



THE MYSTERY SCHOOL OF LOVE PRESENTS THE ONLINE COURSE

# RECLAIMING EROS

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## **Week 8 - Quality 10: Giving up control & Quality 11: The Holy Trinity**

### **Part 1 - Deepening on Domination & Submission**

Eros is in exile. Eros is exiled in the Sexual. There are 10 quality of Eros that we have talked about so far and this is the shortest recapitulation in history!

1<sup>st</sup> quality is: living on the inside

2<sup>nd</sup> fullness of presence

3<sup>rd</sup> is participating in the yearning force of being

4<sup>th</sup> wholeness, interconnectivity.

5<sup>th</sup> imagination, fantasy.

6<sup>th</sup> radical giving

7<sup>th</sup> giving and receiving are one.

8<sup>th</sup> receiving

9<sup>th</sup> personal intimacy

10<sup>th</sup> giving up control

We are going to do 2 more steps today but before we step into the last two qualities which are qualities of the Shekina, Eros. Eros who is in exile and to liberate Eros is to engage life erotically in every dimension of life. But before we do that we have a couple of key steps, and here is step 1: a step is subtle, but if you get it and you will it literally changes the game: generally we talk about the erotic..... you're with me? We got a drum roll? You are alive, we are okay? Good? Cheap seats in the back? Ok? We talk about the erotic and we talk about the ethical. These are fundamentally distinct categories: the ethics-people and the eros-people.

And if you really get what we have been talking about all week would you actually realize the following: **Every breakdown in ethics comes from a failure of Eros.**

I say it again: every ethical collapse comes from a failure of eros. I give you an image: remember that Broadway play, Josef and his amazing Technicolor dreamcoat. So Josef is this biblical figure and Josef has brothers and you know the mystical

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story, Josef and his brothers don't get along well. So Josef goes one day, send by his father Jacob, to meet his brothers: 'I am seeking my brothers.' He meets his brothers, they grab him, they strip him of his coat of many colours and they throw him in a pit. PIT.

Then in this very wonderful strange biblical mystical koan the pit is described with several words: every word matters in biblical mystical texts.

Here is the description of the pit they threw him in:

The pit was empty, it had no water,

soooo, yahhhh (Jewish yoga),

obvious empty pits are empty.....so why this koan: the pit was empty, it had no water.

It's a koan question, the master asks the student. Why it had no water?

So the mystical answer is: 'Water it did not have, snakes and scorpions it did have.'

Watch the teaching, water is Eros, the pit was empty, it had no water, it had no eros but the universe does not tolerate a vacuum, the universe does not allow for emptiness! So if the pit is empty and it has no water no eros, you can bet a 1000% it will be filled with pseudo-eros, with snakes and scorpions which is every ethical collapse possible.

We think that we can create, that was the old teaching or organized religion that we can create an ethical society by creating a set of rules that people will follow. And that was important for a couple of 1000 years and rules/guidelines still remain important, laws are obviously a critical part of society. We do not suggest to get away with law, but if you actually want to create a movement towards healing of transformation of reality, to re-create a society in which every human being has an infinitive dignified story and that story is honoured and received and loved. If you want to create an ethical society you've got to start with Eros because: ethical breakdown is a failure of eros.

When my pit is empty, when I am not living life erotical engaged, when it has no water then it is going to fill with pseudo eros. Snakes and scorpions are in it! So

*Transcription of the Teachings*

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there is no split between the erotical and ethical. That entire split is false...!  
You know about 10 years ago I wrote a cover article about a leading American intellectual magazine called Tikkun, a cover article called: On the Erotic and the Ethical.

And the level of attack I got of that article was amazing!! How can Gafni suggest that eros / ethics...right, and the attacks was obviously from the leaders of the Jewish community because the pathetic moment is off course apparently all about ethics. But if you really know the prophets are drenched in eros. They are drenched in chant, they are drenched into fullness of spirit and their ethical vision emerges from Eros.

So the principle is simple. Any ethical collapse is always traceable back to a failure in eros. And if you want to reclaim the gorgeousness of your ethical life which we all do because to be sad, depression..... that is **when there is a gap between the life that I live and the values that I hold.**

You get that? That's depression, that is sadness.

Joy is to close the gap between the values I hold and the life which I live. The only way to begin to close that gap is to realize that every breakdown in ethics cannot be solved by saying: 'okay, I am going to follow the rules more closely.' Now of course you should use your energy to follow the principles of ethics, that's important, that is obvious but it is never going to be sufficient. **Unless you re-engage your Eros your ethics will always break down.** And what models eros.....the sexual! **So sex IS ethics!** And all of the sudden the whole vision changes! So that's one!

Number 2: so now let's complete from yesterday this 10<sup>th</sup> quality of the erotic, which is the quality of giving up control, of surrender. I give you 2 images of surrender, really 3, so just that we get this.

There were 2 women, lovely awesome people, I'm not looking into your direction, I promise, who said to me afterwards the teachings....'you know the domination thing you talked about....Yak....I mean...' in essential they said: 'good girls don't do that, that's a funny thing.' So there is a book in America today called '50 Shades of Grey.'

*Transcription of the Teachings*

50 Shades of Grey is THE best seller in America in the last years bought by women. Middle class suburban women in the US have bought this book 50 Shades of Grey more than the bible..... and 50 Shades of Grey is about a man who says: "tie me up, whore, get down on your knees and suck my cock now".

So, why do they buy that book? I rest my case. Now of course this applies to men and women, it goes back and forth and it is NOT that..... and this is so important, it is not that I am actually degraded, it is that I am bypassing small self. I am bypassing separate self and I am accessing the energy of surrender and the energy of darkness (and I am not saying evil), the energy of darkness is *powerful*, it's powerful! That's why Darth Vader in Star wars became such a powerful figure! Because he was accessing the force, remember light saber, he had a powerful light saber, that guy was awesome at domination games. His whole life was a domination game until in the last climatic moment of the major Star Wars movie he gives it up. He gives it up and he becomes the person to balance the force.....right? Darkness is powerful. There is Power to darkness! And the mystical teaching is: stay with this, I descend for the sake of ascend and the principle that I share with my inner circle of students some of them are tantrical engaged, there is a simple principle: don't orgasm when you are in domination submission. Let's play the game....play it all the way...but as you get closer to that place.....shift into Love. So at that the moment you are exploding, you are exploding with a melted open heart.

And principle 2: always switch roles and I said that yesterday: never get locked in one role and principle 3, we said yesterday there is a 1000 ways to kneel and kiss the ground.

This is not THE way it is A way.....but it is a powerful way!

## **Part 2 - Sexual theatre**

And we have the sense.... You've all heard of make-up sex, make-up sex...you had a fight and you make up by having sex..... So make-up sex is just the beginning of the story. And I want to stay a moment in the notion of giving up control as a quality of the erotic. Because there is a new teaching I am giving in the last 4 weeks, we did not have enough time this week.

I called the teaching: **'Fighting and Fucking'**.

It is a very deep teaching, meaning you got to be able to use sexuality as a form of theatre. And to not have make-up sex with a fight, but fight it out through sex! Have the argument that way, have the conversation, sex is a form of conversation. And when the entire conversation is: sweet heart, I love you so much...it gets kind of boring! Because actually that's not the only conversation, that's happening in your relationship. So in your relationship there are a lot of levels of conversation, so when the sexual models Eros and then use the sexual....to have a conversation! So I just want to give you an image for a second of a conversation, it is a conversation between a man and a woman and I would say that they are in a relationship that you might call: KENEGDO that is: they're opposing each other and in that opposing something happens. Now I want to be clear: I am not recommending this particular form of that what you are about to see but, we'll talk about it a second afterwards and we will see what actually might emerge.

### **Movie Mr. & Mss Smith**

So the sexual, models the erotic. But what we've done is; even within the sexual we've made it this very, very narrow place where the only thing the sexual can do is express the sweetness of her love. Now is the sexual awesome gorgeous wondrous ecstatic place to express the sweetness of love?? Of course. Is the suggestion, well, try kill your partner if it doesn't work, 'fuck their brains out?' Obviously not! What the image holds is that the sexual actually has much greater possibility. And as we noticed in the clip, if you kind of watched it, her first line was: Are you still alive baby, a little term of endearment. So they kind of go through this wild, epic, struggle, but then as the scene moves the fighting get's closer, you noticed that? The

guns are gone and then as you're watching them if you didn't know what is happening you actually could not quite distinguish were they were making love, struggling or were they fighting? But actually the one merged into the other the original Hebrew is 'to fight and to embrace' is actually the same word. And the suggestion I want to make in this last 10<sup>th</sup> quality of the erotic is, that you can expand the sexual as a way to engage in to much more communication that you thought possible. The communication doesn't mean only, although it is a great idea, when you say something the other person reflected it back to you, which is a beautiful practice, it's an fantastic practice. Communication doesn't only mean, let's have appreciations exercises which are awesome and beautiful, it means, the idea of sexing in Hebrew is radical contact and you have to bring all of your radical contact to the table and you can use sexuality as a sacred theatre without guns, to play out things that are much deeper. To open a possibility here! We don't have time to go into it, that would take 2 or 3 sessions to go into what this means and have to practice it, but at least I want it to open the possibility to open up KENEGDO. They oppose each other and in the original description of the sexual 'there will be one flesh' and there is one major mystical word which describes it: Kenegdo. They are in a wild fight, they are opposing each other and if you don't have the energy of opposition if you can't access that dark energy, you can't bring it into sexuality. Now again you need to practice this and this is something in Intimacy Moves you can practice this. You don't want it bring genuine anger into your partner, but what you are doing is engaging theatre. Allowing yourself to play something out and access the energy of surrender. At a certain moment that Bratt Pitt says: 'I surrender!' Everyone catch that moment? So that's it. That moment is surrendered and in that moment of surrender, Eros opened up. Let's just hold this as an image.

There is something larger moving through me and giving up control surrender is the essential source of power and to finish this 10<sup>th</sup> quality of the erotic we just leave you with the last image.

*Isaac Stern is a great violinist is in China, it must have been 10, 15 years ago and in China there are a whole series of young man and women who had trained in the violin to absolute perfection. And this was also the shadow of the communist regime: we are going to show Isaac Stern, the great western Jewish violinist, that we can play the most*



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*complex violin concertos with absolute precision and perfection. So they are in this big concert hall, you know and one by one comes up to play until a prized Chinese student, a 14 year old girl comes to play this unbelievably beautiful and wildly complex violin concerto and she plays it with absolute precision. Then Isaac says: Thank you, can I take your violin? He takes the violin and he plays the same concerto and the entire room changed. EROS filled the room, hearts opened melted, worlds disappeared and dissolved. And when he finished it was dead silence in the room until, there is nothing a government could do, the entire room just stood up just exploding for the ecstatic applause. Then Isaac Stern turns to the girl and said: 'Listen, you don't play the violin and the violin doesn't play you! Something larger plays you both'.*

That's surrender. That's the quality of Eros. When you engage in sexing at the highest level something larger is playing you both. And when that happens the heaven is open. That's the 10<sup>th</sup> quality of the erotic.

### **Part 3 - Introduction on The Holy Trinity**

So the 11<sup>th</sup> quality of the erotic which is exiled in the sexual, (for those who are catholic watch this carefully): **The Holy Trinity!**

But it is not The Father, The Son, and the Holy Ghost. It's a new form: The Holy Trinity. The Holy Trinity lives in the sexual, you can find it in the sexual easily but actually it is modelled in some essential way in the erotic.

The holy trinity lives in the sexual but the sexual models Eros, so I want to talk just for a few minutes about the holy trinity and the holy Three. Now the Holy Three comes from deep in mystical tradition. I want to give you just a **simple version** of it in the sexual. I want to give you a **second version of it in mysticism**. Each one of this is just a couple of minutes, a **third version of the sexual again** and then a **4<sup>th</sup> version just to see it playing in life**. How it works erotically. So 4 very short Vignettes.

#### **So image number 1 in the sexual**

You meet a new person. How many people have met a new sexual partner, that you have never been with before at some time in your life? (laughter) everyone, okay! Now what happens when it is going well, sometimes the meeting doesn't happen, when the meeting happens and it is going well there is an enormous sexual excitement just because it is the first time! The first time you are feeling that skin, the first time that ass emerges for you, the first time that the slopes of those breasts presents themselves and there was a beautiful love letter yesterday when someone, who read it.

He writes about that quivering..... Marc writes a beautiful letter, this new wild unexplored body is before me and that lasts once, twice, 3 times, half a year, a year...maybe.... And then at some point you realize.....:

I've seen that ass before.....those breasts are sort of familiar....right, I kind of know what they are like, so level 1, is the wild ecstatic excitement which is called in the mystical tradition HACHNA'AH, but in English it is: Submission.

So the first level of consciousness, the holy master of Israel, the Baal Shem Tov, and founder of the Chasidic movement said: 'In every dimension of reality there is always a holy trinity'.

So the first level is submission. Submission is: I am submitting to the moment. Right, I am submitting to the sexual arousal moving through me and I am submitting in a way that it overcomes and overpowers everything else and I make an enormous effort to make it to the first meeting and I push everything else aside and I rework my schedule, and I think about it and I dream about it and when that meeting happens weather it is a day or a year....that's level 1.

And then you get to level 2. And level 2 is called HAVDALAH which means simply: separation. And separation is, not that you left the relationship, you are inside, you are in a relationship but there is a separation. In other words, you are not quivering to tender ecstatic anticipation to the meeting. There is this separation, each person experiencing it at a slightly different time, you try and hide it as best you can and lie about it for x amount of time because it feels hurtful. You are little devastated yourself, but it is separation. And if you stay in, if you stay in and do the work and you play the game you can get to level 3

Level 3 is called: HAMTAKA, means radical sweetness. But not sweetness in a kind of sweet lovely way. But erotic alive passion is reclaimed. Meaning at level 3 you can reclaim a higher level of what you had at level 1. That's the nature of the sexual, that's the quality of the sexual. And anyone who believes they are always staying at level 1 is simply not in touch with the nature of the universe. The universe is built on an essential set of principles and the principles are that you always loose level 1 and get level 2.

It's kind of like, if you are downloading software but you get a free download, sixty days, do what you want with it have a good time, but then, if you are not willing to pay for it, if you are not willing to do the work it turns off. And it is only if you are willing to spend that time, learning that software, investing and paying the price. That level of learning and investing that is level 2, that's separation. Then you master the software and you get to level 3 and then you become a complete artist on your new adobe program and you are ecstatic.

Now that's how the world always works, always level 1, level 2 and level 3 and it is grounded in the sexual. The sexual level 1 never lasts, you always hit 2. Now what sometimes people do is they get to 2 and say: o, this relationship is failure, it's not

working so they go back to find level 1 and they get level 1 again and they do level 1 a certain amount of time and then the same thing happens. And they are not sure why, but maybe if I picked a different person, they do it again and they spent their entire life in a one –two dance step, which is basically to be a rat in a maze trapped. Because you can never get to level 3. That's image one.

**Image 2:**

Remember the sexual models Eros. Let's now take it to Love, let's take it out of the sexual, right. How many people in this room have fallen in love, fallen in love. Now what happens when you fall in love? Let's try to get that experience for a second okay?

Now when you fall in love the way we do it in the world is something like this: you filled with issues there is complexity, there is contraction, there is shadow, you doing your work, you are in therapy you are not trying to make a living and then.....you fall in love...and O MY GOD, right, you are ecstatic, the world looks different, it's exiting and all you want to do is be together. And one person says to the other: 'he honey, you want to see a movie, sure honey. Honey, what movie you want to see? Honey, it doesn't matter, as long as we are together...'

*I remember in my life a moment of being in love with a women named Erica and I was in my late 20<sup>th</sup>, early 30<sup>th</sup> and I just finished a series of teachings at a place called in Manhattan and it was about 11 o'clock at night and we got to our car that was parked at the upper Westside and the car was towed and we were ecstatic! Because it meant we had to go together down to 41<sup>st</sup> street and were are going to walk down and we got to talk for another hour and we were going together to pick up the towed car. It was like... WILD, because we were at level 1 and shopping and picking up a towed car and making love, it is all the same thing! You are just there, on the inside of the inside, totally there!*

And then, that's level 1.....what's that level called: **submission**. What are you submitting to. You are submitting to the force of love moving through you. So your partner says: 'he sweetheart, I just got this great new job, let's move to Alaska, sure honey, let's pack! e are together!! We are doing it together! That's what it is! I am submitted to that reality.

Now, many teachers, start their teachings.... Scott Peck in his book: *The Road Less Traveled By*, starts the teaching by saying: 'Love starts the moment you fall out of love.' And that is not true but partial, it's dead wrong. I want you to get this, *Falling in Love IS Love!* It is not an illusion, now it's often occasioned by all sorts of complex psychological manoeuvrings, unfinished business with my father, with my mother, the imago, the image of all my caretakers roll together into one that I am working out. And that's why I am attractive to this person, that's why I feel I have know them forever. These are psychological explanations, I have a good new friend who's call Harvell Hendrix who just joint the Centre of World Spirituality, who has written probably the best books on this topic, he is great, that is part of it, could be a previous incarnation, it is playing itself out, but whatever is happening: you are wildly there and it is TRUE! It is REAL. It is a free gift from the cosmos. We call it in mysticism, 'Arousal from Above.'

An absolute gorgeous free gift and it IS love! Right and when a teacher says: that's not love....of course it is love, it's totally love, 1000%, and it is the first station of love! It is submission and I am submitted to love and it is true 1 billion percent. But then you hit level 2! And level 2 is called not submission but.... Yes separation and yes, what happens of the level of separation? 'Honey, would you like to see a movie?' 'You, fucker, you know I don't like movies, why are you asking me. I can't believe you asked me, the fact you asked me shows that you have no respect for the feminine and I don't like your mother either!' Hallo! (laughter) 6 Months ago, what happened!?! **Separation!**

All of the sudden the stage which is called 'the power struggle begins'. The power struggle has now begun. So now in our second movie scene we just replayed we now in the middle of the power struggle and it is All OVER! Now, what can you do? You can either say: I'm going to make the same move as in the sexual, this is not working. And I can do the one – two dance steps again in love! It's not working; let me go find a person and fall in love again! So I do that and I fall in love again and in evidently after I've been to that period with Erica to pick up the car, which is the same as making love, you get to level 2 and it is... O my God, I am in the exact same place again. Or, you can break through just like in the sexual, because the sexual models the erotic! Because the exile of the Shekinah is the exile of eros. It is exiled in the sexual and the sexual holds all wisdom and I can go to level 3.

and what is level 3: **Sweetness**. Sweetness means, where are here, we are together, like, we have made it through, we are committed, we are IN, we are IN big time. Now, trace this with me for a second, here is the 3rd image, 3rd vignette: if you would actually track the last 50 years of contemporary western history you'll actually see one version of these 3 playing out. So level 1 is another version of the same structure.

1<sup>st</sup> version: the model has the roots in the sexual.

2<sup>nd</sup> version we did same 3 level of consciousness and falling in love.

3<sup>rd</sup> version. Now let's take a look at it at a masculine – feminine play over the last 50 years.....

So you are in the 1950's someplace in the western world, you got a guy and a girl. I use guy and girl in this particular case because guy and guy was more in the closet then. So the actual public image was still then sadly only a hetero sexual image, so we have guy and girl and the guy wants what....? He needs to get married because that's what's you do, a appropriate good man, good woman get married. Now, what is the relationship to each other? The guy is the breadwinner, she's keeping the home having the children, they have deep dependency on each other, he needs her to run the home, she needs him to make a living and they have a deal. 'Honey, you keep telling me how smart I am and I'll keep telling you how beautiful you are.' That's the deal and that's the relationship. And I want to be really clear: when people caricature that relationship as if it is kind of negative jerk guy in the 50's, that's nonsense. There are many beautiful relationships like that worked elegantly and wonderfully but it was a limited model. It was a limited model because both sides were in submission. The man was in submission towards to classical masculine roles and what did he needed to do? I couldn't study art history.....he had to make a living! Because he knew, when he was 16 years old that if he wanted to get a date he had to stop studying art and had to start mowing lawns, so he has enough money to pay for the date. So society told him, in order to be a real man, in order to have a wife and a family, you've got to give up enormous dimension of who you are and sacrifice that on the alter of becoming a real man.

And so men were cut in half and had half of their insides taken out of them. And the women had to be in the classical feminine role, she had to be in some sense: 'it is

your father's decision ultimately, she was in some sense in subservient. And her own audacity and creativity and power went into the gorgeousness of running the house but couldn't express itself in a 1000 other ways. So that first level is submission and what are they submitted to? They are submitted to their roles.

My friend Warren Farrel , likes to call this first level 'role mates'. They are not soul mates, they are role mates. Each one has a role and each one is playing their particle role.

Then we move to level 2. So level 2 is, we are in the 60's, early 70's and the guys starts reading Rumi, nice....and he says: you know (inhalation.....ahhhhh....good.....) and the women starts wearing.....remember the late 60, 70ties, mid70ties: pants suites! She starts to wear pants and she begins to work. She begins her search beautifully, her independence and her power and she begins to cultivate her inner masculine and she begins to claim her autonomy! And the man begins to claim some of his fragility, some of his vulnerability, some of his feminine and they come together and when they come together and this is the classical image of the San Francisco Marin County area, where I work. The idea is: neither of us can give each other up completely. No one gives themselves really up because we are afraid of losing ourselves. But we have a partnership and you are always negotiating and we have to make sure that each one gets their needs met. And they are taking good care of each other and they listen, and they are really good at listening, sex isn't that great, but listening is awesome. They do tons of listening. But what happens is: KENEGDO!

The basic mystical principle is in order to have 'one flesh'...you require what Adi Da used to call: polarity. And polarity is Kenegdo! It's a clash. And when they are having their sweet partnership relationship and they are negotiating, reading Rumi to each other they have very little interest of fucking each other's brains out. It just doesn't quite happen. So they are at the second level of separation, they are still in the relationship, they are working together but there is a separation. So what needs to happen is you need to move to level 3 and level 3 is a whole different ball game. Level 3 is where he, after having developed his feminine, then he reclaims at level 3 the absolute power of his masculine. He reclaims his ability to be a man not in the 1950's way but in the way that he has the ability and willingness to stands for his

woman, with his woman and to fuck her open to God. To ravish her.  
You guys do remember the movie: 'Gone with the wind'?

So gone with the wind is this classical American movie and there is this kind of bad boy figure named Red Butler. And at some point at the movie Red Butler is having this wildly complex relationship with Scarlett O'Hara who is the feminine. At some point he picks up Scarlett O'Hara, he takes her upstairs and the scene ends and you know some wild sex was happening up there, which is a kind of rough wild sex and in feminine literature in the mid 80-ties there is essay after essay critiquing the complete insult to the feminine in gone with the wind in that red Butler scene. The only thing is: Scarlet O'Hara looked very happy the next morning....(laughter)  
So there is this moment at level 3 where two men come together and the man says: I'm going to ravish my partner open! And when two women come together, when a man and a woman come together: I'm going to ravish you open to God and I am going to completely submit and give myself up to you.

In Kashmir Shaivism we say that the feminine is Shakti and Shakti means radiance and power. She is dancing radiance and power. And the masculine is consciousness and consciousness in Kashmir Shaivism means absolute radical steadiness. He is steady, he is erect he thrust forward he doesn't move, he is not pushed aside and when his woman slaps him he holds the slap and he picks her up and he makes love to her. It's a different vision. That's called HAMTAKA, that's called sweetness. So these three levels are always playing. Now when we talk for example about the 10<sup>th</sup> quality of Eros, unless a person is on a level of submission, that level of the relationship submission playing domination and submission games will result into a psychological disaster. There is no vessel for it. At the level of partnership it is not going to make any sense.

I just recently had a diner with Lorry and a couple who are a fantastic couple, just fantastic, fantastic people and he, when we had breakfast in Carmel, like I don't know, 3 years ago, and he sais on the table, this was right when the book 50 Shades of Grey came out, and he just said at the table, just casually sais... 'yeah, I got the book of 50 Shades of Grey, it 's so interesting', and he is trying to start a conversation. And his wife looks at him and says: 'Why would you do that?' I just looked at Lorry and said: O my God. He was inviting something, but the nature of



their relationship was completely HAVDALA, that second level. They are partners, they are together and they are awesome partners together. Each one is very powerful in the world and they described to me how they were in their younger years. They had their first baby, like one would have the baby for a week, they meet at the airport, they pass the baby, from one to the other and the next one would go off on a power business trip and both of them, the names I won't say, are major power players in the world and have this awesome effect of gorgeous partnership. But it is level 2, its HAVDALA. It's separation. And level 3 is always when you come to that place of radical sweetness. When you're willing to absolutely surrender. Now stay with me, the sexual models the erotic, it doesn't exhaust the erotic.

So here we go **level 1: Uncertainty**. I have no idea, I don't know anything, I'm not sure, how can I possibly know there are so many opinions I am a pluralist, I'm honouring all perspectives, I'm uncertain and I live my life in uncertainty. Level 1 which is submission: I submit to all the questions and I don't have the ability to take a stand. Its way too confusing and no one can actually be right anyway because we have to respect everyone's opinion, so there I am. I am holding my uncertainty.

**Level 2: Certainty**. I now have a dogma, I now have a religion, I now have a system of principles, now I am absolutely clear. I have clear radical powerful certainty. And that certainty might be classical organized religion or it might be a beautiful deep holy Dharma that allows me to organize my life and I am actually able to hold certainty in a real way and I should, and it's true and it's real.

And then **level 3: it is Uncertainty again**. I realize in the end it's all a mystery. My teacher Mordechai Leiner of Izbica used to tell about the old man who became a very wise old sage and they would go to the wise old sage and he would say: "What? How? Why? Where? When?" and people would say: that's very strange. So one time one of the older students come up to the sage and said: Was tut sich? like: What are you doing? I mean like a little baby says: I just had a little baby, the disciple says and the baby says: What? Why? Where? How? When? And the master said: that's exactly it, the baby is level 1, submission, and the baby is filled with wondering and just asks. Then at level 2 you start answering all those questions and all those answers are correct and they are valid and they are good. And then you go to level 3 and then all the questions re-emerge but you don't lose your certainty, you get it? You are

holding your vision, you are holding your Dharma. You are holding your center and from that place of Dharma and from that place of center, you're open, you hold on certainty.

In any spiritual teaching, any spiritual teaching which claims to have the answer to everything is locked at level 2. You've got to hold level 2 and then move to level 3. But what happens for us is the other! We live at level one, and we don't really know anything and this person says this and there is that perspective and that understanding. And how can I possibly make sense of it. So I live my life in essential confusion, because I refuse to take a masculine stand and step in and be a student and adopt Dharma and live in that Dharma. Because I still have questions, (of course you still have questions) you don't give up doubt, you never do, but you step in to radical certainty. You step into radical certainty and from that place of radical certainty you hold the uncertainty. You get that?

So level 1 is: uncertainty. Level 2: Radical certainty. Level 3: Mystery again. You follow that: 1, 2, 3.

The sexual models Eros. It's this principle of holy trinity that is a principle that applies every place everywhere.

So I want to give you one more. Ready?

**Pre-personal, personal, transpersonal.** What's pre-personal mean? What does it mean? Stay inside, wake up sit up straight, here we are, day 7, step in okay? What does pre-personal mean? Pre-personal means, who is pre-personal in the world, give me an example: a baby, a baby is pre-personal. Why? Because the baby hasn't individuated right? The baby hasn't individuate and then claim the energy of the personal. Now, beside the baby, which is in the development of the human being, what other phenomena in culture is a pre-personal phenomena?

Now watch for a second: the pre-personal, if you would walk in to a chant and not be on the inside, but be on the outside, you could actually not understand what is happening. Because if you weren't in the room, which is why for example last year we filmed, and I looked at the film with Chahat and we took all the chanting out.

Why? Because you could only access the chant from the inside, right because it is the interior quality of the Presence for we know we respect every persons individuality right and integrity and autonomy, but on the outside the pre-personal is very confusing because actually.....

level 1, is pre-personal

level 2 is: I'm not part of magical thinking, I am part of this magic which makes it all happen, I become personal, I am responsible as that foot ballplayer, I am not in a cult! I am responsible to make my decisions, I'm an individual and I'm not going to let myself be caught up in a large group energy because that's an offence to my personhood, right? And I can live in an apartment building in Manhattan and there might be, 10.000 people living in Lincoln Towers on the Upper Westside and I am not knowing my neighbours, which is the shadow of individuality. We are taught, 'be an individual', don't submit to a teacher, that's for sure, that's a disaster, because he might be or she might be abusive and you know what: that might be true! Actually, there are cults in the world and submitting to a cult is a regressive, you got that word? It's a regressive move. It's moving in the wrong direction. So I have got to move from pre personal to personal that's an evolutionary move 1000%.

The problem is, when you stop there, because when you move from pre-personal to personal, then you are at the personal and then there you are ALL BY YOURSELF. And yourself might include your partner and a couple of relatives and your little inner circle of ego centric security that you disguise and that you call love, right. But basically, you are bowling alone, you are by yourself. You are 'comfortably numb' as Pink Floyd said behind the wall. You've got to move beyond that, but you don't want to move beyond that by going backwards. You don't want to make a regressive move, you want to make an evolutionary move.

**And the evolutionary move is to move is to move from the personal to the transpersonal.**

Now the transpersonal transcends and includes the personal. So the personal is not lost. The personal is there and the infinite dignity and freedom of every person in this room is absolutely radical affirmed because Love means: to stand for someone else's freedom and giving up control and surrender means that the only Guru in the

room is your own internal authority. At the same time you want to create an evolutionary we-space where a teacher can give a genuine transmission while you are holding your full autonomy. You see that game we are playing? We are playing a very, very leading edge evolutionary game. And the old world, you had for example the teacher-student world. The teacher was the Guru, the student submitted. There are a lot of reasons that worked for a long time, it doesn't and shouldn't work anymore. It doesn't work and it shouldn't work anymore. Why?

Because you got to move from pre-personal to personal! You've got to assume that you are the author of your own story and therefore you are the ultimate authority over your life! But then what happens and just let us take the teacher-student as a model: then you lose something. In the San Francisco area, the whole deal is: there are not teachers and students, we just all hang out together with friends, we are kind of chatting with each other. But if you do that, then you lose the transmission! Then you lose the We-space, and then you lose the power of creating a Sangha. So what we need to do is to create a new relationship, which is what I call a teacher-friend. And we need to reclaim the teacher-student relationship what I call, **dual relationships**. Now Harry, in psychology that is a disaster, in another words, you can't have a dual relationship with your client because of what we call transference. I can't get into this conversation, a complex conversation but today it's not acceptable. I'm going to tell you something shocking: it's almost heretical. Right, there was another time when people thought about it differently.

There was a gentleman, like Scott Peck, how many people have heard of the book *The Road less Travelled By*? It's one of the most famous books written at the late 70's? It was actually a major authority-book and Scott Peck says, and I want to be really clear about this: I completely DIS-agree with him but I want you to hear it though. Because I want just a little bit to comfort the afflicted and to afflict the comfortable: Scott Peck says: that if he could have an affective sexual relationship with a client, which would be healing he would do it in a second! He writes the most popular book written in psychology in the late 70's. If you would write that book today you'd been thrown out of every circle in our society, you would never be published again and you would lose your license. Now, ultimately I think this is progress. Meaning I think we need to take sexuality out of the client relationship with the psychiatrist, but I am talking about something completely different. Let's

take sexuality out of the conversation, let's just talk about friendship. A teacher should both hold authority and give transmission and also be a friend. Now that's much harder to hold. It is easier to hold the teacher I am afraid of who has ultimate authority or we are all hanging out together and we are friends, because those are both clear.

**What's a teacher-friend?** A teacher-friend is always level 3. And level 3 means: I'm willing to shift and move between roles. Now watch for a second, the sexual models the erotic. At level 1 in the sexual submission, the man is the man and the woman is the woman.

At level 2, separation both the masculine and feminine lose dimensions of each other. They both get weaker. They don't get stronger, they get weaker, and they are kind of in this partnership thing.

At level 3 one of the core characteristic of sweetness is the willingness for the masculine and feminine to keep switching roles. You keep moving back and forth. Today I am the masculine and you are the feminine. Tomorrow you are the feminine and you are the masculine. You actually have the ability to move between roles and that's a very high level of consciousness.

So in the same teacher-student thing you've got these 3 levels. level 1: submission. Level 2: separation, right and in the separation level the teacher got critiqued and attacked in a 1000% different ways and we kind of decimated the idea of having a submission relationship, and that was good. That was good, that was evolutionary progress.

But now we have got to go to level 3 where we are able to be friends and teacher-student at the same time.

I just choose now 4/5 examples but we can go on forever, but I just stop here, but I think you see the 11<sup>th</sup> quality. The 11<sup>th</sup> quality of the erotic which models in the sexual is the Holy Trinity:

Level 1 I'm excited, I'm totally in  
level 2 separations

*Online course: Reclaiming Eros*  
*by Dr Marc Gafni*

Level 1 submission, I'm in and submitted to the whole thing, level 2, separation  
The greatness, the Evolution of Love, the Evolution of Love, in case you've missed  
that phrase, the evolution of love happens when you actually get to level 3.

Now here is the last point: **you never get to level 3 and STAY there!** Actually, in the  
15 minute conversation, you can hit level 1, 2 and 3 in 15 minutes. In one hour of  
love making, and I'm giving you a blessing that it is not 7 minutes, with this  
traumatic pathetic thing called orgasm then you go back to sleep and I give you a  
blessing for one hour.

But in one hour of love making you can be in submission, separation and sweetness!  
They are always playing together. But once you get and you see it, you can actually  
begin to emerge and evolve in evolve love .  
That's the end of quality 11.