

California Institute of Integral Studies

**EWP 7516: Sexuality as a Transformational Path:
Exploring the Holistic Dimensions of Human Vitality**

Spring 2014 (3 units)

Jan 21 (11:45-2:45) Feb 1-2, 15-16 & March 1-2 (10am-5:00pm)

Instructors: Marina T. Romero & Samuel A. Malkemus

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Course Description:

This course explores the transformative possibilities of living in a conscious and holistic relationship to our sexual lives. Sexuality is explored as it pertains to the erotic flow of life-force energy into our daily lives, as it calls us towards true intimacy with others, as it allows a healthy integration of our instinctual impulses, and as it invites the fullest flourishing of our life potentials.

In this course, we will explore how our sexual lives can serve as ground for transformative cycles of healing and growth. This involves taking into account, with sensitivity and care, both the fruits of a healthy sexual life and the shadow elements, wounds, and conflicts that may distort the expression of our sexual energy. Together we will engage contemplative practices – interactive embodied meditations – to open a path of inquiry that is unique to the dynamic circumstances of each student. Through this inquiry specific questions will be formulated that will serve to focus our engagement upon a specific topic. The course consists of one initial class meeting and three intensive weekend retreats.

IMPORTANT! Please read 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.
- 2) Attendance to the first class meeting is mandatory.

Summary of Educational Purpose:

The main purpose of this course is to introduce participants to the possibility of engaging sexuality as a meaningful path of psycho-spiritual healing and growth. A second objective is to provide a safe space where each participant can engage a deep experiential inquiry into sexuality while supported and enriched by the larger group process.

Statement of Diversity:

In keeping with the integral standards of CIIS this course is committed to honoring classroom diversity. It welcomes both “inner” and “outer” diversity. Through inner diversity we welcome different experiential dimensions (body, heart, vital, mind, etc.) to be a part of the inquiry. Through outer diversity we invite the different backgrounds (social, cultural, sexual, religious, etc.) of each student to participate.

Learning Outcomes:

After completing the course, students will be able to:

1. Identify personal pathways towards unfolding the transformative potential of sexuality in their lives.
2. Be more familiar with the reality of the holistic dimensions of sexuality.
3. Recognize the potential fruits and shadows of sexual energy.
4. Gain insight into the role of the heart in their sexual lives.
5. Recognize the value of incorporating personal experience into academic inquiry.

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: | 50% |
| 2. Presentation | 25% |
| 2. Final paper: | 25% |

Prerequisites:

Openness to experiential ways of knowing (somatic, vital, emotional, visionary, etc.).

Grading Options:

Pass / Fail.

Level of Instruction:

MA and Ph.D.

Cap:

24 participants.

Office Hours:

By appointment

Schedule of Classes:

Tuesday, Jan 21:	11:45-2:45
Saturday-Sunday, Feb 1-2:	10am-5:00pm
Saturday-Sunday, Feb 15-16:	10am-5:00pm
Saturday-Sunday, Mar 1-2:	10am-5:00pm

Location:

First Meeting: Mission 560, 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)

- Barratt, B. B. (2010). The inherent sexuality of being human. In B. Barratt, *The emergence of somatic psychology and bodymind therapy* (pp. 145-157). New York, NY: Palgrave MacMillan
- Boadella, D. (1973). The energy of drives: The development of the orgasm theory. In D. Boadella, *Willhelm Reich: The evolution of his work* (pp. 8-34). London, England: Vision.
- 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.
- 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.

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.
- Collins, G. N. (2010). *Breaking the cycle: Free yourself from sex addiction, porn obsession, and shame*. Oakland, CA: New Harbinger.
- 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.

- 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.
- Foucault, M. (1990). *The history of sexuality: An introduction, Vol. 1* (R. Hurley, Trans.). New York, NY: Random House. (Original work published 1976)
- 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.
- Stoller, R. (1975). *Perversion: The erotic form of hatred*. New York, NY: Pantheon Books.
- Stoller, R. (1985). *Observing the erotic imagination*. New Haven, CT: Yale University 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. Presentation:

Students will prepare a 20-minute group presentation based upon a specific inquiry question that emerges from the class process. During the second weekend of our course you will be guided in a process to find a focus for the presentation as well as to find potential student collaborators for a group presentation. You will then have two weeks to prepare your presentation for March 1st. Creative presentations are encouraged that involve theatre, movement, and artistic expression.

2. 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.

8-10 pages / Due no later than March 17th
(Double-spaced, twelve point font)

Mail a hard copy of your paper, postmarked by March 17th, to:
1450 Cornell Ave, Berkeley, CA 94702

Include a self-addressed envelope with paid postage for the return of your paper

3. 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

EWP7516. Sexuality as a Transformational Path

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

Informational Meeting (Tuesday, Jan 21)

- Introduction to the course and general orientation.
- Experiential practice: Playing as a way of learning. Unconditional acceptance as the foundation of embodied inquiry.
- Participants' introductions.

Weekend Retreat I: Holistic Transformation and Sexuality: The Heart, Vital Center, and Our Sexual Lives (Saturday, Feb 1 & Sunday, Feb 2)

- Introduction to the day and opening practice.
- Interactive Embodied Meditations: Exploring the embodied heart, vital center, and the present state of our sexual lives.
- Integrative work: Aesthetical/verbal elaboration of the experience.
- Silence and contemplation. Circle of sharing.
- Ritual closure of the retreat.

Readings: Feuerstein, G. (1993) Tracing the roots of the modern sexual dilemma.

Weekend Retreat II: Deeping into Sexuality as Life Force Energy: Holistic vs. Distorted Expressions (Saturday, Feb 15 & Sunday, Feb 16)

- Introduction to the day and opening practice.
- Sexuality; its core as dual source of flourishing and seat of conflicts/wounds.
- Interactive Embodied Meditations: Deep listening; heart/vital. Organic inquiry into research questions.
- Integrative work: Aesthetical/verbal elaboration of the experience.
- Silence and contemplation. Circle of Sharing.
- Ritual closure of the retreat.

Readings: Barratt, B. B. (2010). The inherent sexuality of being human.

Boadela, D. (1973). The energy of drives.

Schedule group meetings to prepare for presentation

Weekend Retreat III: Sharing Fruits and The Dynamic Nature of Transformation (Saturday, Mar 1 & and Sunday, Mar 2)

- Introduction to the day and opening practice.
- Class Presentations.
- Interactive Embodied Meditations: Trusting, listening, and allowing life force energy to organically unfold.
- Integrative work: Aesthetic/verbal elaboration of experiential knowledge.
- Silence and contemplation.

- Final circle of sharing and ritual closure of the course.
Readings: Malkemus, & Romero, (2012). *Sexuality as a Transformational Path*.
Romero, & Albareda, (2001). *Born on Earth*.

→→→→→ *Final paper due March 17th*

Instructors:

Marina T. Romero is a therapist and teacher. Together with Ramon V. Albareda, she is the creator of *Holistic Transformation*, an integral approach to psycho-spiritual embodied growth and healing that works experientially with the body, sexuality, heart, mind, 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, psychospiritual embodied development, and human integration. Originally a passionate student of physics she then shifted her attention to exploring the mysteries of human nature and has been leading encounters in Holistic Transformation and Transpersonal and Transcendent Sexuality in Spain since 1987, and in California since 2000.

Samuel A. Malkemus, PhD, has a bachelor's degree in psychology and a master's in philosophy and religion. A fifth generation Californian, Samuel has been co-leading Holistic Transformation workshops and individualized processes since 2008 and has experience leading Zen meditation, vision quests, and dream groups. A carpenter, astrologer, 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.