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# The missing understandings of the traditions of sacred sex

topic posted Tue, June 9, 2009 - 2:56 AM by [Henrik](#)[Share / Save](#)

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Dear everybody

I would like to present the idea or intuitive understanding that sexuality has a specific purpose in the current phase of human evolution. But to know or understand what I am talking about, one has to know or understand a huge subject that is not yet understood or even known by many - and that is: Soul Fragmentation.

I think the easiest way to explain this is to quote my own text "The Transformation - about mankind's situation and possibilities" from my website <http://Transformation.SE> :

" Denial and Fragmentation

When a person or a soul does or experiences something traumatic, shocking or overwhelming, the consciousness or the soul fragments.

In my terminology something traumatic is per definition something you cannot accept, contain or understand, and therefore you push it away or you block it or you try to escape from it. You judge and deny it. In reality what happens is that you push the part of your consciousness and soul, which is having the unpleasant, unacceptable or painful experience, out of your consciousness and maybe completely out of your soul, so that you loose part of your soul-essence. Shamans, healers, clairvoyants, and the like in many different cultures around the planet have probably for thousands of years worked with solving all sorts of problems, including illnesses, by more or less directly and consciously trying to help people bringing back lost or stolen soul fragments to the rightful owner and release the denied pain and remove the mental blockages, that is the unconscious judgemental and locking misunderstandings, in our aura and chakras that hinder us from receiving love, life force, and understandings of ourselves and life directly from the divine.

The most revolutionary about the roughly last 20-25 years of realizations, experiences, and discoveries about denial and fragmentation is the discovery that the lost soul fragments that have been pushed totally out of the soul, can incarnate in independent human bodies, if the fragments are big enough. In that way a soul can fragment into many pieces over time, and many of the fragments of a soul may be incarnated at the same time. People who are related to

each other are often fragments of a few souls. The different generations of a family are therefore often fragments of the same few souls. A specific fragment can, of course, incarnate again and again, until the fragment itself fragments further, and the individual fragments become too small and weak to be able to incarnate in a human body.

Fragments who are just big enough to be able to incarnate, incarnate for instance as poor and suppressed people in the 3rd world.

In that way denial and fragmentation is the cause of all suffering, misery, suppression, and overpopulation on Earth.

All conflicts and oppositions between people are the result of denial and fragmentation – and therefore a result of unconscious misunderstandings – judgemental and locking misunderstandings.

It is also denial and fragmentation that makes it difficult to remember all our past lives/incarnations.

Denial and fragmentation is also the deeper reason why some people feel that something is missing or lacking in their lives. That is the feeling of being fragmented.

Many people probably feel that they are dependent on things or other people, for instance technology, and therefore engineers and technicians, or medical science and doctors or money, and therefore employers or costumers or breadwinners or others. This dependency is also a result of denial and fragmentation.

Ageing itself and all illness and death are symptoms of denial and fragmentation. I feel that the existence of ageing, illnesses, pain, death, and reincarnation more than anything else is trying to tell us that we have denial and are fragmented. Even the people who seem most happy here on Earth age and die. This simply cannot be the intention. If it was the intention that we should die and reincarnate eternally, then of course we would be able to remember all our past incarnations. So if we were not fragmented, then the cause of the existence of ageing, illnesses, pain, death, and reincarnation would have been something less shocking and overwhelming than soul fragmentation, but then we would have discovered it, understood it, and solved it many thousands of years ago.

Finally it can be added that the existence of reincarnation actually is scientifically proved by the recently deceased professor Ian Stevenson. You can find him on the Internet. He has collected information on more than 3000 people who can remember past lives. From that material he has selected 255 small children, who began speaking about their past incarnation as soon as they learned to speak. He investigated them closely and published the results in a scientific thesis. In all these cases it was proved that the person the child was talking about has existed, and the child knew things about the deceased that it could not have known in another way. "

So, what I am trying to say is that sexuality is a means to accelerate and expand the body, the emotions and the consciousness, until the physical body transforms into light and in that way is able to merge with other fragments of your soul. In that way sex becomes a kind of emotional and bodily release process. But it is essential what is your intention and whether you have acceptance for the process of total transformation that our sexuality will try to take us through if we let it unfold.

The problem with all the spiritual and sacred sexuality traditions is, that they didn't know or didn't want to realize that our souls are fragmented, and that we have to merge with all the other fragments of our soul, to survive and achieve eternal life instead of eternal pain. If any of those traditions had had the courage to confront our fragmentation, then ageing etc. etc. would not exist on this planet now.

I encourage everybody to read more on my website <http://Transformation.SE> where you can also find a short text called "Both men and women can experience 2 fundamentally different types of orgasm" about how sexuality and spiritual transformation are connected.

If you are shocked by the things I am saying, that's OK! That is part of the process we have to

go through, to be able to transform and survive our fragmentation.  
But any comments are of course welcome.

Love,  
Henrik Rosenø

posted by:



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## Re: The missing understandings of the traditions of sacred sex

Tue, June 9, 2009 - 8:15 AM

Sorry, Henrik. Not shocked. Just bored.

You've made some broad assumptions and claims without any evidence to support them.

YOU may want to "accelerate and expand the body" (a meaningless expression through lack of definition), but by my definition I have no desire to do so. My body is fast enough and large enough already, thank you! Nor do I want to have my body transform into light. I'm perfectly happy with living in the physical world. It's a wonderful place! And frankly, sex is difficult when your body is accelerating and is only light.

Oh, and even though I happen to firmly believe in reincarnation, Ian Stevenson's work is still considered to be anecdotal and not scientifically proven as you falsely claim.

Look Henrik. If you believe all of this stuff, fine. More power to ya! If it works for you that's great. But although there may be missing understandings in sacred sex traditions, they aren't necessarily your understandings. You've failed to understand that generalizing from the specific--assuming that what works for you will work for everyone--is not only false logic, it's both insulting to those who disagree ("You poor people just don't understand") and vastly egotistical ("On the other hand, Henrik knows better than thousands of other sacred sex practitioners").

Finally, let's be honest. Your entire post was really just a shabby attempt to drive

people to your website.

Good luck on your path, Henrick. Enjoy being light and accelerating. I hope you get some good software that will help you defragment your soul.

**join to post**



Henrik

## Re: The missing understandings of the traditions of sacred sex

Wed, June 10, 2009 - 3:46 AM

Dear Shambhalanth/Shambhalanath

As to "accelerating and expanding", let me try to express it more accurately:

When we allow our physical body and emotional body to express and release, for instance, but not only, through sacred sex, then we allow the physical and the emotional body to accelerate there vibrational frequency, which then expands our consciousness - we become wiser and get a broader perspective.

But you seem to ignore what for me is the essential message of my post: It is not the intention of our creator(s) that there shall exist ageing, illnesses, pain, death, and reincarnation, and we cannot just continue to die and reincarnate eternally.

I can see that you are a member of a number of tantric groups, and there is a woman who says that you are "an expert on sex magick!", so I guess that, like myself, you have experienced full-body orgasms without ejaculation, where the body shakes by itself. In this situation the body and the emotions take over the control. (I call it ignition.) This is true sacred sex.

So let me reword my message: If you let your body, emotions, and sexuality unfold like that, then the end result will be a total transformation, and you will have created a new world, where ageing etc. does not exist anymore. And if you think this reminds you of the Bible, then yes, the Bible also speaks about this new world, for instance in The Revelation to John chap. 21,v.1-7.

But all this implies of course that we are ready to release all our judgemental and locking misunderstandings - we might also call it the rigidity of the intellect.

About reincarnation and Ian Stevenson:

According to my information he was a professor of psychiatry at the University of Virginia, and 255 of the cases he investigated was published as a scientific thesis. I would be somewhat surprised if an American university accepts anecdotes as a scientific thesis...

Beside that, Trutz Hardo, Germany regression therapist, says the following in this article: [www.esolibris.com/articles/...venson.php](http://www.esolibris.com/articles/...venson.php)

" In 1958 the American Association of Parapsychology organised a competition. The first prize was to be given to the person who could deliver the best scientific report about 'proof of survival of the personality after physical death'. The doctor and psychiatrist Ian Stevenson took part in this competition and won it with his report on: 'Proof of life after death through claims made by those who remember previous incarnations'. "

But if you are trying to say, that when it comes to spiritual questions such as if we

reincarnate and why, then 'scientific evidence' for this and that is not the most important or interesting thing. What really matters is what we feel, experience, discover, desire, and so on. On that I agree. Personally I have regained fragments of memories from several past lives so I don't need science to tell me that we reincarnate.

And NO - I am NOT being egotistical! On the contrary. I am communicating and working with the largest - all-embracing - perspective of the situation and possibilities of mankind.

And by the way: My website is 100% nonprofit, so there are no shabby intentions on my side.

Love,  
Henrik Rosenø

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### **Re: The missing understandings of the traditions of sacred sex**

Wed, June 10, 2009 - 11:11 PM

I'm sorry, but changing the words "accelerating and expanding," which in context you didn't define, for two other words, "express and release" which you also don't define, does not make your ideas more clear or more accurate. Say what you mean and define your use of terms

Your previous post came across with the essential message that the soul is fractured and you knew how to fix it so people should read your website to find out.

You say it is not the "intention of our creator(s)" for us to experience aging, illness, etc. I'm sorry, but anybody who claims to know the "intention" of our creator(s) is exhibiting hubris.

Concerning proof of reincarnation--Stevenson proved that people had the EXPERIENCE of reincarnation, not that the reincarnation actually existed. Similarly, every night many people dream--have the experience--that they are flying. Having the experience mentally does not make it a factual reality. I have no doubt that you have had experiences of past lives and acquired information as a result, information that can be very beneficial on any of a variety of levels. That does not make reincarnation scientific fact.

In your case--and in my case, by the way--the belief in reincarnation is a belief, not a scientific fact. Beliefs exist without facts to support them.

Respectfully, you might look at your own concepts. The hubris over claiming to know the intentions of the creator(s) combined with trying to get people to see your site so you can correct them, no matter how much you deny it, is a sign of egotism. You may not think you're being egotistical, but that's not what your posts indicate.

[join to post](#)



Henrik

1

## Re: The missing understandings of the traditions of sacred sex

Fri, June 12, 2009 - 11:38 AM

Dear Shambhalanth/Shambhalanath

I have tried to describe emotional release in the chapter "Emotional Release in Theory and Practice" in my text "The Transformation" on my website [transformation.se/](http://transformation.se/) and it is also treated in some of the sources mentioned in my "List of literature", but you might also know something about it through the term catharsis from some psychotherapeutic theories and methods.

As regards the intentions of our creator(s), I will start by quoting the first chapter of my text "The Transformation":

" This text expresses my understanding of life and death etc., from my experience and intuition. Every serious process of realization and release will sooner or later lead to your own personal inner contact with God (in one form or the other). You might also put it in this way: This text is a supplement, a support, and an invitation to your own personal communication with the divine. Father-God and Mother-God wish to communicate directly with anyone who wishes to communicate with them. "

I feel quite strongly that it can not possibly be the intention of Mother-Father-God that there shall exist ageing, illnesses etc., and I feel that the growing strength of this feeling is the result of a growing ability to listen to them and let them move me and trigger me.

I can hear (and feel) that you are a very mental or intellectual person. But to understand something, it is not enough to have intellectual logical understanding, it is necessary to be able to feel what is right (for you). And that changes over time with your personal and spiritual evolution.

So as regards reincarnation: I KNOW that my memories of past lives are memories of past lives, "simply" because I can FEEL that that is what it must be. But I put "simply" in quotation marks because we have an enormous amount of (unconscious) judgemental and locking misunderstandings that 'colour' - distort - our perception so that we can not feel what we REALLY feel, and it is a long process to realize and release all the judgemental and locking misunderstandings, because we need alot of experiences to trigger us to release them.

Maybe the best way to try to explain this is by quoting a draft writing by the man who has been my biggest inspiration in my personal and spiritual evolution - Torben Staal:

From "A living view of life":

" Life is a feeling experience. Life is movement and consists of life dynamics. A life dynamic has two sides, a yin side and a yang side. You breathe in and you breathe out. Together these two actions form a cycle, a life dynamic.

The basic cycle goes like this: You experience, and you think about your experience. The part of experience you can't accept, you push away. To push away is to disconnect from the experience and from a distance you begin to think about your experience.

The key to solve this problem is to become able to distinguish between how the experience feels and what you think about the experience.

We have a habit of mentalizing our experience. Mentalizing our feelings, is to say that we think our feelings instead of feeling our feelings. When we think our feelings we delude ourselves into believing that we actually deal with our true feelings. "

Love,  
Henrik Rosenø

**join to post**



### **Re: The missing understandings of the traditions of sacred sex**

Fri, June 19, 2009 - 4:44 PM

"I have tried," "my text," "my website," "I will start by quoting the first chapter of my text..." "I feel quite strongly that it cannot possibly be..." I can hear (and feel)..." "I KNOW that my memories of past lives are memories of past lives. 'simply' because I can FEEL that is what it must be."

For someone who claimed not to be egotistical, that's an awful lot of "I" words and basing everything on your experience while not acknowledging that others might feel something differently.

I do agree with your quote from Staal: "We have a habit of mentalizing our experience. Mentalizing our feelings, is to say that we think our feelings instead of feeling our feelings. When we think our feelings we delude ourselves into believing that we actually deal with our true feelings."

I would hope that you would see that his words not only apply to everyone, but they also apply to you. You wrote that reincarnation is true because you can "FEEL that is what must be." Staal writes that "When we think our feelings we delude ourselves into believing that we actually deal with our true feelings." I wish you could see how you are deluding yourself.

No, I'm not saying you're wrong. I don't know you, nor do I claim to. So I will say that you are 100% correct FOR YOU. However, I am saying that you are generalizing the specific. You are saying that what is right for you must be right for everyone else. Respectfully, this is simply not true. What you're saying may be correct for some, but it will be completely untrue for others.

So who is right in this? Everyone. You're right for you. I'm right for me. He's right for him and she's right for her. The mistake is in assuming that is right for you is right for all. I'd be mistaken, too, if I assumed that what's right for me is right for everyone.

I congratulate you on your search for truth. I honor and respect those who seek truth and spirituality. I worry about those who claim to have found what works for everyone. Sooner or later, they don't try to convince people with words, they switch to swords, guns, and bombs. Bin Laden is sure he had the only truth. Bush was sure he had the only truth.

Do you really want to be linked with either of them?

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**Re: The missing understandings of the traditions of sacred sex** Sat, June 20, 2009 - 6:30 AM

Dear Shambhalanth/Shambhalanath

Can you see or feel that you are defending a right to age and die? If that is what you want, then I will not try to force you to choose anything else. I am only here to offer a different way for those who are tired of death and reincarnation, like myself. But if you think you are being spiritual or seeking truth while (consciously or unconsciously) 'hanging on to' ageing and death, then YOU are the deluded...

Love,  
Henrik Rosenø

[join to post](#)



**Re: The missing understandings of the traditions of sacred sex** Sat, June 20, 2009 - 8:51 AM

No, Henrik, I'm not "defending a right to age and die," although unlike you, if that's what people want, I wouldn't deny them that right.

What I'm saying is that you have not proved your claim, that you are coming from your own ego, and that you don't even understand the false logic of your claims.

You may be right! Far be it from me to deny it. But the homeless guy pushing a cart down Hollywood Blvd. wearing a tin-foil hat claiming that the Martians are trying to take over his mind may be right, too. Most of us feel pity or laugh at that guy on Hollywood not just because he looks funny, but because he believes something without any proof. While you don't look funny, you've provided not one whit of proof except that you "feel" this way, a statement that a person you quote would call "deluded."

So you provide no proof and a person you admire calls you deluded, but you crosspost to several tribes, spreading your egotism with all of your "I feels."

You started out claiming to post about "the missing understanding of the traditions of sacred sex," when all you were really doing was trying to drive people to your website. Now, because I've stood up to your lack of logic you've mutated this to a focus on aging and dying.

I repeat, you may be right. Now, get rid of the egotism and the lack of



logic and show why anyone else should believe it. If it works for you, that's great...for you. That doesn't mean your feelings match those of anyone else.

**join to post**



**Re: The missing understandings of the traditions of sacred sex** Sat, June 20, 2009 - 3:32 PM

Dear Shambhalanth/Shambhalanath

Your "logic" (or lack of logic...) is 'driving in a circle' by now, so I doubt there is much point in continuing this talk at cross purposes much longer.

If you had had any desire for personal or spiritual evolution, then you would have discovered from my first post, that the question of ageing and death is at the center of what I am talking about here, and not something that I am suddenly drawing in.

You talk alot about proving things... so please tell me what other tribes I have crossposted to...? Because I can't find such crossposts...! They don't show up when I configure a module of 'My Recent Activity' here on Tribe.net. And needless to say they do not pop up from my memory either... So someone else must be claiming to be me... Very interesting indeed...!

I don't see it as my job to prove anything. I see it as my job, among other things, to communicate what I have discovered or concluded from my experiences, and what you do with it is entirely for you to decide.

Love,  
Henrik Rosenø

**join to post**

This is the maximum depth. Additional responses will not be threaded.



**Re: The missing understandings of the traditions of sacred sex** Sun, June 21, 2009 - 12:34 AM

You crossposted to several other tribes telling them to see your post here.

The only lack of logic has been your inability to understand your problem of moving from the specific to the general without and evidence to support such a move.

It is unfortunate for your posts that I have already gone through enough personal and spiritual evolution to see through your egotism and logical errors. It is fortunate for me that I continue to spiritually

and personally evolve. It is my hope that others will look at your posts and even go to your website, see through your dogmatism and egotism and take from it any value they find. It is also my hope that one day, on your path of spiritual and personal evolution, you see through and get past your "my way or the highway" egotism.

If I were to come to a Tribe and start posting that Henrik is an idiot, I'm sure you'd object. I would hope that others would object, too, and demand proof of my contention. (And by the way, I don't think you're an Idiot.)

By the same token, though, you've made a claim here, but you refuse to defend your claim other than saying that you "feel" it must be so. Do you really think that if someone posted that Henrik was an idiot and was challenged to prove it, simply saying that they feel it must be so and therefore it is so would be valid? I don't think so.

But at least you seem to be mellowing in your post and no longer demanding that your personal revelation is "the missing understanding" of sacred sexuality. Now you merely say that this is what you've discovered and level it to others to determine what they feel about it for themselves. That's reasonable. That's logical. That's fair.

If you had simply put out that attitude at the beginning instead of your egotism and lack of logic, there would have been nothing for me to respond to. Imagine that!

**join to post**



Henrik

**Re: The missing understandings of the traditions of sacred sex** Sun, June 21, 2009 - 4:38 AM

Dear Shambhalanth/Shambhalanath

1

You repeat: "You crossposted to several other tribes telling them to see your post here."

I know that I have NOT crossposted to any other tribes, so I am still looking forward to see your proof here...!

I have posted a short post on this tribe, with the title "The higher purpose of Sacred Sex in our time", telling people to go to this topic, because having actually only 47 characters of title to present my topic is VERY little. If I could choose a title that I find adequate and suitable, then it would probably be:

"The higher purpose of Sacred Sex in our time - about the missing understandings of the traditions of sacred sex"

But that is 111 characters...

If the moderator of the tribe can configure the title-length, then I would be the first to approve of much longer titles!

I have considered drawing the attention of members of related tribes

to my post, and if one does so, then maybe it would be appropriate to start or end the title with the word 'crosspost'. (Since English is not my mother tongue, this word is new to me.)

But I still can't see how it can be egotistical to say that we are not meant to age and die (and reincarnate)...? On the contrary, it should be a great relief for everybody, that we can finally let go of ageing and death and transform and achieve the eternal life that is the promise of several of the world religions. But of course it is also a huge task and responsibility to begin to discover and release all the judgemental and locking misunderstandings that have created death and reincarnation again and again and again... It's much "easier" to reject everything and just let death (and eternal pain...) take over. But if it feels right for you to just continue to age and so on, then do that. I am only here to give my message to those who are NOT contented or satisfied with continuing ageing, death and reincarnation.

Love,  
Henrik Rosenø

[join to post](#)



Jack

### **Re: The missing understandings of the traditions of sacred sex** Sat, July 4, 2009 - 6:13 AM

Truth is it's still assumptions based on faith. All inferences on post death are assumptions and can always be challenged.

But. In my frame of personal history, I have been a witness of heavenly interventions. So named because I named them. So interpreting what happened as heavenly interventions I concluded for my personal mythology that it was not indeed Martian intervention and I could safely remove my foil hat.

I have also concluded that heavenly interventions could very well be the work of heavenly foci.

Now. All interventions in my experience have been in the form of real force. Unmistakable guidance toward a work I did not expect that I would be able to accomplish. That is the work of healing women shattered by sexual violence. You seem to be correct. The soul does seem to 'shatter', often after a terrible violence. The wonder is that something special can occur to reverse this pain. People can trust , love, and resume. I feel good about it.

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