

*Complimentation*<sup>®</sup>  
INTEGRATED  
INSTITUTE  
OF



**DAY FIFTEEN**

WHO ARE YOU *when you are* SOMEONE *who is* NOT?

# ANNIE SPRINKLE'S IOI USES FOR SEX

SEX AS A SEDATIVE. IT HELPS YOU GO TO SLEEP – SEX TO FIGHT ADDICTIONS. IT HELPED ME QUIT SMOKING – SEX AS A LAXATIVE. REGULAR SEX HELPS YOU HAVE REGULAR SHITS – SEX TO GET TO KNOW SOMEBODY. YOU CAN TELL A LOT ABOUT A PERSON BY FUCKING THEM – SEX AS A MEDITATION – SEX TO RELIEVE BOREDOM – SEX TO IMPROVE CONCENTRATION – SEX TO MAKE MONEY – SEX TO CREATE MAGIC. SOME WITCHES BELIEVE THAT THAT THE MOST POWERFUL TIME TO CAST A SPELL IS DURING ORGASM – SEX FOR MANIPULATION. IT CAN GET YOU WHAT YOU WANT – SEX AS A REWARD. EITHER TO YOURSELF OR TO SOMEONE ELSE – SEX FOR RELAXATION – SEX FOR REJUVENATION. IT KEEPS YOU LOOKING AND FEELING YOUNGER – SEX TO INCREASE ENERGY. A GREAT PICK-ME-UP – SEX TO CURE AN ASTHMA ATTACK. I SAVED A MAN'S LIFE ONCE – SEX TO MAKE YOU LAUGH. IT CAN BE HILARIOUS – SEX AS A GIFT. A PRESENT FOR BIRTHDAYS, ANNIVERSARIES, BAR MITZVAHS – SEX TO GET HIGH – SEX TO ACHIEVE AN ALTERED STATE – SEX TO CREATE LIFE – SEX FOR WAKING UP. HELPS GET RID OF THAT GROGGY FEELING – SEX TO CURE BACK PAIN – SEX TO KEEP WARM IN THE WINTER – SEX AS A PAIN KILLER. IT'S FAR MORE POTENT THAN ASPIRIN, AND MOST PRESCRIPTION PAIN KILLERS – SEX AS AN ANTI-DEPRESSANT. IT WILL CHEER YOU UP – SEX FOR STRESS REDUCTION – SEX AS A SPIRITUAL EXERCISE – SEX FOR EXERCISE. IT'S AEROBIC AND BURNS CALORIES – SEX FOR THRILLS AND ADVENTURE – SEX TO RELIEVE HEADACHES. EVEN MIGRAINES – SEX AS A CURE FOR WRITER'S BLOCK – SEX AS A GOOD DEED. GIVE THE NEEDY AN OCCASIONAL MERCY FUCK – SEX AS AN ART FORM. IT CAN BE VERY CREATIVE AND A GREAT WAY TO EXPRESS ONESELF – SEX TO CONTROL APPETITE. IT CAN BE SO FILLING – SEX FOR CARDIOVASCULAR HEALTH – SEX TO CREATE INTIMACY – SEX AS AN EXPRESSION OF LOVE – SEX FOR ITCHING MOSQUITO BITES. APPLY YOUR OWN SPERM TO AFFECTED AREAS – SEX FOR BARTER. TRADE IT FOR ALL KINDS OF THINGS – SEX TO GET IN TOUCH WITH EMOTIONS, LIKE SADNESS – SEX TO AVOID WORKING. I CAN ALWAYS FINISH THIS SOME OTHER TIME.

# WHAT PART OF YOU IS NOT PART OF ANOTHER?

- WHAT ARE YOU SENSING RIGHT NOW?
- WHAT WERE YOU THINKING ABOUT BEFORE YOU READ THIS SENTENCE?
- HOW DO YOU KNOW WHAT MADE YOU?
- WILL DYING ANSWER ANYTHING AT ALL?
- WHEN WAS THE LAST TIME YOU ACTUALLY FELT ANOTHER PERSON WITHOUT THINKING AND NOT PHYSICALLY?
- WHEN WILL BE THE NEXT TIME?
- CAN YOU TELL WHAT A PERSON WILL DO SEXUALLY BY WATCHING THEM PEEL AN ONION?

# WHO IS 'THE ONE' IF YOU DO NOT EXIST?

- WHAT ARE YOU NOT SENSING RIGHT NOW?
- WHAT WERE YOU NOT THINKING ABOUT BEFORE YOU READ THIS SENTENCE?
- HOW DO YOU KNOW THAT YOU WERE BORN?
- WILL LIVING ANSWER ANYTHING AT ALL?
- WHEN WAS THE LAST TIME YOU ACTUALLY FELT YOURSELF WITHOUT THINKING AND NOT PHYSICALLY?
- WHEN WILL BE THE NEXT TIME?
- CAN YOU TELL WHAT YOU WILL DO SEXUALLY BY WATCHING YOURSELF NOW?

EVERY CREATIVE ACT IS IRREVERSIBLE... EVERY SEXUAL ACT WITH ANOTHER PERSON BRINGS ABOUT A “CONTACT OF ESSENCES,” WHICH MEANS THAT SOMETHING HAPPENS THAT ALWAYS REMAINS WITH US THROUGHOUT LIFE, EVEN THOUGH WE MAY NOT BE AWARE OF IT... SEX ENABLES US TO TOUCH EACH OTHER’S “BEING” AND BE TOUCHED. AS PERSONALITIES AND MINDS WE MAY MEET LIKE PASSERS IN THE NIGHT; BUT IN OUR ESSENCE, OR BEING, WE REMAIN WITH EACH OTHER FOR THE REST OF OUR LIVES.

*- Anthony Blake*

AN ORDINARY MAN HAS NO ‘MASTER.’ HE IS RULED NOW BY THE MIND, NOW BY THE FEELINGS AND NOW BY THE BODY. OFTEN THE ORDER COMES FROM THE AUTOMATIC APPARATUS AND STILL MORE OFTEN HE IS ORDERED ABOUT BY THE SEX CENTRE. REAL WILL CAN ONLY BE WHEN ONE ‘I’ RULES, WHEN THERE IS A ‘MASTER’ IN THE HOUSE.

*- G.I. Gurdjieff*

THE AFFIRMATIVE AND RECEPTIVE ARE PREFIGURED IN THE TWO HUMAN SEXES. IT IS BECAUSE THERE CAN BE A UNION OF THE MAN AND THE WOMAN THAT IS A TRULY INDEPENDENT RECONCILIATION, THAT HUMAN IMMORTALITY IS POSSIBLE.

*- J.G. Bennett*

7<sup>TH</sup> MARCH 2015

