



Sexual Secrets of

Tantric Kabbalah:  
Making Love

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### Introduction

Hello, that feels good. You see you are holding me in your hands, and I love to be held. It not only makes me feel good it makes me feel safe, wanted, and needed. If I am not held enough I will wither and die. I am a book. I am still a book even if this is many years in the future from the time of my birth and I am no longer printed upon bound paper. As a book I enjoy being held, your hands around me, opening me, becoming intimate with me as I reveal my secrets to you. We are entering liminal time together, leaving normal space time and entering into your consciousness.

Your consciousness is your essential being. It is bound to your body but is more than your body. It is more than your body and mind together. Yes you are right, I am seducing you. I am leading you to another place, a timeless place where only one thing is important. I am leading you to the love you have always known was there. I am leading you into the hiddenness where love awaits you.

Time is not what you think it is. A man is writing me, creating me at a moment in time. A moment that is already gone but whose echo you are sharing now, as you read me, a book. I am different than the man, who will die if he has not already died. Yet all that he has learned, all that he has become, is within me, a loving gift to you and your consciousness. Sexual Secrets, Tantric Kabbalah, Making Love, three parts to my name, a seductive name meant to arouse your interest and make you hold me, caress me, open me, enter me and learn. Learn my sexual secrets and the truth about making love.

Love is the only thing that is real. Everything else is limited in and by time. Love has no limits, love is timeless and beyond the ability of time to ravage in the cruel savage way time ravages everything else. Entropy always increases. Disorder of every system always increases, yet love can always be created and by creating love you transcend the system that you are bounded within. You are a system and part of a system, you have a body, you have a history, but you have

within you the most amazing power in the world, the most amazing ability in existence, the power to create love, to make love. When ever you do so you transcend all the limitations of your life and achieve immortality because your creation, your love is immortal. No love is ever wasted, no love is ever forgotten. Love never ceases to exist.

The words sex and making love do not mean the same thing. It is very important that you understand me so I will explain what I mean by these words. There is sex and then there is a sexual act and they are also different things. Sex is the division within reality or within creation into male and female. Most languages divide both living and non living nouns into male and female. For example I, the book you are reading, am female. I wait for you to come to me, to open me and penetrate my being. Reading me is a sexual act regardless of whether you are a man or a woman, and either way compared to me you are masculine or acting as a male and I am feminine and being treated as a female when you read me. My author is male and has worked very hard to develop his brain, the left masculine side and the right feminine side. Without developing the feminine side of his brain he could never have created or birthed me.

A sexual act can be between a male and a female which is what you think of most of the time, but it can also be between a male and another male as well as being between a female and another female. A sexual act is always between someone behaving in a masculine way and someone behaving in a feminine way. Since you have a body you tend to think in terms of bodies but that confuses you sometimes. I have no body. I as a book am pure consciousness so it is clearer to me. When you leave your body and become pure consciousness yourself you will fully understand, but for now I hope that is enough explanation.

As a feminine female, I the consciousness you are holding in your hands am very sensitive. Because of that what I am about to tell you next is very shocking and painful to me, but I have to be brave and tell you anyway. Not telling you won't help me because I already know this and actually you already know this too so not telling you won't really spare you any upset.

There are sexual acts between objects and living people. If the object is a sword or a gun and the act is violent, then the wounded party is always feminine, regardless of whether they are male or female. Two people who stab each other or shoot each other have committed a sexual act. This lets you know right away that a sexual act can be a horrible terrible thing. Violence is always shocking and disturbing, at least to me. Rape is another sexual act between living people that is always shocking and disturbing as well. There is no love involved in violent acts and there is no love involved in the act of rape.

The world that my author lived in was full of sexual acts that were not connected to love, such as violence and rape and child molestation. Depending upon when you live, your world too may have such horrible sexual acts. I live in a timeless world that is free of that horror. Love is timeless and without limit but thankfully violence is limited in time and space. Violence does end when the consciousness that allows violence to exist ends. That consciousness ends when sexual acts are only connected to love. That is the great sexual secret of this book, of my consciousness. I have no body only consciousness. I do not live in the world you live in. By learning my secret and bringing it into your world you will change your world. The sexual secret of Tantric Kabbalah is to make love. Making love, in all your sexual acts ends violence. This is true both for those sexual acts that involve bodies, and for those sexual acts that involve pure consciousness alone. Come and see. Come and see.

## Sexual Secrets of Tantric Kabbalah

### Chapter One: Sex Education

Once upon a time, the sexual glory of humanity was everywhere evident. Women made you human. Men followed women into humanness with joy and enthusiastic adoration. Men loved women and knew their debt to her. Men knew that everything they loved most about themselves was given to them by women. The smell of a woman was not covered with clothes or sickly sweet perfumes. She was never shy or embarrassed and she knew. Her knowledge created ecstasy and bliss and the making of love. Love was not fleeting but the prolonged pursuit of the day. Love stayed with a man even when he was a distance away, in danger. Love gave him strength and made him whole. Love had substance, a bond stronger than life and blood and especially more powerful than fear.

Men did kill, but killing did not make them incapable of love. They did not kill each other but giant beasts that would freeze the hearts and courage of the so called superior modern man. They cooperated with each other and everyone had a place, everyone was equal, everyone was loved. They had awe and respect for the beasts they killed, they were not cruel, and they were better in their hearts than you are.

Sounds like a dream, doesn't it and sounds much better than your modern life. You live separate lives now, every man for himself. Such loneliness, terrible loneliness everywhere, how can you do this to yourselves? Don't you remember what life was like?

Don't you remember how happy you were just to be alive? You were so vibrant and magical. Every moment of every day you were awake, alive, effortlessly enthused with life itself, the breath, smell and wonder of every thing but especially each other.

The touch of each other, the smell of each other, the taste of each other, and the sound of each other's pleasure all wove together a nest of love, a special place that only existed inside of each other but that was stronger than the tooth of the cat or the claw of the bear. What you looked like was almost unimportant, and certainly did not make you ashamed. It did not matter how hairy you were or how much you looked like a monkey. There was no cult of celebrity perfect looks. Women were not ashamed of their normal shape and appearance. Fat was not a curse word.

There was a time when every consciousness could not wait to be born into a body. The sheer pleasure of bodies outweighed every risk. All the natural pleasures of life and love gave you a strength that is so rare today. You could tolerate pain when it came. The touch of your loved ones and lovers released more powerful medicines in your brain and mind than the addictive drugs of your pharmaceutical companies. There was no profit then. There was just life and love. Love, love, love was wondrous. Love is what made you human, love is what kept you human and love is what has been lost and the deprivation of love has been tearing at your humanity for so many generations.

Who would have thought that you could forget so much? Who would have thought you could forget your true selves, your true nature? Who would ever have thought that you could reach a point of such incredible ignorance about sexuality? And what makes you even more ridiculous and sad is your arrogance. It is that attitude of false superiority that keeps you from even seeking the truth.

You think you have evolved beyond sex. You think that sex is dirty and shameful. You think that sex is beneath your dignity. You think that sex is evil and yet it wasn't until you forgot about sex and the connection between sex and making love that you woke up to world wars, genocide, torture, and terrorism. When you denigrated and denied sex, you lost love. Love stopped being made the way humans always made love. Without love, you became critical and judgmental of yourselves and others. Without love, the world became cold and lonely and you are always out of place. Without love, you better have good

insurance. Without love, you better have an AK-47 or .50 caliber Desert Eagle. Without love, nothing really matters does it?

For seven thousand years, you have been told that sex should only be for making babies. For seven thousand years, women have been ridiculed and criticized for their sexuality. It was women who lost the Garden of Eden. It was women who opened Pandora's Box. Women are this, women are that. Women can't do anything right. Men criticize women to control them. A dominated woman is fearful and insecure all the time. Men make it so that women never feel right in their own bodies. Men take young boys away from women and teach boys to struggle, fight and hate. Men take young boys away from women and make boys afraid for their own survival. Only if you fight hard enough do you deserve a place of your own. Only then are you rewarded with a woman and a family. Only if you fight and win, are you a man. Being a man means to be in such control of your feelings that you can do what should be repugnant to every human being. The loss of your feelings is the loss of your humanity. Fight, fight, fight, has replaced love, love, love.

Men blame the world's woes upon women, but women did not deny the glory of sex and women did not create war. You are running out of time. There is still time but only barely enough time to fix what you have screwed up. Soon there will be a tipping point and none of my words will matter anymore. Since it is not yet here it may be kept from ever manifesting. There is still time to make love. Love is the answer. Love will make everyone feel safe and secure. Love will make everyone have a place. Love will make everyone equal again. Love will heal the planet. Love will heal your wounds, heal your psyche and heal your soul. Love is the answer but first you have to remember how to make Love. Love is made, love is created.

Making love will restore your humanity and bring the world back into balance. It was always meant to be this way, but you have forgotten. Sadly you need to be educated and that is the purpose of this chapter on sex education. But I will not teach you if you do not agree that you know nothing and need to start from the very beginning. Accept that and you will learn to make love. When you



learn to make love and you devote yourself to making love and bringing love back into the world, then the world will heal. Once again all consciousness will yearn to be in your bodies.

What do I mean by the beginning? I mean the beginning of your species in evolution. No, not the separation 6 million years ago from your co-ancestor with the chimpanzees, I mean the beginning of your species *Homo sapiens sapiens* about 190,000 years ago. That is when the first human mothers appeared. That is what you must understand and comprehend, your debt to all the human mothers from the first all the way down the evolutionary tree of life to your own mother.

Without human mothers there are no human beings. That should be so obvious but you haven't understood the significance of this fact. The shining accomplishment of evolution is your brain, the human brain. It is so big that you are born very premature and totally helpless. The most dangerous thing any human being can ever do is to become pregnant and bear a human child. The inability to deliver a baby with such a large head is what killed so many mothers over the last 190,000 years. Think of that and hold it in your mind.

The bravest of all human beings are mothers. The most selfless of all human beings are mothers. The most loving of all human beings are mothers. There is no contest. All men everywhere in the world and throughout all time owe the debt of their existence to mothers, and not just their own personal mothers but all mothers throughout the world and throughout human history. We don't live isolated but as part of a group and the group known as mothers deserve to be honored as a group.

Now this is a chapter on sexual education so why am I talking about mothers? Well, all mothers are women. The sexual pleasuring and orgasmic bliss of women is what sexual education is all about. Sex is not about men and men's pleasure. That is one of your misconceptions that you have to throw away. And further there is a direct deep and profound connection to what I am saying about sexuality being about pleasing women to the above comments about women being the mothers who made us human.



The same change that made you human in the complexity and size of your brains also changed your sexuality from your most direct ancestors. The smaller brained hominid you evolved from, some form of Homo erectus had estrus like other animals and sexual intercourse was always and only done for the purpose of making animal babies. In humans making babies is only possible a small fraction of the time every month for a fertile woman. If you understand that full maturity for a woman is to be post menopausal then you understand that the human evolutionary task is the separation of sexuality from procreation.

I am telling you the human sexual task is not to make babies. There are too many humans already on this planet. Making babies has to decrease very significantly and rapidly. Now this doesn't mean that sex has to decrease, exactly the opposite has to happen because the amount of love in the world can only increase if sex increases in amount and quality. The only way to decrease human overpopulation is to return to women the control over their own bodies and the control over their own sexuality. The only way to decrease the making of babies is to allow the evolutionary function of human sexuality to continue to evolve to its logical and natural end.

The human sexual task is to make love not make babies. You make enough babies but not enough love. Women are the generators of love. In order to understand this it is necessary to understand the orgasmic potential of women.

The orgasmic potential of each and every woman is directly connected to the human potential for making love. The more powerful and deeper and profound the orgasms that a woman has the more love she brings into the world. Love is the most powerful spiritual force in the world. There are two kinds of love that exists. There is the orgasmic sexual love that I have been talking about and there is the unconditional maternal love that is not sexual in nature. Even though maternal love is not sexual it is obviously connected to sexuality because it is sex that makes it possible for a woman to become a mother.

The conflicting thoughts and emotions that are connected to both sexual love and maternal love take a long time to sort out. It usually takes many years so that by the time a woman understands both her maternal love and her sexual

love she is usually post menopausal or a mature woman who can no longer make babies. It is this weaving together of maternal love and orgasmic sexual love that is so healing. This excellence in loving ability is why all societies prior to the patriarchal violence that started 7,000 years ago had mature wise woman make the important decisions of their society.

Now comes the radical part. If all men owe a debt to all mothers throughout time for their brains and their humanness, how do they repay that debt to the mothers who are no longer alive? They repay that debt to the women who are alive now. They repay that debt by how they treat all women. They repay that debt by re-making the world into a place that is first of all safe for women, and treats women with adoration. That is what it means for a man to be heroic.

Men have created a world where they express their violence and control their sexuality. Our culture honors men who are good killers when they kill as soldiers or policemen but does not honor men who are good lovers. This is why the world is such a dangerous and terrifying place. The true measure of a man is not how skilled a killer he is, the true measure of a man is how skilled he is at loving.

This brings us to a very important subject, how does a man get to have sex? The right answer is he gets chosen by a woman to have sex with her. Women have the choice in sexual matters because of evolution. When animals who have estrus have sex neither the male nor the female animal has any choice. The control of instinct and pheromones make it so that a female in heat or season will have sex with any male, and no male will refuse sex with a female in heat. Because human women can have sex every day and they are not under the control of their hormones, they get to choose with whom and when and how often they have sex.

Patriarchy which is an anti-evolutionary thought disorder specifically rebelled against this truth. Patriarchal cultures think of women as property. Females belong to men, first their father and then their husband. Under patriarchy it is a husband's right to have sex as often as he wants. Patriarchal

cultures go to war and kill off the men and children of their enemies and steal their women who are now property. This is called the spoils of war.

War was invented by men and rape was invented immediately afterwards. Rape is said to be a crime in peacetime but sexual violence against women is part and parcel of patriarchal culture. The only way to end sexual violence against women is to end patriarchal culture. Paramount to this end is restoring control of women's bodies back to the women. This means that all choice in sexual relations between men and women should reside with the woman.

Most men have no idea how men treat women. It is impossible in most patriarchal cultures for women to walk about freely by themselves. The tirade of sexual rants and unwanted sexual attention is pervasive, and the risk of abduction and rape is very real. This behavior is not genetic but cultural. What is genetic is the overwhelming biological pressure that men feel to be sexual. The reason this crude sexual behavior is seen everywhere is that most men have no idea how to obtain sex from a woman and their high level of sexual frustration combined with the confusing and incomprehensible messages they get from their society leaves them baffled and crazed.

The other way that patriarchal culture has set up for men to get sex from women is economic. Patriarchal culture treats women as a sexual commodity and not as real people and therefore women's opportunities are very severely limited economically. Men who have much greater economic opportunity use their money to buy sex either in the form of prostitution or in the form of traditional marriage which is an economic and sexual contract.

So if a man wants sex and does not want to be either a rapist or buy sex what does he need to be able to do to be chosen by a woman for sex?

Are you stumped? I guess that depends on whether you are a man or a woman. Most men are clueless right about now and that is why there is such a problem in the world. Women know that the answer is that a woman wants to be loved. So if a man is capable of giving love then he will receive love. A woman who is loved is very sexual and sexual activity is very pleasurable to her. Women

want sex and love to be together, yet most modern men are incapable of love and just want sex. Most men want sex to be like going to a ballgame or going out to dinner. Most men would be happy if women went into heat and they could just line up like a dog. Women are right, most men are dogs when it comes to sex.

The good news is that men are not genetically incapable of love. All you have to do is go to any playground and look at young boys who love their mothers. They give and receive love just as easily as their mothers give and receive love. Men learn how to love when they are a boy through their relationship with their mother.

The problem is not with genetics the problem is with culture. The problem is the way society treats boys to make them into men. Feelings and sensitivity are attacked as being the sign of a momma's boys to the point that having feelings other than anger becomes a liability for a man to succeed economically and culturally.

Therefore a man who wants to be chosen by women for sex must become a hero, because for a modern man being a hero has nothing to do with fighting and violence. Being a hero means being able to reach inside himself to the boy he once was who loved his mother. Being a hero means allowing feelings to return in their complex and confounding nature. Being a hero means giving up control, giving up being in charge for the sake of love.

Men who have feelings, who are sensitive, who care about women will always be chosen by women.

This is very interesting. We now have two connections between men and mothers that relate to sexuality. First there is the understanding that sex is for women's pleasure and that a man pays his debt to the historical mothers in human history through his sexual behavior. Second there is the way a man must draw upon the loving relationship he had with his mother in order to have feelings that empower him to give and receive love to his lover as a man. There is a third connection as well which we will explore next.

Although patriarchy started seven thousand years ago, it took a great deal of time and effort to eradicate Goddess culture. While Pagan culture enslaved the Goddess it was Christianity that murdered Her. It was not until the sixth century of the common era that the last temple to Aphrodite was destroyed. The reason that so many statues of the ancient world have broken noses is because Christian priests told their followers to de-face art that represented the Goddess.

In the Goddess cultures of many different parts of the world The Goddess had as her lover either her brother or her son. An example of this that is usually completely misunderstood is Abraham and Sarah of the Torah, the founders of Judaism. Midrashic sources will tell you that Sarah was just as powerful a prophetess as Abraham was a prophet. These same sources do not spend much time discussing that she was Abraham's sister, with the same father but a different mother. These same sources do not explain that twice in the Torah Abraham gives his wife Sarah to the ruler of the land for sexual union. Abraham told both Pharaoh in Egypt and Abimelech in Philistine that Sarah was his sister. This behavior is only understandable in the context of Goddess culture which required sacred sexual intercourse between a Priestess (Prophetess) and the King in order to ensure the fertility of the land.

How do we understand the myth of a Goddess having her son as her lover? This strikes deeply at the incest taboo which is central to civilization. Is there a way we can understand this not literally but symbolically? Is there something the ancients knew that we do not but that this symbolism explains if we could interpret it?

I know, I have stopped saying you and started saying we, because I am feeling closer to you, because I can feel your interest in what the voice of this book has to share with you. The more I share with you the closer I feel to you.

Your modern science has found the answer although it doesn't realize it. When a mother breast feeds her baby the stimulation of her nipple and breasts releases large quantities of oxytocin in her hypothalamus, the most important control center in the human brain. Oxytocin is not a neurotransmitter but a neuroregulator which is much more powerful. It essentially causes the brain to

be re-wired, changing the structure of the brain. The changes cause the mother to be bonded to her baby. In addition to this function oxytocin also is the only known way for the brain to unmake or unlearn previous connections that existed in the brain.

Now with this knowledge we can start to look at the specifics of sexually pleasuring a woman. For now I am going to skip the initial stages of hand holding and kissing and go right to breast stimulation. Most men do not understand how important it is for them to stimulate a woman's breasts. The ancient Goddess cultures understood at a symbolic level the powerful release of oxytocin when a man sucks a woman's breasts. The longer a woman's breasts are stimulated: licked, caressed, sucked, suckled, taking her entire nipple and aureole into your mouth, sucking on the glands that empty into her nipples, sucking on one breast while using the protean and varied touches of your thumb, fingers and palm to stimulate the other nipple at the same time; the more oxytocin is released in the hypothalamus. Oxytocin is the neuro-chemical mediator of orgasm in women. It is also released during orgasm and it increases the strength and duration of orgasm. The more oxytocin you release in her brain the greater her orgasms.

Initially, for the first few minutes as you suck her breasts, she feels very good and has a feeling of self satisfaction that is not immediately sexual. The longer you suck her breasts the more sexual it becomes. Even without touching her clitoris, there is a direct internal connection between the nipple and clitoris. Her clitoris begins to swell and grow and fill with blood. Her vaginal glands are stimulated and produce the honey thick secretions that feel so good on your fingers and upon your lingam. If you suck her breasts for twenty minutes each she will orgasm, especially when you move from sucking one breast and fingering the other to sucking the other breast and touching her skin with your hand.

There are many women who have inverted nipples, nipples that do not point outwards. This degree of sucking a woman's breasts will make changes in the appearance of her breasts, enlarging them and reshaping the nipples that will also make them extremely beautiful.

Her entire skin surface is awake and waiting to be touched. Gently touch her belly, softly caressing her skin as her entire body throbs and aches for your touch. Rub the inside of her thighs, all the while continuing to suckle her second breast and preparing her brain and mind to orgasm. Right at the place where her leg and hip comes together on the inside of her thigh where the groin is just outside her mound of Venus or pudendum, is a place that loves to be rubbed. Strong hands that can vary their touch and massage for very long periods of time, hours of touching and stimulating are the sign of a hero. Massaging her mound of Venus she will have another orgasm. As you slide your fingers lower you will touch her clitoris and her orgasm will deepen and expand. Her clitoris has the most nerve endings of any human organ, and deserves to be touched in such a way that will stimulate her to ecstasy and bliss without over stimulating her. A more likely mistake is to stimulate her just to the point of orgasm and then stop leaving her at the brink. Continue rubbing her clitoris as long as it takes for her to start orgasming and then keep going. The more you know her the more you will know how to stimulate her.

Her clitoris is covered by a hood of skin but travels inside of her ending at her Goddess spot or G spot. For some women the end of the clitoris that sticks out is very small and you have to stimulate the part of her clitoris under the skin that is towards her inside. Using your thumb and index fingers you can stimulate both parts of her clitoris, the head and the shaft. From the vagina the Goddess spot is just inside the opening towards her head and away from her feet. The Goddess spot is erectile tissue and this is the reason that there are still people who doubt its existence. They are fools who do not know how to awaken it. The longer a woman's orgasms, the more orgasms she has, the deeper and more profound her orgasms are the larger and wider her Goddess spot will be. It can become as large as an olive or quarter.

You might have started rubbing her clitoris with your index finger, and as you first slide your index and middle finger inside of her, your thumb from the same hand takes over the task of clitoral stimulation. Stimulating her clitoris and Goddess spot at the same time while you are still suckling her breast will give her incredibly powerful orgasms. There is no limit to the strength and number of



orgasms a woman can have. She cannot orgasm too much and she can not be too wet from all of your stimulation. That is the goal of what you are doing. As her Goddess spot enlarges you can use your index and middle finger as one side of a fulcrum and your thumb as the other and hold her growing Goddess spot in your grasp squeezing gently but firmly.

There is still more for you to do in the service of her ecstasy and bliss. While keeping one finger inside of her on her Goddess spot, your other finger reaches downward to find her cervix. The cervix is a tube like structure with a round end with a circular opening. This is the entrance into the womb. Adding stimulation of the cervix to the nipple, clitoris and Goddess spot that you are already doing will conduct the symphony of bliss you are creating. Depending upon the size of your fingers and the size of her vagina, it may be possible to put three or four fingers from your hand inside increasing your simultaneous stimulation of Goddess spot and cervix.

Now you are probably forty minutes or so into her pleasure, and without taking your hand out of her vagina, move your body and bring your mouth to her clitoris. Cunnilingus or giving her oral sex is the easiest way to bring a woman to orgasm. Combining this with your continued stimulation of her Goddess spot and cervix inside of her with your hand will usually bring her from repeated multiple orgasms to the state of continuous orgasm. This state of continuous orgasm is what Tantric Kabbalah is all about.

If you pull your third or fourth finger out of her vagina and rotate your hand so it is pointing upward, you can then take the index and middle finger of our other hand (if she is large enough) and enter her with that hand pointing downwards. Now the backs of each hand should be touching each other and you should be able to move all four fingers inside of her like the wings of a butterfly while you continue to kiss, lick, suck and suckle her clitoris. This is the butterfly kiss. Both of you should be in a powerful meditative state at this point. I will say more about the combination of meditation and sexuality in later chapters but the important thing to understand is that this combination is natural and will occur effortlessly on your part.

In addition to the nerve endings of the clitoris, Goddess spot, and cervix, there are also a great number of nerve endings in the tissue between the vagina and anus and the anus as well. At some point along the way, depending how many and which fingers are inside of her, you can use your fingers that are not inside to massage these parts of her sensory system, maximizing and maintaining the continuous orgasm you have so lovingly and adoringly created.

Now when she is already in the state of continuous orgasm is the time for intercourse. The longer you can maintain an erection inside of her yoni (gates of heaven) the longer you can maintain her orgasms. Ideally you should be able to have intercourse for thirty to sixty minutes. You can vary moving your lingam (wand of light) in and out of her and you can also put your entire lingam inside of her and then move your hips and continue thrusting while maintaining deep penetration. You can put your left leg outside her right leg increasing the pressure of your weight upon her clitoris. You should have very strong arms and shoulders so you can support all your upper body weight and keep it off of her. You should even be able to support your weight with one arm so you can use one hand to grasp your lingam and direct it against her goddess spot and perhaps her clitoris as well. You can also use the external thumb of that hand to stimulate her goddess spot while directing your lingam inside of you. Once you get to the stage of being able to vibrate your hands and your lingam with Divine love and light, the combination of the energy of your lingam and your hand is most powerful.

Remember that variation upon a theme works both in a symphony and in your Tantric service to your lover and to the Goddess, the Schechinah Herself.

Now that your mouth is not on her breast or clitoris you should speak to her during intercourse. Remember that all this oxytocin has made her brain not only ready for bonding but ready to remove old neural nets that should be removed. Most women have heard so many messages that are negative and shameful and critical all of their lives and these messages have left a structure of shame in their brains. When you speak to her lovingly, telling her she is beautiful, telling her she is loved, you will remove all those old messages that do not belong inside of her. Speaking love to a woman while she orgasms upon your lingam

inside of her, is the most important part of making love. She is most impressionable and suggestible during orgasm so what you say at this time is the most important things you will ever say. Combining the ecstasy of orgasm with your loving words will heal her as no one else can heal her. Now is the time to talk about things that only the two of you know. Speak in the language of your own shared experiences. And then it is time for the prayer for orgasm: Baruch Atah Adonai Eloheinu Adonai Echad.

The prayer for orgasm will unify the Divine masculine and Divine feminine energies and it will intensify her orgasms sending them up into her heart chakra. As her orgasms enlarge her heart chakra it will expand her ability to receive love and then to give love. It will heal the brokenness that many hearts still carry. Then it will send her orgasms out the top of her crown chakra, healing the world. The Divine love and light that you create together with her orgasms is making love. It is very real and magical and not confined to a body. It travels between both of your souls and the Universal Divine Soul. The love and light you send out into the world in sex magic heals the people you love and is even healing for those you don't know. This love and light enters liminal time going both backward and forward in time, as time itself is only a convention for our present lives.

It is not necessary for you to ejaculate every time you make love, nor is it desirable. An awakened kundalini will send even more energy into your lover expanding her orgasms. You can control this part of your being by contracting your pubococcygeal muscle. You might experience this as a contraction of your own anus. You can also conceive of this as Divine love and light flowing out through an invisible tail to heal and bless the world.

Another part of your lover to arouse that is extremely pleasurable is her own kundalini. As you gently explore her body you will find the end of her vertebral column and the sacrum and coccyx. Strong but gentle fingers massaging these structures can bring her to orgasm alone or continue her state of continuing orgasm.

If you do not ejaculate and you finish intercourse it is very important to sex magic to continue holding her as her orgasms dissipate. Sucking her breasts again and touching her is a wonderful way to maintain bonding. Never, ever roll over and go to sleep.

If you have ejaculated then you will be in a very powerful meditative state and that is excellent for continuing sex magic through mantra. Make sure that if you are going to do this that you still have physical contact with your lover so she can feel the energy from your hands as you send out the love you have made through orgasm to the world.

That is how Tantric Kabbalah describes making love.

## Sexual Secrets of Tantric Kabbalah: Making Love

### Chapter Two: Trust

In Chapter One Sex Education, you just read about amazing sex, a very precious and loving sex that lasts for hours, and that brings a woman to multiple and continuous orgasms that also lasts for hours. These orgasms are life changing and healing. Yet very few women ever get to experience this kind of magical sex. Magical sex requires trust and there is so little trust left in the world. Women do not trust men and for very good reasons. And men, who hold almost all the power in the world and control the world, are afraid of women. These two human characteristics: fear and lack of trust keeps us from the kind of sex that all human beings deserve and in fact desperately need. Restoring trust to the world will restore sex magic to the world and provide the healing that is desperately needed.

It is very important to understand that this magical sex is what every woman deserves. It is her evolutionary inheritance. To deny her magical sexuality is the act of a thief. Women instinctually know this is true. The proof that this is an evolutionary inheritance is the basic biology of every woman. You can touch any woman with the love described in Chapter One and she will have these kinds of overwhelming magical orgasms. Her biology ensures this. Her brain ensures this. Her neurological sensitivity of her nipples, clitoris, goddess spot and cervix provides proof. Her brain structure that releases oxytocin in her hypothalamus and rewires her brain to provide these healing orgasms is proof. The fact that so many humans do not know this and do not use these structures properly does not challenge the truth that this is what evolution has determined is most beneficial to the survival of humanity. Only an overwhelming survival value would justify the biological expense of having such complex neurobiological features that allow expanded orgasm.

The significance of women's biology is that humanity survived because of magical sex. Why don't you know that? The sexual repression of human

civilization has gone to great lengths to try and make us forget our essential human nature.

It is easy to understand why women do not trust men. From the moment of their first socialization in schools girls are taught that boys are better than they are. Girls are taught that boys are to be in charge and in control. Patriarchal religions, organized and controlled by men, teach that women are the root of all evil and female sexuality is that root. As soon as girls start to touch their own bodies, which all girls do naturally, they are punished, slapped and criticized. As they grow older they learn that their status in society is dependent upon the status of first their father and then her husband. Her economic potential is severely limited compared to men. Control of her own body is taken away from her and given to first her father and then her husband.

Women have been kept barefoot and pregnant and without a vote for a very long time. While modernity has vastly improved the situation of women in the educated class of the Western world, the majority of women still suffer the brunt of patriarchal violence and oppression. It is easy to understand why women do not trust men. But the other half of the situation is much harder to understand, why are men so afraid of women and why does that fear turn into such hateful misogyny? Misogyny is the evil heart of patriarchy that must be transformed for men and women to return to their evolutionary roles and for magical sex to return to the world.

To understand this fear men have of women, let us look together at two words that are known to be feminine. They are the ocean and the unconscious. They both represent something vast and powerful, which dwarfs the individual and his consciousness. Many people who have studied human history believe that just after the time of Homer and at the end of the Hebrew Biblical period a major evolutionary change occurred in human consciousness.

Prior to this time it was common for individuals from all societies and cultures to speak to the Gods. Afterwards the voice of the Gods disappeared. To many, this is the time when the human ego first appeared and individual separation from the group occurred psychologically. It is hard for modern

humans to conceive of things differently but the loneliness and isolation that is so common today is historically very new.

Prior to the appearance of the human ego, Divine voices and group consciousness was the normal mode of human consciousness. This separation and individuation occurred roughly 2500 to 3000 years ago. The appearance of patriarchy was 7,000 years ago. Obviously the development of an ego was an advantage within a patriarchal culture. The evolutionary developmental stage of the ego as it currently exists is directly connected to the patriarchal culture that created it.

The development of an individual's ego recapitulates the evolutionary development that human beings experienced as a species. The unconscious mind is much larger than the small amount of the brain that the conscious mind uses. The vast ocean of the collective consciousness is infinitely larger than the individual unconscious mind. These two feminine forces threaten to overwhelm the smaller, separate, lonely and primarily male ego. This developmental fear of the ego is the source of misogyny.

This fear is not a failure either morally or constitutionally. It is very understandable that the drive to individuate and exist separate from something monolithic and vast will engender fear of the looming monolith. Once the ego has a chance to live, grow and develop, it can revisit the cause of infantile fears. A mature ego can overcome survivalist thinking as history also teaches. Those who focus on "what's in it for me" are not remembered kindly by history.

Both male and female individuals will have this same developmental fear yet generally speaking women are much more intuitive and global in their thinking than men are, and use their right cerebral hemisphere much more than men do. This keeps women closer to their own individual unconscious mind and the collective consciousness. As a result of this natural closeness to the Divine Feminine a woman does not fear these feminine forces of nature the same way a man does.



This fear is not conscious to the male ego. Men do not even acknowledge that they are afraid of women, since they always claim they are superior. One is not afraid of those who are inferior, are they? Yet the behavior of patriarchal suppression and persecution of women reveals what men do not acknowledge about themselves.

This is very significant. Men oppress women because they are afraid of an overwhelming feminine consciousness and not individual women per se. Their fear of a feminine consciousness that is both greater than themselves and also part of themselves is projected upon women both individually and collectively. This projection is done without conscious awareness. This fact reveals how to eliminate misogyny. Just as an individual changes personally by making changes in what he focuses upon or looks at consciously in his mind, the collective consciousness of humanity can also change. Since the collective consciousness is made from the individual consciousness, the only way to change collective consciousness is for an individual to choose to change himself. That is exactly how the collective consciousness undergoes evolutionary change.

There are people who look at the ego as a terrible mistake of evolution and wish it were possible to return to the stage of collective group consciousness that existed prior to the separation of the individual mind and ego. Here is where trust comes into play. We must trust the wisdom of evolution. We cannot undo history or our own personal evolution. We are stuck with who we are and how we got here. This is true individually and collectively.

It is the gift of the ego and individual consciousness to be able to be self-aware. Individuals who do not look at themselves honestly do not see the disparity between what they say they believe and their own behavior. This gap then ensures the continuation of behavior. These same individuals who do not self evaluate based upon reality, based upon the feedback of other human beings who know them, are not utilizing their own ego. In individual terms this results in behavior that is violent and hurtful towards others and in collective terms results in patriarchy.

Misogyny can only exist as long as the male ego is unaware that what he is truly afraid of is not women but the Divine Feminine that is inside of him. The path that leads the male ego to this degree of self-knowledge is not the death of the ego but rather the maturation of the ego. Maturation can only come by first developing the strengths and unique attributes of the ego. The maturing ego then focuses attention and evaluation upon its own self. No one else can do this for the growing individual. This process is where the ego becomes heroic and completes its destiny.

Governments, corporations, media or other organizations don't have the ability of the individual ego to self evaluate and learn. These organizations can only change when a sufficient number of individual egos have changed, one by one.

How do we manifest trust? We manifest trust by accepting reality and going on. The individual ego of a man or woman in our society is on the bottom of the hierarchy of power. Governments, corporations, media and other organizations have money, influence and power that dwarf individuals and subject the individual to tremendous forces of conformity. In this cultural milieu, survival takes precedence over romantic relationships. This separation between the sexes results in a lot of broken hearts. Abandonment and betrayal erode trust time after time after time. Cynics are romantics who have broken hearts.

In order to manifest trust, we must understand broken hearts. As individual egos grow and develop, their self-assessment continually changes in respect to the micro society that they find themselves in. Status is very important to self-esteem. The individual finds himself in competition with other individuals. The individual finds his wants and desires either manifested or frustrated.

When individuals open their hearts to others in love, they move from being a separate entity to being a couple. This is exciting, fascinating, and brings sexual pleasure and wonder but also risk. Men are socialized to conform and to behave as expected as warriors and workers. Control of feelings is required. Control usually means repression. Yet romance requires feelings to flow freely and magically without restraint. The man's true desire is for sex and the woman's

true desire is for love. Women do not want sex without love and men who have repressed their feelings except for anger are incapable of giving love. This situation results in abandonment and betrayal and eventually a broken heart for both men and women.

Everyone who has lived has had a broken heart. Disappointment, pain, embarrassment, revulsion, shock, anguish, and most importantly the fear of being hurt and the inability to trust come with a broken heart.

Broken hearts are not only common they are universal. I want you to think of them in a different way. I want you to think of them as a developmental stage. Specifically, I want you to think of the broken heart as the opportunity for the separated ego to reach out to the Divine Feminine consciousness and to heal the wounds and fears of separation through integration. An ego that has separated, had a broken heart and then integrated with the Divine Feminine is not the same as the undifferentiated group consciousness that existed prior to the ego.

The ego brought many gifts and skills with it, especially the ability to focus and problem solve, and the entire scientific methodology of research and discovery. An ego that is also connected and integrated to the Divine Feminine now has creative inspiration, love and nurturance to draw upon as well.

Without an ego there would be no broken hearts, but an ego with a broken heart has an opportunity to grow and heal and become larger than the limitations of self, and selfishness. Most people experience love as a limited substance. People only have so much love to give. If someone gives love to one person then there is less love left to share with anyone else. For many wounded egos who become parents, a child can become a competitor for a limited amount of love causing problems in the marriage and in the child's emotional development.

The problem with this belief system is that it thinks of love as a limited substance, like all the physical substances in the world, like money, power, food and property. Love is not a physical substance at all. Love is the only real thing in this world that is infinite. Love does not originate in the human heart but travels through it. Love comes from the Divine Feminine, the Schechinah, and is only

limited by the size of the heart that acts as a conduit. How much love our hearts can allow to flow through is determined by our past experience. How much love were our parents' hearts able to give to us? How much developmental trauma did we experience growing up? How have we experienced love in the world as an adult? And yes, have our hearts been broken? How many times have our hearts been broken?

What do you do when you have a broken heart? Many people withdraw. Many people turn to work or their role as a parent. Many people just become cynical and even bitter. Worse, some people become angry all the time and seek to get even and wreak vengeance upon anyone foolish enough to cross their path. You see these sad people everywhere. Sadness is the deep rot left inside a broken heart.

There is really only one way for an ego to truly heal a broken heart. That is for the ego to make a decision to find something beyond itself. The ego must trust that the stories it has heard of true love are indeed true. The separated lonely ego must believe that there is a source of love, a deep well of truth and kindness that it can reach out to and discover for itself. The ego must decide that life is not worth living in this diminished capacity of wounded ego, wounded pride, loss and loneliness but must also heroically reject death and destruction as well. The ego must find a way to trust the universe, to trust existence itself and make the heroic choice to go on, to search, to repair itself without cynicism, and to become kind, and compassionate.

The ego must choose to heal and to seek love and inspiration and creativity and nurturance. Without knowing how or where to reach out, despite worrying that it is making a fool of itself, acknowledging and accepting fear and depending upon a trust that says if I am wrong and there is no real love then I have lost nothing and life is meaningless and without value anyway, the ego reaches beyond itself. Trusting in a vision of love and creativity the ego finds that source of love and creativity inside itself and beyond itself. The rules and reality of life are transcended when the ego discovers it is not really alone. Its separation was just a stage of development. Its own hurt and broken heart has healed and

become a conduit of universal and magical love that does not have to be deserved or earned but just is. A cornucopia of love freely given and freely shared has been discovered by the ego that is happy to find its true place in the world as the servant of this Divine source of love and light, and is pleased to act as a conduit for this love.

Love is. Love heals as you give it away. Love only exists when you give it away to someone freely and without judgment. Love flows effortlessly from your mouth and your touch when you are deeply connected to the source of love. Love cannot be faked or impersonated as love always comes with creativity and wonder and joy. Life is meant to be loving, with love flowing freely from your heart. You can never run out of love to give as long as your soul is connected to the source of love.

A broken heart that has healed is no longer afraid of the Divine Feminine and does not hate anyone. The ego that has connected to the source of life and love and nurturance and creativity can now deal with being afraid. A separated ego with a broken heart is afraid of death and ceasing to exist. The ego that feels love flowing effortlessly through his heart knows first hand that there is nothing more joyful or happy than being a conduit for that Divine love and light to flow into the world. No longer needing immortality or invulnerability or any of the childish powers that are projected onto super heroes, the integrated ego is mature enough to endure the ebb and flow of life. Fear doesn't completely cease to exist but it diminishes to the point where it is ok to be afraid without being paralyzed. Love conquers fear and conquers time as well. The source of love is beyond time and space and the integrated ego that experiences this love knows that it too exists beyond time and space in its true self.

This integrated hero, the compassionate kind lover, still lives in time space. The laws of physics do not change for this person. Economics does not change for this person. The person who has made this evolutionary leap in consciousness to where human consciousness must go if human consciousness is to survive on this planet is self assured and can endure her own fears regarding her personal survival and status.

There is no secret that makes an individual ego successful in every endeavor he chooses. Only an immature infantile ego seeks that prize. The individual who is connected to the Schechinah, the source of all love and light, will always listen and empathize and care but he does not have a magic wand to wave and rescue all those who suffer and are in pain. When there are enough of these evolved people the world's collective consciousness and political groups will change. Change will occur without violence and then less and less people will suffer from poverty, hunger, and imprisonment. When the numbers of immature egos whose fear for their own personal safety exceeds their compassion and kindness for other humans declines far enough, then armies and criminals and police will also decline. As a society of such individuals evolves there will be less need for behavior that benefits the self at the expense of others because such a society will become more and more just and kind rather than cruel and punishing. As the needs of the individual are met without effort, creativity and love will flourish.

I am saying a change in human nature is about to occur, because it cannot be stopped. The fearful immature ego is only a stage in development. It is an insecure and unstable phase both in evolutionary terms and in terms of individual development. We no longer live in western towns where everyone carries a gun and rude remarks made by teenagers result in gun battles on the street.

Trust in the universe itself, in creation, in the source of love and creativity allows us to incarnate into the world in the first place and place ourselves in the position of vulnerability that all humans share. We are born dependent and grow old and decline into dependency and we are all in actuality forever dependent upon society to carry out tasks that have grown beyond any one individual's capacity to perform.

Our shared vulnerability and defenselessness has produced frightened individuals who are only concerned with self and others they identify with, as a stage in development to ultimately produce individuals whose vulnerability and defenselessness produce individuals of compassion and kindness. The difference is whether the wounded individual ego comes into contact with someone who

will listen and express concern and care. No one avoids pain and suffering. As Victor Frankel describes, suffering expands to fill the entire being of the person who suffers. What produces a compassionate, kind and loving person is a listener. Every person you listen to with love, kindness and compassion will be immeasurably better for your listening.

Spirituality does no one any good when it denies suffering to the very people who suffer. A suffering soul does not want to hear how this is the best possible world. A suffering soul needs a compassionate pair of arms to hold them and to tell them it is okay to cry. A suffering soul needs some attention and not to suffer in isolation.

Every one of us makes a heroic choice to incarnate into a body and become human. That choice is what makes every human being worthy of compassion and kindness. You don't have to earn love; you don't have to be worthy of being loved. Just being a human being makes you worthy of being loved. Learning this truth and being fair enough to understand that this applies to every human being and not just yourself will bring you from the stage of immature ego to mature ego.

Then you will literally live in two worlds. You will live connected to a source of limitless love, wonder and joy, while still living in the time space of our planet. Your ability to do that will transform all around you and bring hope and encouragement to every person you share love with. This will be especially true of those you share trust with and make love with. And no one will be able to blackmail you with the threat of physical violence.

Change comes from making a choice. You decide you want someone in your life to touch you the way touching is described in Chapter One. You decide that you will look for someone whom you will be able to trust. You make yourself available to the universe. You talk to someone openly about your life, history and feelings. Someone listens to you. How you are affected by the quality of the listening is what allows you to trust them.



Trusting someone is heroic. It is as heroic as choosing to be born. Trust develops and grows with time. As your experiences trusting someone confirms repeatedly that your judgment was correct, you open yourself deeper and deeper to this person. When you trust someone, you listen to them and they listen to you. Those terrible secrets that you have carried around in your mind for years, never telling anyone of your worst experiences and your worst fears, can now be shared. The intimacy you create together, letting someone touch your mind and your body, letting yourself respond to their touch is the most powerful act you can do to bring about a world where everyone is compassionate and kind and violence disappears.

This doesn't happen like a switch being turned on and off. It is a lifelong process of choices made. Perhaps the most important choices you make are the words that come out of your mouth. Bitterness and anger can taint all the words that leave you. It does not make you a mean person if you have bitter thoughts and cruel ideas that come into your head unbidden. It is another thing if you do not stop them from flowing. Words can be poison or words can be healing balms of love.

If you do have bitter and angry thoughts banging against the walls of your mind then you cannot just use your will power to keep them out of your voice. These kinds of thoughts are evidence of your own pain and suffering and your own need to share these thoughts and ideas with someone safe and healing, someone you can trust. The person you trust does not have to be perfect for you to trust them. They just have to be available and willing to listen.

The world is so full of frustrated people who cannot find someone to love them and someone for them to give the love that is sitting inside of them. Choosing to trust, choosing to heal, choosing to change how you look at other people will allow love to flow from person to person.

Every small change, every choice you make is part of your personal path both to love, and to the Divine Feminine, and to relationships where love and the Divine Feminine can be expressed and heard. Love aches to be heard. When love

can be heard and felt in your mind and heart then creativity, imagination and beauty will soon appear magically. Beauty is everywhere waiting to be seen.

There is tremendous beauty inside of people that is never seen because no one is looking at them or notices their beauty. When you look at people with love and not with criticism is when you see beauty.

You cannot see this natural beauty that lies within almost every man and every woman when you have an agenda of control. The way to control someone is to criticize. Pointing out what is wrong with how they look, what they do, what they know, who they are, does primarily one thing. It makes them feel badly about themselves. It also makes the person expressing the criticism feel superior. This is typical of hierarchical relationships. Criticism that is constant is not loving, and not constructive either. The most difficult message for an ego to hear is one that says it is doing something wrong. What is usually heard is that there is something wrong with you. This is the major aspect of how men treat women within patriarchal culture. The message is that women are less than. The message of being less than is the subtext within society's obsession about weight, appearance and just being a woman.

The path to finding someone to love and someone to love you is to stop being so critical of yourself and others. Human beings are terrible at being perfect. They make mistakes all the time, but there is a wonder and joy in our imperfections because mistakes happen and responding to a mistake is how learning takes place. Mistakes are where creativity comes into the world, unbidden, unwanted and yet transforming. Understanding and accepting your own humanity is the first step to love.

Now you as a growing and maturing ego who desires love both giving and receiving, desires to feel connected to an infinite source of love and light beyond the self, desires to heal your broken heart and so you have found someone to trust, confide in and finally share your sexuality. You walk differently, you look different, and you act with so much more confidence. Suddenly all sorts of people who used to ignore you want to talk to you, want to spend time with you

Nothing makes a person more sexually attractive to the opposite sex than already having sex with someone. This truth should not surprise you. People are attracted to happy confident people and nothing makes a person feel better than satisfying sex. Being in a relationship with one person teaches you how to listen and understand that person. That ability also makes you more attractive to someone else who needs you to listen.

Now all of a sudden, you are sexually active and your sexual activity brings more choices and opportunity to you. What do you do? What do you want to do? There is only one thing that you must do. Tell the truth. Deceiving people with whom you are sexual poisons them. If you want to have more than one lover, that is your right, go ahead, just don't break someone's heart in the process through deception. There is more than enough opportunity for jealousy and hurt feelings even when you tell the truth and have no intention of hurting anyone. This is an area where people tend to get hurt because they are so vulnerable and open and because love and sex feel so wonderful.

Without a doubt there is nothing in the world that can compare to this wonderful feeling and you feel so happy that you have the privilege of this magical joyous happy feeling. But this feeling is tied to another person. Does this joy and magic come to you from this person? Is it this person who gives you this feeling? If that is the case then this person becomes essential to your happiness. You have become dependent upon them for your happiness.

Being dependent upon another person for your happiness and the good feelings of being alive is the root of jealousy. Jealousy and obsessive behavior are not love. They are the fear of losing love in action. They are also the feelings of the immature ego not yet fully connected to the Divine source of love but only feeling love from this one person in the whole world. This state of being is so much better than being an only isolated ego that no one ever forgets first love.

Like many fears, the fear of losing love is not justified by reality. The love that you feel from another person is not from that person. It is something the two of you make together. Neither you nor your partner is the source, but making it together is a privilege you two share. Making love is really the act of

opening, of becoming a conduit for love to enter into our world. You open your heart to another person and they open your heart to them. You open your mind and your heart to your own soul and because your soul is part of the Divine, love just naturally enters into you from your essence, your soul. The same thing happens with your partner's heart and soul. You don't need lessons to do this. You only need lessons when your heart is broken and you can't trust anymore.

What happens to that love you make together, the love you are privileged to share as it flows through you? It goes where it is needed. All human souls are close to one another and can share this love once it enters into the human pool. The Divine source of love and light is further away from all human souls but can be reached. The easiest way, the way that evolution crafted generation after generation is through sex with love. You don't have to be a guru or kabbalist to reach the Divine, only a lover.

Things being what they are between men and women it is rare for anyone to have sex at all. Anti-sex propaganda about sexually transmitted diseases has replaced sex education about how to make love. Stress over money and survival keeps most people so anxious that the thought of trusting someone enough to let them touch you is too shocking to even consider. Even when you are fortunate enough to find such deep loving and sexual connection with a partner, it seems that things always change and the connection is lost. The sad thing is that most people don't appreciate what they had, not when they have it, and after it is gone there is almost always a re-write that denies that love ever was there because it didn't last. It couldn't be true love after all because true love will endure forever.

True love does endure forever but not in the way you think. You think that true love enduring forever means that the same two people will never change, never grow apart, never need anyone else, never make a mistake, never fall out of love with this one particular person. There is a specific and never ending list of expectations and circumstances and beliefs that are sufficient to choke off love in so many people's lives that sometimes it seems that real love doesn't exist and that love itself is a fantasy or a delusional state of mind. That is the really sad thing about the present state of affairs between men and women, and that is why

the world is such a loveless place for so many people. Without love the world is not worth living in. Without love all that exists are problem after problem waiting to be solved or delayed, or piling up with all the unrelenting force of entropy that always increases.

So what can it mean that true love endures forever, how can you change how you think about love to remove the pain that cynics have about the loss of the loves of their life. In the movie *Casablanca* Humphrey Bogart and Ingrid Bergman shared a brief and intense love in Paris that didn't survive the pressure and situations of the war torn world. When they meet again in the North African city of Casablanca, Bergman is with her husband that Bogart had known nothing about in Paris. Bergman had thought her husband was dead and right before she was to leave Paris with Bogart she found out he was alive and hurt and needed her, so she went to him.

The movie is about the intense love relationship between the two of them, her will fighting to do what her morality says is right to stay with her husband while her heart fights to be with Bogart. In the most important scene in the movie she says to him that he has to think for both of them, because she can't fight anymore. Once Bogart is no longer thinking just for himself, no longer being the wounded ego left with a broken heart alone on a train, he realizes that his lover Elsa must go with her husband. This is the wisdom of a mature ego understanding that the love he shared with Elsa didn't end because she wasn't on the train with him. As he says to Elsa when he puts her on the plane at the end of the movie, "We'll always have Paris, we had lost it but now we have it back."

People who experience love know when it is real. You don't need someone else to tell you whether you have loved or not. That real love, the true and deep kind from your soul opens a door in your heart that allows Divine love into the world. It forever lets you know in a way that someone who has never loved cannot know that you aren't alone. In the worst situations, in the most frightening and dangerous times that knowledge that gnosis that you are not alone is the most powerful force in the world. It doesn't matter how long you get to spend in that wonderful state of being in love with someone, it endures for the

rest of time, beyond the length of your own life. It travels through your soul into other souls, not just the soul of your beloved, bringing with it a sense of safety, courage, hope and dreams.

Many people have found themselves desperate, frightened, and terribly worried and anxious and from somewhere unknown there comes to them a little bit of calm and peace and creativity that helps them to make the right choice, the choice that makes all the difference in the world for them and the people around them. Where did that calm come from? It came from the love that some couple somewhere in time made together by opening their hearts to one another that still travels throughout time touching soul after soul, bringing hope and life and yes love.

If all you take away from my words is to know that the love you experienced in the past was real and wonderful and still exists, even after a relationship has ended even if the relationship ended badly then you have been very blessed. Because that love that feels like it is gone with the egos sense of pain and loss, is not gone and can never be gone. That love was the most important part of your life of being alive, and remembering that love, even when that person is gone from your life either through death or loss of any kind can heal you from the grinding pervasive agony of life without love.

Now that you know that you never really lost that love, that it changed your heart forever in a good way, opening you to Divine love, you can heal from that broken heart and seek another person who needs to love just like you do. Because once you have known real love you are better able to love again. You are able to look past the specific characteristics of other people that your society says are flaws, you are able to look past what time and aging does to human bodies, you are able to see the real person inside of someone and are able to love their soul and have your soul be loved.

Love is forever, even when you and your beloved are not. Human beings are frail and vulnerable and our bodies break down. Love does not ever break down, even when you are gone. That is how to make sense of love and the world. To make love, to think that way, is the most powerful force in the world. Despite

everything bad that has happened to you, despite everything bad in the world, despite fear and loss, making love is always available to you. All you need to do is trust, because without trust there can be no love, and love is all that matters, all that lasts, love is simply all.

## Chapter Three Sexual Secrets of Tantric Kabbalah: Making Love

### Schechinah's Orgasms

Dear ones, it is a privilege and pleasure to share with you esoteric secrets about the Schechinah and Her orgasms. It is the irony of creation that when your consciousness is in a body, you are unaware of so many truths that are obvious to a consciousness that is not so encumbered, such as myself, the consciousness of this book. You would think given this extra knowledge that it would be considered to be a privileged position to be free of a body. Exactly the opposite is true. You, a consciousness connected to a body are in the position of privilege, though not of knowledge.

The Schechinah, the consciousness of Divinity, or the Goddess does not have a body. She has access to your consciousness if you decide to seek her out and let her in. She cannot enter you without that union being your heart's desire. When she does enter your consciousness you are giving Her a great gift of love that I, the consciousness of this book cannot give to Her.

When in fact you open yourself to Her, you do not compromise your individuality and She does not take you over. This is one of the mysteries of creation that is better understood through experience. The experience that has always accomplished this is orgasm, at least for women. Men's orgasm, even for those tantric magicians who channel Divine love and light into the world and who serve the Schechinah and Her orgasms, are lesser in kind and degree.

The full orgasms of an uninhibited mature woman are truly awe inspiring. Those men who are wise enough to serve the Divine orgasms of the mature woman and through this experience bring the individual woman to the Schechinah are amply rewarded. They do not envy women for the great gift given to women but understand their privilege to serve.



Those men who control women and deny them their inheritance are fools. Despite what they think they are doing they are only denying themselves love with their foolishness. To have an opportunity to make love to the Schechinah and to squander it is a terrible waste. Those are the two choices given to humanity, to allow the Schechinah to share your orgasms thus giving her access to the physical world, or to become Her lover and serve Her. Both are blessed paths of ecstasy and bliss. Both are necessary and it is a great tragedy of your world that they are out of balance.

I want you to try and think in a way that is not limited by the length of a single human lifetime. I want you to imagine a consciousness, but not a being, who is encouraging you to love and to create. I want you to open your mind to history and to paradox and the flow of energy that is love. This is hard for you to do because you are a particular person, with specific parents, and the past of your group identity, whether that is as a man or a woman or a rich person or a poor person, or a particular race or people. It is impossible to be alive in a body and not have a specific education and training in the thought processes of your particular group. In addition you have individual issues of rebellion against your parents and your group in your attempt to be yourself. It is so complicated, these thoughts that run through your head over and over as if you were tuning the dial on a radio.

The only times you are completely free of these thoughts are during orgasm and during meditation. If you combine orgasm and meditation together it is even more powerful. The more time you spend free of these noisy thoughts, the easier it is for you to be free of them even in your normal state. When you are free of this noise, like the static on a radio, or a television that has no signal, then you are better able to listen. Being present and listening to someone is a powerful gift that you don't even realize you have to give. It is one of those privileges that you can use over and over again to so many people. Listening is one of the most powerful things you can do. You can only be present and listen to others when you are not listening to the thoughts of your head. Most people are working on their answers when someone else is speaking, and you can't listen and work on your answers at the same time.

You can't be focusing on manipulating someone either with your questions or your own ideas or wants and needs and listen either. Listening is the first step to living in two worlds at the same time. While listening to other people, you will develop the skills you will use when listening to a consciousness that is not encumbered by a body. This is very different from the sounds of your own mind that have been dissociated or been repressed. That is the chatter you must silence before you can listen. You cannot silence those voices until you are at peace with your own self. Using the force of will to punish parts of yourself and lock them up is not the same as being at peace and enjoying silence. This takes many years of living life and being blessed by someone who listens to you. Listening is giving love.

What you call reality is mostly what you construct out of your sensory experiences, your memory and your beliefs. Culture is a shared reality that its members create together. When a culture becomes so ill that it is harmful to the creation of love and to creativity in general an evolutionary force is generated to change that culture. That is why this book is being written.

The great gift that women brought into the world was to separate sex from making babies and to connect it to making love. The key to this miracle was that women had choice with regards to whom they would love and they changed sex from a physical act to the act of making love. This state lasted until choice was taken from women by a cultural act of men called patriarchy. Women lost control of their own bodies and were forced to have sex with men they did not love. This was done either by violence, the threat of violence or economic pressure.

Yet despite this cultural horror show, love has always found a way into the world, even if it was only through the heroic efforts of a few. When culture denies truth, truth which is based in our bodies will always manage to express itself. With regards to women and patriarchal culture, men have found it difficult to understand why women were so different and why they did not behave as they were told.

Men do not have orgasms the way that women do. The potential of a woman's orgasms are frightening to most men. Unless a man becomes

enlightened his sexuality is essentially the same as that of Homo erectus. He is always ready to have sex, and sex is centered around his ejaculation. Evolution rewards this behavior by passing on his genes. What is very impressive about the sexual nature of women is that even in a cultural setting that is sexually repressive, her orgasms are guaranteed to become stronger and more powerful as she goes through a certain developmental stage. Once this happens she becomes much more difficult to control.

The developmental stage is childbirth. In our American society childbirth has become the property of the doctors who make the decisions about childbirth. Therefore most individuals, other than the medical people involved, know very little about this incredibly important activity. The author of this book, who listens to my secret knowledge, was very fortunate to be present at many deliveries as a pediatrician. He would go to those deliveries where the baby's health was in question but he still gained a familiarity with the entire process. It is very true that many babies are born and saved only because of medical care. This is a great and wonderful gift that medicine has given.

So far there is nothing to suggest any reason why having a child should increase a woman's orgasms in strength, frequency and duration. Yet it is clear from speaking to many women that this is clearly true. In fact there are many women who do not actually orgasm at all until after they have a baby. Since this is a fact there has to be a physiological explanation for this fact.

To understand this we must understand the G spot, or goddess spot. There are still medical people who deny the existence of the goddess spot. It is very unlikely for the goddess spot to be found during a clinical medical exam. Sexuality is forbidden during clinical medical contact, although that does not mean that it does not occur.

To understand male and female anatomy you have to know that all human embryos start out as female. If testes are present and 2 hormones are made the female embryo turns into a male embryo. Since this is true for all human beings that means that everything that is present in a male baby is also present in a female baby but in a different form.

The goddess spot is a potential structure that is invisible unless a woman has become very aroused and in most women is not even visible or palpable until after a woman has already orgasmed more than once. Since a woman orgasming in a medical office are grounds for the doctor to lose his license to practice medicine it is no surprise that most doctors never see a goddess spot.

The g spot sounds a lot like something that happens in a male body. Yes an erection. The goddess spot is made of embryologic erectile tissue that becomes part of the penis in a male. That is why the goddess spot is on the other side internally to the clitoris which also becomes part of the penis when a female embryo becomes male. Structures that are internal are hidden.

The location of the goddess spot on the internal upper aspect of the vagina confuses many people. During routine sexual intercourse a man's penis would never touch the spot. A woman's sexual partner either male or female has to know the goddess spot is there and seek it out at the right time, after the woman has already had one or more orgasms. Fingers must be curled up and in as soon as they penetrate the vaginal opening. To touch a woman's goddess spot with his penis the man must develop the skill of holding his penis with one hand while already inside the woman and directing the head of the penis against the goddess spot. As those who have tantric experience and those who are skilled through self knowledge the progression of orgasms over time by adding in the stimulation of the goddess spot to the stimulation of the breasts and clitoris becomes very powerful.

The location of the goddess spot seems to be determined by embryology. Even though it is a powerful piece of the neurobiology of women's sexuality its location does not appear optimal for discovery during sex. There is one and only one activity that cannot fail to maximally stimulate the goddess spot, above and beyond all other stimulation. Just prior to delivery a baby's head emerges from inside the uterus as it goes through the fully dilated cervix. Directly in front of the baby's head is the goddess spot.

The bliss and ecstasy that a mother experiences in a normal vaginal delivery is beyond words. Mother's who have experienced this describe it as the most

powerful and wonderful moment of life. It is clearly an orgasm of immense significance followed immediately by holding in her arms the baby she has carried inside of her for nine months. It is the physical expression of love through orgasm.

The human brain is best at learning and adaptation. Once a woman has experienced this orgasm of childbirth it now becomes much easier for her to orgasm during sex, even when her partner is a bumbling fool. The wisdom of nature and evolution is to place the goddess spot where it is not to maximize orgasm during sex but during childbirth. This greatly relieves the memory of the struggles of labor and allows a woman to consider a second pregnancy. The orgasm of childbirth not only reinforces the experience of having a baby it also initiates a woman into the mystery of being a woman, and the mystery of orgasms. This is the beginning of a woman's experience of things that are immensely powerful and which go beyond her own personal experience to a transcendent or transpersonal experience. During the orgasm of childbirth a mother shares her orgasm with all the mother's who have come before her and with all those who will follow, sharing her orgasm with the Schechinah, which is why it is called Schechinah's orgasm.

## Chapter Four

### Sexual Secrets of Tantric Kabbalah : Making Love

#### Tantric Crone Goddess

We have come a long way so far. You understand how women made you human, and the debt to your mothers for separating sexuality from procreation. All of this flowed quite literally from menstrual blood and the change in biology that ensued. There is yet another unique aspect to women's biology that is the subject of this chapter: menopause.

Women fear the loss of their beauty, their sexual attraction, and being desired. There is no doubt that women are at their most physically beautiful from their late teens to their early thirties. This is a biological fact. The physical charms of young women are alluring. This is when women have their greatest power as an object of desire. But while being an object of desire appeals to vanity it is not real power.

I, the voice of this book, no longer have soft skin for men to touch, or breasts that men's eyes struggle to look away from, or a smell that prepares a man to have an erection in my hand when I rub my yoni honey on his pride and joy . Despite the loss of those physical charms, I still know that women's true power and awesome effect on human history is not through physical beauty but through wisdom, compassion and truth. This power is only realized in full maturity after menopause. Menopause is universal and this fact is proof of its overwhelming importance.

Once again, it is understanding human evolution, going back into the past beyond the records of human history, that reveals the secrets needed to appreciate the most powerful, loving and creative force in human history: the Tantric Crone Goddess. Without her, humanity would never have developed what separates us from every other animal on the planet, the true source of our

power, our adaptability and our magical ability to change in the time of a breath avoiding extinction as a species

In the time it takes to breathe, in and out, let your mind wander, relax and imagine life at the beginning of our species. Women are dying in childbirth and then all of a sudden, a change miraculously appears that allows women to have sex all the time and only to become pregnant a small fraction of the time. This was such a new thing in the world. And it made men so very lasciviously happy. Before this gift men had to wait until women went into season and then they would line up and wait their turn. I call them men, even though they weren't really your species, but they were your ancestors and men are not that different from them. Now almost every man could have his own woman to have sex with every day. Talk about happiness.

They were animals, these men and these women. The gift of menstruation allowed brains to grow bigger and develop, and gave the happiness of sex every day. This made you into Homo sapiens sapiens, but you still lived, died, and left an archeological record that was identical to those left by the animals (Homo erectus) from whom you evolved.

This lasted from 190,000 years ago to about 50,000 years ago. How can you tell when menopause arrived? You can tell by the change menopause brought to how human beings lived. You can tell by the change that the Tantric Crone Goddess brought to humanity. The entire archeological record explodes with creativity. Human culture is created de novo, out of nothingness. This is the greatest human achievement of all time. Human culture is the sign that the Tantric Crone Goddess arrived in human history.

Art, technology and spirituality appear. This was the most powerful creative explosion the world has ever seen. Entirely new modes of thought, opening and connecting separate boxes in the human mind, resulted in that most beautiful of all human characteristics: creative genius. Homo sapiens sapiens the official name of our species means the twice wise human. The twice wise human has two cerebral hemispheres to use, male left hemisphere and right female hemisphere. The twice wise human who has used the biological changes of

menses and now menopause to forever leave the world of biological evolution in the dust. Now human cultural evolution, what we create with our minds, determines our survival. Twice wise, male and female, biology and culture integrated together. That is our story that continues to this very critical moment. Our strength lies in our past and in our ability to understand this past and grab it and make it our own, now in the present.

In addition to the archeological remains of art, technology and religion we see an additional change in our bones from this time period. Evolutionary biologists use the term gracilization to describe the thinning of the human skull (cranial bones) that started 50,000 years ago and continues to this very day. The fact that this process is still continuing is both reassuring and vital to understand.

An easy way to understand this term gracilization is to look at our Australopithecines hominid ancestors who lived about 3.2 million years ago. They are described as having a robustus type which was larger and thicker boned and a smaller thinner boned gracilus type. Now you understand why thinning of the cranial bones in human skulls is also described as gracilization.

The significance of this change means that 50,000 years ago the strongest, most brutally violent males were at a disadvantage to their weaker gentler brothers when it came to leaving offspring. The archeological evidence proves that men were not taking women by force but that women were choosing with whom they reproduced and women chose men who responded to the cultural changes women created. The fact that gracilization is continuing despite the advent of patriarchal culture means that human evolution is still being determined by women's choices.

I hear your voice, "Why do you say old women created culture? Why should I listen to a disembodied voice, where is your proof?"

The proof is in the obvious. This is the same as the argument over whether women invented agriculture? At that time say 10,000 years ago, the men were hunter-killers and the women were gatherer-nurturers. The women collected wild grains and vegetables and fruits and observed them very closely. The men



made weapons and left for long time periods in a group returning with meat. It was women's observations of seed falling into ground and growing in that same place the next season that made the discovery of agriculture possible. It would have been impossible for men to make that observation and then the intellectual leap based on that observation. Therefore women created agriculture and all subsequent human wealth that followed from abundant food surpluses.

This is a story that economics has not discovered and when women receive their proper credit for creating all human wealth, the distribution of that wealth will change. Human wealth is not the inheritance of the few, while billions struggle to survive on two dollars a day, but the inheritance of all humanity. When this is universally accepted there will be peace and justice in the world.

In the same way we must look at the biological condition of old women and old men. Remembering, of course, that there was no medical establishment around to keep the Dick Cheney's of the world alive. He would have died much sooner and done much less damage in those days.

Post menopausal women are freed of the rigors of child bearing while retaining their vigorous sexuality. In fact, their sexuality is given a great boost freed of both the burden of raising small children and the inherent risks of pregnancy. If we compare the sexuality of old women with the sexuality of old men, even today with the advent of Viagra, old men don't hold a candle to old women. This is the biology behind calling woman who prefer younger more virile men cougars.

Women live much longer, thriving and adapting. For the first time in their lives, women are able to combine all their knowledge and experience with complete freedom from pregnancy into a sexual renaissance based on their own pleasure, their own desires, their own choices, and for many of them for the first time in their lives focusing on their orgasms and not their partner's orgasms. This vitality embraces creativity as never before in their lives. Recorded human history only goes back 5,000 years roughly the same length of time as writing. Prior to writing the oldest members of society passed on the wisdom of their experience to the next generation orally. This has always been the specialty of the crone.

Therefore knowing these facts it is impossible for anyone other than old women or crones to have invented culture.

That logic, arguing what was possible, is not the only evidence.

Which brings us to the very first human art objects, the oldest of which was only recently discovered and which is 35,000 to 40,000 years old. She is the oldest of the goddess figures that humanity has created. She has unique features that continue through time in goddess art. First, this goddess has no head at all, she has a torso and four limbs but no head. The famous Willendorf Goddess figure which is about 17,000 years old has a head but no face. In addition these two goddesses share the characteristics of very large breasts, a large fat abdomen, exceptionally exaggerated genitals or yoni, and small limbs.

The meaning of these oldest of all human art objects has been hidden since they were discovered. The reason for this mystery is that the objects were primarily discovered by white, male Christian archeologists who had a very powerful belief system that colored all of their thoughts. They fit the objects into their belief system instead of searching for their true meaning.

To these men, God was male. Period. This was amongst the last generations of totally self righteous Christians who truly believed that giving Christianity and civilization to the world more than justified the horror and genocide inflicted upon the naked savages of the world.

For them to conceive that these sculptures, the first human sacred art, was the artistic physical representation of Divinity with a capital letter, was impossible. If you have studied art history, you are aware that the vast majority of ancient, sacred art that represents the Goddess or the Divine Feminine have been defaced or deliberately mutilated by Christians, who were told to do so by the Christian priesthood.

The Christian tradition has its roots in the Jewish tradition. The Second Commandment is a prohibition from making a graven image. The concern was that prayers were directed to idols that were worshipped as if the sculpted figure was the Divine. The first Jew, Abraham, smashed the clay idols in his father's

house. He understood that it was impossible for an object of clay made by man to be a god that controls the world. Is the Second Commandment incompatible with the artistic urge to create? The twentieth century painter Chaim Soutine's life is a fascinating example of this conflict.

The Greek Hellenistic world was full of sculpture that depicted Divinity. Were these works of art truly being worshipped as Divine Beings or were they beautiful works of art that inspired humanity and altered human consciousness? This has been a very important subject in the evolution of Jewish thought including my author's creation of Tantric Kabbalah. It goes to the central point of whether Divinity rules this world and controls everything that happens in it and whether praying to Divinity can affect the outcome.

In Tantric Kabbalah it is taught that the Divine affects the world through human beings who can listen to the still small voice that is always broadcasting on the level of the soul. Doesn't looking at art, especially sacred art affect your ability to hear that voice? One view of sacred art is that it is an attempt to depict enlightenment in a physical form. In this view enlightenment represents the integration of wisdom and compassion and whenever that consciousness is present, for however fleeting a moment, the still small voice of the Schechinah can be heard.

The pagan goddesses who were defaced had names and faces and devotees who prayed to them. They appeared later in history than the first goddesses I am talking about but the Christian response to them was the same, to minimize and belittle them. Christian archeologists called them fertility goddesses, saying that they represented a pregnant minor deity.

It is truly astounding that anyone could deceive themselves about the significance of the first human art objects to appear in the archeological record. Of course, they don't represent something minor, they represent something of immense significance. The fact that they are headless or faceless makes them the representation of an abstract idea, the very essence of human culture, an auspicious intellectual and spiritual accomplishment.

This was something that no animal had ever done before on this planet. This is the demarcation between the human animal and the human being. Now who is this figure? My author, who is smiling deliriously as he transcribes my words, feeling my arms embrace him, definitely had an advantage over those archeologists in discovering her true identity. He has had sex with many women who look just like her. She is not pregnant or even fertile because she is post-menopausal, a crone. Pregnant bellies have a gravid uterus inside of them, an ovoid growing structure that displaces the abdominal organs, and which goes from anterior to posterior, front to back. An older woman has fat that hangs at her sides and like an apron over her yoni. They look completely different. You only know they look different if you have experience with both pregnant bellies and old fat bellies. And yes, she is at her sexual peak which most healthy women reach after menopause. Being at her sexual peak means that she is highly orgasmic, capable of having expanded orgasms.

That makes the sculpture, a figure of the Tantric Crone, but this chapter is called the Tantric Crone Goddess. Why does Stuart call her a goddess? As you read at the end of the previous chapter on Schechinah's orgasms, the orgasm of child bearing that stimulates the G spot or goddess spot is an expanded orgasm that connects the woman spiritually to all mother's past and future and to a consciousness that is larger than her own personal, individual consciousness.

This is the root of all human spirituality. Spirituality is defined as direct communication with the Divine. As women age and have more experience with these expanded orgasms, they have both a greater ability to have them and travel further and further beyond their own individual consciousness and personal life history. Therefore the word goddess, or the divinity of women, or the divinity of orgasm is added to the words tantric crone, the individual having the expanded orgasm, giving us the name Tantric Crone Goddess.

What is critical to understand is that these Tantric Crone Goddess figures appear at a specific moment in human history. They appear at the moment of the creation of human culture. The Tantric Crone Goddess provided the inspiration to

old, sexually, vigorous , fat women who created human culture and who therefore made us into human beings.

The Tantric Crone Goddess sculpture is a physical representation of an abstract consciousness that is not physical and not personal but that is achieved by an old fat woman having incredible orgasms. In the last chapter, *Schechinah's Orgasms*, it was explained that the tissue that became the clitoris and G spot was the embryologic counterpart of the penis, which is why the erectile tissue of the goddess spot only appears after stimulation. There is another structure to discuss in this same manner to explain a phenomenon that happens when many post-menopausal women orgasm and that is female ejaculation.

Female ejaculation is not limited to post menopausal women and in many women starts in their thirties or forties. Female ejaculation is the forceful squirting of fluid that is not urine out of the urethra during orgasm. Since expanded orgasm or continuous orgasm can last for over an hour a woman might ejaculate several times over this time period.

Female ejaculate or amrita is not urine because its physical properties are very different than urine. It has a very different smell. It tastes very different. It evaporates much quicker than urine. Given these facts where does amrita come from? We must compare female ejaculate to male ejaculate which is the product of the seminal vesicles and prostate glands combined with sperm which is stored in the epididymis. Since every male was first a female embryo then the embryological pre-cursors of the seminal vesicle and prostate gland must exist in the female. These glands in the adult woman empty into the distal urethra and make ejaculate during sexual arousal and releases them during orgasm.

Many women who are capable of producing amrita do so when their orgasms increase after childbirth, without any idea of what their body is doing. Others only produce amrita when they are with a sexual partner who focuses upon her pleasure and who worships her as a goddess without even thinking that they are natural goddess worshippers.

There are also many women who orgasm just as deeply with spiritual journeying but whose bodies do not have enough of the embryologic glandular tissue to produce amrita and ejaculate.

Psychologically, and remember the word psychology didn't exist back then, the Tantric Crone Goddess represents the integration of maternal unconditional nurturing love with intense sexual orgasmic love. Further this integration takes the individual who accomplishes this integration out of the delusion that they are a separate being apart from all of creation. This Divine Union with creation is the definition of human spirituality. This spirituality of the female orgasm later evolved into Divine Union through meditation which could be done by men as well as by women. Combining Divine Union through meditation with Divine Union through female orgasm is the hallmark of Tantric Kabbalah.

The fact that it is an old woman who does this and not a young woman makes perfect sense. The ability to make such an integration in one's personality requires years of experience in loving both as a mother, and as a lover and then having the mental and spiritual agility to integrate them in one's consciousness. This integration is more than just the sum of its parts, resulting in the evolutionary human goal of being both an individual with a history and a story and also being universal in love and caring.

This ability of the mature ego to perceive individually and universally at the same time is what all human avatars, sages and prophets accomplished. All these spiritual leaders, regardless of their tradition of origin, evolved from the Tantric Crone Goddess. This ability is the next evolutionary change in human consciousness. To survive as a group ten percent of the human population must develop this level of awareness.

The creation of human culture and the creation of human spirituality are one and the same. Honoring the crones alive today for the creation of their crone grandmothers is long overdue. Giving love and respect to living crones (post-menopausal women) is giving love and respect to the first crones who gave us so much and made us into cultural human beings and who have shown us the path to our future.

What is most unique about the Tantric Crone Goddess is that she is entirely abstract, without a head or a face. At the beginning of human culture, spirituality was complete abstraction. Only the Jews, who have a God whose name cannot be pronounced (Yud Hey Vav Hey), and the Buddhists, who have Nothingness as their God (the Hebrew equivalent is Ayn Sof), have maintained this level of abstractness in their spirituality.

My author, Stuart, has made the leap that the Schechinah is this Tantric Crone Goddess and that She has been inspiring humanity and encouraging humanity's evolution for the last 50,000 years. He is correct but his use of the word Schechinah is a little too personal and can confuse you to think that this consciousness is a being. She is not a being. I cannot however give him a better word or concept at his level of conscious awareness.

At the beginning of this chapter, we talked about the physical beauty of women and how it peaks from the late teens to the early thirties in a woman's life. I shared with you some of my memories from being in physical form specifically to let you know that I understand what it means to adjust to the physical changes of aging in a woman's body. Especially since during most of my incarnations life was physically much harder to endure without the comforts that your generation enjoys without appropriate gratitude.

Yours is a very special generation of women, so fortunate compared to all other generations of women, you baby boomer grandmas. Not all of you are grandmas yet as technically you were born between 1946 and 1964, but you get what I am saying. Your generation was the first to have sexual freedom in your youth with the birth control pill. Then you became part of the establishment, married, followed conventions and became very disillusioned with the failures of men to love you, care for you, and honor and respect you. This was followed by financial loss when husbands left, and sexual repression with the appearance of AIDS in the 1980's.

Many of you who could afford it underwent as many plastic surgeries as possible trying to keep hold of that goal of being beautiful and desirable. Many of you who could not afford it, still desperately desire those surgeries. Almost all of

you still hold fast to a concept of beauty that does not even find you the least bit interesting or important. You must throw out that concept into the stinking garbage where it belongs.

Keats wrote “beauty is truth, truth beauty.” Many post-menopausal women who are unaware of the significance of being a crone, feel a terrible loss of power and identity with the loss of their youthful physical beauty. They feel invisible, powerless, and insignificant. This feeling kills you.

Keats wrote the truth. The physical beauty of young women can be breathtaking but there is something more profound and precious than transient beauty. I am speaking of the beauty of the human soul. There has never been a generation of post-menopausal women who have as much spiritual power as you do. You have to embrace it because until you do, even those of you who overflow with abundant goddess energy, will not show your beauty through your loving eyes. Your body is not the beauty, your body is the filament required to transmit into the physical world the infinite love that is the true nature of being beautiful. You are love and beauty in your natural soulful state.

There is nothing in the world and there never shall be anything as beautiful as a Tantric Crone Goddess whose happiness at being loved and appreciated flows from her eyes. When you are touched and kissed for hours, your entire skin surface being nourished by contact, your breasts being suckled for hours releasing oxytocin in the brain, your orgasms taking place not just in your yoni but in your heart, and mind and soul then something very magical takes place. You see your brain monitors all of your body through what is called proprioception. When the message from every cell in your body to your brain is one of prolonged ecstasy and bliss then there is a special knowing that all is right in creation. This happiness is expressed in your eyes and in your facial expression. This wonderful feeling is not just your own but is shared with all the Tantric Crone Goddesses in the past and all those who will come in the future. The more you feel the more they feel.

There is a very unique and special mirror that you need to see your own beauty. Mirror, mirror is not on the wall. Mirror, mirror shows you your very



own beauty, through the reflecting eyes of your lover who sees the real you, the magical inspiring Goddess of Love and Beauty. Look there and you will never miss the beauty of your youth. Listen to the voice of your lover telling you how beautiful you are and how loved you are while you orgasm over and over, again and again, and your happiness will heal the world.

# Sexual Secrets of Tantric Kabbalah: Making Love

## Chapter Five

### Our Evolutionary Future

When my author wrote this book, pessimism about humanity's future troubled many minds. Changes related to climate and a human population approaching seven billion caused intense anxiety and angst. Organized violence was prevalent against groups, individuals and especially against women. The old religions were not providing comfort ,while a resurgent fundamentalism preached anger and fear that fed this violence. Feelings of isolation, loneliness and dread were contagious.

Movies and books about the future were apocalyptic and violent. There was an expectation of misery. The absence of hope took away your feeling of purpose and connection. Against this backdrop of limited vision Stuart created Tantric Kabbalah, a path to Divine Unitary Consciousness, envisioning and predicting a future of love and bliss for all people.

Thinking in evolutionary terms reveals the hidden truth that human beings are remarkably successful animals and not sinners. Homo, sapiens sapiens appeared 190,000 years ago because of a change in female sexuality that allowed brain size to continue to grow and develop. Then about 50,000 years ago the first archeological evidence of human culture surfaced, after being inspired by the Divine Feminine, the Schechinah, the source of creativity and love. This consciousness (Divine Unitary Consciousness) was initially experienced by post menopausal women. Experiencing Her consciousness was the result of integrating maternal unconditional love with intense sexual orgasmic love. This integration of the two forms of love a woman experiences during her life is a remarkable spiritual and psychological accomplishment. It only became possible with experience, reviewing and re-visiting a lifetime of learning. Divine Unitary Consciousness releases creative forces that are both dynamic and flexible.

The creation of human culture signified the evolvement of human beings from the human animal. Before culture, Homo, sapiens sapiens had lived as an animal just as our Homo, erectus ancestors had lived. Human culture was something completely different, more powerful than the use of fire and simple stone tools. Human culture produced art, spirituality and technology. From this point on human survival was determined through cultural evolution, eclipsing biological evolution.

When a comet hit the earth roughly 12,800 years ago striking the ice sheet in North America, most large animals of the world went extinct. Human beings survived. The loss of the giant game that human males had hunted in groups did not result in extinction because human culture adapts so rapidly. As soon as one individual thinks of something new that is useful, the idea is transmitted. Women discovered agriculture approximately 10,000 years ago. With agriculture came abundance and the freeing of large groups of humans to pursue other kinds of creative work. The discovery of agriculture is the source of all human wealth.

The source of this creativity was the original inspiration to humanity, the Divine Feminine. In certain places She was no longer abstract, without a face or a name. It is hard to know when names appeared for Her but amongst Her first names were Isis, Ishtar, Inanna, and Gaia.

Roughly 7,000 years ago a cultural backlash appeared called patriarchy. This was the beginning of the war between the sexes. The world has yet to recover from men's hatred toward women called misogyny. No one really knows the root cause of this hatred.

Some people have suggested it is sexuality itself. Even though men greatly appreciated the increased sexual availability of women, they resented the choice that women exercised in selecting and limiting their partners. This would be the "spoiled grape" theory where frustrated men are angry and resentful. The problem with this theory is that men who are not chosen by women generally do not reproduce and pass on their genetic material. The only way for them to pass on their genes is through rape.

Another theory (Leonard Schlain's theory) is that when writing was created 5,000 years ago it exercised the left cerebral hemisphere and this empowerment of the left brain caused resentment against the right brain. Women are primarily right brained and therefore writing and increased usage of the left brain lead to misogyny. While there is an abundance of supportive historical material the problem is that patriarchal control and suppression of women is older than 5,000 years going back approximately 7,000 years.

The roots of misogyny are before patriarchy and after the discovery of agriculture by women. It is speculated that the loss of big game hunting made men feel irrelevant and insignificant. This feeling would have intensified after the discovery that animals could be cared for and then killed for meat roughly 8,000 years ago. Men were not able to utilize or exercise their true nature.

The male of the human species is naturally heroic. Hunting, going from being a prey species who scavenged to hunting giant animals with sticks topped with flint, was true heroism. It provided meat that women needed because of blood loss from menses. After 180,000 years men had no outlet for their heroism, and the testosterone that fueled heroic behavior. The solution that men came up with was cultural. They created a belief in male gods. Male gods were beings, not an abstract consciousness. Male gods were physically bigger and stronger than the Divine Feminine, who also was becoming less and less abstract. The pagan paradigm was to cut Her up into individual goddesses and enslave them into minor theological roles. Christianity used genocide against all pagan practitioners. Once paganism was murdered, the Goddess Herself was murdered and ceased to exist in any form whatsoever. Only Judaism with the concept of the Schechinah resurrected the Divine Feminine.

Men created war as a way to manifest their heroism. Warrior cultures employing genocide were unbeatable except by another warrior culture also willing to practice genocide. It didn't matter who won, because patriarchy always won. Slavery controlled large numbers of people and produced compliant workers and soldiers.

Men took the choice in sexuality away from women, treating them as sexual property or chattel. Most radically of all sexuality itself was completely changed. Instead of being the path of pleasure for women that lead to extended orgasms and spiritual experience, sex was now about men's much briefer pleasure and ejaculation.

Men appropriated spirituality as well. The new art of writing was monopolized by men and became the doorway to spiritual practices. Meditative techniques were explored. The spiritual paths in the brain originally travelled through orgasm were now accessed through meditation. Except now it was only elite men who could use this secret knowledge compared to when every woman on the planet naturally went where evolution intended humanity to go.

Biological evolution was trumped by cultural evolution. While patriarchy is truly the cause of all societal evil on this planet, it has to be recognized that it was brilliant. Men used a culture of their own creation to completely change life on the planet. Years of technologic advancement and scientific discovery have revolutionized warfare to the point that mankind now has the weapons to destroy himself and the planet. Women are much closer to nature. Men began controlling and abusing women and then emboldened by their success moved on to controlling and abusing nature. They forgot that humanity evolved within nature and the arrogant refusal to accept this truth threatens extinction.

The original spirituality of human culture created by post-menopausal women or crones was life based. Women carried life inside of them and gave birth. Women were the source of life and the source of love. Patriarchal culture rejected a positive view of humanity. War, slavery, injustice, hunger, disease, and a perpetual state of fear were attributed to the sinful nature of human beings. Sinfulness was identified with sexuality and women were blamed for bringing this evil into the world. Stories, like Pandora's Box and the Fall from the Garden of Eden, taught misogynistic hatred of women. Men were taught to fear women as seducers. Men repressed their own sexuality until it became too strong for their willpower to resist and then punished women for their own behavior.

Sexual repression is the hallmark of patriarchal culture. Many believe that sexual repression allows human civilization but that is only because we have only experienced civilization under patriarchy. We can be civilized without patriarchy and without sexual repression.

Patriarchal contempt for the world and especially for the beauty of the world must give way to love and respect for the world as the underlying basis of a new and superior civilization. No longer should we ignore the problems of the living because we focus on life after death. Love of life and love of beauty must become the ruling force on the planet.

It is necessary to understand this evolutionary history that goes back far into the past beyond recorded history so we can create a path toward our evolutionary future. Once you see that cultural evolution has replaced biological evolution as the most important aspect of humanity we can look at the accomplishments of human biological evolution and then build upon our species success. Our success as a species is phenomenal. We are not sinners or failures; we need to accept ourselves for the brilliant creative beings we are.

We have the ability to intelligently and creatively change our culture to make the world a place that is fair, safe, and happy. Poverty can and will be rapidly eliminated worldwide. Educational and vocational opportunities will be expanded so everyone has a place and belongs in a world economy that is no longer predatory. Violence must end and will end once and for all.

Our new culture will ensure that individual development will not stop at the stage where we are obsessed with self and those like us, but continues to the evolutionary stage of consciousness where both self and all other humans are loved. A world of ecstasy and bliss awaits all humanity. It is our destiny and it cannot be stopped. Our ability to wake up from the nightmare of selfish violence and greed will create a culture of inclusion and belonging and make these changes inevitable. Our ability becomes our destiny.

The key to making these changes is to see the patterns in our biological evolution and to continue them logically into our cultural evolution. The obvious

pattern is that women determine human evolution both biologically and culturally. It was a biological change in women, changing from estrus to menses that made us human and freed sex from procreation, unleashing its power into daily life and ultimately leading to the discovery of spirituality and that we are not forever divided in our separateness. Second, the later appearance of menopause completing the separation between sex and procreation resulted in the release of such creative force that manifested culture. Finally women as nurturers discovered both agriculture and animal husbandry by expanding the recipients of their love beyond their own family to include plants and animals. This is the source of all human wealth and well being.

So how do we change human culture in a way that continues these evolutionary trends? The obvious answer is to undo the main sin of patriarchy which is to take choice in sexual matters away from women. Giving women control of their own bodies and their own sexuality, freeing them from male domination, will restore balance to evolution.

The women of means in the Western world, in the United States, in Europe and in Japan, reproduce below the 2.2 children per woman that is required to maintain population levels. Extending the freedom that these women enjoy to all women on the planet will eliminate the problem of overpopulation with effortless intention. Where patriarchy is strongest and women have the least freedom is where the child birth rate is driven to blind Malthusian levels.

Sometimes a mistake reveals the proper path. In the 1960's a compassionate plan attempted to help poor mothers. While its intent was commendable the result was disastrous. Paying the poorest, least educated, and least intelligent women who had become mothers only ended up encouraging the poorest, least educated and least intelligent women to make more babies. The purpose of raising young mothers out of poverty was completely defeated. But it did show that if you pay people to do something they will do it.

Instead of paying poor young women to make babies we should be paying poor young women to take contraception. In fact the plan should be to pay all

young women to take contraception and to provide that contraception and medical care for free.

This simple logical and compassionate plan will with one stroke give the women of the world their freedom: sexually, reproductively and economically. These young women will not be able to be controlled financially by older men. They will have the freedom to have sex if they choose to and with whom they choose and the freedom to say no to anyone. They will have the ability to complete their education, start small businesses, and to do all the things that currently keep women from economic equality with men.

There will be another consequence of bringing to young women the sexual freedom championed evolutionarily by the crone, and that will be a major creative leap in every human endeavor and area of knowledge.

One of the trends in human evolution has been the concentration of development on one cerebral hemisphere at a time. During most of human existence as hunters and gatherers, this development took place in parallel fashion. The male hunter killers were left brain dominated and the female gatherer nurturers were right brained dominant. When crones first experienced Divine Unitary Consciousness roughly 50,000 years ago this began the first human creative explosion as the right brain developed. This creativity brought into the world art, spirituality and the ability to make connections within the brain. This integrating ability is what allowed tool makers to move beyond flint and move on to ivory and animal bone. Technologic advance was connected to creative thinking. All of this advancement was based upon an expansion of love. Sex with love and for love lead to love within the family, to love within the clan, and eventually to the nurturance of plants and animals. When love advances to integrate maternal unconditional love with sexual orgasmic love the spiritual component of the Divine Feminine appears and expands to include loving the entire planet.

Now there was imbalance between the right and the left and the left needed to catch up. Writing and the recording of thought and experience by individuals that could be read by someone deep into the future began a



communication across time and space that revolutionized creativity. Einstein's discovery of general relativity and quantum mechanics both connected the Newtonian past and the future, as well as connecting writing to a new medium created by the knowledge of photons. Human culture is now poised to enter the world of infinity.

The horrors of patriarchal genocide brought to its completion in the industrialization of death in Nazi death camps revealed that the left brain's dominance of the world was soulless. A golem without soul runs amuck in the world when the right brain is dominated by the left. We would not have the technical and scientific knowledge brought into the world by the left brain if it had not had its time of dominance.

So obviously our evolutionary future is entering a new stage where the left brain and the right brain are equal and ready to integrate. They both know at this point that they cannot live without each other, and that they must live as equals.

Science can only evaluate an hypothesis, it cannot create any new thoughts. The soulfulness of love and creativity needs science to make things happen. Electricity runs the world of computers and tools that we humans need and use to be creative. Returning love to the world and seeing ourselves as both scientists and artists, as technicians and lovers, as soulful servants not of a punishing cruel and jealous God but as the embodiment in flesh and blood of the source of love and inspiration. All of us can listen to the unique music in our heads as Mozart and Beethoven listened. Everyone of us has the ability to uniquely tune our brain so it can hear its own creative frequency.

Knowledge and wisdom and the love of learning will expand in a world free of sexual repression, free of fear and poverty, and free of war and violence.

Our brains are the most complex self healing self modulating and learning miracle in creation. Only the entire universe itself is as complex as a single human brain. It is the interaction of our brains with our culture that is most fascinating. Our brains collectively create culture and the culture feeds back upon the development of the individual brain.

This unique and glorious ability of the soulful scientific lovers who belong to our animal species is the manifestation of Divinity.

The unleashing of our creativity through unleashing the sexual freedom of women while encouraging learning of both cerebral hemispheres in all people and integrating the results will make the world into heaven on earth.

The human desire for peace and the ability of our brains and our culture to interact and create whatever we desire ensures that peace will result.

This integration of Tiferet and Schechinah, of the Divine Masculine energy and the Divine Feminine energy, will take place within every person who integrates their right and left cerebral hemispheres, who connects their sexual energy with their heart energy and with their mind energy. The integration of science, spirituality and sexuality parallels the integration of male and female.

Once this happens in the minds of a few it will transfer to so many other minds because human beings have created the most perfect mechanism of thought transfer in human history with the creation of the infinite internet.

The appearance of something that is so obviously greater than each and every individual on the planet and yet so connected to each and every individual on the planet will remove our fearfulness. Getting past fear will allow us to get past violence and to realize that we are all part of one another in a deep and profoundly loving way. When we become each other's keeper then we will realize that war is murder and be naturally disgusted by all violence.

Then money will no longer be wasted on war and the resources of the world will be used to honor each of us in love and nurturance. The potential for human happiness and bliss is as unlimited as the combination of wisdom and compassion creating enlightenment. Come and see, come and see.