

Becoming Androgynous

by Margo Woods

For those of us who are interested in Androgyny as a goal for our own development, the next question is, how does one **become** androgynous? How does one balance the masculine and feminine components in oneself?

I have discovered two ways, and have designed a lecture/workshop with my associate, Dr. Ed. Elkin, which will be offered at the Symposium in June, to introduce these ideas to you.

The first discovery was that I could form a relationship with my internal man, which Jung called the Animus, and that through this relationship I have had better access to my masculine possibilities, and, interestingly enough, have become more feminine as well. For a man, the internal woman is called the Anima, and the principle is the same.

The relationship is begun in a guided fantasy which will be part of our workshop, and developed in gestalt play, sandplay, direct conversations, journal writing, and movement.

The internal being directs the individual toward balance by giving suggestions and advice in all areas of the person's life--work, relationships, health, and spiritual development. Once the relationship is established, externalized, the individual can also re-embodiment consciously the internal man or woman and let him/her take over the personality when appropriate. For example, when I feel a need for my masculine energy I can imagine George, my Animus, **inside** my body and let him move and speak through me.

The second discovery about becoming Androgynous was that making love to oneself moves the individual towards that internal masculine feminine balance. In the workshop this will be dealt with in discussion, but not in practice.

It is difficult at first for us to understand what is meant by making love to oneself. Our culture has such strict prohibitions against masturbation that it is usually done quickly and

furtively, with guilt, and only when "real" sex, sex with a partner, is not available.

It was through my work in Tantra that I first discovered the value of having a sex life of my own, independently of my sex life with partners. What has evolved is that as I make love to myself, slowly, caringly, spontaneously, guiltlessly, with my own hands and heart, I am the lover and the beloved at once. I am yang, the giver, and yin, the receiver, at the same time, and a balance between the two starts to develop.

If you can accept this possibility, then the next time you make love to yourself slow the process down. Take two or three times as much time as you are accustomed to, and include your whole body in your touching. Feel at first the feeling in your body as your hands touch and explore, and then the feeling in the fingers as they do the touching. After going back and forth, experience both sensations at once. Allow your sessions with yourself to expand according to your own fantasies and imagination.

When the internal man or woman is unconscious or unrecognized, and when sexual fulfillment is seen as being dependent upon a proper connection with a partner, the individual is helpless and dependent in relationships. One's soul, one's sense of self is lost to the partner and the relationship games, with which we are all too familiar, begin. An individual who is focused internally, as well as externally, who has access to both the masculine and feminine forces of personality, is a much better companion and partner.

Nor does this internal focus cut one off from others or make the individual less interested in interpersonal contact. On the contrary, since that contact is less dangerous, less threatening, true intimacy is more and more sought after, more and more possible.

I am fascinated with the concept of Androgyny and the process of my becoming Androgynous. Join us at the Symposium!

The Method of Becoming Androgynous

involves establishing a relationship with your internal man (animus) or woman (anima). The workshop initiates this relationship through powerful techniques of guided fantasy, transpersonal gestalt and Jungian-based exercises. Ways of continuing to develop your androgynous self beyond the workshop will be offered.

Ed Elkin, Ph.D. is a Psychologist who founded Transpersonal Gestalt in 1970 as a synthesis of the theories and practices of Alan Watts, Fritz Perls and Ram Dass.

A former Fulbright Scholar at the Sorbonne, he has become an



internationally known group leader and gestalt trainer.

He is on the faculties of Ryokan College, Los Angeles, and the University of Humanistic Studies, San Diego.

Margo Woods is an author, lecturer, and consultant at the Center for Sensual Education in San Diego. She has travelled the US and Canada presenting her Sexual Energy Seminar, and her book, *Masturbation, Tantra, and Self Love*, will be published this year. She has been an associate of the Androgyny Center for many years and is now studying Jungian Psychology and Imaginal Play.

An International Gathering of the Finest Minds, Experiences and Spirits on Androgyny

John-David Schonbrook, Founder/Director of **The National Androgyny Center**; Editor/Publisher of **androgyny review**; "source" of the **First International Symposium on Androgyny**; travels throughout the world teaching and sharing Androgyny.

My Personal Journey Into Androgyny: As we go to press, John-David is mulling the idea of sharing his Personal Journey from Radical Activist (Civil Rights/Anti-Vietnam War) to

Flower Child in the 60's to twelve years in Africa/Arabia to multimillionaire spanning three continents to California where he founded the Androgyny Center and helped nurture the International Androgyny Movement through its last four years.

He says he also wants the option to instead speak either on **Jung -our Anima/Animus Union or Androgyny Through History -From Atlantis, to Akhenaton (Pharaoh of Egypt) to the present dawning of the Age of Androgyny.**



Women's and Men's Liberation: From the Intellect to the Gut. Dr. Warren Farrell's program is an experience designed to bridge the gap between intellectual agreement about androgyny and the gut level experience. Following the old Indian proverb "don't judge me until you have walked a mile in my mocassins," Warren has men experience women's "mocassins" in a man's beauty contest! And women experience men's mocassins in a role reversal date! Women confront their fear of taking risks and being rejected; men confront their gut with what it **feels** like to be cared for only as a sex object.

Warren Farrell, Ph.D., is author of *The Liberated Man*, for two years the best selling book in the

United States on men's liberation. Warren has conducted experiential weekends and done key-note addresses at more than 250 universities and organizations on men's and women's liberation. He was elected three times to the Board of Directors of NOW in New York City and co-founded the Men's Awareness Network.

Dr. Farrell has appeared on the **Phil Donahue Show** seven times, and repeatedly on the **Today Show**, **Tomorrow Show**, **Mike Douglas Show**, and on all the networks' news programs. He has written articles for *The New York Times* and Journals completing a book on incest entitled *The Last Taboo? The Complexities of Incest* (Bantam).



Everyday Eroticism: Toward a Western Tantra. This workshop will look at an emerging tantra for westerners that is based on enhancing the skills of love and commitment, surrender, arousal, erotic play, and merging the male and female, into aspects of positive eroticism.

Stella Resnick, Ph.D., is a clinical psychologist and Gestalt therapist trained by Fritz Perls and in private practice in Los Angeles. She has taught at Naropa Institute in Boulder, Colorado, has led workshops at Esalen and other growth centers across the United States and Europe since 1970. Her article, "The Erotic Lifestyle", appeared in *New Age* magazine.

New Garments for the Androgynous Society will highlight the presentation of David Hall, a computer software specialist, whose interests include "equal rights," rolfing, health, and new uses of computer software technology. Followed by audience participation.



David Hall M.Sc. (Eng.) D.I.C., is a computer keyboards specialist whose primary contribution to androgyny has been his pioneering research and promotion of SKERTS for men, a better from of "software" than the habitual wearing of pants only. Director of the California Yoga center in Palo Alto, and a rolfer, his work was written up in *Psychology Today*.

Discovering the child within us aids to reclaim the balance of the whole person. Knowing ourselves first as the child within, we learn to experience the male and female within. Depending on environmental situations, personal predispositions and other influences, people develop more left side/right side maleness/femaleness.

As a child development specialist, writer, and consultant in education and child development, **Stevanne Auerbach, Ph.D.** has published several books, appeared on television and has created a resource center for helping parents and professionals support the creation of more balance through childhood.

