

THE INTERNATIONAL ACADEMY FOR AWAKENING PSYCHOLOGY

NEWSLETTER

01

NEW AGE IDEAS

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New Age ideas can be wrong and quite harmful. As therapies, seminars and psychology become more popular there is a danger that the ideas that they propagate become beliefs that chain the free consciousness of the individual. If New Age therapists have not been deprogrammed themselves, if they have not become free from their beliefs, then they will lead people into being reprogrammed. They will remove one program and replace it with a new sophisticated program, which will be even more difficult to become free from.

Recently I have been asked the same question in several forms - about how true is it that a woman stores the memory of every man she has made love with for the last seven years. One woman reported that after hearing this in a woman's group, she now feels very guilty and can no longer enjoy having sex with any man. In the previous few years, she had quite a few lovers and now she feels that she has done great harm to herself. This is a clear example of how a new age idea is harming a person, it is simply a new belief and as Osho says "every belief dulls your intelligence." ¹

Now if this woman had discovered for herself that sleeping with different men was bad for her body and health, if that realization came to her as an insight during a meditation, then it would be her truth. But as she felt okay about her sexual activity until she heard the idea, it shows that it is not her truth. I would recommend to this woman to look back at why she chose to sleep with different men in that period of her life, perhaps that was the best thing she could do, to have a period of sexual exploration in which she could discover for herself the potential of her sexual energy and also learn a lot about men and which men are suiting to her. It is quite natural and usual that when people begin working on themselves and they want to be freer, they will have a period of sexual exploration. It is possible that her sexual activity was done as a reaction against her anti-sexual moralistic conditioning from her childhood. So, she went from one extreme to another. But during the period of sexual activity the voice of her old moral program was still hiding dormant in her mind. So now when she hears this idea, which she interprets as something negative, her old morality reasserts itself in a new disguised form. She judged herself and feels guilty instead of feeling proud that she had the courage to learn for herself through her life experience.

So, is there any intrinsic truth in this idea that a woman's body stores the memory of every man she has made love with for seven years? Firstly, I want to question, why is this said only about a woman? Do these new age women believe because the man's sexual organ is projective that his body cannot be receptive? This idea excludes the possibility that men can also be receptive, energetically and emotionally. In the energy system that I work with in my Chakra Energy courses, we discover that every person has an inner man and an inner woman. That is, women have a man inside themselves and men have a woman inside themselves. In my experience it is possible for a man to hold onto the memory of making love with a woman just as long as a woman does. Certainly, the woman's genitals are receptive and a woman is also receptive energetically. According to the chakra energies we are all equally male and female, all equally projective and receptive. However, as the physical body has an energetic connection for the first chakra, which is receptive in a woman and projective in a man, and the body is our first and most foundational identification; it is usually that men get identified with being male and women get identified being female. Then according to the ideas given out by society we tend to change our energy to fit to the identification of our sex. This leads to men denying their receptivity and women denying their creative potential, thus most people's energy is imbalanced.

In my own experience of living in a male body, the pelvis is a receptive bowl, so even though I am not physical receptive at the genitals, I can feel an energetic receptivity at the top of the pelvis in the 2nd chakra area. Here I can receive feelings and energy into an energetic invisible non-physical womb. Because through many years of self-exploration and meditation, I have discovered I can act in a masculine way when I need to, and to feel in a feminine way when I want to. I am not disagreeing with the idea of the seven-year cycle. I have evidence in my life that it is true to some degree. But it is not a fixed phenomenon. Just recently in a Conscious Relating course, I gave participants a task of completing a relationship from their past. To help them choose which relationship to work on, I gave out Orange Pomander from Aura-Soma to place through the aura and to feel intuitively. I took the chance to practice the technique as well, and I was surprised when a story with a girlfriend from 26 years ago came to me. I worked with it and felt a satisfactory completion of something that I thought I had let go of many years ago. My group assistant also worked on a relationship issue which had a more physical nature than my memory, her story was from 25 years ago. In many sessions and certain courses, we work on healing love and relationship wounds, including sexual hurts, from previous lifetimes. Thus, the idea of seven years is not an absolute rule. It could be shorter time or longer time according to the individual and the level of emotion in the memory.

Instead of believing in a seven-year rule I would ask each person, woman or man, to look inside for themselves and find out if they are holding onto negative memories from any previous time. Then they can work on those memories with consciousness. Also, this new age idea is dangerous because it presumes that there is something wrong about the memory of past sexual experiences. I have heard that in some courses for women, it is taught to cut off the memory from all the men they have made love with in the last seven years. To follow such a task without first discovering the quality of the memory, could lead to thinking that all past sexual experiences are negative. But it could be that there are positive sexual memories and positive love experiences, as sex is love expressed on the physical level.

In the First Chakra course I do ask people to connect to a negative sexual experience from their past, and we work deeply on cleansing that out of the body. If a person does want to clean out their memory from the body or energy level, I first recommend that they identify clearly that it is a negative memory. Also, if a person wants to cut off energetically from a lover, I recommend that they do that only with a previous relationship, not a current relationship, and do not use the technique to try to split up with a person that they have a current relationship with. When the time is right a relationship should be ended consciously, clearly and with mutual agreement. If a deliberate cutting off is done to someone that you have an alive connection with, you will be severing energetic ties, it is possible the other person will sense this and that will cause pain to them or even cause them to struggle to rebuild the connection even stronger.

I recommend, from my own experience, that a past dead connection can be cut off in a ritualistic exercise, if it is interfering with an alive connection in the present. As I have understood my Master Osho, he teaches us not to believe in any ideas given to us from any source including from him; but rather to take his ideas as a hypothesis that can be tested. For example, he does not ask us to believe in reincarnation, but encourages to go into past life meditation techniques and discover for ourselves. I wish to encourage all my course participants to also experiment and find out their truth for themselves. So, when you hear such ideas please question them, and do not follow them just because they sound right or have become popular recently.

Use your intelligence and investigate the truth for yourself.

REFERENCES

1 - Osho (1986) Beyond Psychology, Chapter #12, Question 3, 18 April 1986 am, Punta del Este, Uruguay
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