

SPARK 176

(Matrix Code: **SPARK176.00** for StartOver.xyz game.)

DISTINCTION: If you use sexual energy in your defense strategy you don't get to be yourself.

NOTES: At least 25% of women and men in modern culture twist sexual energy into their psychological defense strategy. The problem with this is that it works. By radiating and exchanging sexual energy as part of your Box, you manipulate the people around you so effectively that they are not themselves. But when your Box is in charge, you are also not *your* self. Authentic relationship starts when you and the other person get to be yourselves. This won't happen with sexual energy manipulation going on. There are 3 degrees of sexual energy defense strategies: *Black Widow*, *White Widow*, and *Grey Widow*.

BLACK WIDOW – Being sexually abused as a child can range anywhere from your mother or a baby-sitter playing with your penis while changing your diaper, to your brother or an uncle sneaking into your bedroom at night and touching you or raping you. If you are sexually abused then this creates massive confusion in your Being about who you are, who to trust, who owns your body, how to make boundaries that work, what you can tell others or must keep secret under threat of great harm, and what experiences may feel good but also can hurt and are “bad.” By being sexually abused you were forced to engage sexual energy interactions at an inappropriate time in your development. As a result you direct your sexual energy talents to both protect yourself and also to obtain the most excruciating revenge possible. You incorporate sexually abusing others into your survival strategy, which means you live in your underworld. Black Widow women sometimes wear high black leather boots, skin tight black pants, low neck blouses, and erotic hairdos. When they strut down the street or move lithely through spaces most men have already lost their center and their balls. The Black Widow uses men like a tampon, tossing them bloody into the gutter after use. The Black Widow condition is unfortunately rather final. Black Widows do not come to personal development trainings because they believe that getting revenge is all that they have to live for.

WHITE WIDOW – As a little girl you found that if you sat in daddy's lap and squirmed around happily in certain ways... or, as a little boy you found that if you nuzzled your mom's body, played with her hair, and flirted with her... you were safe and easily got almost whatever you wanted. The sexual energy exchange was key to your success and it became an unconscious tool woven into your survival strategy. Now you flirt without thinking it is flirting. By exchanging subtle sexual substances with others your life seems easeful and fun, although the partners you attract also probably flirt unconsciously and this could eventually bring your own flirting to your attention. Your habitual sexual energy enmeshment with others is difficult to change because it first must be made conscious. The only real way to make it conscious is by utterly stopping it. To succeed in stopping requires being in a transformational healing environment held with enough safety and clarity to navigate you through a year or more of liquid states not knowing who you are or how to relate with other people. That adulthood initiatory work is worth it (my opinion) because through your efforts you learn to engage in authentic relationships from Being to Being, and you will learn

to use your sexual energy talents consciously. White Widows come to personal development trainings in order to shift to authentic adulthood.

GREY WIDOW – Because there was unconscious sexual energy around you as a child you incorporate it into your survival strategy to a high degree but you do not dedicate your life to revenge. You do not hate the opposite sex. People spot you a mile away as sexually attractive. They want to use you in advertising films, or to make photos of you to look at later for masturbating. People may not be able to resist looking at you. Strangers may compliment your eyes, your smile, or your laughter as a way to get your attention, because even if you just glance at them it is almost enough to cause an orgasm. You may be using sex and flirtation as a way to keep your job, to keep your partner around, and to transform possible aggressors by insinuating “if you are nice to me you might get sex from me.” It works so well that sexual energy becomes a predominant characteristic of your life. You may find yourself working in some part of the entertainment or fashion industry where sexual energy is the “coin of the realm” even if your Being might have other interests. The Grey Widow is more human than a Black Widow, but can eat White Widows for breakfast. A Grey Widow who longs for authentic life may attend personal development trainings, but they would need either a lot of courage or a lot of despair, because learning to live without the defense strategy feels like a huge sacrifice.

EXPERIMENTS:

SPARK176.01 Subtle sexual energy exchange is neither bad nor wrong, but it does have consequences. Avoiding the consequences begins with awareness. This experiment helps you become aware of how and why you are using sexual energy.

Bring a few friends together for an evening. This could also be your Possibility Team. Have tissues available. Read over the SPARK notes above, then take sharing from each person one after the other in the circle. The point is to bring awareness to a theme that has for the most part been taboo in modern culture. This sharing circle may use up your whole evening together. This is fine.

If you still have time or want to continue at a second meeting, read the following: *Sexual energy emanates from the second chakra. But if you incorporate sexual energy exchange into your survival strategy it saturates your musculature, your movements, your voice intonations, where and how you place your attention, how you sit, etc. It saturates your whole life, but it originates from your second chakra.*

Then change your seating around to establish a place at the front of the room that you call the stage. Have two people go on stage. One person is the Role Player, the other is the Client. Ask the Client to use their sexual energy defense strategy during an interaction with the Role Player, for example, in line at the Post Office. After everyone can see the sexual energy exchanging, ask the Client to turn off their second chakra emanations and then continue in the same role play, being safe because they have their center, grounding cord, bubble, sword of clarity, etc. Let the audience give feedback about to what degree the Client’s second chakra is off. Take the time you need. Then ask for two more on stage.