

***ENERGY:
Understanding Enlightenment, Orgasm, and the Rainbow
Body***

Prologue

San Francisco, summer 1975.

To take a month-long retreat across the San Francisco Bay at the Nyingma Institute, over in Berkeley, a Tibetan Buddhist center founded by Thartang Tulku, Rinpoche, I would have to give up my job at a porn movie theater in the famous North Beach section of San Francisco. Working the 6 PM-2 AM shift selling tickets and running the projector was my financial security blanket paying my bills while I was establishing a massage and bodywork practice around the San Francisco Bay Area. The North Beach theater was not in a seedy, sullied part of San Francisco. While topless establishments and porn theaters were frequent, this tourist-attraction area, from my theater location, was two blocks from the incredible variety of Chinese cuisine of Chinatown, one block from the Off Broadway Theater playing legit plays, one block from a Tibetan store selling Tibetan clothing and artifacts, and one block from the famous Lawrence Ferlinghetti City Lights Bookstore, sort of considered the heartbeat of the remaining 50s Beat Generation culture—gradually morphing into the hippie culture, generally less intellectually focused than the artistic and literary Beats of the 50s and early 60s. Selling tickets at a North Beach porn theater was a cushy, no-take-home-worries livelihood with low income, but sufficient for my lifestyle, covering the financial bases. But ...

Very few words that Thartang Tulku spoke in the programs I had attended in the previous year, did I understand, but I felt deeply I wanted to chant and meditate with him. Generally,

spiritual paths have either more of an Energy emphasis or more of a Consciousness/Wisdom emphasis, the latter being the case for most religions, most metaphysical philosophies, and much of New Age thinking. Since shamans are usually called on their community to be healers, healing takes more than wise words. It takes energy. In contrast, Tibetan Buddhist lamas are usually conceptual teachers about compassion, equanimity, and embracing our emotions (at least in the Tibetan lineages). Fortunately for me Thartang Tulku, at least in his teachings to newer students, emphasized somatic and energy practices. And I wanted more!!! Spending a whole month in the same meditation hall with Thartang Tulku appeared like an extraordinary opportunity for this seeker. So I decided to take a leap into uncertainty, both financial and spiritual, and left my North Beach security blanket.

We spent the month immersing ourselves in deep breathing meditations, chanting, a Tibetan yogic-like system with a combination of self-massage and stretching actions, very conscious walking meditations, and many other awareness exercises. Often stretching my envelope, their cumulative effect over the month was intense, reaching toward profundity. And of course, the Buddhist philosophy teachings gave context to our experiential focus.

A few days after the month-long retreat completed, I headed south to Tucson to teach an erotic massage course to the Tucson Sexuality Forum, a group of mental health professionals; gay, lesbian, bi, transgender, and folks of any other "classification"; and anyone seeking inner growth. I was in a deep energetic space apparently because many participants were having catalytic experiences with the massage techniques—and I was just teaching what I usually taught—with some spontaneous, intuitive variations that just came out of nowhere. Feeling everything was just normal within me, I did not anticipate the dream I was to have the night after the final session.

An atomic bomb exploded in the distance, but the path of its impact was headed my way. The impact would be big. VERY BIG!

In the retreat the Tibetan lama often spoke of embracing your experience. Feel it—the vibrational sensation of the moment. The “feeling tones” he would say. Do not label it. Do not analyze it. Do not avoid it. He would say this is an excellent time to focus your awareness inside where you're feeling the intense sensations. And to meditate. ... Well, I was in the middle of an intense dream and had no experience trying to meditate within the dream state. All I seemed to be able to do was to remind myself in a very concentrated directive to embrace the intense impact of the energy from the explosion coming my way. At that point I must've gone very deeply within because I have no recall of any impact from the atomic blast.

I did, however, wake up the next morning alive. As the day progressed, however, I was feeling a strong buildup of energetic intensity. By the early afternoon I was feeling I was going beyond an intensity I could handle in my daily living. My host was off at work, so I slowly left the bedroom to amble to where the phone was available on a little table in the living room. I sat there for a while pondering if I could handle this unique energy storm building within me. I had never experienced anything like this, even in the hippie psychedelic days. More and more a reality was looming that my only option was to call a hospital and to tell them I could not take care of myself anymore. At some point I decided to call. At that moment—that moment of surrendering, psychologically embracing a strong fear of being dependent on others or whatever I was avoiding—the intensity began to dissipate. I sat there and went into a meditative focus. By later in the afternoon and the next day, I was feeling pretty much my usual self.

Fifty years later, now looking at the atomic experience through a different lens—with a methodology referred to as pendulum dowsing, whereby I perceive interdimensionally for a clearer understanding of what is happening at a more intrinsic vibrational level—I no longer interpret this atomic blast as an emotional processing, though a lot of emotions were processed during the retreat and the Tucson course. The incredible intensity of the energy in the meditations and exercises from the Tibetan

tradition as well as the energetic experiencing of what happens in deep orgasm were the energetic catalyst within me to a whole bewildering process of stretching my envelope to the point of where I would have to develop very quickly a far greater capacity to handle more energetic intensity within me. My energetic envelope had to explode, in a sense, in order to construct a sturdier envelope to handle more energetic intensity.

I had split my atom, purely an energy experience, not an emotional experience, releasing a torrent of intensity, and was able to develop my capacity to handle far greater energy flows within me. Now I could go spiritually and energetically way beyond where I had gone before. And the expansion was a first-time, turning point that has not stopped half a century later and now includes my Rainbow Body—enabling me to receive Pure Energy continuously and instantaneously constantly.