



# SEX AND SEXUALITY

**NEW Revised 2020 Version**

*ONE WOMAN'S  
JOURNEY OF DISCOVERY*

**Sequoia Elisabeth**



## **ONENESS MINISTRY**

Explore, Discover, and Experience our Oneness. Know thyself and you will know the world! We are dedicated to revealing Truth using our guide, Jesus and his teachings in A Course in Miracles.

The Journey of Love is about acceptance and non-judgment. We are Spiritual Beings not these vessels we use to interface with this world. There are no limitations with Mind. The One Mind, the only Mind, the Mind of God. Holy Spirit is here to show the way.

Oneness Ministry is virtually located on the internet, <https://onenessministry.info/>. This website and blog examines the complex aspects of spirituality and gender identity on this life journey I call the 'Journey of Love.' The internet website, eBooks, articles, blogs, inspiring quotes, and photos were chosen in order to reach a large audience. All has been carefully thought out and presented for your information, contemplation, and enjoyment. After reading this book I invite you to check out the website and share your thoughts with the links provided.

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# Sex and Sexuality

## One Woman's Journey of Discovery

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## Introduction

Welcome to the Journey of Love! This book is about your life, however since I really only know about my life I am going to use it to illustrate the message. Sex and sexuality are important aspects of life which some people cannot get off their minds and there is a reason for this which we will be taking a look at. I acknowledge that there is much more to life than sex and sexuality. However it does demand a large part of our conscious thought, so we will look more intimately at the roles of sex and sexuality in our lives in order to better know the self.

This is why I have chosen the sub-title *One Woman's Journey of Discovery*, because we will be discovering beautiful wonders as we journey deep within the mind. This journey is illustrated by the events of my life and colored by my perspective on Love, Sex, Sexuality, and Spirituality. Even though this journey is extensive it is not difficult unless you say it is. When road blocks are encountered along the path I suggest you say to yourself, "I step forward in faith and love, knowing that goodness lies before me. I accept what I have created as being in my best interest and I ask that Holy Spirit walk with me to show me the way." This is similar to citing the 23<sup>rd</sup> Psalm,

"Yea, though I walk through the valley of the shadow of death,  
I will fear no evil: For thou art with me;  
Thy rod and thy staff, they comfort me.  
Thou preparest a table before me in the presence of mine enemies;  
Thou annointest my head with oil; My cup runneth over."

The version to choose really is whatever feels best to you. Because ultimately you are running this show and I am simply your guide. I trust you will enjoy the journey and that you will continue to ask questions along the way. There are answers to all your questions, so just be patient and open minded as answers often pop up in the strangest places. Some people call this coincidence, however I call this synchronicity.

## Treatise to Terminology

Before we go any further on this journey it is in the best interest of complete understanding that we cover a few terms that may or may not confuse you along the way. These terms are much debated in the academic circles, so neither take offense in the definitions I offer here, nor feel constrained to accept these definitions. It is my sincere hope that your understanding of the material here is deepened by the definitions to follow.

**Androgynous** - The absence of gender or a mixture of both traits to result in a neutral appearance. This is an appearance or presentation chosen by the individual.

**Asexual** – Indicating disinterest in sexual activity. In the world of labels a person would go by ACE (a phonetic shortening of "asexual").

**Assigned Gender** – The declaration by doctors of what one's gender is based upon genitalia appearance at birth. One is then expected to grow up and exist within a certain set of gender roles "appropriate" to one's assigned gender.

**Bisexual** – Sexual attraction to both men and women.

**Closet, In the** – Not disclosing or being secretive about the sexual orientation and/or gender identity of oneself.

**Coming Out** – the process of becoming aware of, understanding, and accepting the sexual orientation, gender identity, and/or gender expression of the self. Also, the ongoing process of decision making about the level of openness a person feels in disclosing such information about oneself to others.

**Crossdresser** - a person who wears the socially assigned clothes of the opposite gender in a temporary fashion and often behind closed doors.

**CHT, Contra Hormone Therapy** - The medical administration of hormones to suppress existing hormones and supply the hormones of the perceived gender. Used to treat Gender Incongruity or Gender Dysphoria. Not to be confused with HRT.

**Cisgender** – Specifically means "not-transgender", and is used to mean genetic girl (GG) or genetic boy (GB). A person with a matching gender identity and physical sex who has never questioned their gender.

**Genderqueer** - A person who "bends" the socially accepted "rules" of gender presentation. Often used as a catchall term for anyone not fitting into gender roles, and feels like they do not fit the other terms.

**DRAG** – Dressed As a Girl, Wearing the clothes of the female sex. Originally used in theatre of old England when women were not allowed to perform so the men played all roles. Now days it is still used for theatrical purposes, but also carries the implication of being Gay or Transgender. See "Drag Queen and Drag King".

**Drag King** – A gay female who dresses in men's clothing, usually in a theatrical manner and often will perform on stage (i.e. Drag Show). Usually this is done for fun

and has become popular with heterosexual woman and men who are comfortable with their sexuality. It is very popular in the lesbian community and does not indicate the individual is transgender although sometimes they are.

**Drag Queen** – A gay male who dresses in women’s clothing, usually in an extravagant manner and often will perform on stage (i.e. Drag Show). Usually this is done for fun and has become popular with heterosexual woman and men who are comfortable with their sexuality. It is also done to attract the attention of other men.

**Female Impersonator** – A male who performs in the role of a female, sometimes lip syncing, sometimes able to sing or speak in a female voice, exaggerating the mannerisms of the star being impersonated. “La Cage show” in Las Vegas is a good example.

**Feminine** – The traits of a woman such as soft, curvy, voluptuous, attractive, receptive, subtle, gentle, and serene. This energy is slow moving and emotional. It is equated with the Yin in Eastern Philosophy. This term can be somewhat ambiguous and depends on use, location, and nationality of user. It can be referred to as a feeling or an appearance.

**Femme** – This term can be used to identify any person who expresses and/or presents culturally/stereotypical hyper-feminine characteristics. A person, who self-identifies, mainly with the stereotypical feminine end of a gender characteristic spectrum.

**FtoM** – Female to Male transsexual

**Full-time** – Living 24/7; living all the time as the gender which one self-identifies.

**Gay** – A man who is attracted to other men. Sometimes used to refer to women who are attracted to women. See “Homosexual”

**Gender Identity** – Separate and different from an individual’s physical sex or sexual orientation (hetero, homo, bi, or asexual), it is an individual’s perception of the inner self as man, woman, or some combination of both - transgender.

**Gender Dysphoria** – The condition where a person’s gender identity is incongruent with their anatomical sex.

**Gender Identity Disorder** – The American Psychiatric Association’s terminology for Gender Dysphoria. There is no known cure for GID except to transition the patient to the opposite gender.

**Gender Incongruity** - A marked incongruence between one’s experienced/expressed gender and assigned gender, of at least 6 months duration.

**Gender Reassignment Surgery (GRS)** – see Sexual Reassignment Surgery, also now being referred to as Genital Reassignment Surgery. There are several monikers for this surgery.

**Gender Role** – Society’s expectations of how a certain gender should behave. These expectations are changing as society grows and are becoming more universal and nondescript.

**Getting Read** – Being detected as a person who is crossdressing.

**Heterosexual** – A person who is attracted to the opposite sex or gender.



**Homosexual** – A person who is attracted to the same sex or gender.

**Hormone Replacement Therapy (HRT)** – The medical administration of hormones to replace hormones due to surgery or menopause. Used to treat cisgender women. See “CHT for transgender hormone treatment”

**Intersex** – An individual born with both male and female sexual organs or parts of both. Historically called hermaphrodite, however this term is no longer in use.

**Lesbian** – A woman who is attracted to other women, see “Homosexual”.

**Male Impersonator** – A female who performs in the role of a male, sometimes lip syncing, sometimes able to sing or speak in a male voice, exaggerating the mannerisms of the star being impersonated. “Victor-Victoria” the stage production and movie is a good example.

**Man** – A person who presents themselves as “male” or a male gender role.

**Masculine** – The traits of a man, such as strong, hard, angular, rough, aggressive, and active. This energy is often fast moving and less emotional than the feminine. It is equated with the Yang in the Eastern Philosophies. This is an often ambiguous term that can be either a feeling or an appearance.

**MtoF** – Male to Female transsexual.

**Non-Operative (Non-Op)** – A term to describe transgender individuals who have not had and may not desire to have sexual reassignment surgery.

**Pansexual** – A person who is sexually attracted to all sexes or genders including intersex and transgender. A term intended to negate the idea of two genders.

**Passing** – The ability to go undetected as a transgender person, also applies to crossdressing.

**Pre-operative (Pre-op)** – A term used to describe transsexual individuals who plan to have SRS.

**Post-operative (Post-op)** – A term used to describe transsexual individuals who have undergone SRS.

**Sex** - The physical sexual organs, i.e. what is between the legs. This can change due to sexual reassignment surgery. Includes male, female, and intersex.

**Sexuality** – Sexual energy and Spiritual essence. The creative force of energy or God force, the essence of who you are.

**Sexual Reassignment Surgery (SRS)** – When an individual’s sex organs are surgically altered to match the inner perceived gender. Basically a male sex organ is changed to a female appearance, or a female sex organ is changed to appear as male as possible. The new techniques are quite advanced and very realistic when done properly.

**She-Male or Shemale** – A term that came from the porn business and describes a man with breasts, or a person with both breasts and male genitalia. This is considered a *derogatory term*. The proper term is pre-op transsexual or non-op transgender. If you see this term it indicates the porn or sex trade. Always ask a person how they identify when you do not know.

**Standards of Care** – The medical protocol defining the controlled process consisting of psychological therapy, hormone therapy, real life test, transitioning to the desired gender and sexual reassignment surgery.

**Trannie or Tranny** – *Derogatory slang terms. Do not use.* See “Transgender and Transsexual”.

**Tranny chaser or TransFan** – An individual who is attracted to transgender people. A fetish-like attraction to the penis of a pre-operative or non-operative transwoman MTF or to the vagina of a pre- or non-operative transman FTM.

**Transition** - movement, passage, or change from one position, state, stage, subject, concept, etc., to another. In relation to gender it is the period when a person begins living in the desired gender in gradual stages. It is often a very long process involving years and involves physical, mental, and spiritual changes.

**Transvestite** - A person who dresses and acts in a style or manner traditionally associated with the opposite sex, often doing this full time. This term is no longer used.

**Transgender** - A person appearing to or attempting to be a member of the opposite sex, such as a transsexual or habitual crossdresser, this is an umbrella term often used to include the entire community of individuals who cross gender boundaries on a consistent basis.

**Transsexual** - A person having a strong desire to assume the physical characteristics and gender role of the opposite sex and who has undergone hormone treatment as well as surgery to attain the physical characteristics of the opposite sex.

**Two-Spirit** – A term adopted in 1990 by the third annual intertribal Native American/First Nations gay and lesbian conference to refer to Native Americans who are believed to have both male and female souls in one body.

**Woman** – A person who identifies and presents themselves as a “female” or a female gender role.

Now that we have covered the terms that apply to the journey we are about to embark on, we can safely navigate the twists and turns of sex, sexuality, gender identity, and sexual orientation. Just as the Universe is ever expanding so are the terms related to the topics presented in this book. There may be omissions and shifts in definition by the time you read this ebook. If you run across anything that puzzles you, feel free to write to me and I will do my best to clarify. The internet can help to a great degree however I suggest taking everything you learn with a grain of salt. Contact me through my website, Oneness Ministry.



## Gender Discoveries



What is gender and why do I care? Most people in society go about their business and never give their gender a second thought; however, I have a light to shine on this subject so we can all have a deeper understanding of who we are and why this is important. Every day we interact with any number of individuals and with repeat

interactions we can say we know a person. The level of interaction will vary in importance and significance to us. This aspect of our being called 'gender' is actually an important function of how we react to others and how they treat us.

Of course gender is just one aspect of our nature, we have many others including but not limited to, personality, demeanor, attitude, physical sex, physical attractiveness, body habitus (fat, muscular, slouching, etc.), height, intelligence, common sense, and self-actualization. When we meet someone new a few of the first things we notice are the persons size (both body habitus and height), gender presentation, attractiveness, and how comfortable they are with themselves. The package you present is a total summation of your nature and nurture. So some aspects are a gift from birth (learned in a previous lifetime) and others are learned along the way. The innate aspects such as height, sex, gender, common sense, and physical attractiveness (for the most part) we must do our best to live with. This means that personality, demeanor, attitude, body habitus, intelligence, and self-actualization are not fixed; they can change. These are attributes of our nature that we have some control over. Gender is formed as we reach individualization and gain personality usually between the ages of 2-6 yrs old. Our physical sex is set at birth and can be manipulated surgically, but basically it cannot be changed. Gender can be hidden but cannot be changed either.

If we look a bit closer we see that there are different aspects of gender that are important to our understanding, such as gender identity, gender expression, and gender role. One

of the challenges we have today is the popular confusion of gender and sex which are often used interchangeably. If nothing else I would like you to come away from this chapter with an understanding of the differences of these two words. Sex is a word that has many usages and thus the confusion creeps in. In Dictionary.com 13 different definitions come up with this simple 3 letter word. Not to imply that the definitions in Dictionary.com are correct, only that there are many uses. I am simply asking that you clarify which form of sex you are speaking of. When we are born the first thing the parents want to know is, whether the child a boy or a girl (physical sex) and in this case we are talking about physical sex not gender identity or even gender role. To use gender in this reference is incorrect! Our sex is determined by the physical body parts between our legs that we are given at birth, and gender is determined by the body part between our ears! With today's new surgical techniques physical sex can be altered. Is a woman who has had a complete hysterectomy still a woman? Is this person still female? What factor is it that makes a person male or female? What makes a person man or woman?

Gender Identity is a person's sense of being masculine or feminine, which cannot be determined until the person is at least 2 years old and often it is 5-6 years of age before anyone is able to know the true gender identity, by the individual telling you. This inner knowing of the individual means no other person is able to determine gender identity, we are self-identified. The Native Americans know this and (without the influence of western religion) often will not name their child until they are 4-6 years old in order to allow them to express their gender identity and find their place in the tribe. At first they use a baby name or generic name, until this time and often the naming involves the entire family including the child and sometimes the tribe. Once their name is given the person wears it like a badge of honor, because it reflects their very nature, Great Spirit. More modern "civilized" society has lost this understanding of individuality and personal identity. One could say we have lost our connection to source.

Context of usage is very important and I would like to clarify this right here. What I have described above is Gender Identity, what the parents are told at birth is the physical sex, how the person dresses is the gender expression and how this person acts in society is the gender role they are playing. So we must see the context of the word

usage before we can understand which 'gender' is being referred to. As I pointed out before, the word sex has many uses and gender is not one of them. I would love to see society get away from using physical sex to describe a child's gender or anyone's gender identity for that matter, most children as I stated above have no gender till they are 3-6 years old. Often what would happen is the child is 'sexed' at birth and so society places that child in a gender role which is hard for a youngster to see beyond. Fortunately the children being born today are more aware than ever before and they are expressing their gender identity at a very early age. Many parents understand this and respect their child, however many others do not and this is where we each can help by raising the general knowledge of Gender Identity. I would love to see a society that reflects the wisdom of our Native American ancestors by honoring the individual and allowing the child to choose the gender role. Birth certificates should have both physical sex and the words "gender undetermined at this time" on them.



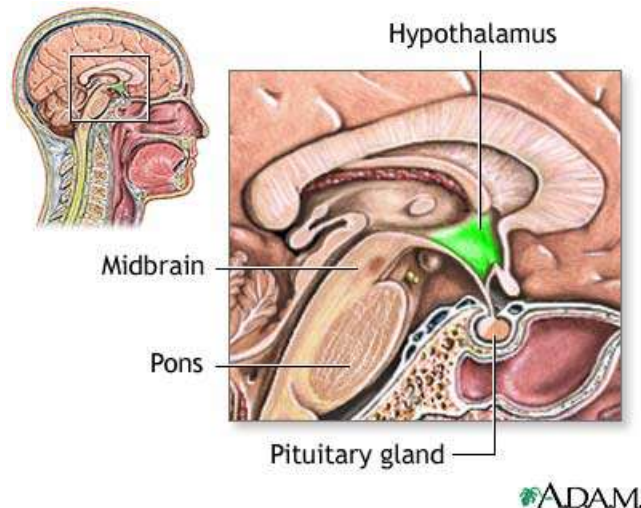
A few words about the differences of gender role and gender expression, while they are similar in that they are a choice, they are different in that gender expression is about our outer appearance and gender role is the activities we are involved in. So wearing make-up and female clothes is a female gender expression, while a female gender role would be cleaning house and babysitting. I hesitate to include this here as our roles and expressions are getting to be so varied and free. The old rules are breaking down, so we are seeing women in combat duty now

while 30 years ago that was almost unheard of. Men are cleaning house, washing dishes and babysitting now days too and this does not make them female. The best way I can put it is that we are integrating now as a society and our roles and gender expressions are much more open. While a man in a woman's role or a woman in a man's role may be questioned, or even ridiculed, society is more accepting of role reversals and integration now. Gender expression is the area which has less latitude. In a male dominated society men expressing as woman are questioned far sooner than a woman



expressing as a man. It is assumed that everyone wants to be male! Oneness Ideology can explain this, but that is a whole other topic.

Research has been done on what happens in fetal development and how this affects gender identity. What determines Gender Identity is the effect of hormones on the fetus in the earliest stages of development. “Scientific evidence has been growing that somehow certain brain-structures in the hypothalamus (the BSTc region) determine each person's core gender feelings and innate gender identity. These structures are "hard-wired" pre-natally in the lower brain centers and central nervous system (CNS) during the early stages of pregnancy”. (Dennis, Carina 2004)



“Six years ago, the Netherlands Institute of Brain Research published the results of a study they had been conducting.... A subsequent report was published last year in the leading international journal for neurological studies, *The Journal of Clinical Endocrinology and Metabolism* [85 (5): 2034-41; May, 2000].... What the researchers found were significant differences in the brains of men and women relevant to reproductive hormones, cognition, emotions and our body's responses to them. The differences were both in magnitude and consistency and involve a region of the hypothalamus identified as the BSTc. Human males average about twice as many neurons within the BSTc as do females. In both males and females, transsexuals did not have the neuron number typical of their gender, but, instead, had the number typical of the sex they always believed they should be.” (Niedermayer, Grace 2004)

It is believed that certain genes also play a role in gender development and the exact process is under study now. Sexual variance is a natural process that occurs in all species of animals.

Thanks to high school biology, we are accustomed to thinking of the sex of an organism as being determined by the chromosomes, notably the sex chromosome in humans (designated X or Y). But this is not the whole story, and it applies universally only to mammals and birds. In other animals sex is often determined by environmental factors and can be a variable phenomenon. In a species of slipper limpet (*Crepidula fornicata*), a kind of mollusk, all individuals begin life as females. Clinging to rocks and to each other, they form piles. The limpet on top of the pile changes into a male. If another limpet attaches itself on top of the male limpet, the newcomer becomes male, and the male limpet beneath it reverts to being female. These slipper limpets show the evolutionarily advanced feature of internal fertilization, and the male on top extends his reproductive organ down the pile of females below him to fertilize their eggs. For some fish, the number of males in the population determines the sex of the fish. If there are not enough males, some females become males. In these examples, the same animal can make fertile eggs and fertile sperm at different times in its life. These animals are not hermaphrodites, like some worms, but literally change sex. Some animals have only one sex. For instance, some species of lizards reproduce only by parthenogenesis—that is, their unfertilized eggs grow into adults, and these species no longer have males. Sometimes the external temperature determines the sex of an animal during its early development. If the eggs of the American alligator (*Alligator mississippiensis*) are incubated at above 34 degrees Celsius (93° F), all of the offspring become males. If they are incubated below 30 degrees Celsius (86° F), they become females. The midrange of temperatures results in both male and female offspring. (Sex, Dictionary.com 2010)

Why humans get so upset about this seems very strange to me and I would surmise that this arises from religious teachings. Specifically the ones which think of themselves as not animals, but above them. The previous article demonstrates that physical sex is not fixed till birth and yet can change in certain lower animals. Both mammals and birds have been found that demonstrate either intersex traits or transgender traits and I surmise this is due to the Heisenberg Uncertainty Principle. The research on gender is somewhat new (within the last one hundred years) and so advances in our understanding are rapidly progressing these days. This becomes a chicken and the egg scenario, which came first sex or gender? I will say that physical sex and gender identity are both formed before birth and are imprinted in the body at birth. Gender is not revealed though till the

above mentioned ages of 2-6. There is a spiritual component to this which changes everything which I talk about in my blog and will mention again in the final chapter.

In review of our basic question, “what is gender and why do I care?” we have established that gender is an important aspect of our social interactions and has three aspects: identity, expression, and role. We have learned not to confuse physical sex and gender identity. The words gender and sex are NOT interchangeable. We established that research shows gender identity is “hard wired” into our brains and is determined by a combination of genes and hormones. From a spiritual perspective sex and gender is also determined by past life experience and what is best in order to progress spiritually. So now let us look even closer and break down Gender into five separate aspects. These attributes come from an article Dr. Carl Bushong wrote in 1995.

### **The Five Attributes of Gender**

**Genetic Gender** - Our chromosomal inheritance made up of chromosomes and genes.

**Physical Gender** - Our primary and secondary sexual characteristics, which include our sexual organs and our physical appearance.

**Brain Gender** - The functional structure of the brain along gender lines.

**Brain Sex** - Our love/sex patterns, and how we relate to others on a social and interpersonal as well as sexual level, often referred to as our "Sexual Orientation".

**Gender Identity** - Our subjective gender or how we *feel* ourselves to be: male, female or other.

It is important to understand that these 5 attributes function independently of each other, so there are numerous combinations that manifest in society.

The five attributes of gender that contribute to our “complete package” are complex and can be confusing to both the person affected and to the people who they interact with.

One of the consequences of this confusion arises when a baby is born intersex, which means the child has either both male and female sexual organs or parts of both. In the past the surgeon would sometimes decide which sex is appropriate, usually after consulting the parents but not always. The tragedy occurs when the sex chosen does not match the gender identity which leads to anger and frustration for the child and

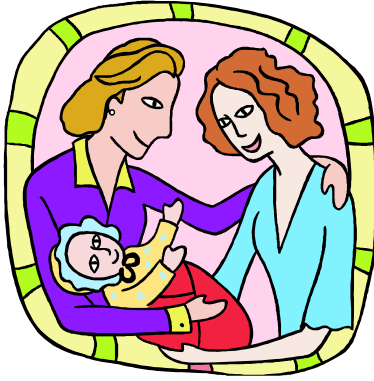


sometimes to suicide. Thankfully, the trend now is to wait for the child to express their gender identity and can give consent to the surgery which puts the power back where it belongs in the hands of the individual. Pay close attention to the conclusions of William Reiner, M.D., a pediatric clinician and researcher at Johns Hopkins Hospital, based on his work with intersex children:

“In the end it is only the children themselves who can and must identify who and what they are. It is for us as clinicians and researchers to listen and to learn. Clinical decisions must ultimately be based not on anatomical predictions, nor on the “correctness” of sexual function, for this is neither a question of morality nor of social consequence, but on that path most appropriate to the likeliest psychosexual development pattern of the child. In other words, the organ that appears to be critical to psychosexual development and adaptation is not the external genitalia, but the brain.” Reiner, W. (1997)



Breaking gender down to each of its parts makes understanding it all that much easier even though it is a very complex subject. One of the aspects we have not addressed yet is “Brain Sex” or sexual orientation which is only similar to gender identity in that it is fixed at birth. It is a myth that a person chooses to be gay, lesbian, straight or other. (unless we understand that our life experience is molded in-between lives and before we are born, see Dr. Micheal Newton's research for more on this) The parts that are choice however include whether to accept your choice of sexual orientation, choose to express your innate nature, surrender to perceived social expectations and how you feel about yourself. The reaction experienced in society as an adult gay or lesbian is largely a function of personal choices made about who you are. Meaning that discrimination comes from within, you truly are your own worst enemy. I realize that this is contrary to what many have been taught, but after many years of observation and personal experience this is what I have found to be true. The Love you experience is in direct proportion to the Love you feel, which is an inner-knowing not a conscious thought or word. This relates to the concept of “what you give you receive”, if you would like to know more about this look-up “Law of Attraction”.



Sexual expression comes in many different flavors and is possibly as unique as the number of people on our beautiful blue planet. The old ways of conforming to 'boy meets girl, girl has baby' scenario serves its purpose as does the homosexual version of that scenario. Spiritual laws supersede the laws of man and exist always. The way spiritual law works is simple - follow the law, move forward - disobey the law, move backward. God does not condemn, because God does not judge. Gay sex is not against any other law but man's. Sexual expression is meant to be a joyous union of two or more souls. There are no rules but the ones you create. If you want to have children there are many ways to accomplish this, stop putting limits on it. There is adoption, surrogate mothers, in vitro fertilization, and if it is in the benefit of the survival of the human race for men to have babies then this is what will happen. There are endless possibilities, and Joy is what we need, so enjoy your partner and do not be concerned with social convention, taboos or the like. Love is the only rule. I will go much further into this in the next chapter.

If you are concerned about labels and what each of them mean, such as gay, lesbian, bisexual, pansexual, etc. I will review them briefly right here. Labels only serve to communicate and really do not help in defining who you are. Defining who you are is accomplished through your actions. For instance, a man does not decide that he wants to be gay and then go out to find another man to have sex with, instead he feels sexually attracted to the other man and then takes action on that attraction. Technically a gay relationship is a sexual relationship, which means that if a man dreams of having sex with a man, simply imagines it, gives or receives an innocent kiss or hug this does not make him Gay. We are talking about lifestyles here, not casual acquaintance. If a man has both sexual attraction and sexual relations with both men and women this makes him bisexual and if he keeps multiple consenting relationships going at the same time he is polyamorous. I think you get the point though, which is, our actions define us and

this goes for any action we take in any area of our lives. Each action we take does carry with it certain consequences though, so be aware of these. Spiritual law exists to keep us moving forward in evolution and growing as spiritual beings. I will get more into this later.

Each person on earth has their own unique sexual attraction which falls into several categories. The categories as they exist today are, heterosexual, homosexual, asexual, bisexual, and pansexual. There are a few other words that overlap these so I will stick with this list. Sexual Orientation has a sliding scale so that each person falls



somewhere on the scale and is not necessarily stuck exactly in that spot. If you are heterosexual, generally you will always be hetero, however since you are not given a card saying which sexual orientation you are born with, then experimentation is often necessary to fully define this from your own personal point of view. Follow your heart and focus on the sexual expression that brings you Joy (This cannot be over emphasized). Sexual orientation and expression are independent of gender identity and expression. Our Spiritual Oneness at our core allows us to feel attraction to anyone. Remember, this is about Love and expressing God's Love. I will go into this more in the chapter *Sex as Communication*.

Briefly hetero means opposite sex attraction, homo means same sex attraction, the "a" in asexual means no sexual attraction, the "bi" in bisexual means both sexual attraction, and the "pan" in pansexual means all sexual attraction. Pansexual includes transsexuals, crossdressers, and those choosing to use the term bisexual. Sexuality for those who identify as anything other than man or woman gets complicated to say the least. For those who crossdress or identify as transsexual sex can come with a lot of guilt. These issues need to be worked through and the individual needs to be true to their core drive and not get distracted.

For the sake of clarity let me point out here that crossdressers are those individuals who wear the socially assigned clothes of the opposite gender in a temporary fashion and often behind closed doors. They are often heterosexual and when they are homosexual the term is Drag Queen, although the lines are very fuzzy here



and this goes back to the scale or spectrum of gender which also includes sexual orientation. Transgender individuals are *technically* crossdressing from birth since they identify with the sex opposite to that assigned at birth. A child who wears clothes of their physical sex (male wearing boy's clothing) but identifies as the opposite gender (female) is crossdressing whether they realize it or not. From a Spiritual perspective transgender and crossdressers experience past life confusion. This means they have been one gender over 65% of the journey and now are getting confused with their current opposite gender (The Law of One, Teachings of Ra – see my website recommended links). The Rainbow is perfect to describe not only LGBTQ but really the entire Human Race!

The whole labeling game gets a little absurd after a while because the terms become contradictory and putting people into boxes is both confining and inaccurate. For instance, is a transwoman who is attracted to women lesbian or heterosexual since she is born into a male body? And what about the woman who was attracted to this person not realizing they are transgender? Does that make her a lesbian? So what if it does?

The world is coming out! We are becoming more aware of gender identity and sexual orientation, which is leading to more understanding and eventually to greater acceptance. Oneness ideology dictates there is only One, so all others are reflections of the One (Neo in the movie The Matrix Reloaded - The Architect Scene, is a good representation). I ask only that you stay away from labels *as much as possible* and simply love the person. If you need a label, I like the pansexual label best because it is defined as “A sexual orientation characterized by the potential for aesthetic attraction, romantic love and/or sexual desire for people, regardless of their gender identity or biological sex.” (wiktionary.org, 2010)

Who you are attracted to should not be grounds for discrimination. (In reality there are no grounds for discrimination, we are all One.) Could you imagine if the world judged you on the grounds of your attraction to hair color? “Oh you like redheads, uggg or ewww”! Actually Blondes often get joked about and while it may be in fun, it is only fun to the person joking. Sexual orientation is just another of many categories used to separate or define humans. Being unique is a gift, and it makes us lovable and desirable. Just think of a rare diamond or rare flower. Uniqueness is a desirable trait in our society, so why not extend that to your relationships. Celebrate differences and Love the person! Once you see past the surface, we are all the same at the core. We are One - one big family of Human. Forgiveness consists of non-judgment. Judge not, lest you be judged – this is the Law (By judging them you judge yourself, since there is only One).

The question of choice needs be addressed here, because sexual orientation and gender identity are not as simple as choosing one thing or the other. If you are born with a female brain, a female gender identity and a male body this is determined before you were born and it means that you are transgender. Your higher self made this choice for your highest good so have faith in yourself. It is up to each of us individually to determine what we were given at birth. Who are you attracted to? Are you compelled to wear a certain type of clothing? Are your actions feminine or masculine? How do others see you? How do you feel about yourself? It matters not the labels chosen but the actions taken. Acceptance breeds harmony, while denial (the Nile) is a river that flows up hill.

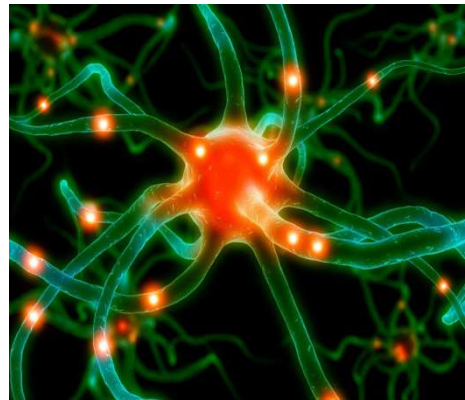
These questions, if not already done so, are best answered before puberty by every individual either to themselves or to a responsible adult, parent, family member, counselor, or doctor. At some point in your life *you will answer these questions* and when you do you will find a path has been laid before you. All you need do is walk the path. May you enjoy the view along the way, stopping to smell the roses of course!



*“The fact that we are human beings is infinitely more important than all the peculiarities that distinguish human beings from one another.” Simone de Beauvoir*

## **Hormones**

“A hormone (from Greek ὁρμή - "impetus") is a chemical released by a cell in one part of the body, that sends out messages that affect cells in other parts of the organism. Only a small amount of hormone is required to alter cell metabolism. It is essentially a chemical messenger that transports a signal from one cell to another.” (Wikipedia, 2010). The message is imperative for the proper function of the target cells. The area of the body this book is concerned with is the sexual functions and since this is not a medical journal the descriptions are targeted to the layman. The purpose of this chapter is to demonstrate the power and the importance hormones play in our lives. Nowhere is this more evident than in the transsexual.





“In order to function, the body needs healthy endocrine glands that work correctly, a properly functioning blood supply to move hormones through the body to their target points, receptor sites on the target cells for the hormones to do their work, and a feedback system for controlling how and when hormones are produced and used. Any disruption in that system can cause problems that may require medical intervention.” (FtMGuide.org, 2010).

“Hormones have the following effects on the body:

- stimulation or inhibition of growth
- mood swings
- induction or suppression of apoptosis (programmed cell death)
- activation or inhibition of the immune system
- regulation of metabolism
- preparation of the body for mating, fighting, fleeing, and other activity
- preparation of the body for a new phase of life, such as puberty, parenting, and menopause
- control of the reproductive cycle
- hunger cravings

A hormone may also regulate the production and release of other hormones” (Wikipedia, 2010).

The hormones we are most concerned with in this text are the sex hormones which control the sex and sexuality of every person.

“The hormones commonly considered to be "sex hormones" in the body are testosterone, estrogen, and progesterone. Testosterone is often referred to as a "male" hormone, and estrogen and progesterone are often referred to as "female" hormones. However, it is interesting to note that no exclusively "male" or "female" hormones have been identified. All hormones characterized to date are present in all people regardless of sex, as are the receptor mechanisms that respond to those hormones.

In fact, the physical observation of the sexes we call "male" and "female" in nature is the result of differences in the amounts of individual hormones in the body and differences in their patterns of secretion (first in utero and then again during puberty) rather than their presence or absence. In other words, testosterone, estrogen, and progesterone are produced by men and women, but in differing amounts and in different patterns.” FtMGuide.org (2010)

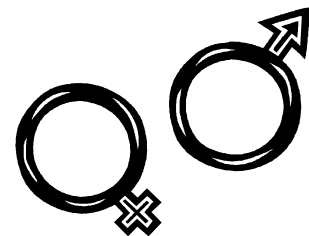
The existence of transsexualism demonstrates the difference between male and female is degree and this also is why males can change to females and vice versa. It is simply a matter of communication with the cells of the body which is done with the use of hormones. Please remember though that it is the individual's gender identity that

determines whether the hormones should be balanced for male or female. The use of CHT (Contra-hormone therapy) needs to be used very conservatively and with great restraint since hormones are so powerful. It is this authors opinion that medical guidelines for use of CHT have become way too lax. Concurrently this applies to psychiatric treatment and counseling of the Trans\* individual.



Certain conditions exist in the gestational process that determine whether a fetus will develop as a male or female. Basically, the male fetus gets two washes of testosterone during development one for brain development and one for gonadal development. The fetus will naturally develop as female if no testosterone is delivered to the fetus. If only one wash is received then gender incongruity results. The mechanisms controlling these hormonal washes, it is believed, are the sex chromosomes and specific genes on these chromosomes.

When a gender incongruity develops one way to treat this is a sex change. Once the fetus develops into a baby and the baby into an adult the process of changing sexes is mainly one of hormonal shifts to the opposite sex. The physical body parts must also be changed and this is simpler for males to females than the opposite, because quite simply it is easier to take away than add to. Essentially the male and female parts are inverse to each other, men have a penis and testicles; women have a clitoris and ovaries. Other differences exist so this is a simplification, but it is accurate. In men it has not been determined how to create a womb where one does not exist and in women a rudimentary penis can be formed from the clitoris and surrounding tissue, but it will not function like a penis for urinary purposes. Stem cell research is being done now in an effort to grow specific body parts. So someday it may be possible for the MtoF sex change to be complete with the ability to birth young and to grow a functional penis for the FtoM. For the female to male sex change a hysterectomy is performed so that the body no longer produces estrogen and for male to female castration is performed, usually in the process of SRS/GRS, but not always. It is sort of like changing a fishing boat to a fire fighting boat, the parts are simply rearranged.





Contra Hormone Therapy (CHT) is the term used now days in the treatment of gender incongruity. (HRT or hormone replacement therapy is used for cisgender or genetic female women who need to replace natural hormones due to surgery or menopause.) At this time, CHT for transwomen consists of taking androgen blockers or anti-androgens, and some form of estrogen. In some cases progesterone is used but this has more side effects and is reserved for younger healthy persons and those with no other options. For transmen CHT consists of taking testosterone whether the individual has ovaries or not. An endocrinologist or an experienced physician should be consulted before starting any CHT. In the USA a prescription is required to obtain these hormones and often doctors require the individual to have three months of psychological counseling therapy before they will write the prescription. This is the recommendation of the World Professional Association for Transgender Health (WPATH), but it is only a recommendation, not a requirement. I believe this should once again be made a requirement. The emotional effects of estrogen on the male body vary depending on doses, the patient's physical and psychological condition, and on expectations. Generally speaking the actual measured level of estrogen provides no way to predict emotional disturbances. The effects can include depression, euphoria, melancholy, anxiousness, and general moodiness. It has been this author's experience that estrogen mellows out moods and generally improves disposition making life more enjoyable. Emotional outbursts are more frequent such as crying about small events like a commercial on TV. The other major effect from estrogen is a decrease in libido. This may or may not be apparent depending on the individual before CHT. It is usually very noticeable if CHT is discontinued for whatever reason. Research shows that if a cisgender male takes estrogen he will experience wild mood changes and psychological changes, however when a transgender person with a female brain takes estrogen they mellow out and become a much happier balanced person.

In order to get an idea of what physically happens with the male to female transsexual during this process of transition a chart is offered on the feminization effects. The following is taken from "Endocrine Treatment of Transgender Persons" published by WPATH, the time frame is included:

Effect	Onset	Maximum effect
Redistribution of Body Fat	3-6 mos.	2-3 years max
Decrease Muscle mass and Strength	3-6 mos.	1-2 years max
Softening of Skin/Decreased Oiliness	3-6 mos.	Unknown
Decreased Libido (sex drive)	1-3 mos.	3-6 mos. max
Decreased Spontaneous Erections	1-3 mos.	3-6 mos. max
Male Sexual Dysfunction	Variable	Variable
Breast Growth	3-6 mos.	2-3 years max
Decreased Testicular Volume	3-6 mos.	2-3 years max
Decreased Sperm Production	Unknown	> 3 years
Decreased Terminal Hair Growth	6-12 mos.	> 3 years
Scalp Hair	No re-growth	****
Voice Changes	None	****

A few things to keep in mind, since testosterone stimulates hair follicle growth, the presence of this hormone will induce hair growth. Unless the male gonads have been removed the transitioning male to female will still produce some testosterone even though Dihydrotestosterone (DHT) blockers are used. DHT is the hormone that triggers the production of testosterone. Facial hair on male to females needs to be completely removed by electrolysis and/or laser treatment, familial scalp hair loss (male pattern baldness) may occur if estrogen therapy is stopped, and treatment by a speech pathologist for voice training is required because the vocal cords will not change without help. Voice surgery has become much more successful than in the past where some experienced disaster and lost their voice. While losing the voice totally is very rare, vocal cord surgery is not recommended.

Female to male transition has the advantage of natural lowering of the voice and hair growth. The masculinization of the female body occurs rapidly upon the intake of testosterone. Most report noticeable effects within a month or so. It makes sense that in order to transition from female to male the first step is to remove the ovaries and uterus. Although other considerations need to be taken (such as age, reproductive desires, and general health) before surgical intervention is sought. Most male transsexuals do not have a hysterectomy prior to CHT due to cost and perceived need by the physician in an otherwise healthy female. CHT for transmen simply consists of taking testosterone, only.

“The effect of testosterone on the female body is drastic and includes the following.

- Thickening of the vocal chords and deepening of the voice
- Facial hair growth (mustache and/or beard growth)
- Increased body hair growth (notably on arms, legs, chest, belly, and back)
- Increased body musculature
- Enlargement of the clitoris
- Cessation of menses (monthly periods)
- Potential hair loss at the temples and crown of the head, resulting in a more masculine hairline; possibly male-pattern baldness
- Migration of body fat to a more masculine pattern (i.e., fat deposits shifting from hips, thighs and buttocks to the abdomen area)
- Increased activity of the skin's oil glands (i.e., skin becomes more oily, which may result in acne)
- Increase in red blood cells (RBC)
- Change in cholesterol levels may occur-- the "good" cholesterol (HDL) may go down and the "bad" cholesterol (LDL) may go up
- Scent of body odors and urine may change
- Skin may become rougher in feeling and/or appearance
- Increase in sex drive

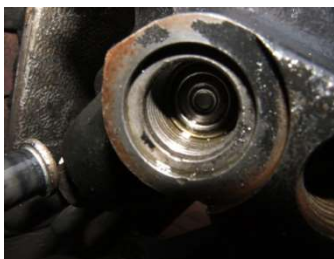
These effects may take several months to be noticeable, and will continue to develop over a period of years. The changes listed below have been noted anecdotally by some transmen, but are not usually listed in the medical literature as masculinizing effects of testosterone therapy.

- The face may become more angular in appearance, with a squarer jaw.
- Increase in size of feet and/or the width/thickness of hands. Some transmen report going up in shoe size, and some report that their hands become a bit wider. This may be attributed to cartilage, muscle, or connective tissue growth.
- Increase in energy level.
- Increase in appetite.
- Slight decrease in density of the fatty breast tissue. (While this may decrease the size of the breasts somewhat in some individuals, it should be noted that testosterone will most likely not significantly decrease breast size--most transmen require surgery to remove breast tissue.)
- Emotional changes. Some transmen report shortness of temper or feeling lethargic/down at different stages of their T(testosterone) cycle (i.e., just after a shot, or a few days before their shot). Others report that T has made them feel more even-tempered and calm. It is difficult to predict what emotional changes, if any, an individual will experience while taking T. As with any new medication or substance you might introduce into your body, it is wise to observe your feelings, make note of them, and discuss them with your doctor if they concern you. Certain emotional ups and downs might be alleviated by adjusting the amount and timing of the dosage, and sometimes these ups and downs will settle down over time on testosterone." FtMGuide.org (2010)

Sex hormones are powerful tools for communication among cells and it seems all of life is about some form of communication or relational experience. The lesson learned here is that male and female really are fairly superficial aspects of our being and that every human has both, otherwise there would be no way for a male to take female hormones and take on the characteristics of female (or vice versa). It really is as simple as flipping a switch in the physical makeup of the body to shift from one sex to the other on a physical level. Of course there is a complex process that occurs and many would not consider this simple, but the point is it occurs when the messenger (hormone) tells the cell which form to take, just like flipping the light switch on the wall. What does not shift is the gender identity or sexual orientation which is hard wired into the brain.

## **The Rod and the Receptacle**

Both masculine and feminine energy are a part of every person on earth. Because these are energies and not traits per se, they behave like energy. In each moment we are expressing either one of these energies depending on both our situation and the situation surrounding us. Let's start by getting a better idea about what the rod and receptacle represent.



Feminine, the receptacle, is the energy of a woman such as soft, curvy, voluptuous, receptive, attractive, subtle, gentle and serene. Often this energy is slow moving and emotional. It is equated with the Yin in the Eastern philosophies. This term can be somewhat ambiguous and depends on use, location and nationality of user. It can be referred to as a feeling or an appearance. The word feminine is used to describe energy not the person. It is the behavior of the person which could be innate or could be learned and is most often both. It does not necessarily mean man or woman, although feminine traits are associated with women. Men have feminine energy too and in order to live a happy life they need to balance this feminine energy with their masculine. The receptacle is designed to *receive* a rod.





Masculine, the rod, is the energy of a man, such as strong, hard, angular, rough, aggressive, giving and active. The rod is designed to *give* to the receptacle. They work together and cannot be separated. Masculine energy is often fast moving and less emotional than the feminine. It is equated with the Yang in the Eastern philosophies. It can be referred to

as a feeling or an appearance. Women also have this energy and it can be an important part of a woman's life. Being the active energy masculinity is how we get things done. So everyone uses this at some time or another. If you are constantly doing things then your energy is weighted (think of a scale) to the masculine. For the past 2000 years Masculine energy has been dominant in the societies of the world, however you may have noticed a shift in that energy. Feminine energy is taking over, I believe in a process of balancing the masculine of the past 2000 years. It is prophesied that Peace rules for the next 2000 years and we are in the shift as you read this.



A magnet is a perfect example of masculine and feminine energy. The magnet has two poles, one positive and one negative. Masculine energy is positive and feminine is the negative. In a magnet opposites attract, so the positive is attracted to the negative and vice versa. The same applies to masculine and feminine energy, each pole makes up the whole.

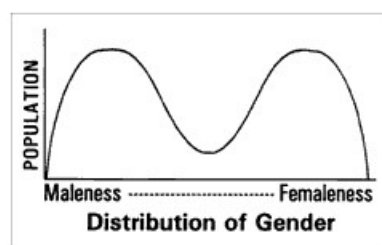
And again this applies to people. Each person has both positive and negative energy just like a magnet has both energies. If a magnet is broken in half, each half will have both poles, it is not possible to have a magnet with only a negative pole or a person who is only positive.

How does all this apply to relationships? Very simply, each person is projecting either Masculine (+) or Feminine (-) energy. It matters not what sex a person is, only the energy they project. Two men that are attracted to each other are attracted because one is emitting (+) and the other (-). It works the same for two women, or a man and

woman. This means that anyone can be attracted to anyone else depending on the energy they project and since we all have both the possibilities are intriguing.

Certain people tend to project the same energy all the time, while others will vary and this explains our sexual orientation or magnetic attraction! Most men project (+) and most women (-) so this leads to a heterosexual relationship. However if a man projects (-) he will attract men. Just like any magnet the poles can shift and often do more so in some than others. Most bisexual persons are the type that varies often, while heterosexuals, gays and lesbians vary much less often. The energetic relationship between two people is easy once you understand the balance involved.

To take this energy relationship further we can assign percentage to each energy, so if a person has 50% masculine (+) and 50% feminine (-) they would attract someone who balances that energy. Magnets attract other magnets, if you lay a bag of magnets next to another bag they will be attracted! The masculine (+) poles are attracted to the feminine (-) poles of each magnet. People are the same way! In a group of people, even though each person has both energies the opposite poles attract. Take a person with 60% masculine (+) and 40% feminine (-), they will attract a person with 40% masculine (+) and 60% feminine (-). People with perfect balance can go both ways! The stronger the energy is in one direction the stronger the pull to the opposite. I doubt that many people have 100% masculine (+) and 0% feminine (-), in fact I would say this is very rare. However the law of probability says that it must occur, but this does not make it common. According to the statistics of today the spread is more people at either 25% Masculine (+) and 75% feminine (-) or vice versa, with the extreme ends being very rare and the even spread 50/50 being less rare, but not common. The spread looks like this.



On the graph above bisexuals are in the middle, while heterosexual, gays and lesbians are on either end near the peaks. A person can fall anywhere on the scale at various times of their life or even during one day. Persons describing themselves as gender fluid will change from one end to the other and are simply shifting the energy they are projecting (+) to (-) and back again. This is not necessarily a conscious shift, meaning they may not be aware of this shift. Any percentage combination is possible at any time! However most people will be where the peaks are all the time, like the image above.

Masculine and feminine energy are dynamic factors in our lives. When we understand our innate nature it is easier to be comfortable with what we are attracting. This understanding also allows us to purposely shift that energy at any time. The method used for achieving a shift of masculine or feminine energy requires specific intent and conscious will power. So a woman going out on the town who is in the “mood” for a man can shift her energy to a high % of feminine energy, and the same can be said of a man who desires another man.

This requires practice and having a good feel for your body’s energy. Masculine energy is held within the shoulders, upper arms and chest, while feminine energy is held in the pelvis, hips and legs. When you are projecting a feminine energy it is coming from those regions, so notice how you react to different situations. When a man approaches a woman and she brings her energy up into her chest and arms she is most likely attempting to repel his energy or protect herself, however if she decides she likes him she can easily shift that energy down to her pelvis and become more receptive, the same can be said of a gay man. These dynamics often occur without our conscious effort, however when we become aware of our energy balance we are more in control of our life which leads to greater happiness.

## Sex Acts and Partners



Life begins in relationship with Mother and quickly you are thrust into a world of relationships. Mom, Dad, Sister, Brother, Grandparents, Aunts, Uncles and every other person in your life, including the doctor who brought you into the world have a relationship with you. Even the people you pass on the street are a potential interaction and thus a relationship. You don't even have to know them for an interaction to occur. So in reality you have some sort of relationship with everyone and everything on earth and beyond, although often a distant relationship. Once the probabilities are considered you quickly realize that relationships are what life is all about.

Take this investigation of relationships to the pinnacle and it becomes clear that all relationships are with God. How so? Simply in the fact that God is All There Is! Even you are God expressing, so you are always and all ways in a relationship with God. How you experience this relationship is up to you by the actions you choose to take and the events you choose to participate in. When you stop and think about this it could be the most profound understanding in your life. I Am God, you are God, and we are all expressing God!

The food you eat, the clothes you wear, and the homes you live in are all a part of this Divine Relationship. The beauty of the whole system is humbling. Just take a minute, sit back and appreciate every little thing in your life. Each part of the whole feeds another part and thus the whole is sustained this is why it is called the cycle of life.

As human beings we have relationships with each other which take many forms and serve many functions. Close personal relationships are often the most profound because they are so intimate. Who we love and who we allow to love us is an integral aspect of the human life experience. When we enter puberty our bodies begin to mature and

hormones start surging. Relationships thus begin to take on a whole new aspect! No longer are we mainly concerned with family and friends. Romance becomes the most important relationship in your life.

How you interact with others is an expression of who you feel yourself to be. Since every relationship is with God, this divine relationship can take on many different faces. It is up to you to decide how you choose to express yourself, who you partner with, and who you have sex with.

My intention here is to help you more fully appreciate your life and live it to the fullest. For now just know that when you make love to your partner, God is connecting to God! Our bodies are a learning tool and we use them to communicate with others. We see, touch, hear, taste and smell with our bodies all of which are forms of communication. A hand shake, a hug and kiss on the cheek are messages of love with increasing levels of intimacy. Touching is one of the most intimate forms of communication we have in our society. Where you touch can mean very different things in different cultures so be sure you know what you are doing or you may communicate something you did not intend to.

The courting process is a fun game we play for various purposes but mostly to attract a mate. The reason you have a mate or not is personal and there is a lot more to it than procreation. Joy and self-fulfillment are two of the main attractions. Since it takes two to tango so to speak I use the pronoun “we” instead of “you”. Courting goes something like this; we look at each other and our eyes meet, we like what we see, so we move closer. The smell of perfume, cologne, and pheromones entice, so we move closer and introduce our self. Upon approval, which can take seconds or years, we touch one another to communicate affection, acceptance, and love. The closer this connection gets the more intimate the communication and the deeper the feelings extend. The touch often starts with outer parts and gradually moves closer and closer. Kissing, is very intimate upon a first meeting, and is often saved for later in the courtship process. In western society we may save the kiss for the end of the date when saying goodbye, because this usually seals the deal or could terminate it. The lips are the thinnest and most sensitive part of the body so the level of connection that is made with them is

intense. Contact and intimacy continue to escalate and when the attraction between the courting partners peaks they express Love and affection through various physical contacts including sexual intercourse to the point of orgasm. How long this takes depends on the individuals.

What is sexuality? Why is it so important to you? These are questions that are easy to answer and yet difficult to fully grasp. Sex is a basic function of human life and on this primitive level exists only to propagate the species.

As I am sure you know there is a lot more to it than that, so I would like to remind you of the true purpose of sex and sexuality.



Sex is a function that brings people together, creates community, and allows each to be an individual. The drive for sexual satisfaction can be overwhelming at times especially during the adolescent years, however this is only one aspect of sex and as you mature you can move beyond this urge. Not that you lose this urge all together but you control it by bringing it up at will in the appropriate situation only.

Passion is the emotion that fuels the sexual drive which is coupled with hormones and physical vitality. It can be pure physical pleasure, but if that is all you are experiencing then there is more to be discovered. Physical pleasure can be experienced with the simple use of your hand and that is one way to experience yourself in a singular relationship with God. Your relationship to God need not be limited to self.

As an adult the sexual relationship options are so much greater and I encourage you to explore them all, while remembering to feel the Spiritual connection, which is inherent in all sexual encounters. The physiological changes that occur during an orgasm play an important role in our health and vitality. The release of endorphins - neurotransmitters such as Epinephrine, Serotonin, Dopamine and Oxytocin are vital chemicals in the brain which work to stimulate and rejuvenate the body. This function serves a far more important purpose to us than the reproductive capacities involved. The ability to trigger



the pleasure centers of the brain, the increase in sense of well-being, and the feeling of connection are all components released during an orgasmic encounter. Sex is an important, healthy part of our lives!

When your partner orgasms in unison with you the connection you share is about as good as it gets here on earth! To enhance this feeling keep in mind the connection to Spirit and the oneness you are feeling with your partner. It is not unusual at all to feel a connection to the entire Universe in a moment like this.

I like to visualize bodies as bundles of light, auras intertwining, and constantly sharing energies. As these bodies get closer and closer the energies merge – they are becoming ONE. At the time of unified orgasm there is only one being expressing the Divine! One incredible beacon of Light!

Afterwards you lay there in bliss and joy. Slowly your energies separate and differentiate back into physical form, but not without a memory of what it is to truly be one with Great Spirit!

This union is a gift that you have to share, and many feel it should only be shared between those who are married, however I do not share that belief. Remember that all limitations are self-imposed. We are each individuals and who you share your gift(s) with is up to you.

When the conditions are right a new life can be manifested during this union. Ideally when both parties deeply desire to create life. The conditions would be an egg and sperm combining in a fashion that produces a fertile egg, and a uterine space for the baby to grow. This is not a requirement of sexual intercourse though. Avoiding pregnancy is a matter of being certain that you do not want a child and holding the desire for deep spiritual connection without procreation. No fear can be present or this will attract what is feared. Each person controls their own life and body. While many have relinquished this power to others, when we are knowledgeable of the way energies work, then we simply choose that which we desire in advance. By holding the energy of

Love and not procreation our sexual intercourse remains only an exchange of spiritual union. One needs to be careful to focus on what is desired while releasing any fears of “slip ups”. Perspective is a tool of the mind that can be used to create just about anything. Wayne Dyer said, “Change the way you look at things and the things you look at change”. (Wayne Dyer Blog, Oct, 15 2009)

Sexuality is a lot more than the physical act of sex. It is a combination of your spiritual essence, personality, and physical characteristics rolled into one package. This package is unique to you and while it may be shared with anyone, certain people are going to be drawn to you. Choosing a partner must be mutual and consenting or there will be no joining only resistance.

Sexual union with Great Spirit can be experienced in a multitude of ways. Including with a partner (either same or opposite sex), multiple partners (any combination) or without a partner (using tools/toys or none). This union can even be experienced without any help at all, at any time, and in any place. This is the core of being, you are Spirit! By using the power of the mind you can reach orgasm without “doing” anything. Have you ever had a dream where you experienced orgasm? Expressing the sexual side of yourself is very natural, so get in touch with this aspect of your being. Let go of society’s fears and instead use common sense and common decency to guide your actions. Experiment with that which brings you joy, but do not allow it to rule your life. Like all things in life balance is important. When enjoying sex, let go and be passionate, enjoy it to the fullest and then move on to the next joyous expression of who you are; God, Great Spirit, or Universal Truth.



## **My Gender Experience**

After many years of study, mainly based on The Law of One and A Course in Miracles, I have reached a deep insight to my path as a transgender woman. Of course no one is really man or woman, male or female, they just think they are. Don't underestimate the power of the mind. It is mind after all that creates this reality we believe in. People love to dwell in alternate realities when in fact their own is no more "real". I will tell you my version of how I got here and you can take from this what you will. I suppose the beginning is the best place to start, though nailing this down is harder than one would expect. You see know one is actually born, though that is the story we tell ourselves. Our consciousness (the part of us we think of as "I") awakens slowly bit by bit into a story we scripted long before we were "born". I have vague memories as far back as 2 or 3 years old verified by stores my parents and older brother tell. History is just a story someone tells which is based on various experiences by various individuals. When a certain number of individuals agree on the story it becomes fact. I don't believe in facts! Facts change and thus are not real. Getting back to my story. As I understand it, my mother had a first born boy and desired a girl as second born, instead she got me. We won't even get into my younger brother, the second failed attempt at having a girl. Expectations often fail us, thus why I put no stock in them. The metaphysics of being second definitely includes feminine principles, such as receptive, supportive, caring, and attractive. The woman follows the man in almost every story, esp. the Bible. At birth I was given the christian name for the first martyr. I am sure there is deep meaning here, but it evades me.

Welcome to the Autobiography of Sequoia Elisabeth Carpenter who was previously known as Steven Edward Carpenter. The names were not changed to protect the innocent because innocence is a misnomer anyway. Life is full of wonderful changes and unfortunate happenstance. I have been blessed in so many ways. The following words are offered as one perspective of what a transgender life looks like. It is my sincere hope that in sharing this information you better understand me and are able to

grow in your own life from this information. There really is no way to fully appreciate what it is like to experience incongruities in gender identity unless you have experienced them. The best way to learn about transgender and transsexualism is to hear a few examples. I will be the first to concede that we each will have remembered these events differently since we experienced them differently. So if you happen to have known me somewhere along the line then please understand that this is my perspective. Each point of light makes up the whole.



Steven got a toy jeep, 5yrs old



Camping, Steven on Rt



Grand Canyon, Steven on Lt

The early years of my life were difficult ones, but fortunately I remember little of it. I was born with a double hernia and went back to the hospital for surgery after only one month. To this day, I still wonder if my body had partially formed ovaries which weakened the abdominal wall. Recently I tried to get the surgical records but could not find any record of ever having the surgery. I know I had the surgery because I still have the scars to prove it. My father was a medical resident at the hospital when I was born so he would have had access to the records. When I asked both my father and mother about this time in my life they had little recollection of the events. They did not even remember what time of day I was born, so it must have been a much bigger deal to me than it was to them. I do know that at that time in history, doctors often made a decision about the fate of intersex children without consulting the parents. So it is conceivable that Mom and Dad did not know about any such condition. My birth certificate says healthy baby boy born June 24, 1961. So I must assume that to be the facts at that time. All I do know for sure was that Mom was very upset that she had given birth to a child with birth defects. The fact was that I had to be sent back for

repairs and that she could have lost her second born child. Needless to say I got a lot of attention in the early days.

My childhood was wrought with pain and growth. My size over shadowed any other concerns. I grew so fast that my legs would cramp and Mom would be there in the wee hours of the morning rubbing the cramps away. Her love and attention soothed me in so many ways and now I look back in deep appreciation of all that she did.

First grade was racked with difficulty, but I managed to make it through. I was too big to fit in the desks and had to sit in the back of the room. Soon after school started it was discovered that I had difficulty learning, reading, and understanding, so I was sent to a school for retarded children. Now days they call them “Special Needs Children”, and indeed I was special, just not retarded. It was determined at this school that I had dyslexia which was a great gift indeed. When we moved out to the suburbs later that year I changed to a “normal” school where I was treated like all the other kids. It was also determined that I needed glasses. So now not only was I a tall kid, but a geek too. Mom and Dad made sure that I had all the help I needed concerning my learning needs. The after school classes and training for dyslexia and reading helped tremendously as did the vision training I received at the optometrists office. After several years I could read and write like all the other kids. I have been improving my skills ever since.

Being a tall person, people thought I should be athletic. Well, I am not, so excuse me for not going into all the difficulties here, except to say that my body was not made for athletics. Some fun was had, but mostly it was hard work that I would have much preferred not doing. Terrible joint pain, growing pains, excruciating early morning and evening workouts, summer camps, tough coaches and need I say more? I do see the benefits to all my hard work as I look back on it, so I am thankful that I had the opportunities that I did. My basketball career did allow me to meet some famous people and play with some of the best in the business such as the coach of University of North Carolina, Dean Smith. Michael Jordan was playing for them at the time so I played with him too, although he was a no-body at the time. I also got to meet and practice with

Pete Maravich when I played for Tulane University. They say that pain builds character so I should have a boatload full!



Steven mid 1970's



Steven age 14



Steven driving antique Bantam Roadster

Around 11-12 years old I started puberty and had the realization that not only was I tall and geeky but different sexually too. Growing hair on my face really freaked me out as did my erections, but I was assured that all was as it should be. I was very curious and did quite a bit of reading about sexuality, but did not put the pieces together until later. Never did I say, “Hey I am a girl not a boy”. It was so far beyond my comprehension at that age that I did not even know to question it. I did however have an uneasy feeling that things were not right.

My 3<sup>rd</sup> grade teacher was gay and I can remember really liking him. His outlook on life, his bright clothes and French accent were very intriguing to me. I have always liked flamboyant men; however I am not sexually attracted to them. The subject of sexual attraction or sexual orientation has baffled me all my life.

We would visit my dad’s family across state very frequently and the constant travel became something I grew very used to and something that I still enjoy. Both my Grandmother and her sisters were very strong and active people. I would spend weeks with them in the summer and we did lots of cool things. Ceramics, crafts, gardening, museums, botanic gardens, and sitting with Grandma at work were the highlights of my summer. I also spent many hours at the beauty salon with Mom as she would go every 2-3wks. So this is another place that I became very comfortable with. I would sit and watch all the wonder of creating beauty. My parents encouraged me to do “boy” things

and I did, but it just did not feel like “me”. The women of our family had the most influence on me, I simply felt like I belonged with them. The men however seemed like foreign and strange creatures of which I had no idea how to relate. This is probably because I spent so much time with the women. The men were always working and even when they did try to bond with me it felt strange. Father worked a lot, but we did have good times together in short spurts, like hiking in the mountains and on vacation when we would hunt fossils and explore various places. My dad is very smart and I loved hearing him explain how things work. He taught me so many things!

As my body started to mature, even before puberty I had feelings that I could not explain. Sometime between 9-10 years old I was curious about Moms clothes and dressed up in her wig, clothes, and makeup. This was fun, but what if I got caught? It was not worth the risk at this point so my favorite thing became wearing makeup, it was easy to put on and easy to take off, especially the lipstick. As I got older, after 12, off and on I would carry lipstick and wear it when I was alone. And I have been doing this ever since.

It was when I got to high school and in the locker room after basketball practice that I decided that I liked women better than men. Sex with a man did not appeal to me at all, although it did not disgust me either. Later in college I had a roommate who was gay and still I found it intriguing but not for me. All anyone ever wants is to be loved and I found sex to be more of a release than love. I think I was so overwhelmed with my situation of being male and not realizing what I felt like is a woman. My habits had already been indoctrinated as male so women occupied most of my thoughts at that age, though I was very awkward around them. Looking back now I realize that my first sexual encounter as a junior in high school was completely lesbian in nature which felt very natural to me. It was not till later that the awkwardness of having a male body became an issue.

It was in my mid-teens that I started expressing my dislike for “guy” clothes. If I had to wear them I wanted something with color, but since finding clothes to fit was hard enough anyway, that did not happen much. I was getting older and fitting in with the



others at school was very important so I did not push the issue. For a while I considered learning to sew, but was afraid of the stigma that went with that. I also was very afraid to be labeled as a girl or liking girl things and went into a period of “macho” boy things, from the age of 15 into my twenties. In my twenties when I was considering my career I looked at nursing or cosmetology, but they seemed a bit *too* female oriented to me. After considering my family interest in photography and medicine I made a compromise by becoming a Radiologic Technologist. The medical world at that time was very binary though both men and women worked in all the ancillary professions. I found this both comforting and intimidating.

I remember studying books on sexual anatomy and thinking I should have a vagina instead of a penis. I also read about sex change surgery and the Harry Benjamin standards ( see “standards of care” in chapter 1) which scared the heck out of me. By then I knew that I was a woman inside, but was afraid of being rejected, not just by society, but most importantly by my friends and family. I felt like a freak in more ways than one, I was not a man or a woman, and I was so tall that I stuck out like a sore thumb. Since I did not know what I could do about it or have the courage to face these issues I suppressed these thoughts as much as possible and persevered. Looking back I see now this was a good choice.

When I was seventeen my mom caught me wearing nail polish. She was not pleased but she did not make a big deal about it. She just said not to do that ever again and sent me to my father the psychiatrist, to “discuss” it. He was very understanding and his usual factual self. I was either a man or a woman and since I had a penis that makes me a man, so since I wanted to wear woman’s clothes I must be gay. He told me I either could live as a gay man or not. Things were always one way or the other with him. I vaguely remember talking to him about being transgender and the Harry Benjamin standards, but I think this scared him more than me, so he did not support this idea. I was on my own which meant that nothing would change, because that meant involving the entire family. Parents want to protect their children and in doing so, sometimes make things harder without realizing it. When making decisions and discovering the truth of things

it is often your first thought which is correct. Dad was spot on with his advice though it would take me 30ish years to realize this.



high school years



17 yrs old



Steven – MRI Technologist



Steven 2005 at 44 years old

My adult life has been better than my childhood, but only because I have learned my lessons. Of course it has taken me a while and more than a few tries, but I am getting there. After I failed out of college at Tulane University in New Orleans, I was totally fed up with college sports (and everything else in life), so I went back to live with mom and dad in Knoxville, Tennessee. I easily found work, first at a retail store and later I started working for mom at her clock shop. I decided to go to Radiology Technology School around this time. I liked that everyone wore the same scrubs or white uniforms and had both men and women in the profession. Between my desire to be in the medical field, like my father, and my passion for photography which is something my whole family shared, this profession just made sense. I was a little too late applying and had to wait a year, and while I was waiting I met my first wife.

She was a junior in high school and so very pretty. But what really got me is she had a 4.0 grade average and she wanted to be a doctor! I had just failed out of pre-med at Tulane and in retrospect I must have realized that I could experience it through her, so I did. Ten years later we parted ways and never saw one another again. She was my first real Love. We got married as soon as she graduated high school and we both went to work and school at the same time. We were happy and our marriage was good, until her Dad was diagnosed with lung cancer and died nine months later. Our relationship changed after that.

The loss was very hard for her and it showed in our relationship. When things were good I did not desire to dress, but in stressful times I would crossdress. When she was in medical school, I did not see her much and got back into dressing more. Several times I wore lipstick with her in bed, which when the lights were out went fine, but I remember one night we had a disagreement about it and I became very upset so I took my makeup and went for a drive. I threw the makeup out the window doing 60mph down the highway, and cursed the makeup like it was at fault. My frustration had built to a point of desperation and I did not return that night until very late and much reasoning with myself that my living was meant to be.

Suicide is the first thing that comes to a desperate mind, some people project this desperation onto others and commit murder, but some, like me, are able to reason it away. Oh there are some who do not, like three of my friends in high school who were not so good at talking themselves out of doing foolish things. I got good at denying to myself that I was really a woman. I would not even dress up anymore, but occasionally I would “borrow” her lipstick and masturbate like I had done since puberty. The pressure would build within me and had to be released or I felt like I would pop. The relief I felt afterward was probably due to the release of endorphins. As my fantasies grew I was sometimes with a woman and sometimes a man, but I was always a woman. My taste in partners has changed some over the years. It used to be pretty women only and then either a strong woman or a feminine man.

One strange memory of mine is when my buddy was looking at a *Playboy* magazine and I was not excited like he was. So I wondered if I would be aroused by a man, and got a *Playgirl* magazine, again no excitement. It was not till I saw the movie *Rocky Horror Picture Show* that I figured out, but would not accept, that I was transgender. The movie *Tootsie* also freaked me out. I felt that by watching that movie people would know that I was a crossdressing transsexual. I had so much guilt stored up over this that I had a peptic ulcer while in x-ray school which almost killed me. I spent a whole week in the hospital and received 7 pints of blood. They told me if I had waited another day I would be dead because my bowel was almost perforated and the location was right over a major artery. Medicine did the trick though and I was doing well again, until after my divorce with my first wife eight years later.

When the time was right I made my move to a new place in all respects, the desert. It was very healing, and it took me several years to get over my first wife. Even though I needed to move on, it was very hard for me to let go. When I did, the joy quickly returned and life was full of hope again, but I was still in denial about my crossdressing and gender identity. The next few years were spent sorting my life out and getting it back on track. Thinking back the only thing that kept me from falling to pieces was the release I felt after masturbating. I had two roommates while in Tucson. The first roommate was my first experience having sexual desires toward a man. I would dream of us making love together, but did not tell him or anyone else until now. He got married to a nice girl and moved away. After a few years I lost touch with him.

One day after giving up on Love I came to work while still living in Tucson and had a beautiful lady come in. She was very friendly and we were attracted right away. She tried to recruit me for her dating service, but I said I would prefer going out with her. A month later and we finally got together, through a twist of fate and a car accident. I proposed to her five months later on my birthday and we got married the following year.

Our relationship has been a wonderful experience. She has taught me many things. The most important being what Love is truly all about. This does not mean we are still in the same relationship, after about 4 years I came out to her and things changed. She was

shocked and felt betrayed that I had not told her before we were married. My response was simply that these feeling had been repressed in a desperate attempt to be “normal”. (Our true nature will always emerge and the sooner we understand that the better for everyone.) She was understanding at first and did her best to support me until it became obvious it would not go away.



In October of 2000 we went to a Halloween party which some lesbian friends invited us to. This was the first time I had dressed in public as a female so I went all out and had a great time doing so. Over the next few years her feelings about my dressing would vacillate between acceptance and disapproval. We would fight sometimes and most of the time I would crossdress in private as to not push the issue. In 2004 I decided to take it to the next level and get a professional make-over in order show the world the woman inside me.

My feminine energy had been suppressed for so long that when the opportunity came to have a makeover I jumped on it. I was so excited that I decided to come out to the rest of the family. Many transgender individuals act impulsively when they first come out, because the relief is so liberating. I would suggest being very careful about this since it has many ramifications. And this action was devastating to my marriage and family relations in the end. All in all my coming out was what I had to do to maintain my sanity. My older brother was very supportive throughout my coming out though vacillated later on in accepting me as his sister and now we have a good friendship. My younger brother was supportive at first also and then four years later when I went full time, he stopped being so supportive. Over the years my transition has been a barrier to normal relations as brother/sister though we do our best. My father is supportive most of the time although he does have his moments. I get the distinct impression that they have no idea what I am going through as a transsexual. It is my wish that educational materials like this book will shed some light on gender identity, sexual orientation and the transgender journey. This journey includes the entire family so we all need this education. However you identify it includes everyone you know!





Mom, who passed away June 23, 2007 (one day before my birthday), did not care for my transition, but would not make an issue of it. Instead she would not speak of it and asked that I keep it to myself. I went full time four months after she passed having never really discussed her opinion of this daughter that she said she always wanted and did not even realize she had.



Various crossdressing photos with breast forms and a wig. Taken May, 2005 at home with no professional help.



These pictures were done Oct. 13, 2007 with the help of a makeup specialist. The wig is not styled.

To me the transition is about expressing my inner feelings and being the person I believe myself to be. I am just being myself! The more I explored my feeling the stronger they got and the professional glamour shots seem to really accentuate those feelings. My wife flipped out when she saw the glamour shots as she felt our relationship was threatened by them. I see now for good reason. A year later I had

more glamour shots done and by then my wife just preferred not knowing about it. Of course she still asked to see them, I assume to be part of my life.



Feb. 16, 2008 I had these professional pictures done by Jaime Austin of Austin's Angels.

When I made the decision to go all the way to full transsexual I moved out, more for me than her. It is hard to be yourself when you feel under pressure to perform an act all the time. Steven was a good role but he is gone now, integrated into Sequoia Elisabeth who is natural for me. Our Love has prevailed and even though we got divorced in December 2008, our friendship has grown and we are still very close. She married a person we both met on the internet. He is a dear friend to me and I really enjoy his company. In my journey of love, I discovered the unconditional love I was searching for and much more. Thank you Juanita for Loving me! The realization that I really did not know what I wanted in a relationship besides an opportunity to love and be loved motivated me to move on with my life. Love is my nature and the more people I meet the greater this becomes. In 2015 or there abouts we decided to go our own ways for the benefit of our current relationships, meaning we no longer talk once a week or even have much contact at all. Looking back, my time with her was the best in my life.



Recent pictures as of October 2010 with natural hair and breasts.





2014



2015



2019

### **Which Love?**

Understanding love is part of everyone's journey here on earth. One of the gifts existence on planet earth affords us is the many veils of deception or illusion here. Many poets and philosophers have written about this very fact. To illustrate this point please enjoy this poem from Prajnaparamita which may be found in *The Pocket Buddha Reader*.

Empty and calm and devoid of self  
Is the nature of all things.

No individual being  
In reality exists.

There is no end or beginning,  
Nor any middle course.

All is an illusion,  
As in a vision or a dream.

All beings in the world  
Are beyond the realm of words.

Their ultimate nature, pure and true,  
Is like the infinity of space.

The journey of discovery that each of us embarks on when we enter this world through the womb is our first lesson in love. One of the strongest love experiences we can experience is that of mothering. A mother has a unique bond with each child they bring into the world. It is very likely that you can remember the love your mother shared with you throughout her journey. One of the first things we do as humans is divide love into the many types and levels of love. Motherly, fatherly, brotherly, sisterly, friendly, and partnership love are the main divisions. Even though each type of love has a different feel, it does not mean that love is in any way separate. The different feelings come from the different energy involved in that particular type of Love. Like leaves on a tree Love is always and all ways connected to Source. (When a leaf is separated from the tree it dies or ceases to exist, like all else in this world when it becomes separated, it is not gone it just changed form as all energy cycles through Source) The main purpose of this chapter is to show you that love cannot be separated from your life. In order to do this I must explain the two main forms of love that exist. One is of this world and the other is not.



The ego is an aspect of our being that allows us to function in this world. All that you see in this world is a function of ego and I do not speak of the personality version that Sigmund Freud introduced. I speak as *A Course in Miracles (ACIM)* teaches that the ego is all that separates. Whenever you experience something separate from yourself you are experiencing ego. This explains how we can think of love as painful or something we can lose. The world is full of “love stories” that teach ego based separation with all the pain and pleasure that comes with it. In this ego based world hate is the opposite of love, however they both come from the same source. They are opposite poles of one whole, the ego. In order to experience ego separation we must have the opposite which serves the very important purpose of supplying contrast.

Humans revel in the experience of contrast, love, hate, pain, pleasure, happiness, sadness, hot, cold, and all the aspects of time and space. Turn on the television for 5 minutes and you will see the contrast I speak of. All of the sitcom and soap opera programs serve up ego separation as juicy slices of comedy, drama, and action. The

ultimate act of separation is killing or death; the grand delusion of mankind! The ego mind is a master of weaving this delusion into every facet of your life. You are reminded of the “reality” of death a thousand times a day, especially if you are watching television.

The world is so barraged by death that it is a natural way of life here on earth. It is the cycle of life, life is born and it dies. We would not have it any other way! Or would we? What if in fact you discovered that you never do die? What if you removed the veil of death completely and realized the truth of all existence as the poem by Prajnaparamita so eloquently states?

We have established what ego love is all about, but to further define it consider the many experiences we associate with love such as happiness, sadness, emotional pain, deception, betrayal, loss, falling in love, love at first sight, and even making love. These are all ego based so this means they are illusion. I am not saying that the experience is not real because it is indeed real, just like the movies are real. We can experience all these things in the movies and we do! In fact the reason we are in this earth experience is to experience love and all the other experiences involved in this journey of discovery. So if all the love and hate we are experiencing here on earth is an illusion what is the other version of love that exists?



For clarity I will capitalize this type of Love, so if you see “love” think ego and if you see “Love” think Eternal Spirit. The only true form of Love is defined as Agape or the Love of God. The ego mind is attempting to steer you around this section so just ignore your impulse to stop and read on. I promise this is an extremely important concept to master. Metaphor is so illustrative so consider this. You came to earth expecting a mansion and were instead given a shack! This is the illusion we all have been sold by ego mind. The ego is not who you are but is in fact a tool given us to experience this world. It is not possible to be in this world without your ego, because this world is in fact your ego expressing. It is time to let go of the belief that you are your ego (or your body) for it no longer serves you.



Who are you if you are not your ego? When the ego is stripped away all that remains is Universal Intelligence, Great Spirit, God, or the One Mind. Other names for God are pure Love, Joy, and Peace. For our purposes here today we are only discussing Love although Joy and Peace are interchangeable with Love. God is All There Is and how we experience this is what Love is all about. God is Love, God is Joy, God is Peace, God is YOU and me and all that is! You may have heard this explanation however I offer it here because it is so profound. Each of us are points of experience for God or you can think of each life form as an aspect of God and if God is infinite, remember the poem at the beginning of this chapter, then we all are infinite. This prose illustrates what Love is so you can have an idea of what this entails.

### **Love Is**

Love is not exclusive, but Inclusive  
Love is not painful, but the Highest JOY  
Love is never lost, but exists always  
Love is not changing, but constant  
Love is not different, but the same at all levels  
Love is not wrong, but the answer  
Love is Universal!

Love exists regardless of what is happening in your life, in fact  
Love exists regardless of your life  
Love is something you can share, but cannot prevent another from experiencing,  
only yourself  
Love is the only thing you have more of when you give it away  
Love is a feeling, an emotion, an experience, and so much more

Love is life itself  
Love is a way of life  
Love is an acceptance of all that comes your way  
Love is an expression of WHO YOU ARE, who we all are  
I AM THAT, I AM

So the next time you wish to experience Love consider what it means. Love is unconditional and in order to experience this we must first give it away! How can you

give away something you do not have? You cannot, but then **Love is who you are** so simply give *you* away. This is done by being thoughtful and considerate of others, accepting others for who they present to you, and never criticizing anyone or anything. You give of yourself by doing onto others as you would have done onto you.



## **Sex as Communication**

We just considered what Love is and got a view of ego mind. In order for you to get a deeper perspective of what Love and Sexuality are all about I offer you teachings from Jesus in the book, *A Spiritual Sex Manual* interspersed with my own words which weave it all together.

“Come to accept your bodies for their only true purpose.  
They are vehicles for communication,  
for the communication of Love. That is their only purpose.  
Give them no other, and you will see a transformation in  
your lives that will give you endless cause for joyous  
celebration and gratitude.”  
(Jesus the Christ)

Many people equate sexuality with the body and sexual gratification. They expect someone else to give them the pleasure they seek. In part one we saw that sex provides many beneficial chemical responses and the mind can become accustom to this feeling. This happens when the purpose is mistakenly seen as physical pleasure. My dear friends this is a side effect of Love, not the purpose. This feeling is a benefit of sharing Love. The body is the last level of true sexual expression.

Sexuality then is the creative force of energy itself or some would call this Spiritual energy. This energy comes from Prime Creator who is pure energy. If you consider God as Prime Creator then God is this pure sexual or spiritual energy. Other ways to describe God are by the words Love, Joy, or Peace. Sexuality then is Love, Joy, and Peace. When you see words capitalized for emphasis, they denote God or Prime Creator. This energy of Sexuality is a pure state of being, so filled with Joy, Peace, and Love that its only function and desire is to create.

The desire to create is something all humans share with God since we are all made in the image of God. The act of procreation is often a side effect of sex, but this need not be the case. The purpose of sexuality has been distorted over time through fear and beliefs of the ego mind. There is no need to create more bodies. You have done it long enough.

Focus instead on the true purpose of sex which is to communicate Love.

Understand that because you exist in a physical state, sexual intimacy is the vehicle for communicating Love or the essence of your being. The act of giving this gift to another in effect says, I accept and Love you as you are and I see your beloved innocence. I choose to use my body in such a way as to express the simple Truth.

“When you only communicate Love with the body,  
what can it be but uniquely beautiful,  
tracing patterns of exquisite fervor in every motion?”  
(Jesus the Christ)

Sexuality is expressed in every expression of Love, not just sexual intimacy. In an ideal world this expression is highly valued and shared with everyone, not in an effort to get, own, please, or be pleased, but only to express your true essence. A gift given is a gift received!

“Consider the lilies of the field...  
how they spin not...  
neither do they weave.  
Weave no fabrications of shyness nor ungentleness nor  
bluntness,  
But in greatest tenderness  
and loving abandon,  
come to each other and explore  
the mystery of God’s Grace together.”  
(Jesus the Christ)

As we spoke about in Part I, Chapter 4, every relationship is with God and the purpose of this relationship is to Love and be Loved. The relationship can be as simple as saying hello to a fellow traveler on the bus or as deep as an all-night intimate exploration with your lover! Both are equally important in the grand scheme of life.

The problems of sex  
are nothing more than a lack of Love,  
and yet over and over and over, the cries go up,  
and Love is hard to express  
in the midst of disfavor and resentment,  
old furies and shackled feelings.  
Nothingness blocks the way.  
(Jesus the Christ)

The mind awakened to Love, Joy and Peace is fearless, thus form is secondary to content. And where minds have joined in Love, Joy, and Peace, loss or separation is no longer possible. Love and loss is not possible at the same time, because loss and separation are equated with fear and fear is the opposite of love. I have not lost my dearly departed Mother because I still Love her and she lives on within my heart. The same goes for my previous relationships even though they are not departed this world. When you Love someone, they are with you forever, whether you can hold their hand or not.

I come asking you to rise above  
the battleground of the sexes,  
to see the ground upon which  
it is being fought as unreal,  
and to transcend it in order to perceive  
the Love ground that exists between you  
in the depths of being.  
(Jesus the Christ)

The message being conveyed here is a simple one and has been shared a million times a million. The mind is a tool which directs the body, because the body has no power to create. Please do not blame the body for any mistaken perceptions or blocked flow of Love. The body often shows us what the mind is up to though by the blocks we experience in the form of frigidity and impotence. The mind is under your control and by “your” I mean the Spirits control unless it is not, which means you have not claimed this control. The ego will take control of your mind and use fear and pain to control you if you allow it, but it has no power unless you fail to claim your God given rights. In order to make your claim simply state to the Universe and with God as your witness:  
*I release the past, and see myself in new light, the light of God as an equal to God. If this is beyond my abilities at this time then I remain open to this possibility and ask that I be given the opportunity for this realization. I hereby withdraw all power which I have given to other people or to situations which control my experiences. I am in control of my experiences and I choose Love, Joy, and Peace! In my sexual relationship with you dearly Beloved (all relationships I have ever experienced) I hereby release and forgive you for the blame which I placed falsely upon you. I understand this was a mistake and not a sin, so I am simply correcting an error on my part. The more I practice this and make this a part of my life the deeper will I*



*experience this Truth. Holy Spirit I ask for your help in making this so, so that I may know myself in my True form. Help me in forgiving the past and in knowing the essence of my being.*

*I Love You!*

Now that you have reclaimed control of “your” life it is up to you to follow the path laid before you.

Do I really  
want to know  
the meaning of Love?  
Why am I here?  
Do I want to continue  
to be limited to this body,  
or do I want to soar,  
together with you,  
beyond this pale of littleness?  
Do I really want to love you,  
and therefore, myself?  
(Jesus the Christ)

The gift has been given and now the time comes for you to step forward and embrace it. Feel the Love that flows through you now and know that it is available any time, in any place, and under all circumstances. In fact it is your calling to share this Love with all whom you meet. The method to use your body for Love’s communication is your choice be it a hand shake or a kiss, a hug or sexual intercourse; this is the essence of your being! Celebrate for we are all one in this Journey of Love!

Wantonness  
is not my  
purpose.  
Wantonness  
is what I come to correct...  
When you came to my valley,  
the valley of Love, not lust,  
The valley of the Spirit  
where flames of the Spirit  
can intermingle and grow and diffuse  
With holy Light all the Love communication,  
Was there not ecstasy  
such as you had never experienced before?  
Was there not?  
(Jesus the Christ)

Now you know the body is a form of communication which allows transformation and healing. The body is not who you are, who you are is expressed by how you use the body and the mind through your actions. The very act of sex is communicating Love, God's Love. How you express Love is up to you, there is no right or wrong way to do so. God never made any rules as to who could have sex and who could not. There is no mention that only heterosexual love is acceptable, in fact Jesus says to accept all forms of Love. "...God makes no distinctions. Between man and man, woman and woman, ...God makes no distinctions." (Jesus the Christ, p.156) Love your partner as if they are you, because they are! We are all one.



## **A Journey of Discovery**

The purpose of this chapter is to review the most important points made in the previous chapters and to create an indelible image of Love, Sex, and Sexuality. The reason I titled this chapter *A Journey of Discovery* should be apparent at this stage of the text. Life's journey is about discovering who you are *not* and through the process of elimination you arrive at the irrefutable truth of *who you are*.

The name we apply to “who you are” can be many things and in fact it is. Humans love labels; however, we are beyond the point of mere labels here. The labels are who you are not! Who you are is un-label-able. For the sake of explanation though and in an attempt to give “you” some “form,” let us use the word “consciousness”. You are consciousness individuated. Of course consciousness itself is God or Universal intelligence. So in a manner of speaking you are God or an individuation of God. I ask you to take a second here and contemplate the meaning of this statement. Consider what Oneness is! Understand that all things and all beings are connected through Universal Consciousness.

Oneness is a very important piece of the puzzle we are constructing here because Love, Sex, and Sexuality lead us to experience this oneness. The very reason we are so obsessed with sex is not because we want a trillion people living on earth, nor do we need one more baby to be born. The reason is sexual intimacy, the union of sex, and the sharing of sexuality, a sure and powerful method of reaching the feeling of connection we so deeply desire with Great Spirit, God, Divine Source, Prime Creator, or Universal Intelligence (choose your own word for Divinity).

As the reality is now, when we are born certain decisions have already been made. Each baby comes to this world with a roster of conditions. I know we like to think of a baby as innocent and they are, but then so are you! The concept of Original Sin applies here

also. All sin and guilt can be traced back to our belief in separation, especially our being separate from our Source.

Two of the conditions we enter this world with are gender identity and sexual orientation. These two are fixed and will not change. Also, they are not announced at birth, so each person must discover them along the way. Another person cannot tell what these are, so don't make the mistake of guessing what they are for another person, even if it is your own child. Yes, that child is a reflection of you; however, the point is you are a blessed child of God. As a parent, your role is to accept the gift this child brings you and the world. Help them to express who they are, not who you believe them to be. I realize life has no instructions and there is a reason for that. It simply means there are no rules or right ways to be a parent or a child for that matter. Do what feels right, listen to your common sense, and trust all is well. The trick is non-judgment! The more you have faith in the grand design the grander the results.

If on the journey, you or someone you love decides that gender identity and physical sex do not match then the answer is NOT to adjust the physical appearance but rather adjust your attitude of requiring a certain presentation and behavior. Acceptance occurs at a much deeper level than just how a person acts or looks. Love comes in many forms and it is always unconditional. The goal of all this is discovering truth, the essence of who you are through the other self, gender and sex are simply aspects of duality – tools if you will for self discovery.

On this journey of love and discovery it is our relationships which are our biggest tool or maybe you prefer to think of them as gifts. The intimacy we share with another person is profound because of the connection that exists during that bond. I love thinking of intimacy as “in to me see”. You may have heard that idea before. Think about this for a moment. Intimacy is being close enough to another person to see their soul and to share essences. Using the tool of Sex for “in to me see”, though powerful, is only one path to the connection you desire. Love is so much more than sex or even intimacy, however do not discount sex as one of our most powerful expressions of God's love.

Sexual union is a gift and cannot be used any other way, even though ego mind would have you believe otherwise. The purpose then of sexuality and the body is **not** to seek pleasure, but to allow transformation and healing of illusion (that we are separate). The reason for the season so to speak is to experience a spiritual union with The One, which is Joy itself, not physical pleasure. In so doing you move beyond the illusion of physical existence and into the reality of infinite consciousness.

This sexual union can occur in many ways and in many forms. Judge not the way in which you are compelled to express. Sex is often used by ego mind for counter-productive purposes, so be careful how and why you enter into a sexual relationship. For clarification, the body cannot be used to **get** anything. Its only **sane** purpose is to extend or give.

Distance need not be a barrier when it comes to sexual union. The mind may be used as the perfect tool. Imagination, will, memory, intuition, perception and reason make up the tools you'll need so use them well. We are never alone. All sex is with God and an expression of God. Whether you have a partner, who is acting as an agent for God, doesn't even matter, although it does deepen the experience.

Remember your purpose here and know this; how life unfolds, our behavior, and appearance are only ripples in the ocean. Being has no limits though we are born into roles and it is our duty to fulfill them. The means simply that we play the cards we are dealt and leave the details to Higher Powers. Everything happens for a reason so embrace it, live it, and it will serve you.

As a side note and PSA, I need to say from my experience, I cannot recommend gender transition or SRS. A true transsexual is very rare. Dr. Bushong told me 5% or less of those who transition are actually transsexual. Of course everyone thinks they are in that 5% when they are not. What is more common are questions of identity and gender congruence. See a knowledgeable counselor for these feelings and questions and beware of anyone who suggests transition. What helps us is simply being allowed to express ourselves as we are motivated to without judgment or condemnation. We will do plenty

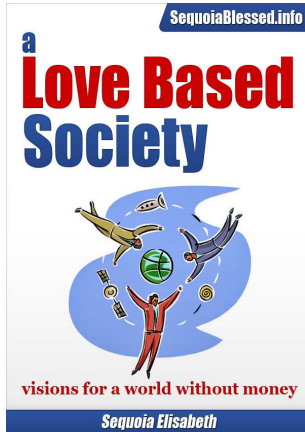
of that ourselves without the help of others. A loving supportive living situation assures a happy outcome. For more on this topic and others please read my blog on the website, <https://onenessministry.info/>.



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