

VOLUME 2, ISSUE 2

APRIL 2005

California Institute of Integral Studies

EWP7514/PARP7514:
TRANSPERSONAL PERSPECTIVES ON SEXUALITY AND RELATIONSHIPS

Spring 2000 (3 units). Tuesdays 6:15pm-9:15pm
Instructor: Jorge Ferrer, Ph.D. Email: [JorgeNF@aol.com]

Course Description:

In the spirit of dialogue and inquiry, this course examines the interface of spirituality, sexuality, and intimate relationships. We will explore the meaning of our sexual and spiritual natures, as well as the diverse ways in which their integration can be embodied and lived in both our spiritual life and intimate relationships. Topics discussed by guest speakers and students will include the unity of sex and spirit (Marina Romero); sexuality and spiritual insight (Jenny Wade); sexual abuse and spiritual opening (Darci Meyers); sexual healing as spiritual practice (Elizabeth Shaver); pornography, feminism, and spiritual awareness; sacred whoredom (Cosi Fabian); gay/lesbian/bisexual/transgender spiritualities (Jeanne Loveless-Green); autoeroticism and self-love; celibacy and kundalini awakening (Stuart Sovatsky); monogamy as spiritual path (Susanne Bersbach); and polyamory (nonmonogamy) and spirituality. The course includes several Circles of Sharing in which students will be invited to share and collectively inquire into their personal experience as related to the course topics.

Summary of Educational Purpose:

The main purpose of this course is to facilitate a collective inquiry into the relationship between spirituality, sexuality, and intimate relationships. An additional didactic objective is to introduce students to the practice of dialogical inquiry.

Learning Objectives:

After completing this course, students will:

1. Appreciate the complexity of the psychological, cultural, social, and spiritual issues raised by the interface of sexuality and spirituality.
2. Have a deeper understanding of how sex and spirit can be integrated in their everyday lives and intimate relationships.
3. Know how to collectively inquire in a critical, rigorous, and dialogical way.

Learning Activities:

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|---|-----|
| 1. Cognitive/Didactic (lecture): | 40% |
| 2. Practical/Applied (dialogue): | 40% |
| 3. Experiential (exercises, group process): | 20% |

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Criteria for Evaluation:

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| 1. Personal Journal: | 20% |
| 2. Final Paper (15-20 pages): | 40% |
| 3. Class presence and participation: | 40% |

Level of Instruction:

M.A./Ph.D.

Grading Options:

Letter Grade, Pass/Fail, or as allowed by the department.

Required Texts:

Course reader. Available at Photo Day (2172 Market at Sanchez, San Francisco. Tel: 431-8813.)

Assignments:

1. Personal Journal

Keep a weekly journal with your personal reflections about the interface of spirituality, sexuality, and relationships in your life in light of class readings and discussions.

Although this assignment will NOT be collected by the instructor, you will be expected to either incorporate some of these personal reflections on the body of your final paper or include one or two selected journal entries as an appendix to your final assignment. In addition, you will be invited to optionally share some passages of your journal in class.

2. Final paper (12-15 pages)

Options:

(1) *Research paper*: Theoretical article on one or more of the subjects discussed in class and the readings, or on another topic concerning the interface of spirituality, sexuality, and relationships. Include a brief background and/or literature review, develop an original thesis (a creative development, a new critique, a novel interpretation, etc.), and make use of some additional references. Optionally, incorporate aspects of your personal experience in support of your main thesis.

(2) *Embodied paper*: Personal narrative on one or more of the subjects discussed in class and the readings, or on another topic concerning the interface of spirituality, sexuality, and relationships in *your* life. Interweave personal experience and theoretical reflection in light of the subjects explored in class and in your personal journal.

(3) *Other projects* (talk with the instructor).

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Course Schedule and Reading List
EWP 7514/PARP7514:
Transpersonal Perspectives on Sexuality and Relationships

INTRODUCTION

1. January 18. Introduction: Spirituality, Sexuality, & Relationships

Introduction and overview of the course. Initial reflections on spirituality, sexuality, and intimate relationships. Participants' introductions. Guidelines for the practice of dialogical inquiry in class discussions.

- Readings:**
- Feuerstein, George, "Tracing the Roots of the Modern Sexual Dilemma."
 - Achterberg, Jeanne, & Rothberg, Donald, "Relationship as Spiritual Practice."
 - Ferrer, Jorge, "Dialogical Inquiry as a Spiritual Practice." (Handout)

SEXUALITY AND SPIRITUALITY: MEETING POINTS

2. January 25. Sex and Spirit: A Necessary Unity (Guest Speaker: Marina Travieso Romero)

What is sexuality? What is spirituality? Are sexuality and spirituality two states of the same energy? Can there be a spiritualized sexuality? And a sexualized spirituality? Is the contemporary split between sex and spirit the product of a dissociative process? If so, what are the roots of this dissociation? And how can this dissociation be healed? Why do spirituality and sexuality need to be integrated for an integral human development?

- Readings:**
- Metzner, Ralph, "Historical Roots of the Split Between Humans and Nature."
 - Nelson, James B., "Between Two Gardens. Reflections on Spirituality and Sexuality," "Word Becomes Flesh."
 - Irwin, Alexander C., "Puritans, Freudians, and the Classical Eros."
 - Evans, Donald, "Sexuality, Spirituality, and the Art of Therapy."
 - Feuerstein, George, "Sex as Energy and Communion."
 - Haddon, Genia Pauli, "Uniting Self, Sex, and Spirit."

3. February 1. Sexuality and Spiritual Insight (Guest Speaker: Dr. Jenny Wade)

Can sexual experiences lead to spiritual insights and transformation? Is there a connection between physical pleasure and spiritual joy? Is sexual love a doorway into

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transpersonal and spiritual energies? Or is sexual love a spiritual energy in and of itself? Can sexuality (tantric and non-tantric) become a spiritual path?

- Readings:**
- Wade, Jenny, "Introduction to Transcendent Sex."
 - Wade, Jenny, "Meeting God in the Flesh: Spirituality and Sexual Intimacy."
 - Feuerstein, George, "The Hidden Window: Spiritual Breakthroughs in Sex."
 - Shaw, Miranda, "Everything You Always Wanted to Know About Tantra ... but Were Afraid to Ask."
 - Hopkins, Jeffrey, "Sexual Pleasure and Spiritual Insight."

4. January 8. The Intertwining of Sexuality and Spirituality in Our Everyday Lives (1st Circle of Sharing)

How sex and spirit interrelate in our everyday lives? Circle of sharing about the interface of sexuality and spirituality in our spiritual lives, sexual experiences, and intimate relationships.

- Readings:**
- Ogden, Gina, "Sex and Spirit. The Healing Connection."
 - Moore, Thomas, "The Mystic's Orgasm. Eros in the Spiritual Life."
 - Gafni, Mordechai, "The Eros of the Holy."
 - Anand, Margo, "High Sex and the Tantra Vision."
 - Klein, Marty, "Spirituality."
 - Lee, Victoria, "Spirituality and Sexuality Do Go Together."

SPIRITUAL PERSPECTIVES ON SEXUAL ABUSE AND HEALING

5. February 15. Sexual Abuse and Spiritual Opening (Guest Speaker: Darci Meyers)

Is there any relationship between early sexual abuse and spiritual seeking? Is sexual abuse an obstacle or a painful advantage for spiritual awakening? Can trauma facilitate spiritual experiences? Can sexual abuse be a gateway into the sacredness of sexuality? What role can spirituality play in the healing of sexual abuse? Do sexually abused survivors follow a distinct spiritual developmental path?

- Readings:**
- Tacey, David J., "Incest, Society, and Transformation. An Australian Perspective."
 - Ryan, Patricia, "Spirituality Among Adult Survivors of Childhood Violence: A Literature Review."
 - Ryan, Patricia, "An Exploration of the Spirituality of Fifty Women Who Survived Childhood Violence."
 - Bonheim, Jalaja, "The Descent of the Goddess."
 - Walden, Neva, "Contributions of Transpersonal Perspectives to Understanding Sexual Abuse."

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6. February 22. Sexual Healing as Spiritual Practice (Guest Speaker: Elizabeth Shaver)

What makes a sexual experience healing? Is there any connection between sexual healing and spiritual opening? Can sexual surrogacy and other forms of sexually based therapy be considered spiritual practices? Can becoming a sexual healer be a catalyst for spiritual growth? What is the difference between a sexual healer and a sex worker? What, if anything, makes certain forms of sexual healing sacred arts?

- Readings:**
- Shaver, Elizabeth, “Where Soma Meets Soul: BodyStories from Within.”
 - Roberts, Barbara, “The Sex Surrogate.”
 - Rainbow Lightning Elk, Stephanie, “The FireWoman.”
 - Kathryn, “The Nurse.”
 - Ogden, Gina, “Women and Sexual Ecstasy: How Can Therapists Help?”

7. February 29. Exploring and Transforming our Sexual Wounds (2nd Circle of Sharing)

How can we safely explore and effectively transform our sexual wounds? Circle of sharing about sexual wounding, sexual healing, and psychospiritual transformation. Optional sharing of journal entries and other forms of creative expression.

☺ **Mid-Term Reading Break!**

REVISIONING THE “SHADOW” OF SEXUALITY

8. March 7. Pornography, Feminism, and Spiritual Awareness

Is pornography intrinsically amoral or anti-spiritual? Are there archetypal forces behind the power of pornography that may need to emerge? Is pornography an instrument of patriarchal domination and oppression of women? Or of liberation, empowerment, and celebration of human sexual imagination? Are there different types of pornography?

- Readings:**
- Hillman, James, “Pink Madness or Why Aphrodite Drive Men Crazy with Pornography?”
 - Russell, Diana, “What Is Pornography?,” “Pornography as Violence Against Women,” “Conclusions.”
 - McElroy, Wendy, “A Critique of Anti-Pornography Feminism.” “Individualist Feminism: A True Defense of Pornography.”
 - Stoltenber, John, “Pornography and Freedom.”
 - Queen, Carol, “Pornography and the Sensitive New Age Guy.”
 - Moore, Thomas, “Pornography and Relationship.”

9. March 14. Sacred Whoredom (Guest Speaker: Cosi Fabian)

Is prostitution the ritualization of women’s sexual submission? Are there different forms of prostitution? What’s sacred prostitution or holy whoredom? Can prostitution be a

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spiritual practice? Can prostitution provide sexual healing and initiation into sacred sexuality? Is there any room for sacred forms of prostitution in our patriarchal society?

- Readings:**
- Overall, Christine, “What’s Wrong with Prostitution? Evaluating Sex Work.”
 - Qualls-Corbett, Nancy, “The Psychological Significance of Sacred Prostitution.”
 - Wolkstein, Diane & Kramer, Samuel Noah, “Innana and the God of Wisdom,” “The Courtship of Inanna and Dumuzi.”
 - Kotuv, Barbara Black, selections from “The Book of Lilith.”
 - Gilmore, Lee, “The Whore and the Holy One: Contemporary Sacred Prostitution and Transformative Consciousness.”
 - Fabian, Cosi, “The Holy Whore. A Woman’s Gateway to Power,” “Selected Poems.”

SPRING BREAK!

10. March 28. Autoeroticism, Masturbation, and Self-Love: Coming Back to Ourselves (3rd Circle of Sharing)

Personal reflections and dialogue on autoeroticism and masturbation, as well as on other topics explored during the first half of the course. Optional sharing of personal journal entries and other forms of creative expression.

- Readings:**
- Schulz, David A. & Raphael, Dominc S., “Christ and Tiresias: A Wider Focus on Masturbation.”
 - Klein, Marty, “Masturbation.”
 - Masters, Robert, “Masturbation: Revisited and Ungripped.”
 - Dodson, Betty, “Liberating Masturbation,” “Masturbation as Meditation,” “Making Love Alone.”
 - Anand, Margo, “Self-Pleasuring Rituals.”

SPIRITUALITY AND INTIMATE RELATIONSHIPS

11. April 4. Gay/Lesbian/Bisexual/Transgender Spiritualities (Guest Speaker: Jeanne Loveless-Green)

Is there any special connection between homoeroticism and the sacred? Are there distinctive spiritualities based on the gay/lesbian/bisexual/transgender experiences? Is homophobia rooted in a lack of integration of our sexual and spiritual natures? How can gay/lesbian/bisexual relationships become containers for spiritual growth?

- Readings:**
- Conner, Randy, “We Are an Old People, We Are a New People.”
 - de la Huerta, Christian, “Walking Between Worlds.”
 - Hopcke, Robert, “Homophobia and Analytical Psychology.”
 - Smith, Barbara, “Homophobia: Why Bring It Up?”

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- Walker, Mitch, “Visionary Love: The Magickal Gay Spirit-Power.”

12. April 11. Celibacy and Kundalini Awakening (Guest Speaker: Dr. Stuart Sovatsky)

Is celibacy the best option for a seriously committed spiritual life? What is tantric sublimation? Can periods of celibacy enhance both our erotic and spiritual awarenesses? Is there any danger in the practice of celibacy? How is celibacy seen today by major spiritual traditions?

- Readings:**
- Sovatsky, Stuart, selections from “Passions of Innocence” and “Words from the Soul.”
 - Moore, Thomas, “The Joy of Celibacy. Subtle Expressions of Sexuality.”
 - Father Thomas Keating, “Celibacy. The Heart of the Matter.”
 - Henepola Gunaratana, “Celibacy. What the Buddha Taught.”
 - Williams, Donna Marie, “Give Yourself a Gift,” “Celibacy: Feast or Famine?” “The Sensual Celibacy Program.”
 - Bonheim, Jalaja, “The Story of a Nun.”

13. April 18. Monogamy as Spiritual Path (Guest Speaker: Susanne Bersbach)

Can monogamy become a spiritual path? Is monogamy advantageous, or even necessary, to grow psychospiritually in the context of our intimate relationships? Or can monogamous commitment raise obstacles for our spiritual growth? What is a sacred marriage? What is the “third presence” of a relationship? Is there any truth in the “soul-mate” notion?

- Readings:**
- Welwood, John, “Intimate Relationship as a Practice and a Path,” “Marriage as Mandala.”
 - Hendrix, Harville, “Ten Characteristics of a Conscious Marriage,” “Till Death Do Us Part.”
 - Levine, Steven & Levine, Ondrea, “Acknowledging the Beloved,” “Sexuality.”
 - Zimmerman, Jack & McCandless, Jaquelyn, “Invoking Third Presence,” “The Divine Pair.”
 - Hanh, Thich Nhat, “The Third Mindfulness Training: Sexual Responsibility.”
 - Masters, Robert, “A Mirage of Intimacy. The Cult of Two.”

14. April 25. Polyamory (Non-Monogamy) and Spirituality

What are the spiritual potentials of polyamory (nonmonogamy)? Is polyamory a more “evolved” way of intimate relationship? Is polyamory unethical or rooted in the inability for serious commitment? Can jealousy be overcome or used as a path for awakening? What is “compersion”? What are the implications of polyamory for family and community life?

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- Readings:**
- Johnson, Sonia, “The Phallacy of Numbers: Monogamy vs. Non-Monogamy.”
 - Anapol, Deborah, “What is Polyamory?,” “The Ethics of Polyamory,” “Polyamory in Myth Archetypes and Human Evolution,”
 - Ferentz, Nicole, “Evolutionary History Tells us,” “Polyfidelity: Way of the Truth Teller,” “Love Addiction?”
 - Easton, Dossie, “Paradigms, Old and New,” “Slutstyles.”
 - Rudhyar, Dane, “The Transformation of Interpersonal and Group Relationships.”
 - UV Family, “The Possible Relationship. Basic Principles from an Innovative Relationship.”

15. May 2. Final Reflections: From Relationships to the World (Closing Circle of Sharing)

Final considerations on spirituality, sexuality, and intimate relationships. Circle of sharing and dialogue on the different options of spiritually informed relationships (celibacy, singlehood, monogamy, polyamory, etc.). Closing ritual.

- Readings:**
- Feuerstein, George, “Toward an Erotic Spirituality for Today.”
 - Kaza, Stephanie, “Field of Bright Spirit. Intimate Relationships with the Natural World.”
 - Moore, Thomas, “The Sexuality of the World. The Erotic Life of Things.”

COURSE READER “TRANSPERSONAL PERSPECTIVES ON SEXUALITY AND RELATIONSHIPS”

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Contents

1. Feuerstein, G. (1993). Tracing the roots of the modern sexual dilemma. In Sacred sexuality. Living the vision of the erotic spirit (pp. 11-26). Los Angeles, CA: Jeremy P. Tarcher/Perigee.
2. Achterberg, J. & Rothberg, D. (1996). Relationship as spiritual practice. ReVision, 19(2), 2-7.
3. Metzner, R. (1999). Historical roots of the split between humans and nature. In Green psychology (pp. 98-113). Rochester, VT: Park Street Press.
4. Nelson, J. B. (1983). Between two gardens. Reflections on spirituality and sexuality. Word becomes flesh. In Between two gardens. Reflections on Sexuality and Religious Experience (pp. 3-38). Cleveland, OH: The Pilgrim Press.
5. Irwin, A. C. (1991). Puritans, Freudians, and the classical Eros. In Eros toward the world. Paul Tillich and the Theology of the Erotic (pp. 19-42). Minneapolis, MN: Fortress Press.
6. Evans, D. (1993). Sexuality, spirituality, and the art of therapy. In Spirituality and human nature (pp. 69-97). Albany, NY: SUNY Press.
7. Feuerstein, G. (1993). Sex as energy and communion. In Sacred sexuality. Living the vision of the erotic spirit (pp. 189-199). Los Angeles, CA: Jeremy P. Tarcher/Perigee.
8. Haddon, G. P. (1993). Uniting sex, self, and spirit. In Uniting sex, self, & spirit (pp. 208-216). Scotland, CT: Plus Publications.
9. Wade, J. (forthcoming). Introduction. In Transcendent sex.
10. Wade, J. (1998). Meeting God in the flesh: Spirituality and sexual intimacy. ReVision, 21(2), 35-41.
11. Feuerstein, G. (1993). The hidden window. Spiritual breakthroughs in sex. In Sacred sexuality. Living the vision of the erotic spirit (pp. 27-41). Los Angeles, CA: Jeremy P. Tarcher/Perigee.
12. Shaw, M. (1998). Everything you wanted to know about tantra... but were afraid to ask. What is Enlightenment, 13, 37-47, 130-32.
13. Hopkins, J. (1992). Sexual pleasure and spiritual insight. In Tibetan arts of love. Sex, orgasm & spiritual healing (pp. 95-120). Ithaca, NY: Snow Lion Publications.
14. Ogden, G. (1999). Sex and spirit. The healing connection. New Age, January/February, 78, 80-81, 128-130.
15. Moore, T. (1998). The mystic's orgasm. Eros in the spiritual life. In The soul of sex. Cultivating life as an act of love (pp. 137-158). New York: HarperCollins.
16. Gafni, M. (1999). The Eros of the holy. Tikkun, November/December, 65-66, 68.
17. Anand, M. (1989). High sex and the tantra vision. In The art of sexual ecstasy. The path of sacred sexuality for Western lovers (pp. 27-46). New York: Jeremy P. Tarcher/Putnam.
18. Klein, M. (1996). Spirituality. In Ask me anything. A sex therapist answers the most important questions for the '90s (pp. 214-221). Pacifica, CA: Pacifica Press.
19. Lee, V. (1996). Spirituality and sexuality do go together. In Soulful sex. Opening your heart, body, and spirit to lifelong passion (pp. 9-31). Berkeley, CA: Conari Press.
20. Tacey, D. (undated). Incest, society, and transformation. An Australian perspective. Unknown source.
21. Ryan, P. L. (1998). Spirituality among adult survivors of childhood violence: A literature review. Journal of Transpersonal Psychology, 30(1), 39-51.
22. Ryan, P. L. (1998). An exploration of the spirituality of fifty women who survived childhood violence. Journal of Transpersonal Psychology, 30(2), 87-102.
23. Jalaja, B. (1997). The descent of the Goddess. In Aphrodite's daughters. Women's sexual stories and the journey of the soul (pp. 231-240). New York: Simon & Schuster.
24. Walden, N. (1993). Contributions of transpersonal perspectives to understanding sexual abuse. ReVision, 15(4), 169-176.

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26. Roberts, B. (1994). The sex surrogate. In Women of the light. The new sexual healers (pp. 47-73). Larkspur, CA: Secret Garden.
27. Rainbow Lightning Elk, S. (1994). The FireWoman. In Women of the light. The new sexual healers (pp. 205-224). Larkspur, CA: Secret Garden.
28. Kathryn. (1994). The nurse. In Women of the light. The new sexual healers (pp. 227-236). Larkspur, CA: Secret Garden.
29. Ogden, G. (1988). Women and ecstasy: How can therapists help? The Haworth Press.
30. Hillman, J. (1995). Pink madness or why Aphrodite drive men crazy with pornography? Spring. A Journal of Archetype and Culture, 57, 37-67.
31. Russell, D. (1993). What is pornography? Pornography as violence against women. Conclusion. In Against pornography. The evidence of harm (pp. 3-12, 113-40, 149-51). Berkeley, CA: Russell Publications.
32. McElroy, W. (1995). A critique of anti-pornographic feminism. Individualist feminist: A true defense of pornography. In A woman's right to pornography (pp. 91-117, 125-145). New York: St. Martin Press.
33. Stoltenberg, J. (1993). Pornography and freedom. In D. E. H. Russell (Ed.), Making violence sexy. Feminist views on pornography (pp. 65-77). New York: Teachers College Press.
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35. Moore, T. (1994). Pornography and relationship. In Soulmates. Honoring the mysteries of love and relationship (pp. 180-84). New York: HarperPerennial.
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40. Gilmore, L. (1998). The whore and the holy one. Contemporary sacred prostitution and transformative consciousness. Anthropology of Consciousness, 9(4), 1-14.
41. Fabian, C. (1997). The holy whore. A woman's gateway to power. In J. Nagle (Ed.), Whores and other feminists (pp. 44-54). New York: Routledge.
42. Fabian, C. (1999). Poems. In M. Burleigh (Ed.), Her Words : A poetry anthology about the Great Goddess. Berkeley: Shambhala.
43. Schulz, D. A. & Raphael, D. S. (1989). Christ and Tiresias: A wider focus on masturbation. In G. Feuerstein (Ed.), Enlightened sexuality. Essays on body-positive spirituality (pp. 215-241). Freedom, CA: The Crossing Press.
44. Klein, M. (1996). Masturbation. In Ask me anything. A sex therapist answers the most important questions for the '90s (pp. 115-126). Pacifica, CA: Pacifica Press.
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46. Dodson, B. (1996). Liberating masturbation. Masturbation as meditation. Making love alone. In Sex for one. The joy of selfloving (pp. 3-8, 119-125, 143-161). New York: Three Rivers Press.
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50. Hopcke, R. (1993). Homophobia and analytical psychology. In Same sex love and the path to wholeness (pp. 68-87). Boston: Shambhala..
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GUEST SPEAKERS

Susanne Mari Bersbach, DD, MDT, CMT. Susanne has been practicing multidimensional healing on the East and West coasts for 22 years. Her training and practice includes Multi-modal Psychotherapy, Tantra and Sexual Healing, Reichian/Orgonomic Bodywork, Shamanic Resourcing/Soul Work, Movement/Dance Therapy and Expressive Arts, Cognitive Restructuring, and M.A. Breath Therapy. Susanne's personal journey through life-threatening illnesses has shown her the power we all possess to heal in our own authentic way. Her work is heart centered with deep regard for the dignity of the whole person. She currently has a private practice and leads groups in Marin.

Cosi Fabian - mythologist, poet, and courtesan - embodies and expresses the archetypal "Sacred Prostitute". For twenty years, Cosi has immersed herself in the study of the myths and ethos of the ancient Goddess-worshipping cultures. Ten years ago, at the age of 42, her quest for integrity and meaning called her to the experiment of live as a Holy Whore in today's San Francisco. An entertaining Englishwoman, Cosi draws on pre-patriarchal religious history, contemporary psychology, and her own experience to re-choreograph the dance of women, men, sex, and spirit. She has appeared on network and international television and is a popular teacher and performer who has presented her work at Bay Area universities and in private classes. Her writing has appeared in *Whores and Other Feminists* and her poetry has been published by Shambhala.

Jeanne Loveless-Green is Conference and Services Manager at the *Association for Transpersonal Psychology (ATP)* and Editor of the *ATP Newsletter*. She holds a MA from the *Institute of Transpersonal Psychology*, and was co-facilitator of the Gay/Lesbian/Bisexual/Transgender Spirituality Forum during the first annual ATP CyberConference: "Cultivating Connections." She is currently pursuing her M.Div. and Ph.D., and ordination as a Unitarian/Universalist Minister at *PSR/Graduate Theological Union*, Berkeley. She and her partner Shannon reside in Berkeley.

Darci Meyers, is one of the founding visionaries of the *Child Sexual Abuse Strategic Action Project*, a non-profit organization that educates and empowers adult survivors to take action to end child sexual abuse. Currently completing her M.A. in *Integral Health Education* at CIIS, Darci's research inquiries into the bodily experience of women remembering previously forgotten incidents of childhood sexual abuse, as well as explores the role of spiritual awareness in the healing process. Darci is an ordained minister and Reiki Master since 1990 with a private practice in Oakland. She teaches all levels of Reiki training and works with individuals and groups on healing from trauma.

Marina Travieso Romero, holotherapist, is Co-Director of ESTEL, Center of Personal Growth and School of Human Sciences, Barcelona, Spain. Together with Ramon Vila Albareda, she is the co-creator of *Psicoholography R-M*, and of *Holistic Sexuality*, an integral approach to psychospiritual growth and healing that works experientially with the body, sexuality, and nature. Marina is co-author of the book, *Nacidos de la Tierra. Sexualidad, Origen del Ser Humano*, as well as of many articles and book chapters on

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transpersonal sexuality, psycho-spiritual development, and human integration. A teacher and trainer of holotherapists, she has been leading encounters in Holistic Sexuality and Transpersonal and Transcendent Sexuality since 1987.

Elizabeth Shaver, M.A. in Body-Oriented Psychology, MFCC Intern. Elizabeth is trained in *Holistic Sexuality*, a psychospiritual approach developed in Spain that works experientially with the body, sexuality, and nature. After completing a M.A. Thesis on women's sexual healing stories, she is now writing her Ph.D. dissertation on women's eroticism as a source of embodied empowerment. As a massage therapist and a psychotherapist in training, Elizabeth volunteered for *The Healing Center for Survivors of Political Torture*, and presently works with individuals and couples focusing on body issues, trauma, and sexuality. She also facilitates groups on *Embodied Sexuality*, using experiential exercises, ritual, and discussion to explore the relationship between sexuality, spirituality, gender, and diversity.

Stuart Sovatsky, Ph.D., a graduate in Religion from Princeton University and Psychology from CIIS, is a 24 year practitioner of Kundalini yoga and director of the Kundalini Clinic. He is the author of *Words from the Soul, Passions of Innocence*, chapters in *Living Yoga* and *Enlightened Sexuality*, and articles on existential psychotherapy, impermanence, and eros-as-mystery. A presenter at the World Congress of Sexology in India and the International Kundalini Research Network, Dr. Sovatsky is on the faculty at CIIS and JFK University. A therapist for 25 years, he is clinical director of two counseling centers.

Jenny Wade, Ph.D. in Human Development from the Fielding Institute, is Chair of the Ph.D. Program in Transpersonal Psychology at the Institute of Transpersonal Psychology, Palo Alto. She is the author of the book *Changes of Mind. A Holonomic Theory of the Evolution of Consciousness* (SUNY Press), as well as of several articles on human development, sexuality, and mysticism. Associate editor of the *Journal of Pre- and Perinatal Psychology*, Jenny has a background in marketing communications and management consulting.

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