

Edward and Joanne Eichel

PSYCHOSEXUAL INTEGRATION

Psychosexual integration is a documentation of the principles of compatibility. It evolved from a decade of therapeutic work which was oriented toward the development of human potential in relationships. The work with couples encompassed varied aspects of communication essential in depth relating. Weekly sessions of a two year group process involved the breaking down of character defenses; this work was complemented by monthly sex seminars for supportive exchange by couples as they progressed through various phases of relating. The sexual evolvment of relationships was documented as partners opened up emotionally. The premise of a basic sexual alignment was formulated and developed - a sexual exchange which engages the entire psyche into an integrative experience.

Sexual alignment involves a fundamental positioning and motion which instigates a link-up between the body, mind, and emotions in sexual expression. This allows the physical gesture, the emotional feeling, and the mental attitude to merge into their proper relationship for intimate relating - the body becomes a vehicle for the expression of love and commitment in sex.

The dynamics of physical alignment are perhaps the least understood aspect of sexual experiencing. Much sexual exploration and technique tends towards personal detachment, and fragmentation of response. There is an inclination to avoid correct alignment because the connectiveness in such experiencing brings the entire psyche into a dynamic tension; the interrelation between feelings, thoughts, and body expression becomes critical. This connection causes an intensity of feeling which is difficult to tolerate. Sexual alignment mobilizes an evolvment process by consistently forcing the thresholds of vulnerability. With increased excitation, unconscious defenses surface and become evident. Subtle emotional nuances that impede contact become apparent and indicate any need for change; this offers direction for evolvment in the relationship. Emotional growth effects compatibility. As sexual experiencing opens to greater levels of satisfaction, it evokes tenderness and inspires more sensitive communication; as communication allows greater contact, sex becomes a conscious experience where partners can wilfully determine an orderly response and consistent level of pleasure. This leads to synchronicity and simultaneity. Perfectly co-ordinated sexual movement between partners who are vulnerable and committed to each other, naturally results in simultaneous orgasm.

Physical Dynamics of Sexual Alignment

The physical dynamics of sexual alignment involve positioning, genital contact, and movement.

Positioning

The drawing in Plate 1 illustrates in detail the basic position of sexual alignment. The man is depicted lying fully on the woman. Weight is not inhibiting if partners do not become tense and rigid, or relax to the point of flaccidity.

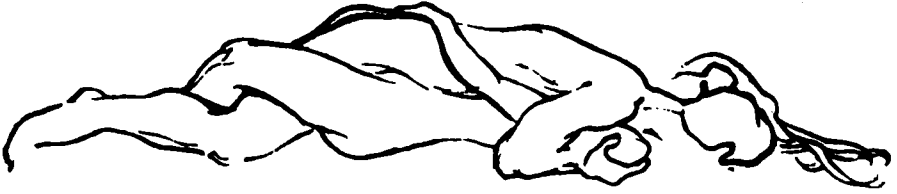


Plate 1. - Position of Sexual Alignment

The documentation of physical alignment has revealed certain principles of kinetic function which govern the body in sex. For the spine to have the mobility that is essential in sexual movement, the limbs must remain relatively inactive. Movement originates from the spine and is directed through the pelvis, without use of the limbs; any attempt at leverage by pulling with the arms, pushing with the legs, supporting of the torso on elbow. etc., stiffens the spine and cuts off pelvic mobility.

An essential kinetic interaction between the male and female genitals is only possible when the spine is mobile and able to focus activity downwards through the pelvis. Transition from the caressing of foreplay to a focus on genital movement is necessary. Continuous activity or tension in the upper part of the body prohibits articulated genital movement, and disrupts the build-up of the orgasmic charge.

Genital Contact

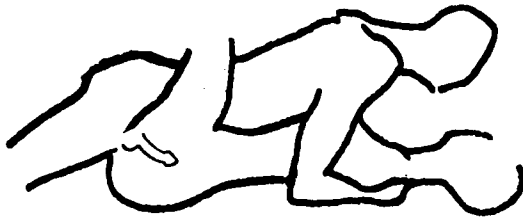


Plate 2. - Incomplete Genital Contact

Incomplete Genital Contact - Sexual positions generally used (e.g. Plate 2.) are characterised by fragmented genital contact. Most often the man's pelvis is positioned well under the woman; he moves his penis with a scooping gesture into the vagina, losing or never making contact with the clitoris.

Complete Genital Contact - In alignment (plate 3.) the man is lying higher up on the woman than in positions generally assumed. The front base of his penis is lying into the woman's Mound of Venus, pressing against her clitoris. (The head of his penis curves downward toward their feet.) This position allows constant full genital contact: penis touching clitoris - and inside vagina; this simultaneous contact completes a circuitry essential to the building of a full orgasmic charge.



Plate 3. - Complete Genital Contact

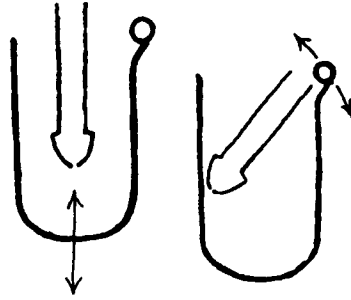
Kinetic Function of Genital Contact - In positioning with complete genital circuitry, the clitoris is in direct contact with the penis. This connection is critical for synchronous build-up of orgasmic charge. The front base of the man's penis is held in constant tension with the clitoris throughout sexual movement; this point of contact midway between the internal and external parts of the penis shaft is the point on the male genital which corresponds in kinetic function to the female clitoris. From this point the stimulus from sexual movement oscillates; it is conducted inward along the penis shaft and evokes the male's deep internal responses - it alternates outward and stimulates the partner.

The pressure and counter-pressure maintained between the front base of the penis and the clitoris fluxuates the clitoris upward and downward, stimulating inward unfoldment of vaginal response - and alternately, outward stimulation to the partner.

Sexual Stimulus - The diagrams in plate 4. depict two contrasting forms of sexual stimulus. The drawing on the left represents generally practised *friction*. The penis slides in and out of the vagina without clitoral contact. The drawing on the right represents *pressure* stimulus from tension maintained between the penis and clitoris, as characterised in the genital contact of alignment.

In alignment, the base of the penis and the clitoris form a fulcrum to generate the orgasm charge. The penis-clitoris connection is maintained through sensitively balanced pressure and counter-pressure between partners; this "connection" is moved upward and downward in a gentle lever-like motion - the interaction is sustained with an even pace throughout the entire build-up and release. This builds the orgasmic charge to a level that organically

Plate 4.



Left - Friction Stimulus

Right - Pressure Stimulus

evokes the responses of orgasm - without speeding up, resorting to friction, and disrupting the natural unfolding of the response. The transition to involuntary movement is a natural deepening of the movement co-ordinated in alignment. The bodies join in mutually interconnected reflexive movements which continue unbroken throughout the orgasm release.

Movement

As partners progress through various phases of relating - Dependence, Independence, and Interdependence - the quality of their interaction has expression in sexual movement. Interdependent movement requires balanced motion and equal participation; this movement is identical for the man and woman. Both move forward and backward at the same distance, and at the same speed. The leading movement forward and the yielding motion backwards are equally "alive" - not alternately active and passive. Bodies sustain a connection that is consciously co-ordinated. The movement of the two partners is interrelated and their motion is inseparable. This quality of interaction can only be simulated if partners are in rapport. Any emotional defensiveness cuts receptivity to sensation, and limits mobility of the body. The physical expression in forward motion requires initiative, and feelings of assertion. The motion backward with sustained contact is responsive and evokes feelings of vulnerability. Within alternating strokes of sexual movement the psyche is polarised between dynamic and receptive states. This requires *emotional elasticity* - a willingness to effect, and to be effected.

Implications of Psychosexual Integration

The attempt to co-ordinate interdependent sexual movement makes the imbalances in a relationship evident. Tendencies to over-extend and to under-extend in sex correlate to behavioural syndromes where partners are interlocked in a manner that discourages contact, alienates them, and limits their growth. The resolution of such interrelated syndromes is a dynamic for significant

personal change. It is evident that sex can be an integrative process, or it can be a medium to act out defensive attitudes. It can either keep destructive syndromes rooted, or help to disengage them.

In conclusion, sexual alignment is not a technique; it is an intra-psyche and an inter-psyche connection that partners must build, integrate, and nurture. This comprehension of psychosexual alignment establishes the sex act as having an ethical nature and a natural order. It creates an unbiased criterion for exchange that requires the same level of involvement for the man and woman. The co-operative effort to reach resonance in sexual union is a dynamic of change. It has therapeutic value in a way that is organic and relevant to relating. It is a conscious attempt to wilfully move beyond defenses and resistances, and to relate in an integrative manner. The incentive for change can be linked with the motivation for pleasure and fulfilment in love.

METAPSYCHOSEXUAL CONSULTING:



Educators and professionals in the caring fields are presently confronted with sexual issues that are of concern to every human being. An international service for sexual orientation has been formed to disseminate information which is relevant to the needs of human relating. The values for optimal sexual relating are relevant to marital problems, and to most controversies involving sexuality today.

PROGRAMMES by arrangement for institutions, groups, couples: lectures - seminars - courses - private consultation.

PSYCHOSEXUAL INTEGRATION: The Principles of Compatibility. By Edward Eichel, founder of Creativity Laboratories. Illustrated monograph £3 post free.

For further information, brochure, or arrangements contact: **Edward and Joanne Eichel**, Loescher Flat One, 23 South Hill Park Gardens, Hampstead, London NW3 Tel: 01 794 5951.