



Sexuality & Heart Connection / Rigidity - Core Issue 5

Core Issue:

Can I trust and love you with all of me? Can I love and be loved without performing for it? Can I give my heart and my sexuality at the same time? (Right to desire)

In Neo-Reichian Theory -> Developmental Stage:

From 3 –6 years

Likely Activation:

In any situation where I am attracted to a person.

Emotional Need:

To be loved for one's whole being, without having to perform or to change or to hide aspects of oneself. To love and be loved wholeheartedly and appropriately. Freedom to choose whom to love. To feel seen and welcomed and respected as a sexual human being.

If early experiences of this core issue are "good enough":

Will develop ability to allow both the heart and the genitals to feel and to choose, and to respect one's own erotic choices as well as those of others. Ability to accept human limitations and imperfection; a loving aliveness and the ability to be passionate.

If early experiences of this core issue are not good enough, the deep emotion repressed in bodymind:

Love and joy.

Defensive Responses:

Romanticising, seducing, perfectionism; keeping sexual love and the heart's love in separate compartments; searching/waiting for the perfect partner; exaggerating doing and outside, whilst feeling little on the inside; hiding the pain of a broken heart from others and from oneself.

Breathing pattern of rigid body pattern:

Breathing into upper or lower half of the body – not into both at the same time.

Tensions in body:

All along the extensor muscles, especially the long muscles of the back. Tension in the throat, the diaphragm and the waist; tension between upper and lower body.

Skills & Strengths:

Ability not to be satisfied with less than all; searching for/demanding true love.

Needs to learn:

How to honour the less dramatic but truer inner reality of feelings of love and pain; to accept human love and human limitations; to give up the search for the blue flower of the romantics (the perfect and unobtainable object); to let the parent go and the partner come in.

How to get yourself out of rigid trap:

Stop looking for perfection (and dreaming of mummy or daddy!).

Stop trying to win love.

Feel the pain of the heartbreak experienced.

Allow yourself to be human, and vulnerable.

Allow yourself to love & to be loved as an imperfect human being – a gloriously human human being...