

# SEX AND RELIGION

Charles R. Kelley

First presented as a sermon to the Michael Servetus Unitarian Fellowship of  
Vancouver, Washington on August 18, 1992

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### Author's Note

It has been pointed out to me that some readers who might otherwise find this material of interest may be offended by my critical characterizations of certain religious beliefs that may be central articles of faith for them. Nothing here is said to intentionally offend anyone. In difficult areas of study, I find it necessary to say what I believe to be true as honestly and forthrightly as possible. Truth is difficult enough to discover and express without in addition being concerned with those who may take exception to what I find to be true. I make no attempt to indoctrinate my students and trainees, and respect the right of those who disagree with me to express their own beliefs and their reasons for them as I have mine. In addition, I would point out that there is no indoctrination in the area of sexual and religious values in the personal growth work I practice. Students are encouraged to examine their beliefs and values, and to be willing to question and consider alternatives, but are not told what to believe, nor are they expected to come to believe as I do.

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*...and they were both naked, the man and his wife, and were not ashamed.*

*Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons. And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden. And the Lord God called unto Adam, and said unto him, Where art thou? And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself. And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat? And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat. And the Lord God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat. And*

*the Lord God said unto the serpent, Because thou hast done this, thou art cursed above all cattle, and above every beast of the field; upon thy belly shalt thou go, and dust shalt thou eat all the days of thy life: And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel. Unto the woman he said, I will greatly multiply thy sorrow and thy conception, in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee. And unto Adam he said, Because thou has hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.*

-- The Holy Bible, King James Version,  
book of Genesis, 2:25-3:19

Both religion and sex deal with creation, with the ultimate questions of life, and both are involved with morality, with right and wrong. Both are involved in governing behavior, but from an opposite direction. Sex governs behavior through the feelings. It governs from bottom up and inside out, governs through drives and instincts and biological regulation that produce sexual and sex related feelings. The result of this bottom up and inside out governance over us is the propagation of the species. I know a lot of us think that there has been a little too much propagation of the species in recent years, but over the history of man it has been a good thing that there was a strong sex drive and that propagation did result. That's one of the reasons that the human race spread across the face of the earth as it did.

Religion rules our behavior from the top-down rather than the bottom-up and from the outside-in rather than the inside-out. From the top down, I mean it rules from the head, from our thought processes and our values and our beliefs. From the outside in, I mean it rules through social organization,

through rules of the group, through law that is enforced by sanctions and punishments that are often severe. The conflict between religion and sex (and they are often in conflict) is fierce. The kind of governance over behavior exercised by sex moves people toward behavior that often goes diametrically opposite to the rules imposed by religion. It's the conflict between nature and nurture if you will, between our instincts and social controls over instincts. Lots of the religious beliefs and rules expressed in this conflict regarding sex are irrational, many are cruel and some of them are actually insane. The more irrational the belief the more cruelty is required to protect it. People's attitudes and behavior with respect to sex are distorted, often severely distorted. However, there is one special dimension that sex and religion share.

### **The Cosmic Dimension in Sex and Religion**

There is a cosmic dimension to both sex and religion. It is poorly understood. It is particularly mystified in the religious area, and tends to be scorned and hidden in the sexual area. The cosmic dimension in religion is known, though it's expressed mostly through myths. Still, we understand how important it is. It's an important part of almost every religion. The cosmic is where sex, science and religion meet and merge, somewhere in a realm outside the accepted limits of science today. The pagans were closer to this realm than we are. My teacher, Wilhelm Reich, was involved with this realm.<sup>1</sup> He explored it through his concept of a life force, which he called *orgone*. My own life force concept is a little different, and I call it the *radix*. In either case it is a universal creative force. The force is prior to and goes beyond life, although we refer to it as the life force because life arises directly from it. The drive, the urge, the insistence of sex expresses the force that rules us and rules the universe. According to Reich, sex involved the superimposition of two separate streams of the life force.

Let me have you create four images. Close your eyes part of the time to help yourself do it. First, remember or imagine a sexual encounter of great power. Create that sexual encounter as if it were happening. Remember or imagine the excitement, the pounding of your heart, the attraction you felt for your partner, the drive to bring your bodies together. Experience yearning, the

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<sup>1</sup> See Reich, Wilhelm, 1951. COSMIC SUPERIMPOSITION. Rangeley, Maine: The Orgone Institute Press. Reissued by Farrar, Straus & Giroux, 1973.

wanting to merge, to come together. Create vividly the superimposition, the merging of your bodies; the convulsion that gradually developed as you moved in sex; the outpouring of orgasm; the power of it, the pleasure of it. And remember afterwards, the softness, the openness, the sweetness of it. The world looked different after than it did before.

Move to another image, a hurricane. Reich looked at the hurricane as a gigantic orgasm, and he meant it much more literally than you might think. Imagine that there exist in the atmosphere two intangible sources that experience mutual attraction and the drive to merge. The hurricane has two arms, which radar shows form a spiral. They come together, they intertwine, they superimpose and build to their great climax. Think of the potency, the power of a hurricane; -- the force, the intensity. Imagine the relaxation after it has passed, the letting go of tension. The feeling of "Aaaahh" (deep sigh), of letting down.

Imagine looking through a giant telescope at a beautiful spiral galaxy deep in space, and suddenly seeing it also as a gigantic mating. See the arms as streams of the life force, cosmic streams from sources in deep space. These streams are attracted, find each other, touch, excite each other, pour in towards each other, spin together, spiral together, superimpose. With their superimposition, matter is created, new matter, primary matter. It appears for the first time in the universe, appears from the two streams of universal force as they unite during this mating, this superimposition. Matter comes into existence, at first as dark matter between the galaxies, much of it hydrogen. This dark matter is compressed by gravitation. It forms huge masses, and the masses condense as gravity pulls them together. They become hotter and still hotter as they are compressed tightly by gravity until hydrogen fusion occurs. With it heavier elements are created. The hot heavy masses become incandescent, glow, and become new stars appearing in the sky. And a single galaxy contains hundreds of millions of these stars. They form the spiral pattern that we see, and that is present in our own galaxy and others throughout the universe. So the spiral galaxy is a huge cosmic mating that has gone on for tens of millions of years, that is going on in our own galaxy now, in our sun, in the planets, including the planet earth right now. It was Reich's view and my own that new matter is coming into existence, being created all the time in our atmosphere, our seas and oceans.

Picture the beauty of a spiral galaxy. It can create a feeling of awe, of wonder, just to see one. We are in one, part of one. -- And we ourselves know the power of superimposition. We experience it in our own bodies in orgasm. We also express the cosmic.

I have one more image for you. I was a weather forecaster for more than three years during World War Two. I know something about storms and weather. Reich's concept of the hurricane excited me. I knew that what was true of the hurricane was likely to be true of other giant storms that circle this planet, and I had this question: If the storm is the orgasm, if the storm is the mating between two large flows of the life force, if the storm is where the two charges flow *to* and are discharged in the mating, where do they each come *from*? Where are the origins, the sources of the streams of the life force that flow into the storm?

As a weather forecaster I know the answer. The source of the streams of the radix that flow into the storms are giant cells of high pressure. Here in our latitude in southern Washington State there is a gigantic cell centered over the Pacific to the southwest. It's a "semipermanent anticyclone" in meteorologists' terms, a semipermanent high. It's warm, and it's moist, and the wind circulates around it clockwise. On its north side the winds are blowing west to east. Far to the north of it there's another, different, gigantic high pressure cell, a polar cell. Its air is much colder and carries less moisture. The winds circulate around its center in a clockwise direction, so that at its southern rim, close to the north rim of the other system, the wind blows from east to west. At the boundary between the east to west flow of the northern high pressure cell and the west to east flow of the southern one is a stationary front between the air masses that stretches for hundreds, even thousands of miles.

Now, imagine with me as a weather forecaster these enormous high pressure weather systems, one north and one south, separated by the boundary we call a weather front. Across the front the air changes suddenly. The temperature, the humidity and the wind direction jump to different values. Something is going to happen. Watch the front in the vicinity of the Aleutian Islands southwest of Alaska as new reports come in, because that is where it usually takes place. The colder air mass, blowing from east toward the west north of the front, becomes disturbed in some way at the juncture, at its

frontal boundary with the warm southern air mass across the front that is blowing from west to east. Then, a fascinating development begins. For reasons unknown, the northern air mass begins to converge on the area where this disturbance was. There is an incursion from the north into the southern air mass, a penetration, and as it penetrates, it pours more and more charge into that area. The southern air mass responds in kind. The southern air mass actually carries more physical energy, because there is more heat stored in its warm moist air. So these huge air masses start pouring their energy in toward this little disturbance, which over a few days becomes a big disturbance. The disturbance grows and spirals *counterclockwise*. The winds come up, the clouds grow, the barometer drops. A gigantic storm is developing around that little disturbance, that interpenetration. This storm is creating huge seas, clouds and weather that grow to cover an enormous area the size of two, three, four States. It is a low pressure system, a cyclonic storm, with a low barometer, high winds, rain, snow. This storm will move gradually then from the Northern Pacific over to the coast as it grows, bringing us rain, downpourings of rain, here in Washington, Oregon, and Northern California before it moves east across the continent. See this storm as a gigantic mating, a mating of two high pressure cells if you will. Where the actual mating takes place is at the front that divides and serves as a boundary between the two systems. Underlying the storm are two streams of the life force originating in the two cells of high pressure, spiraling out from the high to come together in the formation of the storm.

I first wrote about these things years ago. In one of his last journals, Reich published my article *Orgone Energy and Weather* in which I talked about these giant storms. That was the days before satellites. The first satellite, Sputnik, was in 1957, and my article appeared in 1955. In it I expressed the belief that the form of these gigantic storms would be spiral, that they'd have a well-defined spiral structure. Now you've seen those spiral shapes dozens of times in the satellite photographs in your newspaper weathermaps. And you've personally experienced what happens after a storm passes, the relaxation, the cleanness, the pureness of the air, the feeling of relief. How good the atmosphere is after the storm passes! And yes I do suggest that it's related to how good you feel after a full, complete, mutually satisfying orgasm.



## Sex as Sin

This article is prefaced by the passage from Genesis on the fall of man, on Adam and Eve and the original sin. They eat of the tree of knowledge, they discover their nakedness, they come to know good and evil, they are cast out of the Garden of Eden. We know that this myth is about sex. That the snake somehow corresponds to the phallus. The knowledge they are talking about -- the tree of knowledge -- is carnal knowledge. It is a powerful myth and an important one. But as rational people, we recognize that it is a myth. Now go to another religious myth, that of the immaculate conception of Christ, all that has to do with Mary's virginity and the conception of Christ via the Holy Ghost. What is that really about? Why is it given such emphasis in Christianity? It is a myth, but more than just a myth. It goes with centuries of celibacy worship -- of saints who were supposed to be celibate in order to be worshipped -- of nuns and monks and priests who are supposed to be celibate because they are good. What is the meaning of this identification of goodness with celibacy? Established Christian religion can't have anything as "dirty" as sex close to godliness. Behind the myth is the idea that goodness is unsexual, that sex would contaminate the goodness of God, of Mary, of Jesus, of other figures of great virtue, of saints and priests and nuns, of virtuous maidens and honorable men who resist the temptations of sin.

This is more than a myth. It is an insanity actually, a mass delusion, a religious psychosis, sometimes mixed with fraud because many of the people who promote and profess to believe in it don't believe that there was a Holy Ghost and that Mary was a virgin, that goodness is asexual. But the legend is preserved, the insane legend, tied to it the idea that sex is unclean, sinful, bad. It's the central, the core life process, a wondrous process, the key to cosmic mysteries, and it has been made small and dirty.

The religious idea that sex is dirty is part of the irrationality that permeates our laws governing sex and marriage. These laws are based on fear of natural sexuality and of the consequences of natural sexuality. When I was a child, in many if not most cultures, the parents determined who their children would marry, and they otherwise governed and controlled them in the sexual area. Society continues and extends parental controls. Consider laws regarding marriage, divorce, adultery, premarital sex, contraception, abortion, pornography, nudity, prostitution, homosexuality and

unconventional lifestyles and sexual behavior of all kinds. These laws are rooted in the idea that sex is bad, that it is dirty, that it is dangerous and immoral; and that people aren't entitled to govern their own sex lives. Mostly they are busybody laws. They are laws that are often cruel and often destructive of other people's joy, and they are not the business of the people who are behind the legislating and enforcement of the law. They induce spying into other people's private spaces in order to make their sexual behavior conform to what the busybody decides is right for them. The sexually disturbed religious busybody can't stand to have them make that decision for themselves.

Sexual irrationality is rooted in the body. It isn't just that we have certain beliefs about immaculate conception and the sin and dirtiness of sex. It's that there is a deep fear of sex, a fear rooted in the body and the sexuality of those who fear. This fear in masses of people produces the power that goes into anti-sexual belief and behavior.

### **Sexless Love and Loveless Sex: The Splitting of Love and Sex**

While the fear of sex that is locked in our bodies turns into anti-sex, it does something else: it splits the emotion of love from sexual desire. Let me conclude by explaining how this happens, how the fear of sex, justified by anti-sexual religion, splits love from desire.

Begin with whole love. Love expresses the pleasure of aliveness, of joy in life and joy in other people. Love is the feeling that life is good, you are good, your beloved is good, and sex is especially good. Sex is really "man's only ecstasy," Ayn Rand pointed out. Now, anti-sexuality turns us against ourselves, if we accept the conclusion of anti-sexual religion that life is good but the most alive in us is bad. Sex becomes a dirty pleasure. Love, the pleasure of aliveness, the pleasure in our beloved, is stripped of its bodily sexual side to become ethereal and incomplete and not fully alive in consequence. It is the spiritualized love of the mind and heart, but not of the whole body, not of the genital.

The other side of the coin of spiritualized "tender" love stripped of its sexual dimension is sexual "love" stripped of its tender, loving side. Sexual love remains, but is changed to become pornographic and lustful and prurient,

because it is without heart, without tenderness, without its natural spiritual dimension. Because of this split in love, sexual feelings become sullied, made smaller, and made dirty. The splitting of love into tender love without sexuality and sexual love without tenderness is perhaps the biggest tragedy of the anti-sexual elements fostered by religion and locked into our bodies by fear of sex.

What can one do about this? What does the future hold, and how can we influence this future? What can someone do to better our position regarding sexuality and religion? Unfortunately, changes that are significant in this area can't be made by an intellectual approach alone. Beliefs are intellectual but the fear of sex is in the body. As a personal growth teacher, I work with body and feeling, including the body patterns that anchor anti-sexual feelings in the body.

For years I have worked the "religious pelvis" in person after person. Now what do I mean by a religious pelvis? I mean a pelvis the functioning of which is blocked by heavy, chronic patterns of tension that affect the movement, the sexual functioning of the pelvis, and the power and pleasure of the sexual experience. It isn't useful to just attack the irrational belief system or to try to make the changes from the head. There has to be change in the feelings for the heavy tensions that are in the body to release. There must be a change in the feelings and the intellect at the same time because these two have to stay in balance, to find agreement with each other. Body work can change those feelings. Body work involves a freeing of the muscular armor, as Reich called these tensions, and a freeing of the emotions that are bound in the muscular armor. Fear and grief from early experiences are locked in the body by patterns of tension. They can be freed, but not by an exercise that is only intellectual. They are freed by work with body and feelings.

To reclaim sexuality, and so make love whole again, requires freeing the bodily armor and the locked in feelings that block, that inhibit the movement in and of the pelvis. But first it involves opening the feelings and freeing the armor above the pelvis and in the heart. Tender love and sexual love can fuse again, and the religious pelvis can release its tension and sex can become whole. It's a difficult, scary and painful process, and it takes time. In doing it, we need to maintain a balance of thoughtfulness and passion. We can't let the passions or the feelings run away with us. We need to have rules

that govern our sexuality. Gradually our own rules must replace societal rules as we accept self-responsibility and strive to reclaim our sexuality and to make our experience of love whole.

Claiming our sexuality means claiming autonomy, which includes the right to be responsible for our own sexuality and all that it implies. It means that we claim the authority and responsibility to govern our own love relationships, to enter and when called for to end love relationships, to exercise the capacity for commitment and to deal with all that goes with sexuality. This may include sharing life with a loved one over the years of our lives, may include family, and may not. The rules of society cannot be discarded lightly but they can be discarded. The autonomous person discovers the rules that he or she wishes to live by. They may or may not be the same as the rules that have been imposed on them in growing up. As long as the rules don't infringe the rights of others, it's the privilege of the autonomous adult to choose his or her rules and to live by them.

### **Question Period**

[Questions were asked in a brief discussion-question period by the congregation after the sermon, and by individuals approaching the author afterward.]

*Question.* Aren't sex relationships often relationships of power rather than love? What about people who are taken advantage of by their therapist, doctor, lawyer, boss, or minister? Don't we need to protect those people who are less powerful?

*Answer.* We need to protect children. Children shouldn't be subject to sexual advances or sexual abuse by adults or by older children. With the others I think we have to be very careful about protecting. If you try to protect one adult from another in this area, you infantilize one of them and make the other into a parent figure. Doctors and therapists usually have rules regarding sex with those who come to them, rules that are enforced by professional organizations. I think such rules are appropriate. In other relationships

between adults, with bosses, lawyers, ministers, I don't think we should presume to regulate. We shouldn't try to regulate the relationships of adults because one of them is in a position of authority of some kind. My general principle is let consenting adults relate as consenting adults and don't impose legal sanctions about what they do in their sex life. It's their business. Of course, consent really means consent. No one has the right to force or coerce sex from someone else, and we do have laws against it that are and should be enforced.

*Question.* It seems to me that there is too much attention to sex all around us in the media and so forth. It becomes tiresome. While it's true that the media seems to be dominated by sex, advertising uses sex to sell products and that's particularly tiresome, I guess, to a lot of us. Sometimes it's used tastefully and pleasantly. But the question is, why all this use of sex - why is it so prominent?

*Reply.* I believe it's because the truly sexually satisfied person is relatively rare. There is so much blocking of sex, so much fear of sex, so much anti-sex in people's bodies that it makes it hard for them to become satisfied in this area and people go around hungry. If people go around hungry for food, their attention will be on food and that's how you will capture their interest. Well -- people are hungry with respect to sex, and so sex gets their attention.

*Question.* Do you think the relaxing of social controls in the sexual sphere has been a good thing?

*Answer.* For the most part, yes, I do, despite all the problems, despite the teenage pregnancies and the growth of AIDS and other venereal diseases and so forth. I think it is much better than it was when I was very young -- in the thirties let's say, when I came into my teens. But relaxing controls hasn't solved the problems of sex and problems of the splitting of love and sex, the problems created over centuries by an anti-sexual religious morality. In many ways it has exposed the problems, has opened them up, which is a good thing. The problems are exposed, but still there to be solved. Let me repeat what I said in connection with the prior question. It's important to maintain law and enforce it in areas where people are infringing the rights of other people. It's important to relax laws in areas dealing with the relations between consenting adults.

Question. Isn't your theory of the creation of matter and galaxies contradicted by the Big Bang Theory?

Answer. First, what I've presented is not my own but Wilhelm Reich's theory of the creation of matter in galaxies. I happen to subscribe to it. Yes, it's contrary to the "Big Bang" theory of cosmology. It's a steady state cosmology that Reich has proposed. It has more in common with the steady state theories of Gould, Bondi and Hoyle, if you are familiar with the work of these astronomers, than it does with the Big Bang hypothesis. The Big Bang theory is the work of scientists unable to conceive of the creation of energy. They have to believe that all the energy in the universe has been there all the time because they think that energy (including matter) can't be created or destroyed. This is in accord with the first law of thermodynamics. Steady state theories propose that matter, new original matter, a form of energy, is being created around us all the time. That's really the biggest point of difference between steady state theory compared with traditional physics and the Big Bang theory.

Question. Are there the equivalent of high pressure weather systems out in space?

Answer. Yes, I think there are. I think that in intergalactic space, in the places that seem absolutely empty to us, are the sources for the in-pouring of the life force into the universe. From two such sources the life force flows into the spiral galaxies where the creation of matter is revealed to us. The spiral galaxy is the equivalent of the orgasm. The large intergalactic spaces, where the streams of the life force that merge and superimpose in the spiral galaxy originate, correspond to anti-cyclones or high pressure regions in the earth's atmosphere. The storms that take place between two anticyclones correspond to the galaxy itself, correspond to the superimposition and orgasm function. Let me throw in here that superimposition is almost infinitely varied. Orgasms are widely different, storms are of greatly varied shapes and sizes, and most galaxies are not beautiful spirals.

Question. You were trained as a psychologist. Do you really mean that Christian beliefs in the virginity of Mary, the Holy Ghost and the Immaculate Conception are actually psychotic -- literally insane?

Answer. My answer is, yes I do. I believe that they are literally psychotic. If only one person had such a belief system, it would be perceived clearly by other people as psychotic. When psychotic beliefs are promulgated over centuries and become part of a mass system of belief like that of Orthodox Christianity, when they are written down in books and carried from generation to generation in this way, then people stop seeing their insanity. They are just as insane, nonetheless. It is a socially accepted mass psychosis, but psychosis all the same.

Question. You make it clear that you believe in some laws regarding sex. What would you discard and what would you retain?

Answer. I think that I have been consistent on this. I would retain laws that keep people from infringing the rights of other people. I would throw out laws that intrude on the relationships between consenting adults. I would generally throw out laws against prostitution and pornography and contraception, abortion, and those outlawing homosexuality or unconventional sexual relationships. But, I would retain laws about rape, incest, taking sexual advantage of children, and public displays of many of these things that offend people's sense of privacy or decency. People shouldn't be exposed to sexual material against their will and they shouldn't have their children exposed to it against the will of the parents. There is entirely too much regulation of the intimate relationships between consenting adults and these laws should be stricken from the books.

Question. What do you mean by "...the more irrational the belief the greater the cruelty required to protect it?" Expand on this a little.

Answer. This also comes from my teacher, Wilhelm Reich. He made this statement in a seminar I attended, and I believe he said it somewhere in his writings. It's true, the more irrational, the crazier, the more outrageous the belief and the law based on it, the greater the cruelty that is required to protect and enforce it. Notice the things that I said about the Holy Ghost, the

Immaculate Conception, and the virgin birth. To many orthodox Christians, these statements are blasphemous and outrageous. Why? I say it's because they are particularly crazy. We tread carefully when we deal with people's craziness, and especially so with mass craziness. In much of human history I would be subject to trial for heresy or for blasphemy for just saying such things. People have been burned at the stake for less. Michael Servetus, for whom this congregation was named, was burned at the stake by Calvin for denying the divinity of Christ. Rational beliefs do not require draconian steps to protect them.

Question. You talk about uniting tender love and sexual love. Is sex always supposed to be tender? Is lust wrong?

Answer. No, lust is not wrong and sex isn't always supposed to be tender.

Question. Is tender love always supposed to be sexual?

Answer. No, of course not. Most love is tender but not sexual, e.g., love for family and friends. But when romantic love and sexuality are split, that is the tragedy I've spoken of. And when the barriers between them are broken down, when love is united again so that tenderness and sexuality can be expressed at the same time towards the same person, then an objective of the personal growth work I spoke about is fulfilled.

It doesn't mean that some sexual relationships won't occur where there isn't that much love, and it doesn't mean that a lot of love relationships have no sexual component. And no, I don't think lust is wrong. Still, I think the most potent form of sexuality happens when the heart is joined with the genitals, when there is tenderness joined with a powerful sexual attraction. Nonetheless, lust can be very powerful in a non-loving sexual relationship. It doesn't mean it is a wrong relationship. You don't have to justify sex with love. You don't have to have organ music in the background when you make love. But, there is no way that a relationship that is strictly lustful can compare in power, potency, or effect on your life long range with one in which sexuality and the heart, tender love and sexual love, are joined together strongly.



Question. I don't understand about the body and sexuality. What is it that you do to release the body's blocks?

Answer. You need to have a little bit of background in Radix body psychology, I believe, to really understand what I am saying here. Feelings, unwanted feelings, are blocked by patterns of tension in the body, patterns of muscular tension in the body that have become chronic. So our fears, our hurts, our holding back against our own sexuality, have become patterns of tension. The patterns of tension involving sexuality are patterns of tension in and around the pelvis, in particular, but they go beyond the pelvis. They involve the breathing. They involve other areas of the body because sexuality is really a function involving the body as a whole. It is simply centered in the pelvis. In doing body work in the personal growth area, we work with helping the student release these chronic patterns of muscular tension. When the patterns of tension are released, feelings that were blocked by those patterns of tension come up. Personal experiences of terror, or hurt, or rage or sexuality can come up with these releases. After release and working through the feelings, the patterns of tension are softened, and character attitudes are often modified. There is no effort to change the student's values or religious beliefs, although changes may occur. What does change when deep body blocks are released and the "armor" of the "religious pelvis" is softened is a coming alive of the body, an opening. Breathing is freer, color is often improved. Movements, the way a person walks, gestures, and does common physical activities, are often freer and more graceful. The bodily expression tends to be more alive and more relaxed. Sex is described as more involuntary, involving more of the body, as well as more pleasurable.

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**-- One More Comment**

Let me make one more comment to close. I'm not satisfied that I have been responsive enough to the way things seem to be getting worse in the sexual area. Rape has increased, other crimes of violence are more frequent, families are disintegrating, venereal disease is increasing rampantly. There

are so many problems in the sexual area that are getting much worse, how can I say that things are getting better? You can also add that fundamentalist religion of the crazy sort in the sexual area is increasing, seems to be getting stronger. Young people seem to be fleeing into that kind of religion and away from rational religion. In so many ways it looks like our civilization is "going down the tubes." I claim that this isn't so. What is happening by my way of thinking is that we are at the end of an era -- an era that's lasted thousands of years -- in which the standards of behavior, the rules, knowledge on how to live your life, came from the group you belonged to. The group told you what to do and how to be and who you were. And this was necessary because most advances came from a few exceptional individuals, whose knowledge and beliefs got incorporated into the culture and into the laws. Everybody then got coerced, got forced into following along. The rules persisted, generally, because they worked. The rationale for the rules was very often religious, in the form of fables and doctrines and rules.

But the human race keeps developing and more people develop the ability to think for themselves. They question the rules and try to understand nature firsthand instead of through some intermediary like a religious leader, a religious movement, or books like the Bible. It's awkward right now, because people are throwing off the old controls, which are being undermined; but they are doing it before most of them have developed enough wisdom, enough capacity for internal controls, for self responsibility. There are more possibilities now than there have ever been. There is more freedom for people to discover what they want to believe and to become who they want to become. The technology to help people discover and become who they want, the techniques and teachers are far behind the need for them.

In my personal growth practice I've endeavored to deal with this by having two aspects to the work, two emphases if you will that have to be kept in balance. One is the breaking down of the old structures, the armor and the restrictions that are rooted in the armor. These are restrictions from the past and from the group that can be freed by work with body and feelings. In their place have to be built new restrictions and rules that come from within. Building these is the second aspect. The new rules should be consciously considered and accepted by the individual, who remains free to keep the old rules that have served well. The difference is that the choice, the possibility for change is there. The choices made reflect the individual's view of who he

or she is and who he or she wishes to become. Those people who are fortunate enough to be able to do good personal growth work successfully find a way of moving, a way of growth that advances them in the direction of human evolution. They are part of a small beachhead that helps our species change in the right direction in this special period in human history, in which individually chosen values and beliefs replace those imposed by the group.

People need to learn how to live, to move into the future with feeling and with purpose, aliveness and self-direction. In the past few generations, there has been too much release, too much opening, too much letting go of regulation, especially in the less internally regulated, more impulsive section of our society. We can't go backward and roll the clock back to more societal regulation, except as a short-term stopgap. We have to encourage and help people develop individual self-control and self-regulation, to develop their own values, beliefs and goals, their own sense of responsibility and their own direction in life. People need to know that groups, religion and government can't be expected to supply these ready-made for them in the future. We have to govern our own lives in the sexual area, and that's a central change. When a person really becomes autonomous in the sexual area and learns to govern his or her life so that it works, that person has made a major step in the direction I'm speaking about.

So while the world today does seem to be "going to hell in a hand basket" in the sexual area among others, it is a short-term condition necessary to a long-term pattern of change. I believe that what is happening is necessary. I'm full of hope for the future because I think that as individual human beings learn to take over the responsibility for their own lives there will be the greatest growth in creativity and human development there has ever been in human history.

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