

Sexual Fulfillment in Relationship

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My topic is a difficult one for all of us. It is sexuality, but sexuality from a very different perspective. Sexual fulfillment in a relationship is hard material, as we all know, but I would like us to look at it from a new perspective, based on my own, my students' and my clients' experience.

What does sexual fulfillment mean? Does it really exist? Wilhelm Reich spoke often about “end satisfaction,” meaning orgasm or the highest peak of sexual excitement. The process begins with tension which is mechanical, followed by charge which is electrical, then discharge which is also electrical, and then finally relaxation, which is mechanical.

A very important part of western society's belief system is the high importance given to performance and results. We are constantly working for results. We are a performance oriented society. What is the effect of this? It produces a lot of theories about sexuality that emphasize performance towards orgasm, towards the highest level of sexual excitement.

I don't agree with the common opinion that sexuality is affected by menopause or infrequent orgasm or belief systems or certain hormones or impotence or aging or the lack of intimacy. All the statistics and research in these areas are focussed on a "performance oriented" perspective—the belief that we must reach orgasm in all dimensions of life. This perspective has a very strong effect on us, on all our behaviors, our movements, our thinking, and so on.

Clients give me the message that they believe that reaching orgasm, for a woman, is being "a good girl" and for a man, "a good boy." They believe to be "good" they must reach the highest level, and that only after reaching this peak level can they give to another person.

In sexual therapy, if you read Helen Singer Kaplan or Lonnie Barbach's books, the first question is "Are you orgasmic or anorgasmic?" What does this mean? From one perspective, this is crazy.

In my student days, I was a member of the student revolution in Berlin. It was a beautiful time. I opened my heart to the fight for equality

and a better society. It was during this time that I first came in contact with Wilhelm Reich. Reich's work had been forgotten until this time in the late '60s. Part of our student revolution was to bring out Reich's work, *Function of Orgasm*. All the students were crazy about this book because we were coming out of a time of sexual repression in society. We understood this work. We tried communes and free sexuality, and we all understood that the ultimate goal of sexuality should be orgasm. "Have you had orgasm?" "Yah, yes a little bit." "Or maybe not the right one." We did all kinds of crazy, weird things I don't even want to talk about.

My point is that we came into a conflict between the orgasmic and anorgasmic: If you have orgasm, you're good; if you don't have orgasm, you're bad. If we examine this, we see a deep split, a deep separation of two dimensions of life. If we focus only on one force, or energize just one force in one direction (orgasm), there is a tremendous amount of activity and stimulation. The focus is entirely on active or male energy in order to reach the highest level, the peak of the so-called greatest pleasure in our life.

But constantly pushing and forcing in one direction, energizing all dimensions of the personality from the body to the mind to the will in the belief that we are only good, that we can only be satisfied if we reach orgasm creates a strong and powerful counterforce in the opposite direction from orgasm. Unconsciously there is resistance to such forcing to reach this level. The forcing creates a counterforce. And this becomes one of the main obstacles in our lives. And this obstacle is produced by a cultural belief that performance is all important.

How can we dissolve this tremendous counterforce that creates such obstacles, barriers, resistances, deep pain and suffering? How can we dissolve this?

There is a way I've found in different cultures, in very old, ancient culture. We have to learn to acknowledge and accept the mechanism of the universal principle of duality. This is the only way to solve this problem and contact this counterforce. Duality is everywhere in the universe: day and night, summer and winter, expansion and contraction. You can't see the light if you don't experience the darkness. We can't come to the higher self if we don't work with the lower self.

Now bringing this to sexuality: how can we work in this duality we live in? We tend to go only in one direction. We cannot only focus on the letting go, on the release, and on the discharging of energy. That's

only one direction. We must deeply experience both directions. We must go equally into the experience of holding back in sexuality as well as releasing. We have to experience control as well as letting go. We must find the balance between the experiences of control and letting go.

The first people to develop this concept—through a millennial experience—were the Chinese with the philosophy of Taoism. At approximately the same time, the Indian and Tibetan culture developed Tantric principles which are very similar. In both Taoism and Tantric philosophy, the most important thing is mastery of our own sexuality. Tantric philosophy says that desire for sexuality and intimacy and deep feeling is destroyed through orgasm. Not only that, but the motivation to become enlightened is also annihilated.

The Tantra works a lot with religious archetypes of Gods and Goddesses, with ritual and mantras. Taoism uses the natural elements of the universe as teacher: the sun and the moon, how plants and animals live and die, the spontaneous pulsatory energy of life.

What is sexuality? Sexuality is a pulsatory life movement, meaning that it connects to the principle of duality. It is like a pendulum that swings from one side to the other, from the active to the receptive, from the male quality to the female, from yin to yang and from yang to yin. Always swinging.

Having one goal—reaching orgasm—is not the most important part of sexuality. It is "an" important part. There's no doubt about that. But it's not "the" important part. We have to be aware of this. The pendulum swings through areas of pauses, through breaks, through calmness, through receptivity, through soft and meditative parts and spiritual parts of sexuality. Through this full swing, we reach the dimension of love.

How can we practice these concepts in daily life? In Taoism, orgasm and ejaculation are not synonymous. They are very different issues. Practically, the man must be helped in containing his semen, and the woman must have an active part supporting this exercise. This means that stimulation may go just up to the point of no return, and then stop for awhile. Then again, stimulation just up to the point of no return, and stop again for awhile. And then maybe a third time. If you do this three or four times in a row, you come into a dimension where the contained energy is held back from explosion, which means it starts to flood. This begins like an implosion. Taoists pull up energy and so on. The energy starts to flood

inside the body. This can be helped if the man pulls his energy up, allowing it into the upper half of the body. For example, if you contact your partner with your mouth, then you can circle the energy through the two of you. This is such a deep experience. This contained energy from the pelvis, pulled up into the whole body, starts to re-circle and floods a very important part of your body—the heart. If you really contain this energy, hold it back from explosion, from discharge, then you have the possibility and capacity to keep it in your body and let it flow and flood and touch and connect in the heart. In Core Energetics we call this the melting and the fusing between the pelvis and the heart.

A lot of Taoist masters focus excessively on the holding back of semen and sexual energy in order to recycle it through the whole body, and they never come to a discharge. Once we met the Taoist master Mantak Chia, and he told us that he hadn't ejaculated for more than 20 years, except for once for impregnation. I said "My God, he's really a master. He's perfect." But then I looked into his face and energy system, and I perceived a certain quality of dryness. You're supposed to have a tremendous amount of life energy, sexual energy, but he had the opposite. By holding and holding and recycling, he'd become dry. He didn't have aliveness, the vividness of life.

If we learn to focus to contain our sexual energy and not discharge it or explode straight away, we learn to open up this fantastic energy to an immense space. We don't need to rush to the peak. We have the choice to swing back and forth without entering the one-way path of no return. We always have to retain our choice. This means that we have to experience the mechanism of duality. And in that experience, we do the pendulum swing, holding and releasing, back and forth. If you keep your energy in your body, you recuperate it for your own pleasure. And this energy has a tremendous quality of sweetness and tenderness. So instead of exploding and throwing out the energy and losing it, it's like an implosion; you save it for yourself, for your life and for your joy.

I started to learn this practice more than ten years ago with great enthusiasm and love. It gave me a new nourishment of life. In my enthusiasm, I began to teach these concepts to my clients and patients and therapeutic groups.

The experience with the groups was amazing. At first they were very enthusiastic and excited. After weeks and months, they told me it had changed their life with their partners. They came into more tenderness

and softness instead of pushing. After half a year, I asked the group again what was happening. "Are you still in this experience of pleasure with your partner?"

And the faces changed on many of the people. I asked "What's happened? Did something change?"

They said yes.

"What changed?"

"We stopped practicing it."

I said "Why? Why did you stop practicing this? It's such a beautiful experience. It opened up your relationship with your partner and you had a beautiful feeling of tenderness and of sweetness."

And then they said "Yah. Very frankly, it was too much for us. We had fear. We had fear."

And this was painful. Really painful. After such a beautiful and deep experience, people stopped it because they couldn't take it anymore. It was too much. "We have fear because it's too much."

We have to look thoroughly at the dynamic of orgasm. We increase the stimulation of sexual excitement through a tremendous amount of activity. This is a male quality. You reach the peak, the explosion, the orgasm, and a tremendous amount of pressure is released. After the orgasm, the energy decreases and diminishes, and the quality of energy changes. There is a relaxation, as Reich says, but with little or no spare energy. The person is relaxed, but he's often depleted and exhausted. In a lot of people, there are aggressive impulses after orgasm, after the discharge. People feel very tired and they fall asleep. What happens then? There is no contact anymore. It gets lost. When there are aggressive impulses or anger, it has a lot to do with disappointment over the inability to keep this beautiful level of pleasure.

What can we learn out of this experience? To summarize, there is no such thing in life as "one goal." In Taoism there is no separation between love in heaven and love on earth. The Taoist feels a boundless love for the universe and all living forces inside. The true and real goal for our life pleasure can only be the balance between the two sides, yin and yang, male and female. And most important, the balance that happens when we begin to forgive each other. Only then can we begin to let go and allow a deep exchange with each other. When we melt and fuse the head with the body, the mind with the feelings, and the pelvis with the heart, and we melt and fuse the energy of heaven with the energy of earth, then

we have love. This is pure love.

