

The Option Method Institute

Education based on the teachings of Bruce Di Marsico

www.ChooseHappiness.net

Sex Doesn't Exist

From

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Summary

Sexual feelings, as physical sensations, may be judged as either a sign of attraction to having good feelings or as a sign of deprivation from good feelings.

Emotional feelings about sex are judgments on the repercussions of sexual activity.

There is no form of having good feelings with others that is inherently included or excluded from the idea of sex. "Sex", in itself, does not exist, it is a way that some people set aside some ways of having good feelings with others as "special".

Sex Doesn't Exist

The body is homeostatic: you start to get hungry so that you can get back to homeostasis. You get thirsty so your body can return to homeostasis. That's not an emotional feeling, it is the physical sensation of well being. It's the knowledge that nothing is going wrong.

Sexual feelings can come from a sense of deprivation. You can do anything without a sense of deprivation, but there are some things that essentially you wouldn't do without a sense of deprivation, for instance, eating. There are also lots of other things that you can do without a sense of deprivation. I needn't feel deprived of being outside in order to go outside.

If you experienced the sensation of well being, are you just going to stand and stop moving, or might you just move? Happy people might still move, but they wouldn't make judgments in order to move. They would go places not in order to do anything, but just to do it. It just may happen that to go to sexual activity would not be the same as going to sexual feelings. A person might very well go through intercourse just as they go through going outside and inside.

If you were happy, would you go through anger? If you were happy, would you go through depression? Would that be part of your movement? So if you talking about feelings, when you are happy, there are going to be certain feelings that you are just not going to have. If sex is like any other feeling, there might be a chance that you wouldn't have sexual feelings, because there are a lot of other feelings that you just wouldn't have it if you were happy. The question is, is sex a movement back to homeostasis in the sense of well being and being happy? In the absence of homeostatic movement, would there be such a thing as a sexual feeling?

Would you have to feel hungry in order to know to eat? Hunger is another thing that is apparently homeostatic. Some people are hungry and other people are not

hungry, but they still eat, because that's what keeps them alive. Your body doesn't necessarily get miserable in order to tell you to eat.

What you call hungry you might never feel if you actually went along with your body. That may be something that only comes from ignoring all the sensations, or the awareness. For your convenience, you limit eating to three times a day. You will eat before you go to work, once you while you working, and then after work. People will notice hunger like anything else having to do with happiness or unhappiness; some notice hunger as an attraction towards food, and some will feel that same sensation as a deprivation from food, and it is the whole difference in hunger between being happy and unhappy.

Unhappy people notice hunger as a deprivation, happy people may notice an attraction to food. And they are two humans with the same physical sensations.

Sex could be something you're attracted toward or feeling deprived of. Good feelings from other people seem to be part of sex. So one could be attracted to having good feelings with other people, or feel deprived of them. If one was attracted to having good feelings with other people, there might not be any such thing as sex, but simply an attraction to having good feelings with other people. That would be the homeostatic position. Some of what is so-called "sex drive" or "sex feelings" is when you are feeling deprived of having good feelings with other people, or deprived of having good feelings with yourself.

For example, take masturbation, there is a whole question of how much of it occurs from a sense of deprivation. For many of the teenagers that I have talked to, it was something they did to make themselves feel good when they felt bad. After having a rotten day, that was the way they made themselves feel good. Just because something is not bad, that doesn't motivate people to do something; very few people sit and tie and untie shoes all day.

The only reason we have emotional feelings about something is because we have questions about the repercussions. The feelings of good and bad are always connected to the future. With an open judgment, there are no good or bad feelings, there are just feelings. When you judge the repercussions, then you create emotional feelings.

Perhaps the only reason that a human being would have any thought or belief or anything about sex would be because they might have thoughts or beliefs about the desirability of the repercussions.