to us with due respect and appreciation, and without any ab-use or guilt, and with the non verbal visceral KNOWLEDGE of the facts of the Cosmic Universal TRUTHS, related to and regarding our being a privileged sentient part of nature with relative Free Will, rather than our having been convinced, and THINKING that we're outside of, condemned and destined to oppose and conquer nature - blessed as we are with the stupendous potential to THINK clearly and to intentionally change our minds and behavior, and so on - way back when, before we the species was indoctrinated through mistakes, sometimes well meaning but ignorant misunderstandings and misinterpretations, as well as intentional deception employing distortions, confusion, psychological and physical FEAR, torture, killing and such, for the purpose of domination by the few -- it was a part of normal everyday life for people to acknowledge, appreciate, respect, experience and enjoy the invisible, to most, spiritual transcendental realms and dimensions.

Now, most of this specie's energy and time are consumed and concerned with doubts, debates, arguments and wars related to whether or not there even IS a spiritual dimension, and if so, who, whom or which group was chosen by "GOD" as His favorites that HE loves better than ALL the rest, and on and on to who, whom or which group should be the privileged few to rule over the rest - at any and all cost - because they're the most "faithful",

smartest and strongest, and therefore allowed to be secretive, deceptive, insensitive, notorious, ruthless, viscous, cruel... and for whom "Anything goes" ...blah, blah, blah.

"In India, Nepal, China and Japan, sexuality has long been regarded as both an art and a science worthy of detailed study and practice. Indeed, the Eastern view is that no learning is complete without a through knowledge of the sexual principles underlying all existence. Eastern metaphysical tradition makes use of the mystery of sexuality as a means to the transcendental experience of unity. The feeling of oneness, achieved during or following the sexual act, is the most universally accessible mystical experience...".

*[From SEXUAL SECRETS - The Alchemy of Ecstasy; written and illustrated by Nik Douglas and Penny Slinger].*

"In the Far East, sex has always been considered a spiritual as well as a physical union. Sex was natural, sex was communion, sex was sexy... The Taoist believe (and it seems as though most, if not all "pre-historic" and ancient cultures and groups understood and therefore knew) that life must be lived in harmony with nature. If a man wants to reach enlightenment, he must be careful not to waste his essence. Women, Taoist believe, are closer to nature than are men, and a man's chance of reaching the higher planes increases if he can gather a woman's essence and add it to his own.

How do they go about this? By bringing the woman to frequent orgasm, thus capturing her juices..." *[From the June '93 COSMOPOLITAN magazine article by Alexandra Penny]*

"The practice of Tantric yoga lets us bring an intensity of concentration to sex. In India, the Tantric religion, devoted to worship of the mother goddess, focuses on female energy and teaches that sexual union can be a way of communicating with the gods. Modern practitioners of Tantric yoga believe that making love is not two people taking separate satisfaction but a union in which the boundaries of the body are dissolved and two people become one (complete person)." *[From THE TAO OF SEX by Howard S. Levy and Akira Isihara].*

"If you are willing to train for golf, tennis, or running, why not for love? If you think of the act of love as an art form - a kind of cosmic dance of awareness in which every nuance of your lovers body is important - you'll realize that it's not ejaculation that provides fulfillment but all that leads up to it... One must be able to go beyond the Western concept of orgasm."

*[From Richard M. Chin, M.D. of the East West Institute in New York City.]*

{NOTE: *All editorial embellishments are mine, such as parenthesis, bold, italics and underlines.*}

<http://www.YOUtopiaINstitute.org>

CD of original music "LET'S HEAL IT" [CDBaby.com](http://CDBaby.com) and/or [Amazon.com](http://Amazon.com)