



THE MYSTERY SCHOOL OF LOVE PRESENTS THE ONLINE COURSE

RECLAIMING EROS

MARC GAFNI

WEEK 3 - THREE QUALITIES OF EROS; FULLNESS OF PRESENCE; YEARNING FORCE OF BEING; WHOLENESS 3

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Week 3 - Three Qualities of Eros; Fullness of Presence; Yearning force of being; Wholeness

Part 1 - Quality 2: Fullness of Presence

Step 1: The temple is the place of the sexual. The temple is the place of the sexually intertwined cherubs. That's how it is described. The cherubs above the Arc. The Raiders of the Lost Ark is the arc of the covenant. Above it are the sexual intertwined cherubs. So temple consciousness is about radical sexuality. Number one that is how we started.

Step 2: We said: No, no, no, no. You have all the sexual symbols, but actually the temple is about something else in its core. It's about what? It's about Eros.

And the **First face of Eros is the experience of interiority**, meaning being on the inside. I have broken through in the race, I'm in the flow, I'm in the zone, I'm on the inside of the inside and I'm speaking from that place, where do I get the courage, the power, right to finish the race from the inside. So it's the experience of being on the inside. The temple is the place where the Shekinah dwells. The Mystical, Mythic Temple, the Grail Quest, the Kuss, the Feminine, Goblet, the Shekinah Goddess, the divine feminine is Eros.

The First Face of Eros is the experience of being on the inside. Not the inside of your partner, you can be on the inside of your partner and completely on the outside. It's on the inside of the experience! Right, it's when you step so deeply inside, that the very dance of the cosmos awakens in you and your evolutionary creativity is awake, alive, aware. You are an outrageous lover happening in the world. The face of the inside of the inside is the first face of the erotic

Second face of the Erotic.

The second face of the erotic is **Fullness of Presence**, fullness of presence. Each one of these is a day, we going to spend three – four minutes on each one. Ok but fullness of presence.

Now fullness of presence is not quite the same as being on the inside. On the inside

you merged with it. You stepped inside, you have broken through. And we see Eric Little's complete ecstatic joy as he is running on the inside. That is one experience. Fullness of Presence is something else. Fullness of presence means you fully show up and you are there and you are willing to sit in the emptiness, you are willing to sit in the hole, not run away, stay there and wait until it fills up. The opposite of Fullness of Presence is addiction. **Addiction is when I'm unable to tolerate the emptiness.** Let me make it very, very clear. There are different forms of addiction. There is intense chemical addiction, we are actually working now on a program called Unique Self Recovery, that actually addresses classical addiction. But addiction is much broader than that. So I would actually make the argument that every single person in this room, right, is in some sense an addict. And I give you one example of an addiction, ok. We talked about it in our first session very briefly. Show of hands in the room. How many people in the room have ever, for no particularly reason, gossiped about some else in a negative way? Why? Because I'm sitting talking to someone and I want to enter the inside of the conversation, I wanna be fully present and available. But there is this feeling of emptiness, there is kind of a hole, we can't quite fill it up. We are sitting over a cup of coffee. So what do we do? In order to enter into the inside we don't know how to do that, that is Eros. So what we do is, we create, what I call pseudo-Eros. It's not Eros, it's pseudo-Eros. It looks like Eros, but it is not. It is fake Eros, it is pseudo Eros. How do I create pseudo Eros? I talk about a third person negatively, take that third person out of our circle, place that third person outside and by then being outside, I have an illusion of being on the inside. You catch that?

So we can't create real inside between us, we don't know how to do that, so we talk about another person, we place them outside and then we have the illusion that we are on the inside. That is a form of addiction. Meaning I'm unable to stay in the emptiness. When I say the emptiness, there is not a person in this room who doesn't know what I mean, this speaker included. **Life is what we do with our emptiness.**

Sometimes, it's even when you talk positively, that's correct. You are using the person as a way of creating your inside. That's absolute true, that's a beautiful insight. Thank you. Now experience of pseudo-Eros, the experience of addiction, is the inability again to stay in the emptiness. Some of us have been together before, for me kind of my favorite experience, which for me captures emptiness, was being on tour.

On tour, you are on a book tour. There use to be book publishing companies in the world and they use to hold tours and now the whole book world is changed, so I'm on a book tour and you got like 18 things going on in a day and you get your hotel room and you are depressed. You are sad. So I would get to my hotel room, and I was just like aaahhhh, can I get a little sympathy for that. Like some sense of empathy in the relationship here in the room, thank you, that's much better. The way I dealt with my feeling a kind of emptiness in the hotel room, is I would always bring a bag of second century Aramaic texts. That doesn't work for everyone, some people try Prozac, but for me second century Aramaic texts kind of do it. So on this particularly day I get to the hotel room and my second century Aramaic text had gone to Kansas City, wrong plane, I'm in Denver, I remember exactly the hotel where I was. I remember the hotel room and I get back to the hotel room after this very long intense day and I'm exhausted and I saw my books weren't there! I'm kind of, there is nothing interesting on cable, cell phones were too expensive and I just didn't know what to do. Looking, looking, looking and I realize there is one book in the room! So I open the drawer and I take it out and what is there: the Bible. At the beginning of the Bible there is an index, that's absolute true, go to any hotel room and see the Gideon Bible, there is an index, which tells you which psalm in the book of psalms to read for which experience. So if you're feeling impotent read psalm 97, if your life is not successful because your business is failing read psalm 79, if you're having trouble in the relation with your mother read 93. That index, it's absolute true, you can look at it and it says if you're lonely read psalm 23. I was lonely. Try again for some empathy here. Reaction listeners. OK sort of, so any way, I start reading psalm 23 and I read it all like from my days and seminary.

I start reading the psalm, and you know the psalm ... 'I walked through the shadow of the valley of death, but I shall fear no evil and I felt, you know, I was working with this emptiness and I read the whole psalm and I'm done and I am still totally lonely. And there has been some one before me, a girl, and she wrote with her phone number 'if you are still lonely, call Lola'. Laughing.

So I think I should stop the story here, but life is what we do with our emptiness, right. And what we usually do is, we try to fill it up very fast. And the source of all addiction is the inability to hold the radical pain of the emptiness. I'm going to tell

you a little holy secret. Usually the community of addicts, that includes all of us, but particularly people in chemical addiction are actually far more sensitive and profound and in tune with life. So it's actually much harder for them to cover over the pain of the emptiness. And if you have ever worked with a community of addiction, which is all of us, we all have friends or in different points of our own lives, it comes from an intense feeling of the hole. So the only response to addiction, to the Void, is to walk through it, by staying in it. We have an English phrase which is called avoidance. If you spell it carefully it is 'a-void-dance'. It's what I do: I dance around the void. It might be sexual addiction, chemical addiction. It might be, maybe I can write 17 books this year. There are a many clever forms of addiction. So I've got to be able to stay in the emptiness. When you stay in the hole and I want to give you this as an absolute meditative practice promise.

Find your emptiness and you simply stay in it, the void fills. Always. That is called Fullness of Presence. That's what it is called. It's a core tantric practice, fullness of presence. It's the second quality of the Erotic.

Part 2 - Quality 3: Participating in the yearning force of being & Quality 4: Wholeness or connectivity

The third quality of the erotic. I think we need a drumroll.

The third quality of the erotic is to participate in the yearning force of being. To participate in the yearning of the longing force of being. And that means to participate in the deep desire that moves through being itself. Stay with me. You have heard of this Buddhist idea which says "avoid desire". Buddha never said that. Buddha said in the original pali canon, He said "have few desires, but have great ones". And the distinction is not in desire and not-desire, it's between desire and pseudo-desire. Desire itself is the sacred. And when you actually left the desire filled you, you don't avoid desire. A void dance. You actually let the yearning force of being desire fill you and that desire changes everything. Cut your hair for a second, do you cry, no. Because the cells in the hair are dead. Cut your arm, you bleed and scream. Why do you scream? Because you are alive. The ability to actually feel, to feel the yearning. And yearning is the eros of evolution itself. It's reality yearning to grow. Life right is pleasure. The greatest pleasure is growing. The yearning, the great desire to connect, to grow, to be part of, to emerge. It is this enormous urge, force to merge and then to emerge. It's not a being, it's a becoming. It is the Ecstatic urgency of becoming. It's the yearning force of desire. So the third face of the erotic, is the face of radical desire, yearning.

The fourth face of Eros, the fourth face of the erotic is Wholeness or Interconnectivity. It's the innerconnectivity of the all with the all. It's the realization that nothing is separate, nothing is apart, that everything is part of the seamless code of the universe and that we are all connected through invisible lines of connection. So a woman in Tokyo who feels all of a sudden at one o'clock in the afternoon, a huge pain in her chest. Because her daughter, the exact same moment in New Jersey, had a car-crash where she was smashed in the chest. None-local connection. And in physics G.S. Bell's work, right on non-local connection is critical. And we now are realising in many different ways what we call a none-local-universe. I had a dialogue with Erwin Lazlo, a couple of weeks ago, and Erwin spends a lot of his life working on this interconnectivity. No one is separate. Everything is connected to everything. There is an essential Wholeness. So if I feel I'm a separate self, that is not erotic. The experience of being a separate self is a de-eroticised experience. I'm locked in a boundary. If I brake through that boundary

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into no-boundary-consciousness where I feel myself part of the seamless code of the universe, I experience myself as participating in the Wholeness, that is an erotic experience.

So the fourth face of Eros is Wholeness.

The four faces of Eros are:

1. the experience of Being on the Inside
2. Fullness of Presence
3. Participation in the Yearning Force of Being, the radical experience of the fullness of desire
4. Wholeness, the Interconnectivity of the all with the all, that is Temple Consciousness.

Part 3 - The Wisdom of the Sexual

So why don't we have in the cherubs at the top of the Arc a picture of two mountain climbers? Why don't we have an artist painting? Why don't we have someone in an erotic conversation? If the entire story is not about the sexual, it's about Eros, so why don't we have at the top of the Arc this great image of two people climbing this mountain? Or you can have an image of a runner? I could think of a lot of creative images to put above the Arc of the covenant in the temple of Jerusalem other than fucking cherubs. So why do we choose this image of radical Eros? And here is the key, this is really, the whole morning moves here, it moves to this few minutes. This is where the whole thing happens and without this we just had a great conversation. I'll give you a couple of images. Just kind of follow and hear the images. Image 1 is the image of the temple itself.

The temple itself is radically about the sexual. Why, why, why why?

So the first voice we going to hear is by a man named Ikkyu, a Zen-monk writing in the 13th Century, who was a kind of revolutionary subversive monk. And he writes as follows:

quote 1. *'With a young beauty, sporting in deep love play
we sit in the pavilion,
a pleasure girl and this Zen-monk enraptured by hugs and kisses ;
I certainly don't feel like I'm burning in hell'*

quote 2: Again Ikkyu. And it is Ikkyu because this is a subversive tradition. You know the word subversive? It's a revolutionary tradition, it's hidden, in Zen it's hidden. You won't find this in classical Zen-teaching. This is just one or two people, it's a hidden tradition.

*'Rinzai's disciples never got the Zen-message, but I, the blind donkey – he is speaking about himself – I know the truth. Love-play can make you immortal.
The autumn breeze of a single night of love is better than a hundred thousand years of sterile sitting meditation.'*

And in case you missed Ikkyu's point, I'll give it to you the last time.
Third quote Ikkyu.

Transcription of the Teachings

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*'The Zen establishment pandering endlessly to officials and rich patrons,
good friends of the dharma, so proud,
let me tell you,
a brothel whore girl in golden costume is worth more than any of you.
Enter a brothel and great wisdom will explode upon you. Manjushri should have let
Ananda enjoy himself in the whorehouse! Now he will never know.'*

Now, stay with it for a second. The second set. This now comes from the Kabbalah, a hidden tradition of the Kabbalah, you won't find this in any of the open texts. Here is what the hidden tradition says:

'If the Torah, (meaning all wisdom), wouldn't have been given: 'You would learn all wisdom from the Song of Songs.'

And what is the Song of Songs? It's the erotic book of the Bible, that talks about erotic sexual play between the lover and the beloved. Meaning, if all the Torah wasn't given, you could learn all wisdom from the sexual itself.

And finally third quote and then we step in. Isaac from Aco in the 13th Century writes: *'Any man or woman who doesn't lust after sexual union with another, is worse than an ass. For it's only from the wisdom of the sexual that we learn all of spiritual service'*.

That is a hidden tradition. And the hidden tradition is as follows. What is the relationship between the sexual and the erotic? The Sexual is the Great Teacher. So at level 1 of religion, it's the explosive scene of The Raiders of the Lost Ark and it's so destructive, you have to control it. But at level 2, which is called Ham'taka, it's called the level of esoteric sweetness, you realize, and here is the big sentence:
that the sexual models the erotic.....

When I say models, it's a model. *It images, all wisdom about all of Eros, is contained in the sexual.* It doesn't exhaust the erotic. Do you know what I mean? The sexual models Eros, it's not the end of Eros. And actually in the sexual itself and in the details of the sexual and in the sexual experience itself is the wisdom of everything that you could possibly want to know in the world.

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And at level 1 religion, that means you control the sexual, because it's too dangerous. At the deeper esoteric teaching it doesn't mean to sleep with everyone, it's not what it means at all. It means that if you study and enter the sexual, the sexual actually gives you all wisdom within its teaching. So let us look for a second. The temple is the place of the Shekinah, Shekinah is the feminine goddess divine, is what... is Eros. You are with me?

What is Eros? Fullness of Presence, Being on the Inside, the Yearning Force of Being, Wholeness and Interconnectivity. That is the experience of the erotic. When the temple falls, that mythic event of the destruction of the temple, the fall of the temple, is what? ...It is not the fall of a building in Jerusalem. What does it mean that the grail is lost? When we begin to seek the lost arc of the covenant, the Raiders of the Lost Ark, the grail quest, when the temple falls, what happened? What fell, what collapsed? Anyone? It is the fall of what? The fall of the temple is the fall of Eros! So we talk in the mystical tradition as, do you remember the book *The Da Vinci Code*? That book was a kind of popular rendition of what's called the Secret of the Cherubs. That's actually what it is called. The Secret of the Cherubs. And the secret of the cherubs is the secret mystical tradition, which says that Jesus was actually married to Maria Magdalena. That the Cherubs in the temple are sexual intertwined. That the Shekinah, the Divine Feminine is the Erotic. And that the fall of the temple is the loss of the grail. It's the fall of Eros. And what is the fall of Eros, it's the exile of the Shekinah, the exile of the Divine Feminine, the exile of the Goddess.

And then we begin to learn law and wisdom from masculine structures. Because the feminine is considered too dangerous! The feminine Eros is considered too dangerous to learn from, so we burn it at the stake. Until we began to realize no! What is the exile of the Shekinah, the exile of Eros, the fall of Eros? Eros disappears! Eros is exiled, it's called in the great sources Galuta Shekinah, the exile of the Shekinah.

Hold it in the centre. So the exile of the Shekinah is the exile of the erotic. Now the erotic is exiled, where is it exiled to? Where did it go? To the sexual! You get that? Now the erotic is exiled into the sexual. And then what do we want? We want the

sexual to fulfill all of our erotic needs. So then the sexual collapses under the weight of a burden that it can't possibly bear. **So what we need to do is to re-eroticize the world.**

Do you remember Freud? Any Freud people here? What did Freud say? Remember Freud's great teaching? What was Freud say, kind of great, wild, wonderful teaching, what was Freud about, what did he say? He said: Everything in the world is really, it's really sex underneath. Everything that is happening over here in the world, if you actually know what is really happening, it's all reducible, it's all sex. So Freud got it exactly wrong, you follow? He had the intuition, but he reversed it precisely.

And what the mystics understand is not that everything that happen is reduced to sex, but that actually everything that happens in the sexual, is actually modeling Eros.

Freud took all of Eros in the world and he said: 'Really that is sexual drive' and he reduces everything to the sexual. But it is actually precisely the opposite. He understood the pervasive force of the sexual, but he reversed it completely. So for Freud everything in the world is just a metaphor for sex. For the mystic, sex is a metaphor, it is the model for everything else. You get that? The sexual models the erotic. It doesn't exhaust the erotic. And what is the exile of the Shekinah, what is the exile of Eros? When we exile, right, the erotic into the sexual.

There is a beautiful Balinese saying in Bali and it says: *'We don't make art, we just make everything as beautiful as we can'.*

You get that? That even art itself is the exile of the Shekinah. We say: *THAT over there, it's in a museum, that is art. No, that is the is art, exile of the Shekinah. Like the liberation of the Shekinah is that 'Everything is Art'.* There is nothing that is not art. We have actually liberated Eros completely. And I take all of my Eros and I live it wildly, fully ecstatically in every dimension of being. Now watch for a second. So the sexual models the erotic, it doesn't exhaust the erotic. What does that mean?

It means that where is the place on a great day, when it is really working, that you can most access, being on the inside, fullness of presence, the yearning to connect and interconnectivity, I'm totally connected to someone else. Where is that modeled in the world? Where? You tell me. Where? Anyone? Where is it modeled in the world? In the sexual!

Where is the place you can access: I'm totally yearning, I'm thinking about you all the time, I'm just totally attracted, I'm yearning to merge with you, we are interconnected, we are totally not separate, I'm fully present when I'm with you, I'm totally paying attention, when we are in this wild sexual beautiful holy experience, we are on the inside together..... *in the sexual!*

The sexual is the place where we really learn it and know it, we really know how to experience intimate moves. From that place the sexual models Eros. But if the sexual stands in the place of Eros, then Eros is in exile. And if Eros is in exile, what collapses? The sexual. Because the sexual can't meet erotic needs.

I am going to leave you with kind of two erotic images. You kind of hold them. Here is the first one. In Israel there is a food called falafel. I'm going to share something private, it is a bit vulnerable and I hope you will keep it in the sangha, it's a little bit vulnerable.

I was in Israel for many years and I hate falafel, I don't like falafel. It's greasy, it's like jakkee, it totally doesn't taste exactly good. But falafel is like the national food in Israel. So I'm going to drop my son off at summer camp, about a decade ago, may be a little bit more. I'm with my friend Michalli and after we dropped my son Eytan off, she looks across the street and says: 'Hey there is a falafel stand. Let's get a falafel'. I kind of look at her. We have known each other for two years. ' You know I hate falafel, there is this little dinky – means small jakkee falafel stand – like why would you go get falafel?' So she said 'no, no, we need to get a falafel'. We crossed the street and as I stepped in the place of this falafel stand, there is this little like five foot Moroccan man, making falafel and his face is radiant. So ok, he has a radiant face, I still don't like falafel. But you know, we get a falafel, he makes the falafel, I bite into it and literally my entire body exploded. I had never in my life tasted anything so wildly delicious. It was kind of exploding in my mouth and I just tasted another piece and another piece and I had the most ecstatically erotic, eating experience, in the world. And I finished the falafel and I looked at this little 5.2 feet radiant face shining Moroccan man and I said I want to pay him. So falafel in Israel is usually about 20 shekel, he says: 5 shekel. 5 Shekel? He says: 'That is what I need.

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And you saw that he poured all of his Eros into making that falafel. And all of his love and all of his passion in everything that he was went in that falafel. And you put in your mouth and you just exploded with joy. And I realized: oh my God, that is the high priest, I just met the high priest in the temple.

The high priest is every place.

And the last image, and I leave you with this.

There is a famous mystical Christian tradition, Hebrew, Muslim tradition. Rumi talks about it, called 'Metatron', anyone heard of it?

Metatron is the man, the woman, who becomes God. That is the most Exalted Enlightened. So there is this tradition that a cobbler, a cobbler named Chanuch is Metatron. A cobbler is one who fixes shoes, who makes shoes, ok a shoemaker. Chanuch the shoemaker is Metatron. And so, this is the famous text. And in all the great traditions people are saying: what is Chanuch the shoemaker doing, that makes him this exalted God Metatron figure? And in each tradition you have this very deep complex answers. He knows all the secrets of the Kabbalah, he knows the secrets of the Koran, he has this great meditative powers. And I once happen to come across an old simple text, where the mystical writer said - and I realize that I was shocked in my body, I knew this is true – You know why Chanuch the shoemaker is metatron? Because when he makes shoes, the only thing he is thinking about is making the best most beautiful, most gorgeous, most elegant pair of shoes in the world. And all of his Eros goes in to making these shoes. And Chanuch becomes God, because that's his Outrageous Act of Love.

To be erotic is to live on the inside is to show up with fullness of presence, is to participate in the yearning force of being, it is to experience wholeness, the invisible lines of connection of the all with the all.

Where do we study that? In the sexual! The sexual models the erotic.

Rinzai's disciples didn't learn from all the sitting meditation what you learn from one night, of gorgeous love play. The sexual is not just this wonderful experience; it's the ultimate teacher of wisdom. Because remember there are really only two choices. 1. Either God, the Divine Force, the creative intelligence of the Cosmos is essentially

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cruel. And everybody wants great sex and there is one couple, two guys, two girls, some place may be a guy and a girl, living some place in New Jersey in the U.S., and they are getting it. And everybody else is frustrated. And everyone wants it but no one is really getting it. And everyone's got this image, every single person in this room knows exactly what I mean. That is it, that image. And we spent our entire lives asking where is it? And basically it's a cold evil universe that put this desire into us, to frustrate us perpetually and the angels look down and laugh sadistically, at the nature of humanity. Possibility one. That is a bad thought.

2. Of course the deeper truth is possibility two.

The reason the sexual is so radically ultimately sensual to our experience, is because *in the hidden tradition the sexual holds all wisdom. Everything. Any in all wisdom you could possibly want to know, is held in the intimate moves of the sexual.*

And today just for a moment we have touched fullness of presence, being on the inside, interconnectivity, wholeness, the fullness of desire.

What we are going to do every day, we are going to go to a different dimension of the sexual, fantasy, this dimension, that dimension. We'll enter into the dimension of the sexual and then see; 'what's the teaching of the sexual about Love and Eros in every dimension? And this is the great mystical teaching hidden. Why was it hidden for 2000 years? Because everybody thought it's way too dangerous. And why do we have to talk about it today? And this is our closing line.

And I remember years ago, when I was actually doing this book, I came across this line and it really says the whole thing, it's the famous line from Yates, I'll translate it for you in English, if it's not clear. And we finish with this. He says: *'The best lack all conviction, meaning the best, the religious, the spiritual, they lack conviction. You can't feel their power, you can't feel their passion. While the worst are full of passionate intensity. Surely some revelation is at hand.'*

And what he meant was, is that Eros is exiled. And you can't find the full power of the erotic, in wisdom, in spirit, because we have split spirit from sexuality. And those two need to be totally radically re-integrated. Not by being sex-positive, oh, that doesn't help, that's nice. It's not by getting over some catholic or Jewish sexual guilt. That's not the game. That is the first step way back when. It's not by feeling the

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core sexual energy running through your body.

It's by actually entering the sexual and reclaiming the fullness of its power as my teacher. So I begin to live as an erotic hero in every dimension of my life.

Part 4 - Recapitulation: Who am I?

Recap day One

Our vision is, our goal, our movement is: "We are Loving our Way to Enlightenment." That's our methodology. Loving our Way to Enlightenment, not as a phrase, not as a slogan but as a practice. Okay? With me?

We begin with the first question: who am I? Who are you?

First: I am a separate self. I am a skin-encapsulated-ego. I am separate from all that is, I have distinct individual boundaries.....is that true? YES, absolute true.....BUT partial. If it is not true, than what happens....I'm psychotic. And that's critical to understand. If you lose that sense of having a distinct individuated sense of boundaries, Harry, I just realized where you are, that's Harry, okay, and this is your field, so I need that individuated sense of boundaries. So that's my identity, my true identity but it is limited. It is a limited identity. So I actually begin to access a deeper identity, a deeper answer to the question of WHO AM I, WHO ARE YOU? And I transcend, I end the Trans of separate self and I access, what I call True Self.

The total number of true Self in the world is: ONE. The plural that has no singular. I am part of the seamless coat of the universe. I'm not separate from other, I'm not separate from source and that's not a dogma, it is a Dharma, meaning I can access that realization in first person through practice. **That's our second principle.**

The third principle is strawberry-ice-cream-principle. You can only communicate Strawberry-ice-cream if you ever lived a first person experience of strawberry-ice-cream. So this is not a dogmatic teaching of some church, this is something you can access through practice in first person, the actual experience that I'm not separate, that I am part of the larger whole, I am indivisible from the seamless coat of the universe. True Self. That's generally how enlightenment is taught, it's absolutely true....is it true...YES..... but it is true, yes.....But.... Partial.....

But then when I awaken as True Self and I realize I am part of the seamless coat of the universe and then awaken to a deeper realization of seamless...it's seamless but not featureless. Features has distinct unique features and it is distinct unique features are ME! It is ME, specifically ME! It is God having a Sylvia experience! The God you don't believe in doesn't exist.

God, universe, Atman, Brahman, reality is having a Sylvia experience, that's Unique Self. It's the irreducible uniqueness that lives IN me, AS me and THROUGH me, that never WAS, IS OR WILL BE ever again that has a ability as puzzle piece, to locate itself in the larger context, to complete and give to the larger context, a Unique Gift that can be given only by ME. And then..... I awaken again to a still larger context. I realize I'm evolutionary Unique Self, I'm living in a larger evolutionary context, I realize that the creative evolutionary impulse of the cosmos itself awakens and lives in me. And that to evolve beyond the limited identification with my Ego Self, I need to align with the evolutionary impulse that lives in me, as me and through me which is not impersonal! It is not an impersonal process and this is critical to understand.....

There are old thinkers in the world, Hegelians, Marxists, Dialectical materialists who had early forms of evolutionary spirituality and they said there is a evolutionary impulse align with it, you are part of the process
You are part of the process. Your value is that you serve the process. And there are versions of evolutionary spirituality today whose core teaching is your value is to serve the process; I cannot in strong enough terms take objection to that. Any system that sais that a persons value is in terms of their service of the process begins to set time back 500 years.

Because the irreducible dignity and value of the individual is essential! The Separate Self has dignity, the separate self emerges as True Self, and the True Self emerges as Unique Self irreducible! Then I realize I am playing a larger game. I am the personal face of the evolutionary impulse. Then I realize I'm a absolute part of the process, I serve a larger game, I am playing a larger game, there are outrageous acts of love for me to commit, there's outrageous love letters for me to write that no one else but me writes, however I'm the personal face of the evolutionary impulse. Evolution awakens in me and that is a creative impulse, the very creative inputs that initiated cosmos the cosmos itself beats in my heart which is the heart of the cosmos self and gives the unique gifts that are only mine to give.

So now, the answer to 'Who Are You?' now shifts, just feel this for a second.
What is reality? What is reality? Reality is a shared experience but what is reality at it's core? When is it? As you sit right now, as you sit and look at Emile. When you

look at Emile and you realize Emile is 75 trillion cells operating together in Emil in this moment. There is about a million miles of nerve-ending cables that run through him. If you would just go into Emil's immune system and you would show a movie of it. To say it is complex insults the word 'complex', to say the word of 'beautiful' insults the word beautiful. The level of dazzling complexity in shimmering brilliance beyond imagination, happening in every moment in Emile in this second, holding him, literally holding him, with the vast array of insane intelligence, in this moment, moving every part of him. Utterly unique and different in some singular way from anyone in the room. It is happening right now and we are asleep to it! It's shocking! If you actually understand what's holding you in this moment. You understand and then you exponentialize that reality to this room and then you realize, and it is shocking, I apologize to you but I don't want to have a conversation here about relational structures that's a different conversation post conventional, different conversation but I can tell you one thing..... God is not monogamous. I'm just saying, okay? I think for most people monogamy is a great relational style, not our conversation, it is a big conversation we are going to have, I hope late Wednesday night an optional Q&A session after the music. So whoever wants to do a Q&A session in the pyramid I will be available and we will get together and we can have as long as you want Question & Answers to anything, okay? So I really want to open that space because we haven't had open that space in this room so we can talk about it then.....

But one thing I can tell you: God is not monogamous. God is madly in love with everybody. It's kind of shocking idea, right.....but I tell you..... God is doing it all over the place!

Meaning.....reality individuates .Reality does not replicate. Reality individuates and if you actually get this sense of the radical wild sense of just dazzling gorgeous complexity beauty in the world....you realize, what is the world? The world is an outrageous love letter from the Infinite to us. The world itself open up the book of John. The divine logo's. logo's is: The word. The word is the outrageous love letter of reality itself! And the old esoteric Aramaic text.... (HEBREW) It means: 'Reality is a Divine Text'. Reality is an outrageous love letter! What am I in reality? Who am I? Who I am is a unique expression of reality, meaning I am an outrageous love letter. That's actually who I am! Now from a psychotherapeutic perspective, Harry help me

out here: how does this shift in perspective change your life?COMPLETELY!
If I am a kind of wounded fractured just destroyed abused prisoner of childhood,
then I approach reality in one way. I want to be really clear, everyone should do the
work of brokenness of childhood, it needs to be done, I want to be clear about that.
Don't bypass that. Never do a spiritual bypass. Spiritual bypasses don't work. You've
got to go through it and do that work at the level of Separate Self, but that's the
beginning of the story.

My partner Lory, her and her clinical co-director Marc Schwarz, probably the 3
leaders in America in trauma therapy, they have written the books, the text books,
they run a series of treatment centers and I have spent time in their world and it is
dazzling beautiful. So do the work, so do the work of grieve, of pain. But once you
have done the work, don't do this 16 times. Again and again in order to create the
identity you can't find! Realize you have an identity: who are you? You are an
outrageous love letter!

What does it mean it wake up in the morning and say: who am I? I aman
outrageous love letter! That's shocking!! It is a complete utter shift in identity. That's
who I am!

*An Evolutionary Unique Self means: I am an outrageous love letter and there is a text
that I have to write that can be written by no one else that ever was, is or will be!*

Part 5 - Recapitulation: Temple mysteries

Now day 2, what we said is okay, now we understand the thing about love which is the Eros that animates all of reality. Now how does the sexual play? I'm not going into any detail but this is just the raw outline. The temple, we went into the temple mysteries. The temple mysteries, which are the Grail Quest and which is Raiders of the Lost Ark. There are movies along the way, the last couple of days and we saw that the temple is identified with the 2 cherubs, the fucking Cherubs, the 2 Cherubs above the Ark of the Covenant, raiders of the Lost Ark, the Ark of the covenant sexually intertwined above the Ark in the Holy of Holies, the voice of spirit speaks from between the sexual intertwined Cherubs. We looked at that whole play. We said: The temple is about sexuality. Why? How? Where? What could that mean? And then we told the story of poisoned cookies. Remember the story of the poisoned cookies? Anyone? Yeah!!! Yeah...one, two Yeah...(Jewish yoga)

The poison cookie story:

When the man comes home and his wife is upstairs naked and he comes home early from a business trip, he comes home very early..... and he goes upstairs, and he is about to eat the beautiful cookies by the bed that seems to be there, we are not sure why these are prepared for sometime later. He is about to eat them: A voice comes from the closet and says: don't eat the cookies because they are poisoned!

And then the man's best friend falls out of the closet. And we are not sure if he is committing a n adultery or not and we had a word for adultery, whatever it was. Okay? Remember? Thank you!

So the first opinion said obviously: He is NOT an adulter because if he was, he wants the woman. So he wants the husband to eat the poison cookies, and since he stops the husband from eating the poisoned cookies, he must not be an adulter.

The second opinion in the great master, says NO, He IS an adulter because the adulter only wants the woman when she is married! And we didn't come back to that yesterday. Let's just hold that. But the point was, that the end of that text, what the sacred text said is that what this text teaches you, that this shift in consciousness, I only want boundary breaking sexuality, now follow the sentence: this shift in consciousness, when I only want boundary breaking sexuality: THAT IS THE FALL OF THE TEMPLE!

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You know what that means: that's the fall of the temple? Now again, sexuality, a shift in sexual consciousness is identified with the temple! That's those 2 wild texts that we saw, they were about ... the temple is about the Eros, the erotic.

Part two

The temple is not about the sexual. The temple is about the Erotic

We talked about 4 faces of Eros:

- Being on the inside
- Fullness of presence
- Participate in the yearning force of being
- Wholeness, interconnectivity of the All with the All

Part three:

We said, if that's true, so then in the cherubs above the Ark, why do we have sexually intertwined cherubs? Why don't we have a mountain climber. Why do we have so many deeply erotically engaged on the inside of life. As in the Dalai Lama story or in the Zen mountain climber story... because and this is step three
And this is critical!

After we realized Eros: inside, presence, yearning, wholeness, interconnectivity..... we said actually the temple IS about the sexual! And what's the relationship between the Sexual and the Erotic? The Sexual models the Erotic, it doesn't exhaust the Erotic. The sexual is our great teacher. We have now answered two great questions! Who am I? I am an outrageous lover! Who is my teacher? The sexual!

The sexual models Eros. In the place that I can find on a great ideal day, the experience of being on the inside, fullness of Presence, I am fully present, I am on the inside of the experience. I experience this passionate yearning coming from the inside. I know that I am not separate, there is radical attraction between me, there is interconnectivity. This sense that I am only going to be whole if I merged with you. Those 4 qualities of Eros are modelled in the sexual.

But the sexual MODELS the erotic and the goal is to live Erotically in all of the non-sexual dimensions of my life.

The sexual is my teacher, but it is not the end of the story. The sexual teaches me to

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life erotically in every facet of existence. And if I awaken as an evolutionary Unique Self, as an outrageous lover, living erotically as a lover in every facet of life, my life is eroticized, then I come back to sexuality and I become an awakened great lover in sexuality.

And then we went the next step. We said: so what's the fall of the temple? The Fall of the Temple is the fall off Eros.

So we talk about the temple falling we say that the temple is the place (and I want you to get the field of meaning) and then we are going to fly okay?

The work we are doing now, and I know we are working now....but this is my way of respecting you! This is just deep respect for you meaning... instead of just starting..... Let's GET the Dharma!

And there is this sense in the New Age potential movement....to just give people simple easy formulas and we will be good. That is NOT who you are! This is my way of bowing for you.

Let's get the Dharma together and then we are going to fly.

So the temple is: Last step!

Two cherubs in the temple, sexually intertwined and the great Aramaic tradition, the DaVinci code is an expression of it, the Grail Quest is an expression of it. The Knights of the Round Table are an expression of it, Raiders of the Lost Ark, the Ark of the Covenant, these are all unconscious expressions of it.

The Shekinah, the Feminine Goddess Divine, Eros. The Shekinah is Eros, the Feminine Goddess Divine, she is Eros. Eros is: I am on the Inside, Fullness of Presence, the Yearning force of Being, the evolution moving through me, wholeness, the interconnectivity of the All with the All. The Shekinah dwells between the cherubs. The Fall of the temple is the fall of Eros, when the temple falls, Aramaic: Shrinta Begaluta; The Shekina is in exile. When we say the Shekina is in exile, what do we mean? What is really in exile? Eros, it's the exile of Eros.

When Eros is exiled where does Eros go...to New Jersey? No!

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When the erotic is exiled it goes to the sexual. Eros is exiled in the sexual. What then happens? The sexual then collapses under the weight of a burden that it can't hold. Because we are asking the sexual to fulfill my core need to be an erotic being. But if I live a de-erotized life and I want to the experience Eros in the sexual the sexual cannot hold it. The sexual can give me, and we will see what the sexual can give me today. It can give me radical sexuality, but it cannot make my life erotic. I have got to make the sexual my teacher and take those dimensions of the erotic and live erotically as awakened outrageous lover in all of life. And then bring that back to the kitchen, bedroom, living room, outside, tent... wherever it happens to be and express that in my full sexuality!
Good? Let's go one more step!

So we said the Shekinah is in exile, meaning Eros is in exile. To liberate Eros, to rebuild the temple, the Templers, grail quest is not to rebuild a building in Jerusalem! It is to reclaim temple-consciousness!

Part 6 - Recapitulation: The truth about boundary breaking

Now here is the last step!

Not only is the erotic in exile. There is actually an exile within the exile! And I want to track this and this is utterly critical to kind of get this and it changes everything! So we said from the day the temple was destroyed, the taste of erotic sexuality is taken from regular sexuality and it is only available easily in boundary breaking sexuality. That is the text we studied. 'He only wants her if she is married' (and not in an open relationship I ad)

Stay with me for a second, what does that mean? It means that not only is the erotic exiled in the sexual. But there is an exile **within** the exile! **Meaning in the sexual itself you also can not access the erotic unless you are engaged in breaking a boundary, which is a boundary of your own ethics.**

What I am saying is not a church-boundary. It is breaking your own boundary of your own vision of ethics. The way you access the excitement is through breaking a boundary. That is a tragedy. Meaning not only is Eros in exile in the sexual, but within the sexual I can only actually find fulfilment in an easy accessible way if I am actually breaking a boundary. So I break the first boundary, now I have already broken it, so it's not about breaking any more, so I need to break the second boundary. I need to create new one. And then I need to break a third boundary. So what happens it I create a cycle of painful alienation and addiction in which only boundary breaking sexuality gives me that thrill of excitement. And in having committed sustainable sexuality with my partner.... I don't know how to do that...? That is not exciting'

And the text is: 'Stolen waters are sweet!'

As we are looking for stolen waters. So there is an exile of the erotic in the sexual, then there is an exile within the exile. And it's even within the sexual, where do I access that experience, that thrill, that rush, naturally without doing the work, easily accessible, in boundary breaking sexuality.

So there is an exile of the erotic in the sexual, but then within the sexual, there is an

even deeper exile.

Which is, it's only easy, natural accessible for me to experience the rawness of excited sexuality if I am breaking a boundary of my own set of principles in whatever way that might be.

Which is why I remember being in Oxford about eight years ago. I was teaching in Oxford and it was Friday night. And I was walking by a movie theatre and I remembered it caught my eye, there was a movie by Richard Geere called 'The Unfaithfull'. And the movieclip was, it was a great adultery story: 'Would you give everything up, for one night of Passion?' And of course I understood the clip. It was that draw, that excitement to break that boundary.

Now watch for a second, why is that true?

Because when I am not living erotically in my life, meaning in my life I am not breaking boundaries, I am not breaking the boundary of small self, I am not breaking the boundary of separate self, I am not breaking the boundary of my contraction. If am actually not accessing a genuine no-boundary-consciousness, I am not breaking the boundary of my brokenness, I am not breaking the boundary of my narrow identity, then what I am going to do is.....

I am going to seek all of my erotic satisfaction in sexuality! And what kind of sexuality? Boundary breaking sexuality! Why? Because I am not living erotically in my life! And to life erotically in your life, you have got to be a boundary breaker. In the highest most powerful, most wonderful, most wondrous sense of the word! If you are not breaking the boundary of your smallness, of your contraction, you're not living erotically! If you are not living erotically, then Eros is exiled where: in the sexual and then there is an exile within the exile, because you are going to need to find your Eros in boundary breaking. Because part of the erotic is breaking boundaries.

So when I am not living erotically in my life and I can only find Eros in the sexual, what kind of sexuality is going to make me excited? Boundary breaking sexuality, because it's the only place in my life that I am breaking boundaries.

And I have got to tell you something? That is pathetic! If the only place you can find to break boundaries is in boundary-breaking-sexuality, that is actually boring! Isn't that interesting? It is not exciting, it is not what happens. Now does that mean that we don't all makes mistakes? Of course we all make mistakes. So just let's bow and have a second of just compassion for all of our mistakes in the room. Because I don't mean this in a judgement way! Just deep compassion for all of us. Because there is not a person in the room, who hasn't made mistakes. It is not about that! It is about the invitation to genuinely be erotic! And to be erotic is to break the boundary of separate self, to wake up as True Self, to break the limitation of True Self, to wake up as Unique Self, to break the boundary of Unique Self to wake up as Evolutionary Unique Self. As an outrageous lover committing outrageous acts of love, writing outrageous love letters and then when I enter my sexuality I begin to be able to access, and now I am going to translate directly from the Hebrew, what the sacred texts call: Sustainable Fuck! Sustainability is a great thing in the world today right?!

So I want to introduce a new idea: Sustainable Fuck!

That is called in the world of the Sphiroth and it's gorgeous, it's called '**The Two Upper Manifestations of Divinity**', or '**Constant Fuck**'

Why?

Because they have broken all the boundaries, in genuine Eros. So now in relationship, they can actually sustain a wild set of intimate moves, that unpack and unfold and deepen year after year.

And here is the wild thing: If you are in sustainable fuck and you are actually with your partner after being together for 10 years you don't get excited because it is a new set of breasts, or it a new male ass, that is actually slightly boring. I'll tell you a little personal secret, not to many just one!

I remember the point in my life, It was about six, seven years ago where I would look at a person who is twenty and I would yawn. I'd look at a person who is twenty five, yawn, thirty, yawn. Younger woman became completely uninteresting to me.

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Not as people! They are beautiful and holy and gorgeous as people, but they became sexually completely uninteresting, because there just wasn't enough life-experience. It was not where I was! And when you get to a place where the new body is not what it is about.

You get to a place where actually you begin to be sexually aroused by love! I want you to get that. The world shifts on its axis if we can train ourselves to be sexually aroused by love. The entire world changes. Literally. That single change in the source code of reality changes everything.

Can I actually access radical sexual arousal, sustainable fuck through love. Because I have broken every boundary in my life, I am awake as an outrageous lover. And then I come as an outrageous lover into the sexual and the whole game changes. So that completes the recapitulation of yesterday!