



The Soul of Sex: Cultivating Life as an Act of Love

By Thomas Moore



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A highly original approach from best selling author Thomas Moore, restoring sex to its rightful place in the human psyche as an experience of the soul.

In *The Soul of Sex*, Thomas Moore at last restores sex to its rightful place in the human psyche. Describing sex as an experience of the soul, Thomas Moore here brings out the fully human side of sex – the roles of fantasy, desire, meaning, and morality – and draws on religion, mythology art, literature, and film to show how sex is one of the most profound mysteries of life.

While finding spirituality inherent in sex, Moore also explores how spiritual values can sometimes wound our sexuality.

Blending rather than opposing spirituality and sexuality, *The Soul of Sex* offers a fresh, livable way of becoming more deeply sexual and loving in all areas of life.



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Editorial Review

Amazon.com Review

As in his previous bestsellers *Care of the Soul* and *Soul Mates*, Thomas Moore wants us to think more deeply about the spiritual implications of everyday life. Which is to say that this is serious stuff--anyone looking for sexy beach reading won't find it here. What *does* interest the popular theologian, therapist, and former Catholic monk are the historical, philosophical, religious, and psychological aspects of sexuality that people tend not to consider. "We have a habit of talking about sex as merely physical, and yet nothing has more soul," Moore begins. If only we realized that fact, he then argues, it might relieve us of the guilt we so often feel over our own sex lives. "The problem may be that we are accustomed to imagining morality from a purely spiritual point of view as a way of limiting rather than enhancing sexuality," he continues. Yet if we paid more attention to beauty, sensuality, and pleasure, writes Moore, we might actually *enhance* our spirituality.

There's much more to this wide-ranging meditation, which moves from the history of the word "orgasm" to the mythic presence of Marilyn Monroe. Those willing to follow Moore's mind as it courses through these subjects will find it a fascinating journey, one that ends by stimulating their own thinking about the relationship between sex and the spirit.

From [Booklist](#)

Moore has been offering advice about how to live a loving, fulfilling, and imaginative life in a series of books that includes the best-sellers *Care of the Soul* (1992) and *Soul Mates* (1993), as well as *The Re-enchantment of Everyday Life* (1996), all of which paved the way for this creative and positive discussion of eros and human sexuality. A psychotherapist and self-described "specialist in religious studies," Moore states at the outset that he believes that sex has incalculable spiritual and moral dimensions. He develops this theme in bold interpretations of the sexuality implicit in the myths and representations of such archetypes as Greek gods and goddesses, particularly Aphrodite, and their modern incarnations, most notably Marilyn Monroe. At the core of his far-ranging and soothing discourse is his emphasis of the fact that there is no such thing as separation of body from mind and emotion. Sex can never be "merely physical"; it always involves the soul. Moore explains how in agile considerations of works of art, religious practice, and the experiences of his patients, reminding us at every turn that "sex can put us in touch with the sublime" and make us feel that life has meaning. Moore's energizing, innovative, and accessible inquiry into the true nature of human sexuality, and our society's reductive and unhealthy attitudes toward it, helps us envision a world in which eros is celebrated rather than condemned. *Donna Seaman*

From the Back Cover

In this provocative and highly original work, the bestselling author of *Care of the Soul* and *Soul Mates* at last restores sex to its rightful place in the human psyche. Describing sex as an experience of the soul, Thomas Moore here brings out the fully human side of sex -- the roles of fantasy, desire, meaning, and morality -- and draws on religion, mythology, art, literature, and film to show how sex contains the most profound mysteries. While finding the spirituality inherent in sex, Moore also explores how spiritual values can sometimes wound our sexuality. He recommends many ways in which society can tone down its moralism and create a public life that is erotic, one that affirms desire and pleasure. He interprets the media's obsession with sex as a symptom of our failure to weave sex into the whole of life, and spells out an Epicurean lifestyle where the simple pleasures of good food, friends, family, and intimacy with nature give our sexuality a broad and supportive base. Blending rather than opposing spirituality and sexuality, *The Soul of Sex* offers a fresh,

livable way of becoming more deeply sexual and loving in all areas of life.

Users Review

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