

Sexuality Part II

Partnership-Profile

by Rosmarie Sonderegger, M.S.

Introduction

Last summer, in *Sexuality Part I*, I emphasized sexual problems and a possible connection to early childhood.

What is of importance to remember is the fact that up to puberty it is the physical power that builds the body and brain and also creates and nurtures our EGO to its physical maturity.

From puberty and for the rest of our lives, Kundalini and sexual energy are subtle twins. Kundalini, standing for **insight, intelligence, the self, and the spiritual**. Sexuality, rounding out our physical development and reproducing our system.

One leading from body attachment to spirit; the other keeping down to earth and in our body.

Our first and most important energy field was and maybe still is determined by our parents.

The goal of this presentation is to get in touch with the energy-fields of our parents as much as they are incorporated in ourselves and release what is inhibiting or preventing a happy relationship and or sexual life. Let's create our own Partnership-Profile!

Short term - long term relationships

What is the difference?

Very often, people say, "We had a wonderful sex life until we decided to stay together ... until we moved into the same apartment ... until we got married ..."

Let us look at what makes the difference:

Long term relationship involves

responsibility
closeness on:
physical

emotional
mental
spiritual
financial ... level

sharing deep feelings

sexuality being part of a whole

in common:

job
children
love
house
experiences
money

Short term relationship involves

no responsibility
closeness on
physical level mostly and only
sharing the fun of the moment
sexuality being THE topic
in common:
just spare time
same interests

Short term relationships can be thrilling. Surprisingly enough they are not deeply satisfying. If sexuality in short term relationships is a problem, last year's paper *TFH and Sexuality* may be helpful (published in *TFH In Touch* magazine).

If we are in a long term relationship, what prevents us from being sexually and emotionally satisfied?

If we would like to be in a long term relationship, what prevents us from doing so?

Maybe the hidden energy fields of our parents within us will tell the truth and allow change.

Behind the Screen

1. Complete the sentence spontaneously
2. Muscle test to verify
3. How was it or would it be for you?
Guess and muscle test
 1. When my parents met, my mother thought of herself as being ...
 2. My father thought of himself as being ...
 3. They both expected from each other the following: My mother wanted my father to be ...
 4. My father wanted my mother to be ...
 5. What my parents didn't tell each other was: My mother kept for herself that ...
 6. My father kept for himself that ...
 7. Money meant for my father ...
 8. Money meant for my mother ...
 9. Money was earned by ...
 10. Who of the two managed money ...
 11. What was moneywise difficult for my parents ...
 12. Decisions concerning important investment were taken by ...
 13. In situations of crisis (illness, accident, conflict) my father reacted in ...
 14. My mother reacted in ...
 15. When my father didn't work, he found most pleasure in ...
 16. The greatest pleasure for my mother was ...
 17. The relationship with friends or relatives was for my father ...
 18. For my mother it was ...
 19. A true man was for my father somebody who ...
 20. In the eyes of my mother being a real woman meant ...
 21. My father appreciated most when my mother ...
 22. My mother appreciated most when my father ...
 23. My mother disliked most, when my father ...
 24. My father disliked most, when my mother ...
 25. My father expressed his appreciation for my mother as a woman ...
 26. My mother expressed her appreciation for my father as a man ...
 27. My mother missed that my father didn't ... her
 28. My father missed that my mother didn't ... him
 29. My father caressed my mother ... (doing what?)
 30. My mother expressed tenderness towards my father ...
 31. To make love to my father meant for my mother ...
 32. Making love to my mother meant for my father ...
 33. The biggest lie about sexuality in my parents life was ...
 34. The tone of the voice when my parents talked with each other was ...
 35. With other people my parents talked as follows ...
 36. Which attitude of manipulation preferred my father: criticizing, avoiding, keeping peace at all cost, computerlike

37. Under the same aspect, my mother was ...
38. The absence of manipulation in their conversation was ...
39. Looking at my fathers willingness and ability to listen, I can say that ...
40. Of my mother I can say that ...
41. In the marriage of my parents ... was the leader
42. The parent who had the saying underpinned the leadership doing ...
43. The other parent reacted to the others leadership-attitude, doing ...
44. My father expressed a NO towards my mother ...
45. My mother expressed a NO towards my father ...
46. In conflicts with each other, my father ...
47. In conflicts with each other, my mother ...
48. The main conflict between my parents was ...
49. Which feeling could my father express best? fear, anger, pain, trust, love
50. Which feeling could my mother express best? ...
51. Which pace was easiest for my father? to come close, to go away, to confront
52. Which pace was easiest for my mother? ...
53. In order to make my father angry, my mother ...
54. In order to make my mother angry, my father ...
55. My fathers life-issue was ...
56. My mothers life-issue was ...

57. Children meant for my mother ...
58. Children meant for my father ...
59. What my father appreciated most in me, was ...
60. What my mother appreciated most in me, was ...
61. My parents encouraged me the least ...
62. The relationship between my parents would have been better if ...

And now? - A lot of information that we got through mind and body

We have the choice:

to talk about the results of the Partnership-Profile with our partner or friend

to balance with all the wonderful techniques we use in TFH

Since we ask the body questions we have to know how to ask. The Partnership-Profile has shown to contain clues of considerable importance.

Last but not least

Let's put sexuality where it belongs.

Sexuality is a means to

- reproduce mankind and the only one (apart from insemination)
- prove manliness/womanliness
Proving involves mostly our Try-Brain-abilities and is not considered a happily integrated state and therefore not fulfilling
- Show and exchange love
This can be done in many ways also: to listen when needed, to balance with TFH, to cook his/her favorite meal
- Detect problems that show up in sexuality and have their roots in Health, communication etc.
- And, and, and
- Chase for the 7th Heaven

Sex is not a means to turn our lives around

Bad habits will not turn into good ones

Bills will not be paid

The scientists John Gagnon and William Simon put sexuality in a bigger context, saying, "Sexuality naturally depends on many different factors. It is something that *is caused more than it causes*. And its value increases with the connection of other human experiences." (ref. 2)

At the beginning of this paper it says: Sexuality keeps us down to earth and in our body - and this is where it belongs.

References

- 1 Vogel, K & R, *Ich and Du*, 2 Hamburg 26, Sievekingsallee 86
2. Zilbergeld, Bernie, *Male Sexuality - Guide to Sexual Fulfillment*, 1978