

Sexual Freedom – How Does That Work?

Monogamy is a lie.

Lotti Huber, 78 years old

*We speak of love of our neighbor,
and when my friend is sexually loving
with someone else,
we speak of cheating.
Why do we free citizens of the earth
continue to follow this
stupid little catechism
in love?*

Sabine Lichtenfels

*He who binds to himself a joy
Doth the winged life destroy
But he who kisses the joy as it flies
Lives in Eternity's sun rise*

William Blake

Free sexuality is a part of a free life. Free of fear and subjugation, free of duress and violence, but also free from the fixation on one person alone. As soon as people enter into a couple relationship, they can no longer imagine sexual freedom. They believe that their relationship would otherwise end. A young Portuguese woman, who visited Tamera with her friend, asked: “Sexual freedom – how does that work?” It doesn’t make sense to answer that question with statements that are prepared in advance. The basic questions in life cannot be answered with ideologies or recipes. It is not a question of a theory or creed, but of an experience, and this experience is unambiguous. The answer is: free sexuality occurs of itself if we do not stop ourselves or our partner. In our projects we have never pushed a person toward free sexuality; without exception they did it all by themselves – for the simple reason that they were allowed to. The couples needed a while to get used to it and to come to an understanding with each other concerning the new situation, but then they did it. Letting go of inner pressure and duress is a part of free sexuality. You should only be together with someone if you really want to – not because of any ideology or group pressure. Even free sexuality, if misunderstood, can become a false dogma if one follows it at the wrong time, too quickly, and in a too demanding way. It should never be forced but it is alright to allow it. If one is open, one will notice that the requirement that one limit oneself sexually to a single person was a mistaken law. It was a law of the old matrix, and can no longer be upheld when sexual contact with others is allowed or even desired. A couple relationship that is based on sex alone and has no other common foundation, may break up as a result. But those who are in a couple relationship based on trust and love will use the chance to renew and beautify their own sexual relationship. Partnership and free sexuality do not exclude each other; they supplement each other. This is one of the most important insights resulting from free thought. There is no either-or between free love and love between a couple; it was the old fear that made us believe so. When two people truly love each other, they have no reason to close themselves off sexually to the outside, and they will not do this, because it would endanger their love. Whenever partnership is associated with the old kind of sexual faithfulness, both partners are in great danger, for at some point the sexual passion for the other grows cold, and at some point the desire for new erotic contacts awakens in both of them. Sooner or later they

get a bad conscience, mistrust grows between them, they check up on each other, and they begin to lie. This scenario has been played out millions of times and is still being played out millions of times a day. It leads to the partners' giving up on love or to the cruel family tragedies that we read about in the newspaper. It lies like a great illness at the foundation of our entire society. If the partners are bored by each other, if they have nothing more to say to each other, and if their libido has been extinguished, then a common infirmity begins, that can only be camouflaged through the normal vicarious satisfactions of career, consumption and travel. The false ideas about sexuality are one of the reasons for the downfall of our civilization. The young Portuguese woman, who asked the question, should not force herself to have outside sexual contacts, but neither should she forever stop herself from having them. She will notice herself, when the desire is clear. Then she will tell her friend, provided they have a good relationship. He will swallow hard a few times and then maybe admit that he feels the same way. Both of them will be surprised that they react with true relief and maybe they will immediately disappear behind the bushes. They are both committed to working within the environmental movement, and they are working for a large Portuguese ecological magazine. They have a very honest relationship with each other and will not separate due to their enjoyment of "extramarital sex". The danger of separation is only there if they meet new partners who make them choose one over the other. This demand is cruel, stupid, and unnecessary. Here people are forced to make a decision that does not have anything to do with love, truth, or faithfulness. It is a part of the concept of love from the old matrix of violence. It is a reason for the never-ending suffering of the soul that occurs between the sexes.

Young people give each other vows of faithfulness out of love, but also because they are afraid to lose each other. When they are confronted with free sexuality, then fear and resistance are awakened. Can I hold my own in comparison to the other? Am I attractive enough? There are many who are more beautiful, more intelligent, and more able than I am. Will my partner not want to be with them? If I'm totally honest toward myself, don't I feel the same way?

These thoughts are understandable in a world in which most people have experienced the drama of separation. In order to reach true sexual freedom, we need a new world in which the structure of separation is overcome at its core: a world with functioning communities, functioning families, and solid relationships between people. Children must be able to rely on their relationships with their parents and with other adults, for then they will not become needy later. We need a deeper common basis for our relationships, we need to be embedded in the love of Creation, of Nature, and of the sacred forces of the world, and we need to jointly take responsibility for caring for life on earth. These are the basic values of the Sacred Matrix. If they are given, there is no more exclusion within love and sex. Sex means to use a divine energy for the mutual joy of those involved. No human being, who has found peace and quiet in him/herself, will suffer from a lack of sex. Nobody will ever think of comparing him/herself to others, for it is no longer the characteristics of their outer attractiveness that brings people together, but the mutual discovery of their souls. It is a personal attraction and a personal love, based on the special individuality of a human being. True individuality is not created through impressive external attributes, but through truth and an authentic life, embedded in the universal union with all beings. That is the basis for true sexual freedom and for personal love. It is the natural dowry of every woman and man, for we all come to earth with this great possibility. We are now facing the task of building a society in which we can realize this possibility. All those who love are very welcome to help with this.