

Roberta Rio

Francesco Alessandrini



The Path of the Body

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Voyage in Destiny
Part 12

**The Path
of the Body**

Text by Roberta Rio and Francesco Alessandrini
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*"Sex, instrument and
modality of Matter,
can open
our perception to that
which surpasses it"*

Significance

Sex: we are not the first and we will certainly not be the last to dedicate ourselves to this topic.

A sign perhaps of the great interest that the sexual experience provokes in human beings.

It is among the most significant and at the same time most taboo subjects debated in our society.

Oscillating between two extremes – one does or does not talk about sex – we stumble around in that darkness generated by the absence of consciousness: some searching for answers, and others perhaps just for physical satisfaction.

Does sex exclude love? Or does one complement the other?

To extricate ourselves from misunderstandings and subjective interpretations we will start from a neutral position, that is the etymology – the origin of words.

Ancient peoples believed that words were endowed with an energy that could create reality, in other words, once the words were pronounced – occasionally also written – they were able to activate a mechanism of manifestation in the reality of the essence of the word itself. Therefore knowing the original significance of the words allows us to consciously choose the energy that we wish to recall with the objective of introducing it to the process of creation of our reality. Seen in this light you will understand that etymology is much more than just a study area for scholars; it is a "path of responsibility" for all those who are aware that we are co-creators of the reality in which

we live.

Let us now define "love" and "sex" etymologically. To do this we need first to go back to the Latin word "amore" for love. We can break it down in this way: "a-mors". In Latin *Mors, mortis* means "death" while the initial "a" has a privative value. Thus the word "amore" means "without death".

In other words with love we can overcome death; that of our mortal bodies and the experience of a purely physical life. With love we enter into Union, or rather a dynamic which allows us to forget our sense of separation and death, real or imminent, which characterises our earthly experience.

In love we feel united at all levels – body, mind and soul – with another human being and so automatically with the Whole.

You will immediately notice that there is a discrepancy between this definition and that which we normally intend with "love".

Sometimes we confuse "love" with "need": I love you because I need you, because you satisfy my expectations, because I define myself through you, because if you are there I don't feel alone.

Love, on the other hand, is a synonym of Union and because of this we write it with a capital L, and the same with Union, to remind you that such an experience is of fundamental importance for the evolutionary process of human beings.

But there are more surprises to come.

Let us analyse the second term in question.

Great importance is given to sex and, within certain limits, this is certainly correct because sex is:

1. the instrument of procreation. Without it life on Earth would not be possible.
2. the most powerful energetic instrument with which human beings are endowed.
3. the instrument of maximum physical pleasure. No other

kind of satisfaction equals it in intensity. It is so deeply rooted in our bodies that whoever tries to negate it, is immediately disowned by his subconscious, generating dissatisfaction, and sometimes uncontrollable impulses if not actual forms of madness. Abstinence from sex is, in fact, not human.

4. the instrument which, more than any other, allows us to appreciate being, temporarily, in a physical body.

From these definitions we understand that sex is an extremely powerful instrument of duality, serving the continuation the species and capable of allowing us to appreciate our temporary being in a physical body.

However, it is only an instrument, and like all instruments, it can be used well or badly or it can simply be used because nature has foreseen it.

All the same there is a fifth variation:

***if used correctly, sex is the instrument of Matter
that leads to Union, not only with the body of the
partner, but also with his/her soul.
Therefore, it can put us into a close relationship
with another human being, helping us to
overcome the sense of solitude and separation
which we think we are in.***

It is surprising to note that etymologically the word "sex" returns to this last meaning¹.

¹ This etymological proposal was published for the first time in "Sesso Sacro. La Via del Corpo", Rome 2015 [8] and in "Sakraler Sex. Der Weg des Körpers", Nordhausen 2016 [9].

The word "sex" derives from the Latin "sexus", a noun composed of the root *sex* and the suffix *us*.

In this case the root is already a complete word with a numerical significance: in Latin *sex* means *six*.

In antiquity, as you know, numbers were attributed with a significance which went far beyond their mere numerical value. Therefore, if the origin of the word *sex* is the cardinal number six, that means that regarding the common use of the word, we are neglecting elements that constitute the essence of the word itself.

How are *sex* and the number six connected?

Six is the result of the multiplication of 3 and 2. In other words six represents the union of two triads.

In a sexual act the two triads which unite to generate the six are the three "bodies" of the human being: the physical-energetic body, the emotional-mental body and the soul.

Having Sex (note the capital letter) according to the original significance means uniting two triads, in other words, thanks to the sexual act, two people unite in their entirety: "soul-mind-body"

In this sense Sex becomes synonymous with Love and, in more detail, with the Love/Union of two human beings.

The etymological definition takes us back to a far superior significance of the words than that which we normally attribute to them, reducing the experience to a mere physical/corporeal act, to the exclusion of both the emotional and the soul dimensions.

In this book we will use the word "sex" (not capitalised) in its ordinary contemporary sense and not in its original sense, this being the term that has been utilized for too long as a synonym for an exclusively corporeal sexual act.

So sex – in the current meaning – is Love?

No, sex is not exactly Love but it is an instrument that can nurture it.

It is an instrument that can lead to Union: like a kind of heat that makes ice melt into water which then mixes with that which is close to it.

So having sex one can enter the dynamic of Love?

Certainly.

Actually, the interesting aspect of the dynamic of Love, in other words Union, is that the body is one of the paths through which we can achieve an experience which transcends the physical and the other mortal bodies of the human being.

It is precisely through the body that we contact our soul and can then unite with the soul of the other person.

What generally happens, however, is that we remain imprisoned in the body or mind, or we stop at an experience, which exhausts itself at a solely physical level or at the level of the mortal bodies.

We wish to accompany you "beyond" – if you like – along a route that we have called the *Path of the Body*.

This step – the going beyond - does not negate the body or mean abstention from a sex life, quite the contrary: only by living fully in the body can we sense what there is beyond it and so access Union.

It is for the reasons just described that in this book the body is at the centre of the treatise.

But our objective is not the body!

We will give you a lot of information about its function before and during a sexual act: information about the kinds of attraction, the best positions from the energetic point of view,

and the thoughts that motivate us towards a sexual relationship. Remember, though, that our objective is the "beyond" or better still, it is to show you which path you can take to arrive, through the body, at a Love-Union experience which involves our entirety – our soul, mind and body together.