

California Institute of Integral Studies

EWP6101

INTEGRATING SEX & SPIRIT: AN EMBODIED INQUIRY

Fall 2011 (1 unit)

Mon Aug 29 (3-6pm), Sat Sept 10 & Sept 24 (10am-1pm), Sat Oct 8 (10am-5pm)

Instructor: Marina T. Romero

Teaching Assistant: Samuel A. Malkemus

Email: [Marina@estel.es] [malkemus@gmail.com]

Course Description:

While sexuality is fundamental to bring us a sense of embodied vitality and organic growth, spirituality is central to foster our evolution from an awareness that lies beyond mental understanding. In the spirit of embodied inquiry, we will explore the importance of integrating sex and spirit in order to foster the unfolding of our deepest potentials in our daily lives. The course includes “interactive embodied meditations,” which involve structured and respectful physical contact among participants. Through these meditations, we will explore the personal aspects that shape us in either connecting to or separating from our sexuality and spirituality, as well as open a path of self-reflection aimed at their integration. The course consists of an informational gathering (8/29) and three Saturday classes (9/10, 9/24, & 10/8).

NOTES:

- (1) This work involves self-regulated and respectful (non-sexual) physical contact.
- (2) Attending the informational gathering is mandatory.

Summary of Educational Purpose:

The main purpose of this course is to facilitate an embodied understanding of how sexuality and spirituality can be interlaced to encourage an integral and embodied unfolding of our deepest potentials on personal, relational and social planes. A second objective is to provide a safe space where a deep experiential inquiry into the integration of sexuality and spirituality can take place.

Learning Outcomes:

After completing the course, students will be able to:

1. Be more familiar with the reality of their own sexual and spiritual dispositions.
2. Identify personal pathways towards the integration of sexuality and spirituality in their lives.
3. Construct knowledge from experience, both individually and collaboratively.
4. Recognize the value of incorporating personal experience in the study of both human sexuality and spirituality.

Learning Activities:

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|----------------------------------|-----|
| 1. Cognitive/Didactic (lecture): | 25% |
| 2. Practical/Applied (dialogue): | 25% |
| 3. Experiential: | 50% |

Criteria for Evaluation:

1. Class presence and participation: 60%
2. Final paper: 40%

Prerequisites:

Openness to experiential ways of knowing (somatic, vital, emotional, imaginal, visionary, etc) will be assumed.

Grading Options:

Pass / Fail.

Level of Instruction:

MA and Ph.D.

Cap:

24 participants.

Schedule of Classes:

Monday, Aug 29: 3-6pm
Saturday, Set 10: 10am-1pm
Saturday, Set 24: 10am-1pm
Saturday, Oct 8: 10am-5pm

Location:

Aug 29: Mission 307 (This session must be attended in order to take this class)
Sept 10, 24, Oct 8: Rudramandir, A Center for Spirituality and Healing.
830 Bancroft Way, Berkeley, CA.

Required Readings:

(Handouts provided in class)

Ferrer, J. N. (2006). Embodied Spirituality, Now and Then. *Tikkun: Culture, Spirituality, Politics*, 41-45, 53-64.

Feuerstein, G. (1993) Tracing the roots of the modern sexual dilemma. In, *Sacred Sexuality: living the vision of the erotic spirit* (pp. 11-26). Los Angeles, CA: Jeremy P. Tarcher/Perigree.

Feuerstein, G. (1993) Sex as energy and communion. In, *Sacred Sexuality: living the vision of the erotic spirit* (pp. 189-199). Los Angeles, CA: Jeremy P. Tarcher/Perigree.

Lee, V. (1996). Spirituality and sexuality do go together. In, *Soulful sex: Opening your heart, body and spirit to lifelong passion*. Berkeley, CA: Conari Press.

- Osho (1994). The spirituality of the Tantric sex act. In, *Tantra: Spirituality and sex* (3rd ed.) (pp. 49-80). Boulder, CO: Chidvilas.
- Romero, M. T. & Albareda, R. V. (2001). Born on Earth: Sexuality, Spirituality, and Human Evolution. *ReVision* 24(2), 5-14.
- Stein, R. (1973). The Betrayal of the Animal. In *Incest and Human Love* (2nd ed.) (pp. 3-24). Dallas, TX: Spring Publications, Inc.

Suggested Readings:

- Anand, M. (1989). *The art of sexual ecstasy: The path of sacred sexuality for western lovers*. New York: Jeremy P. Tarcher/Putnam.
- Albareda, R. V. & Romero, M. T. (1991). *Nacidos de la tierra: Sexualidad, origen del ser humano*. Barcelona (Spain): Hogar del Libro.
- Albareda, R. V. & Romero M. T. (1999). Sexualidad transpersonal y trascendente. In M. Almendro (Ed.), *La consciencia transpersonal* (pp. 218-242) Barcelona (Spain): Kairós.
- Albareda, R. V., Ferrer, J. N. & Romero, M. T. (2004). Embodied Participation in the Mystery. In J. Drew & D. Lorimer (Eds.), *Ways through the Wall: Transpersonal Approaches to the World Today* (pp. 179-193). Lidney, Gloucestershire, UK: Corpus Publishing.
- Carr, D. M. (2003). *The erotic word: Sexuality, spirituality, and the bible*. New York: Oxford University Press.
- Ferrer, J. N. (2003). Integral Transformative Practice: A Participatory Perspective. *Journal of Transpersonal Psychology*, 35(1), 21-42.
- Ferrer, J. N. (2006). Spirituality and Intimate Relationships: Monogamy, Polyamory, and Beyond. *Tikkun: Culture, Spirituality, Politics*.
- Feuerstein, G. (1993). *Sacred sexuality: Living the vision of the erotic spirit*. Los Angeles, CA: Jeremy P. Tarcher/Perigree.
- Feurstein, G. (2003). *Sacred sexuality: The erotic spirit in the world's great religions*. Rochester, VT: Inner Traditions.
- Gilmore, L. (1998). The whore and the hole one: Contemporary sacred prostitution and transformative consciousness. *Anthropology of Consciousness*, 9(4), 1-14.
- Gupta, B. (Ed.). (1987). *Sexual Archetypes, east and west*. New York: Paragon House.

- Irwin, A. C. (1991). *Eros toward the world: Paul Tillich and the theology of the erotic*. Eugene, OR: Wipf & Stock Publishers.
- Mann, A. T. & Lyle, J. (1995). *Sacred sexuality*. Rockport, MA: Element Books, Inc.
- McCammon, S. L., Knox, D. & Schacht, C. (2004). *Choices in sexuality*. Cincinnati, OH: Atomic Dog Publishing.
- Moore, T. (1990). *Dark eros: The imagination of sadism*. Woodstock, CT: Spring Publications.
- Nelson, J. B. (1983). *Between two gardens: Reflections on sexuality and religious experience*. Cleveland, OH: The Pilgrim Press.
- Nelson, J. B. (1988). *The intimate connection: Male sexuality, masculine spirituality*. Philadelphia, PA: The Westminster Press.
- Monnick, E. (1987) *Phallos: Sacred image of the masculine*. Toronto, CAN: Inner City Books.
- Reinisch, J. M. & Beasley, R. (1990). *The Kinsey Institute new report on sex: what you must know to be sexually literate*. New York: Saint Martin's Press.
- Stein, R. (1973). *Incest and human love* (2nd ed.). Dallas, TX: Spring Publications, Inc.
- Tannahill, R. (1980). *Sex in history*. NY: Stein and Day Publishers.
- Wade, J. (2004). *Transcendent sex: When lovemaking opens the veil*. New York: Paraview.

Assignments:

1. Final Paper:

Interweave your personal experience and inspirations from class with reflections on bridging sexuality and spirituality in light of class readings, dialogues, and/or the fruits of your own embodied inquiry. It can be based on words or images.

If based on words, it can be descriptive/rational or imaginary/poetic.

If based on images, drawings made at class can be used, or other drawings or images, as far as they relate to the class material and convey your personal experience.

6-10 pages / Due no later than October 23th

2. Journal:

Participants are asked to keep a personal journal. The journal is intended to facilitate deeper personal reflection and will *not* be collected in class, although it is highly recommended and can be used to support your paper.

Course Schedule

EWP6101. Integrating Sex & Spirit: An Embodied inquiry

The following course structure may be modified according to the concrete reality and evolution of the group and of each participant.

Informational Meeting (Monday, Aug 29)

- Introduction to the course and general orientation.
- Experiential Practice: Unconditional acceptance as the foundation of embodied inquiry.
- Participants' introductions.

Session I: Exploring Personal Reality: Sex & Sexuality (Saturday, Set 10)

- Introduction to the day and opening practice.
- Interactive Embodied Meditation: Accessing our vital world and linking it with the heart. Opening both to immanent sources or energies.
- Integrative work: Aesthetic/verbal elaboration of the experience.
- Sex & Sexuality: Their manifestation in our personal life.
- Closure of the day.

Session II: Exploring Personal Reality: Spiritual Practice & Spirituality (Saturday, Set 24)

- Introduction to the day and opening practice.
- Interactive Embodied Meditation: Accessing our consciousness and linking it with the heart. Opening both to transcendent sources or energies.
- Integrative work: Aesthetic/verbal elaboration of the experience.
- Spiritual Practice & Spirituality: Their manifestation in our personal life.
- Closure of the day.

Final Retreat: Integrating Sex & Spirit: Immanence, Transcendence & the Human Heart (Saturday, Oct 8)

- Introduction to the day and opening practice.
- Interactive Embodied Meditation: Contemplation of our vital world and consciousness as manifestations of the immanent and the transcendent; opening the heart to both.
- Integrative work: Aesthetic/verbal elaboration of the experience.
- Sexuality and Spirituality: Integrating both. Healing and awakening. Accessing our deepest potentials.
- Ritual closure of the course.

Instructor:

Marina T. Romero is a therapist and teacher. She is Director of ESTEL (Center of Personal Growth and School of Integral Studies), Barcelona, Spain. Together with Ramon V. Albareda, she is the creator of *Holistic Sexuality*, an integral approach to psycho-spiritual embodied growth and healing that works experientially with the body, sexuality, heart, spirit, and nature. Marina is co-author of the book, *Nacidos de la Tierra. Sexualidad, Origen del Ser Humano*, as well as of many articles and book chapters on transpersonal sexuality, psycho spiritual embodied development, and human integration. She has been leading encounters in Holistic Sexuality and Transpersonal and Transcendent Sexuality in Spain since 1987, and in California since 2000.

Teaching Assistant:

Samuel A. Malkemus, MA, is a PhD student in the East-West Psychology Program. His doctoral work focuses on the experience of embodiment as articulated by phenomenological, transpersonal, depth psychological, and modern scientific perspectives. He currently assists workshops and individualized processes for Holistic Sexuality and has experience leading Zen meditation, vision quests, and dream groups. He is a practicing astrologer and tarot reader and is currently working on a book with Marina T. Romero that focuses upon ‘the mystery of the human heart’.