

California Institute of Integral Studies

EWP7515: HOLISTIC SEXUALITY

Fall 2013 (3 units)

Sep 5 (11:45-2:45) Oct 5-6, 19-20 & Nov 9-10 (10am-5:00pm)

Instructors: Marina T. Romero & Samuel A. Malkemus

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Course Description:

In the spirit of embodied inquiry, this course offers the foundations of Holistic Sexuality, an integral and transformative approach to psycho-spiritual embodied growth and healing that works experientially with the body, sexuality, heart, spirit, and nature. We will explore how our vital/primary energy can be creatively expressed and integrated at somatic, emotional, mental, and spiritual levels, as well as how it can be used as a catalyst for embodied spiritual growth. With support and guidance, participants will learn how to safely self-regulate their own process from an awareness of their present capabilities and necessary boundaries. The fruit of several decades of research and experience, Holistic Sexuality is a unique approach neither affiliated with tantra nor with other existing methods of working with the interface of sex and spirit. The course consists of one initial class meeting and three intensive weekend retreats (10/5-6, 10/19-20, & 11/9-10).

IMPORTANT! Please read it mindfully:

1. This work involves self-regulated and respectful (non-sexual) physical contact, as well as interaction with the other classmates at different levels (somatic, emotional, mental, etc.). Any kind of physical contact or interpersonal interaction can potentially mobilize and bring up raw memories and experiences. Please, note that we are in an academic setting, *not* a therapeutic one. In this class you have to be able to breathe and integrate your own experience and still follow the academic process. Please, if you have any doubts in this regard contact the instructors before signing up for the class.

Summary of Educational Purpose:

The main purpose of this course is to introduce participants to a new integral and transformative approach to psycho-spiritual embodied growth. A second objective is to provide a safe space where a deep experiential inquiry can take place.

Learning Outcomes:

After completing the course, students will be able to:

1. Have a somatic awareness of the different inner dimensions of one's identity, as well as an awareness of these dimensions as energetic centers of interaction with others.
2. Be more familiar with the reality of their sexual and bodily dispositions.
3. Identify personal pathways towards the inclusion of a holistic sexuality into their lives.
4. Approach the heart as a mystery and a guide.
5. Appreciate the importance of both diversity and unity, individuality and community.

6. Recognize the value of incorporating personal experience into academic inquiry.

Learning Activities:

- | | |
|----------------------------------|-----|
| 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, visionary, etc.).

Grading Options:

Pass / Fail.

Level of Instruction:

MA and Ph.D.

Cap:

18 participants.

Office Hours:

By appointment

Schedule of Classes:

- | | |
|-----------------------------|-------------|
| Thursday, Sep 5: | 11:45-2:45 |
| Saturday-Sunday, Oct 5-6: | 10am-5:00pm |
| Saturday-Sunday, Oct 19-20: | 10am-5:00pm |
| Saturday-Sunday, Nov 9-10: | 10am-5:00pm |

Location:

First Meeting: Mission 307, CIIS Main Building

Weekends: Rainbow Heart Studio: 1450 Cornell Ave, Berkeley, CA 94702

See www.rainbowheartstudio.com for more info and directions

Required Readings:

(Handouts provided in class)

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.
- Ferrer, J. N. (2003). Integral Transformative Practice: A Participatory Perspective. *Journal of Transpersonal Psychology*, 35(1), 21-42.
- Ferrer, J. N., Romero, M. T., & Albareda, R. V. (2005). Integral Transformative Education: A Participatory Proposal. *The Journal of Transformative Education*, 3(4), 306-330.
- Field, T. (2001). Touch hunger. In T. Field, *Touch* (pp. 1-17). Cambridge, MA: MIT Press.
- Malkemus, S.A., & Romero, M.T. (2012). Sexuality as a Transformational Path: Exploring the Holistic Dimensions of Human Vitality. *International Journal of Transpersonal Studies*, 31, 112-118.
- 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 R. Stein, *Incest and Human Love* (2nd ed.) (pp. 3-24). Dallas, TX: Spring Publications, Inc.
- Whitehouse, M. S. (1999). The Tao of the body (pp. 41-50). In P. Pallaro (Ed.), *Authentic movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow*. London, England: Jessica Kingsley Publishers.

Suggested Readings:

- Anand, M. (1989). *The art of sexual ecstasy: The path of sacred sexuality for western lovers*. New York, NY: 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, England: Corpus Publishing.
- Carr, D. M. (2003). *The erotic word: Sexuality, spirituality, and the bible*. New York, NY: Oxford University Press.

- Ferrer, J. N. (2006). Spirituality and Intimate Relationships: Monogamy, Polyamory, and Beyond. *Tikkun: Culture, Spirituality, Politics* (Jan/Feb), 37-43, 60-62.
- 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 holy one: Contemporary sacred prostitution and transformative consciousness. *Anthropology of Consciousness*, 9(4), 1-14.
- Goldstein, K. (1995). *The Organism*. New York, NY: Zone Books. (Original work published in 1934)
- Gupta, B. (Ed.). (1987). *Sexual archetypes, East and West*. New York, NY: 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.
- 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, NY: Saint Martin's Press.
- Symons, D. (1979). *The evolution of human sexuality*. New York, NY: Oxford University Press.
- Tannahill, R. (1980). *Sex in history*. New York, NY: Stein and Day Publishers.
- Wade, J. (2004). *Transcendent sex: When lovemaking opens the veil*. New York, NY: Paraview.
- Woodman, M., & Dickson, E. (1996). *Dancing in the flames: The dark goddess in the transformation of consciousness*. Boston, MA: Shambhala Publications, Inc.

Assignments:

1. Final Paper:

This paper is intended to be a step towards a process of integration of your experience in this course. Interweave your personal experience, life history, and inspirations from class to create a paper that speaks from the depths of your engagement with life. The paper can be anywhere on a spectrum from more analytic and rational, to more imaginary and poetic. As far as it invites what is most passionately alive for you and your personal experience in class, anything is welcome insofar as it is clearly contextualized for the reader. Also, the use of art is encouraged if it helps to convey the different dimensions of your personal experience. Artistic possibilities include: drawings made at class, other drawings or images, music, poetry....

Further guidance and suggestions will be offered on the last day of class.

10-15 pages / Due no later than November 27th
(Double-spaced, twelve point font)

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

EWP7515. Holistic Sexuality

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

Weekend Retreat I: Our Human Identity and its Holistic Character: Body, Vital World, Heart, and Mind/Consciousness (Saturday, Oct 5 & Sunday, Oct 6)

- Opening practice: Playing as a way of learning. Unconditional acceptance as the foundation of integral growth.
- Participants' introductions.
- Introduction to the course and day.
- Interactive Embodied Meditations: Exploring the capacity of accessing our bodies, vital world, heart, and mind/consciousness.
- Integrative work: Aesthetical/verbal elaboration of the experiences.
- Silence and contemplation. Circle of sharing.
- Ritual closure of the retreat.

Weekend Retreat II: Sexuality as Life Force to Unfold the Human Identity. Grounding Our Consciousness; Revealing Our Essential Heart (Saturday, Oct 19 & Sunday, Oct 20)

- Introduction to the day and opening practice.
- Sexuality; the heart: Their essential nature; their manifestation in our personal life. Consciousness: grounded versus ungrounded.
- Interactive Embodied Meditations: Sexuality as immanent life. The alchemical heart. Grounding consciousness.
- Integrative work: Aesthetical/verbal elaboration of the experience.
- Silence and contemplation. Circle of Sharing.
- Ritual closure of the retreat.

Weekend Retreat III: Deepening into Our Human Nature: Diversity and Oneness (Saturday, Nov 9 & and Sunday, Nov 10)

- Introduction to the day and opening practice.
- Inner and outer diversity and oneness: Holistic versus integral; a participatory approach; oneness, a coherent guide.
- Interactive Embodied Meditations: Participants arrange interactive practices according to their individual inquiries.
- Integrative work: Aesthetic/verbal elaboration of experiential knowledge.
- Silence and contemplation.
- Final circle of sharing and ritual closure of the course.

Instructors:

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.

Samuel A. Malkemus, MA, has a bachelor's degree in psychology and a master's in philosophy and religion. Samuel is currently working towards the completion of his doctorate in East-West psychology at the California Institute of Integral Studies, in San Francisco, California. His doctoral research involves an interdisciplinary exploration of the somatic and lived dimensions of sexuality, instinct, and world with the aim of articulating a transpersonal vision of human nature that holds bodily life at its foundation. Academic areas of interest include phenomenology, consciousness studies, cognitive science, and astrology, in addition to depth, transpersonal, evolutionary, and somatic psychology. A fifth generation Californian, Samuel has been co-leading Holistic Sexuality workshops and individualized processes since 2008 and has experience leading Zen meditation, vision quests, and dream groups. A carpenter, dancer, and lover of life, he is the co-author, together with Marina T. Romero, of the book chapter *Sexuality as a Transformational Path: Exploring the Holistic Dimensions of Human Vitality*, as well as the author of numerous other articles that carry forward a holistic vision of human nature.