

## *Finding God through Sex - David Deida*

Sex can be the most delicious or dissatisfying part of your life. Sex can be a way for you and your lover to open your hearts, surrender your bodies, and flow with overwhelming love. Or, sex can feel like a hastily stubbed toe. Depending on how you do it, sex can be a sacred ravishment or a total flop. During the deepest sexual loving, you can feel so open, so full of light, so free of bounds, that you gasp, "Oh God!" and mean it. Deep sex can be a revelation of profound love-bliss, a passionate and divine knowledge, in every cell, that you and your lover are alive as unbounded love-light. For many people, in fact, sex becomes a secret search for an openness of ecstatic love they know is possible but rarely feel. The waves of deep sex can drench you open as an ocean of sacred loving—but just as likely, you can find yourself stranded in pain and loneliness. Sex can offer an openness that washes your heart wide to God, and yet sex is also where your tightest fears can hold you back. How do you navigate the deep waters of sex? How do you untie the knots that bind your heart? ***By understanding the spiritual source of their deepest sexual yearnings, and by skillfully unknitting the tensions that limit their spontaneous loving, these men and women have learned to open ecstatically to be lived as the passionate mystery of love's two-bodied divine play. You can open to be lived by love with no limits, so you are alive as love, offering the deepest gifts of your heart spontaneously and without hesitation, in every moment, at work, with your family and friends, as well as in bed with your lover.*** The openness of love is who you are. In any moment you close, then you begin to yearn for the boundless freedom of open love. The feminine in each of us starts longing for deeper love and tries to find it in intimate relationship, family, or friends. The masculine in each of us begins working for greater freedom and tries to achieve it through financial, creative, or political success.

***I was lying on top of her naked body, and I wanted to feel her open to me. I wanted both of our hearts to open so that our sexing was stripped of separation, and we were raw love sloshing into love, unprotected and trusting. I wanted to let go completely into love with her. But she was closed, and I was closing too. Then, she looked into my eyes without hiding. I felt her depth. She was no longer protecting herself. Her breasts seemed to soften and allow me closer to her heart. Her opening body drew me in deeply, in spite of my lingering resistance. Her openness now seemed endless, and I was drawn into her surrender. Her love drew me past my fear into her, and through her into the depths of love itself. Our breaths and bodies merged. I let go of everything into her, and she opened so wide we both disappeared in the brightness of love, like a vortex of water opening into the glistening ocean itself.***

Surrendering means letting go of your resistance to the total openness of who you are. It means giving up the tension of the little vortex you believe yourself to be and realizing the deep power of the ocean you truly are. It means to open with no boundaries, emotional or physical, so you ease wide beyond any limiting sense of self you might have. ***Surrender means to love without limits. It means to relax your guard so your lover can feel your core—authentic, unhidden, and undefended. Your muscles relax. Your breath becomes full. Your body and heart willingly open to your lover. If you are hurt, then you are hurt, but in any case you practice to remain open and full, like the ocean. Surrender is the doorway to the deepest possible sex. Nothing turns your woman on more than your real presence. She wants to feel you with her. Not distracted or divided inside, half of you wanting to watch a basketball game on TV and the other half hurrying to have an orgasm. She wants to feel your consciousness free and clear. She wants to feel you feeling her. Then, she can trust you and surrender into open love. Your woman allows herself to surrender completely only when she feels your present depth. She can feel your mind: is it an agitated puddle or a deep ocean? She can feel your breath: is it shallow and tense or profound with power? She can feel your body: is it uptight and needing a quick ejaculation, or is it relaxed, open, and ready to meld with her body? When your mind, breath, and body are fully present, then you can really be with her, and her heart will be ready to open in trust with your heart.*** As much as you want your man's conscious presence, he wants your energetic openness. Your sexual responsiveness—your moans, writhes, and orgasms—attract him out of his dry world of fear into the deep waters of heart-surrender. You are his chosen source of feminine energy, which is the force of life itself. He wants to bathe in the warm sea of your undulations, taste the sweet grapes of your lips and nipples, and feel the earthquakes of your uninhibited pleasure. ***Your energy and his presence magnetize each other. Your bodily expressed pleasure attracts your man's full presence. He wants to feel your supple body quivering, heaving, and opening in ways his masculine chunk can only dream. He wants to see the bright light in your eyes. He wants to be awed by your emotional surrender and deep trust. He learns to be more present; you learn to be more open. Your openness draws him into you more deeply, and you feel him more fully inside of your heart.*** He relaxes his fears and enters you with more love, and you relax your fears and receive him more fully. Eventually, you both surrender so completely that there is no guarding or holding back at all. Sex becomes unbounded love. Your man is probably trapped inside his head. You know he loves you, but his body is unable to fully show it. First, practice attracting him from his head into his body with your body. The feminine openness of your body—its capacity to flow with uninhibited and heart-connected pleasure—is irresistibly attractive to your man. Once he is in his body, attract him into his heart with your heart. The openness of your heart—fully expressed through your moans, devotion, and tears—resonates his heart into openness.

***But then, she turned and looked me in the eyes. Surprisingly, her body softened. It was as if she was no longer stop-ring at my anger, but was feeling through it into my aching heart. She stopped resenting my anger and began to embrace my hurt. Her eyes were receptive, her breath full and strong. She touched me and pulled me closer to her. She loved me. Moved with me. Breathed with me. Her love saturated through my anger, as the heat of a hot bath would relax a tight muscle. My anger started melting. I could feel her love reach my heart. I held her body against mine, and she received me without limits. The depth of her love humbled the last residue of my anger. She opened herself fully to my heart and gave love to the place in side of me that had earlier been hurt animosity to open trust.***

A woman's heart and genitals are deeply connected. When a woman's heart is truly open to a man, so are her genitals, and when she opens herself sexually to a man, she also opens herself emotionally. ***For most women, emotional openness, sexual openness, and spiritual openness are all part of the same single gesture of trust, relaxation, and love. In fact, for many women, their deepest sexual experiences are their deepest***

**spiritual experiences. As a woman learns to surrender sexually, she learns to open through her emotions and feel the underlying love, yours and hers. No matter what you are feeling on the surface, deep down you want to give and receive unbounded love, and so does she. She can feel your deep heart beneath your anger and shame. She can feel her own deep heart beneath her hurt or resistance.** As your mutual practice of surrender grows, you can both become capable of surrendering open and magnifying love even in the midst of pain and emotional difficulty. To help her do this, remember to enter her heart and body as one. If your lover is like most men, his heart and genitals are not connected. He learned sex while masturbating as a teenager alone in his room without any emotion at all. For him, love is something that happens in his heart. Sex is something that happens with his genitals. Most men find it very easy to enjoy one without the other, which is reflected in the popularity of girlie magazines and prostitution. When you feel that your man is sexing without loving you, don't close down. **Whereas for you sex grows from love, for him sex grows from physical attraction and stimulation—it takes effort and practice for him to learn to keep his heart open during sex. To you it may feel like he is closing down emotionally. But if you were to ask him, he might say he was just enjoying sex. Instead of assuming that he is rejecting you or closing down to you emotionally, assume that he is getting lost in the physical sensations of sex.** Never surrender to anything less than love. Even physical pleasure, in itself, is not worth surrendering to. Instead, surrender through it, be opened by it, into love ever more deep. There is certainly nothing wrong with physical pleasure. Don't avoid it. Allow utter bodily ecstasy to bloom your heart. Surrender through your sensations of bursting flowers and quivering ripples into love. No fleshy pleasure in itself equals love. Your lover may lick your breasts or suck your genitals with such devotion that you feel adored, even worshipped. Don't surrender merely to this feeling of adoration; even an accidental bite can shatter your precious moment as genital god or goddess. To live free through the inevitable cycles of emotional inflation and deflation, learn to surrender as the openness of deep love even while feeling accepted or rejected. Your woman will tend to gravitate to your level of sexual depth. If your awareness becomes reduced to focusing on your woman's breasts, so will hers. If you want to feel like you are being a good boy by pleasing your woman, she will likewise want to feel like she is being a good girl by pleasing her man. Your reasons for having sex, moment by moment, will determine the depth of your sexing together. For the most part, it is the masculine partner who determines the depth of the sexual occasion while the feminine partner determines the fullness of energy. Second, deepen your capacity to feel into your woman. Do your best to sense your lover's emotions and the flow of energy in her body. Try to feel her innermost secrets, the deepest chambers of her heart. Don't stop enjoying her breasts—simply deepen your awareness so you are also feeling much more. This is how you begin to cultivate sexual depth. Suppose your man is fondling your breasts. You are really enjoying it. In fact, he is driving you crazy with the way he is sucking, licking, kissing, pinching, and caressing you. Let him worry about the depth of sex. Allow yourself to go wild with pleasure. Freely allow your body to chum with delight. Don't think about whether you should focus on this or that. Let go into the pleasure itself, but while doing so remember love. Feel the tingles and ripples—and open your heart. Feel your man's care and sensitivity—and open your heart. Cry, scream, bray, and tremble—and open your heart. Let your man practice bringing the sexual occasion into deeper profundity while you practice allowing your body to receive pleasure, all the while remembering to love. Your openness of love invites his deepening of depth. Great sex is profound and blissful, deep and pleasurable. Let your man practice bringing depth to your sexual play together, in the meantime, practice relaxing into your body's natural sexual bliss while opening your heart in love. Your man needs to be drawn beyond him self. Sexual ecstasy and emotional openness expressed through your writhing body can be more attractive to your man than his own pleasure.

**In the midst of making love, she began to speak to me. "I love you. I am yours forever. Nothing can break us apart." In that moment, it was true. We were love, and we were forever. Nothing could break us apart, since we were as one. But I could also feel her emotional need. I could feel her desire for security creeping in around the edges. Her confession was true enough, but it was tinged by hope. And beneath the hope of forever, lurked the fear of loss—in her and in me. In that moment of our lovemaking I could feel both truths. The truth that we had given ourselves to each other as love eternal. And also the truth that we could leave each other in any moment, due to emotional closure or meeting a better intimate partner, in the inevitable event of death, or simply because we were distracted by a fresh piece of ass or chocolate cake. By recognizing and feeling through this neediness, even as we were both beginning to slide into it, I rediscovered, magnified, and surrendered into the force of real love. Without saying a word, my authentic presence in love began to resonate her from sentimental need to deep-hearted devotion. Her devotion was not to me as a separate person but to the love that we opened ourselves to through our relationship. Our attention shifted from the hope of a future together to the present depth of love that is always the truth of our very "being, intuited in our deep heart.**

Relationships based on the need to feel loved are always relationships based on fear. When one part of you finally feels loved, another part of you fears the loss of this love. Recognize your moments of emotional need, feel them fully, and surrender open as the fullest giving of love. Give love so completely that you are disappeared in the giving, existing as love, rather than sexing in the hope for love. You are love. This is your truth. All other sexual expressions are smaller than this truth, however pleasurable or emotionally satisfying they may be. **Sexually speaking, a woman's weak link is her need to feel special. Her adolescent hormones started flowing in the midst of an emotional fantasy life filled with her version of princes and princesses, unicorns and damsels in distress, white knights and the hope for her father's love. Then, in her young adulthood, sexual desire was probably mixed with her emotional need to feel exclusively loved by her intimate partner, even adored for her special qualities. As an adult, her desire for personal love—for romantic love—remains intertwined with her sexual desire. To grow beyond mediocre sex into the deepest bliss of love, she can learn to love larger than her personal relationship. Your woman probably has emotional fantasies of a man who will rescue her from loneliness and make her feel special. She confuses romantic, personal love with love itself, which is eternal, boundlessly deep, and at the heart of every being. Romantic love is very different from unqualified, unrestricted love. Love without boundaries won't make her feel special. In fact, it will dissolve her in utter radiance, bliss and openness. The personal self and all its hopes are consumed in the hugeness of this love.** But women often reduce divine love to personal care, warm affection, and emotional security. Very few women are able to enjoy a man's adoration (or rejection) and at the same time remain full in radiant, unbounded love. A woman's

capacity for sexual and spiritual bliss is based on her heart's capacity to remain open as unobstructed love—the love that is her very nature—even while enjoying or suffering her personal relationship with her man. You can help your woman in this growth by remaining aware of all the ways you actually hook her into depending on you emotionally. **Practice liberating her heart from need rather than binding it and practice widening your woman's heart larger than the merely romantic. When you give her flowers and she melts into your embrace, penetrate her with your deepest love. Love her like the sun heats the earth, rather than according to her White Knight script. As awakening dissolves a dream, let the force of your love dispel the lingering remnants of her childish hope to be saved by a man. Help her grow toward surrendering as the bliss of love itself—with you and without you.** A man's weakest sexual link is his need to release stress through ejaculation and rituals of comfort. Your man will go through the same patterns over and over, watching TV, setting the alarm clock, kissing you a certain way, touching you in the usual places, making the familiar grunts, lasting about the same amount of time, and ejaculating. Then comes his post-ejaculative torpor: a few moments of cuddling and maybe some affectionate words, followed by his drift into deep sleep, often within minutes after his orgasm. **As a woman, you want to be filled by sex. You want to be filled by his penis, filled by his love, filled with energy and passion. But most men want to be emptied by sex. Your man probably treats you as a receptacle for his tension, his frustrations, his burdens, his semen. He wants you to absorb everything and leave him empty. For him, sexual pleasure involves being relieved of stress. For you, it involves being fulfilled by love. It is easy for a woman to hook into a man's need for release and attempt to keep his love by hoping he depends on you for his comfort. You end up tolerating his sexual rituals because you think he needs it. You suck out his stress and then watch him sleep in peace. But his true potential as a man is far greater. Utter release—sheer boundless consciousness, free of fear and stress—is the quality of your man's true and deepest nature. He tries to approximate this openness by ejaculating while in your arms, just as he learned to empty himself of tension by masturbating as a teenager.** While you were lying with teddy bears and ruffled pillows, dreaming of a hero who would love you forever, he was fantasizing about a woman's perfect body while beating his teenage meat. Mediocre lovers continue these fantasies into their adult partnerships. **With practice, your man can learn to empty himself not of semen and tension, but of his entire sense of separate self. In sexual embrace with you, he confronts his fears—his needs for comfort and control—and yields himself like a skydiver jumping from an airplane. He learns to let go completely into love—your love. He practices letting go of himself and feeling into you every time you have sex. The more he can learn to let go of himself, the deeper he can enter your heart. With practice, he realizes that the love he feels in your heart is also the nature of his heart. He realizes that the ease he seeks in your arms is actually available right now in the openness of deep being—with or without you.** This could be scary for you if you hope to keep him dependent on you for comfort. Without criticizing his habits, show him how you feel by not hiding your disappointment. How does your heart feel when he ejaculates in five minutes and goes to sleep? Are you truly fulfilled by his evening ritual of food, TV, smooch, and snooze? Show him your suffering, but not in words at first. Words will only engage debate. Rather, offer him an unarguable demonstration: the hurt in your body and heart. Even if you are tense from work, I need to feel the strength of your deep presence before I can open to you and trust you sexually." Your raw expression and honesty will help your intimacy grow. You'll still have the cozy comforts whenever you want them, but you won't be limiting yourself to their repeated ritual. To obliterate your woman in love, simultaneously penetrate her in three ways: physically, emotionally, and spiritually. Penetrate her physically by entering her body with yours, when she is ready to receive you. Practice many styles of penetrative thrust, deep and shallow, fast and slow, filling her with the warmth and force of your body, remaining sensitive to her responses moment by moment. You have achieved the fullness of physical penetration when you move in loving synchrony with her, woven together in grace and sensual magic. It is as if your bodies have become one. Penetrate her emotionally by entering her heart with yours. Many men are so overwhelmed by the physical pleasure of sex that they aren't even aware they have emotions! So, first, practice feeling your own emotions while having sex. **Feel the area around your heart. Soften your belly as well as your chest. As the front of your body relaxes, feel as if you are melting into your woman, body to body. Then, when it feels like your body occupies the same space as hers, practice sensing your woman's feelings. Actually try to feel her emotions and the flow of energy in her body. It helps to breathe with her, inhaling while she inhales and exhaling while she exhales, while you feel into her. With practice, your heart will coincide with hers, and you will be able to feel her sadness, the depth of her love, her fear, and the ripples of need, thrill, and joy moving through her body. Eventually, her feelings become your feelings. Your hearts feel as one. Spiritual penetration involves pervading her body with your consciousness.** This is very difficult to describe in words but is an unmistakable and tangible experience. Your consciousness is who you are most fundamentally. It is the depth of your being, the openness of your awareness, the spaciousness of your love. More than anything else, your woman wants to feel the depth of your conscious presence entering her. She may even have an orgasm by opening to the force of your loving consciousness alone, with no physical penetration whatsoever. **Now, your woman can surrender in openness completely, swept away by the force of blissful fullness, vanished in the ecstasy of boundless love. She can trust you because you are so present, so open, and so sensitive to her. She can allow herself to surrender fully because she can feel your depth of consciousness. She can happily let go and swoon in the massive force of your love. Most men tend toward being heady and disembodied.** Your man probably thinks, plans, and mulls things over in his head all day. Then, for a few moments of sex with you at night, his energy goes to his genitals, from whence it spews. You might enjoy this time with your man; for a few minutes at least, he isn't glued to work or TV. Your sexual ministrations draw him briefly into his body, where he feels a lot more present with you than when he is in his head. Nothing brings a man into his body faster than a warm, wet, wrap of his root. There are certainly times for motionless loving and gentle touch, but there are also times for a healthy grasp with your vagina, mouth, ass, or hand. Most women touch their man's genitals too lightly, too hesitantly. Grab him firmly and really pump him. (Many men over thirty years old need direct genital stimulation to achieve and maintain an erection.) You will only open his heart as wide as yours. **If you are pumping his penis mechanically, he will simply gasp and spew. But if your body is surrendered open and your heart is fully exposed, then your loving will resonate and open his heart.** The art of deep sex includes your capacity to relax in your body and receive your lover so deeply that he is drawn beyond himself into your love. Open yourself as love so wide that he falls into you, over and

over. He will try to pull himself back, to get control, to practice some technique or another. All the while, you are plying his root, drawing him back into his body, and opening your heart and body as wide as you are willing to trust, evoking his fledgling love with the power of yours. **When men watch a stripper dance on stage or an actress have sex in an erotic movie, they are turned on by her display of pleasure. Her responsiveness and sexual delight are enchanting. Whereas women are most turned on by a man's depth of presence, men are most turned on by a woman's radiance and energy: how she moves, moans, smiles, and opens in love. What men get from a good sex show is the energy of feminine openness. Watching a bored woman dance naked is not a turn-on. Watching a woman touch herself with the enthusiasm of a dead fish is not interesting. But when a man beholds a woman who is truly enjoying her feminine sexual embodiment, he is smitten.** His attention becomes absorbed in the radiance of her happiness and pleasure. She is often more courageous than I am in our loving. But now, a veil of fear restrains her. We are making love, on the verge of total surrender, but she will not let go. I hold her against me, so she can feel my love through and through her. I gaze into her eyes, so she can see my love. I want her to feel that surrender is letting go of everything, of all fear, so that only love remains. I want her to remember and trust her own depth of love. I can feel her gripping her body. Every time we reach the point where we could simply let go, she tenses her body, holds her breath, and clamps down as if to fasten herself to a strained anchor, fearful of drifting away into the open sea.

**She doesn't trust love. Not in this moment. She doesn't trust that as her body dissolves, her heart will shine. She's afraid of losing who she is. She has spent so much of her life building up a part of her—her sense of strength and self-reliance—that this part is now reluctant to let go. To this part of her, such surrender feels like it would be a loss of power and safety. The larger part of her hasn't yet remembered that, in trusting love, all that is swept away is the tension of grasping onto her little sense of self. What remains when her body and mind dissolve is an immensity of love and energy of which her body was only a pinch. This immensity is who she truly is. Remembering the fullness of this love in every cell, she can relax as love's radiance.**

If you are holding back, if you are resisting being love, then simply notice what you are doing and relax. Take your time. Be compassionate with your own fears. When you are ready, even though you may be afraid, practice letting go a little bit into the endless opening of love. Practice trusting love itself. Allow yourself to free-fall into the vast open of love, at first for just a moment, and then for longer and longer periods of time. Anything less than this free-fall into love is only fear, and it should be released, over time, bit by bit, in the practice of loving surrender. If you feel her belly become tight, then breathe your soft belly against hers, smoothing out her tension, "kneading" her lumps and knots into one fine consistency with your breath. If the muscles of her face tighten, kiss her gently on the lips or cheeks, reminding her to ease into relaxation. If you feel fear or resistance in her heart, breathe her emotional closure—actually inhale her tension—and then relax more deeply into her while you exhale. Continue kneading the texture of her body and heart with your loving breath. Letting go doesn't mean being passive or lazy. You practice letting go while also skillfully working with the real challenges of your relationship, like a snow skier surrendering to gravity while also navigating the vagaries of the slope. In your everyday life as well as in bed, practice opening yourself, leaning gently through your fears, and giving your deepest gifts in the midst of moment-to-moment challenges. In any moment when you are giving yourself without holding back—in your work, with your children, or with your woman—then you are practicing surrender. You have ceased curling inward in doubt or fear. Men prefer nothing to something. To them, zoning out in the "nothing" of TV is often more refreshing than intimate conversation and sharing. **Men are usually more at home in the empty peace of post-orgasmic slumber than on the emotional roller coaster of daily relational life. They seek the moment when everything else disappears while they are absorbed—in a sporting event, a fishing trip, or a vagina. Men are more naturally inclined toward approximating the absorptive "nothing" of consciousness than the fluctuating "everything" of life, although a really good man embraces both fully. Women prefer something to nothing. They prefer a shelf full of trinkets—dried flowers, collectibles, photos, seashells—to one that is empty. They want to be filled by sexual love more than emptied of desire. Feeling stressed, a woman is more likely to fill herself with something—chocolate, ice cream, conversation—than release herself into TV or post-orgasmic depletion. Women seek to fill the empty spaces in their closets and hearts because they are more naturally inclined toward approximating the "everything" of life than the "nothing" of consciousness. Most women don't have any trouble merging with sensual delight. Many men do. That's why men often need exaggerated sensual experiences—direct stimulation of the penis, ten naked ladies touching each other in a sex show—to reach the place that women approach through more subtle, rainbow like enticement. Women are at home in their senses; men often need to be seduced or enchanted into remembering that they have a body—and then they let go of it as soon as they can, drifting off into sleep after hurriedly consummating the sex act.** No matter how adored you feel by your man, surrender open. No matter how hurt your heart feels, surrender open. Open your heart, relax your body, breathe down to your toes. Feel the force of life move through your body and open your kinks and closures. Sexually, allow yourself to surrender so fully that you receive love into your deepest parts, physically and emotionally. Allow your heart to be ravished by a force of love much larger than the penis of your man or the details of your relationship. When both you and your man let go completely during sex—while he practices invading you with consciousness and you practice receiving him, opening your body to flow wild with love-energy—the true union you both want is consummated. Emptiness and fullness fuse as love, the open radiance of being. No want is left to suffer. Over time, learn to have sex with a completely unprotected and vulnerable heart. But to start with, your heart may be closed. So, you can use sexual practice as a means for opening and un-guarding your heart. There are two forms of heart closure. One is long-term closure. If for years you or your partner have lived with a closed and protected heart, it may take many months of practice to undo the fear and tension that have become stored in your body. The other form of closure is short-term acute resistance. Something happens—for instance, your partner hurts you—and you close down. You don't want to be hurt any more. You are in no mood to give love. So, you guard your heart to protect yourself and withhold your love to hurt your partner back. An unguarded heart can be hurt, but not destroyed. It is the "you" of protection that is destroyed, as it must be, sooner or later. Eventually, you will have to let go of all holding on to this protection, even if only at the moment of physical death. But if you let go now and un-guard your heart deeply and regularly, your life becomes an ongoing force of love and blessing. The sexual occasion is a powerful setting in which to practice un-guarding your heart. Un-guard your heart, over and over, even when you don't want to—especially

when you don't want to. Continue practicing many short moments of total surrender. Eventually, the habit of guarding wears thin, and your heart is courageously exposed to the world, shining with great brightness and demonstrating a perpetual willingness to suffer others' oblivious rancor without closing. Love prevails. But it takes practice. As described in *The Way of the Superior Man*, if you have a masculine sexual essence, then you will prioritize the search for freedom rather than for love. ***This search for freedom is your main purpose, your "mission." Whether the freedom you seek is financial, artistic, political, or spiritual, this mission is the guiding urgency of your life. Your woman wants to feel your freedom expressed in relationship with her. While you are both still settling for less than the freedom of your fullest consciousness, she will settle for stepped-down, monetary versions of freedom: shopping sprees, a nice house, going out to good restaurants, beautiful jewelry, wonderful vacations. When she grows so that material freedom is no longer enough, she'll start demanding your emotional freedom, the fullness of your attention and affection: "Why are you always thinking about your work? Why don't you spend more time with me? Are you listening to me? You don't love me like you used to." Your woman may be the most important person in your life. You may truly love her. But no matter how much you love your woman, your attention is mostly occupied by concerns about your work, your art, your mission, your spiritual quest, your money—not to mention moments of distraction by other women throughout the day. A man can love a woman with all his heart and soul, and still, if he has a masculine sexual essence, he lives for the sake of his mission.*** You always practice relaxing as your deep being regardless of your situation. Practice relaxing your body so you can breathe from your deep belly rather than your upper chest. Practice relaxing your mind so you can act spontaneously from your gut. You practice relaxing your attention as open awareness. Un-guard your heart during sex, again and again, so that your deepest being is fully exposed to your woman, and so you can receive your woman's love deep into your heart. Learn to live as this freedom of openness, giving your deepest gifts to your woman and the world, and you will die complete. ***A woman who is married to a man who can't dance often longs for a partner who could glide her across the dance floor. This may reveal more than her predilections about dance; often it shows what she lacks in bed. If a man can dance well, it means he can enjoy his body, feel the energy of the music, and match his partner's rhythm. If he is a really good dancer, it means he could move her beyond what she might do on her own.*** A man, who can take them to new places, turns on most women. The deeper or more conscious a man is, the more trustable he is. You can feel his commitment to truth. You can trust what he says. His life is aligned by a profound sense of purpose that you can count on. Yet he may still be a lousy dancer. Ideally, a man embodies both depth of consciousness and physical grace. He is guided by true purpose and is also able to move spontaneously with energy. He is a man of integrity and style. But, if you have to make a choice, a deep man is a much better intimate partner in the long run than a superficial fancy dancer, a Mr. Suave. You have probably felt swept off your feet or opened by a force of conscious presence at one time or another in your life. ***Perhaps you felt swooned in the erotic intensity of a teacher or professor. Perhaps you felt bloomed by a therapist's empathy and understanding. Even the directional power of a horse between your legs could be more than merely sensual. The reason women often develop sexual feelings with their teachers, therapists, and even strong animals is that they feel taken, entered, flowered, or swept away by masculine consciousness and directionality. When you want feminine energy you go to nature. Feminine energy is the force of life. You can be rejuvenated by feminine energy in the ocean, the woods, your garden, or your bath—anywhere you connect with untamed life force, with sensual pleasure, with enlivening radiance and bodily relaxation. On the other hand, masculine force makes you feel entered, blossomed, swooned, or guided into blissful surrender—with a therapist, teacher, lover, horse, career, suave dancer, or even by the thrilling presence of your favorite movie star.*** In the first stage, you seek this masculine force in a man on whom you could depend. In the second stage, you seek to depend on yourself for this masculine force. In the third stage, you don't depend on others or yourself: you practice opening directly and being permeable to the ever-present force of divine masculine consciousness itself. You can practice this while meditating, praying, dancing, or even while sitting right where you are, reading. Relax your body as much as possible. Relax your lower body, your feet, calves, thighs, anus, and vagina. Relax your middle body, your belly and chest. Relax your face, especially your eyes, tongue, mouth, and throat. Remember a time when you felt pleasurable invaded by masculine force, perhaps while you were making love with a deeply trusted man. Or maybe you felt ravished and opened while receiving bodywork or therapy, or in the arms of a great dancer. Some women have been swooned while looking into a powerful person's eyes. In these kinds of situations, you have a sense of being ravished by a force of consciousness that opens you deeper and in fullness.

***1. Feel your own sensations fully whatever you are feeling, feel it completely. Feel the sensations on your skin and the energy moving through your body. Feel your emotions and thoughts come and go, without adding anything to their natural flow. Feel your body, mind, and emotions completely and without distraction.***

***2. Feel into your lover's sensations fully. Feel through your own sensations, and feel into your lover fully. Feel your lover's breath. Feel the energy moving through your lover's body. Feel what your lover is feeling on every surface of his or her skin, mouth, vagina, penis, anus, and even between his or her toes. Feel your lover's heart, emotions, and desires. This takes practice, but eventually you will be able to feel your lover's entire body, emotions, and energy almost as clearly as you can feel your own.***

***3. Feel through your lover into the divine. Feel even through your partner's sensations, feeling beyond them, until you can feel the nature of feeling itself.***

Feminine radiance and masculine consciousness are attracted to each other at every level. At a superficial level, this is why physical beauty and financial wealth are so often found attracted to one another. A physically radiant woman can almost always attract a wealthy man, and a wealthy man can almost always find a physically radiant woman to marry. At a more profound level, a woman whose awesome radiance is founded in divine love is attractive to and attracted by a man whose unwavering presence is founded in divine freedom. A superficial but wealthy man doesn't interest her as much as a man of profound depth, humor, and free consciousness—and if he is wealthy too, so much the better! You know how powerful your radiance is. You can turn it on and wrap a man around your little finger with it. ***Men are suckers for a woman's radiance. The more her radiance shines, the more a man is willing to do for her and the more his consciousness is attracted***

**into her. Some women are born with great physical beauty just as some men are born with wealth. This kind of attractiveness is genuine, but relatively superficial. Eventually a woman's body ages and withers, and a wealthy man who never develops depth loses his charm real fast.** Genetics and social conditioning certainly cause many of the differences between men and women. But spiritual causes—the differences between the masculine and feminine sexual essence—must also be comprehended so men and women can understand how to grow spiritually as well as biologically and socially. **As you grow spiritually, your feminine sexual essence identifies with more profound depths of love-light. In your feminine youth, you probably spent substantial time beholding yourself in the mirror, learning to brighten your eyes with various shades of eye shadow, trying on different earrings and outfits to see how they affected your flow of radiance. Little girls—if they have a feminine essence—don't have to be forced to play with makeup, jewelry, and clothing, as many mothers can attest. Playing with dolls and makeup as a young girl is the beginning of your spiritual growth as a woman. You learn how to cultivate love and energy. Caring for your doll is the beginning of learning how to open your heart—regardless of your mood—and embrace the world in love. Looking at yourself in a mirror and feeling the difference between what a red skirt and a blue skirt "does for you" is the beginning of learning how to feel subtle flows and work intuitively with energy, how to heal, enliven, and bless the world with your bodily expressed love-radiance. In your heart, you know that you are love-light. You know that you have the power to bless others, with your love-light by shining energy through your body. You want your radiance felt and acknowledged. Therefore, a big part of your sexuality is about feeling attractive. Nothing is more important to the feminine than love, which shines through the heart as light, through the body as radiance, and through relationships as care.** Your sexual essence is always shining, though surrounding your essence may be all kinds of physical blocks, emotional resistances, and psychological kinks that can limit your shine. Sex is one place where you discover just how open your body and heart are. As you make love, do you shine as the bliss of love-light? Or, do you close your body and heart to some degree, allowing less of your radiance to shine, denying energy and joy to yourself, your lover, and the world—and then doubting your self-worth? Through the arts of dance, yoga massage, and many others, you can develop the same kind of expertise you have with clothes, but with you internal energy flow itself (as well as with that of others). You can learn how to breathe and move so that your body opens to your deep flow of love-energy, and thus your radiance grows. As your bodily obstructions are released, the love-light in your heart is able to shine more and more through your entire body as a blessing force in the world, regardless of your age. Your intuition and radiance of divine love-light grows deeper as you learn to feel, breathe, and surrender more fully. Is there a subtle tension in your heart? Are you guarding your heart, hiding the depth of your love, disregarding your ever-present yearning to give and receive deep love? **The deepest form of feminine beauty is love itself, shining freely from the heart, radiating through the body and into the world, unobstructed and unguarded. Feminine spiritual practice involves surrendering as and expressing the deepest light and love that flow through your heart, devoting your body to dancing love's dance, breathing love's bliss, and radiating love's light, moment by moment, regardless of how good or bad you feel. You don't need to deny your emotional ups and downs or your physical pains while you practice being love in their midst.** Your body is going to rot, no doubt. Sooner or later—usually sooner than you hope, you will look in the mirror, see your wrinkles, gray, and flab, and your heart will sink. This is the equivalent of a man's mid-life crisis, when his family life or career suddenly seems empty to him. The masculine part of you can experience the same mid-life crisis that a man does. But the feminine part of you goes through a very different kind of crisis, not of purpose but of light: "Am I still radiant?" Because the feeling of light is love, when you doubt your radiance, your heart doubts love—unless you are able to grow in feminine depth. This requires learning to identify more with the radiance that shines from your heart through your body, rather than identifying with the superficial shine inherent to youthful flesh. Locate the love in your heart and practice shining it through your body. Allow the full spectrum, the entire rainbow, of love-energy to flow through your body. What might this practice look like in relationship with your lover? While making love, you can practice giving him the energy of a mother, your body transmitting nurturing and comforting love. You can give him the energy of a wild animal, your body transmitting love through untamed, dangerous, bestial force. You can give him the energy of a whore, your body transmitting love-energy in its lusty, dark form. If your body is resistant to flowing with some aspect of feminine energy, then you will limit the force of love that can shine from your heart; you will weaken yourself. Practice flowing with the energy of love that you most resist. If you are comfortable giving tender motherly love but resistant to humping your man like a drunken slut, then you have more to learn in the art of transmitting love and light. If you have a feminine essence, then you grow spiritually by learning how to let every shade of love-energy flow from the depths of your heart to the tips of your tongue, fingers, nipples, and toes, into and through all of your relationships. Spiritual growth means growing in your capacity to incarnate love and light. Your body learns to flow with the entire spectrum of love-energy, savage and pristine, motherly and witch-like, bitchy and saintly. Ultimately, your love embraces the whole universe, the entire display of energies, every possible form. To love this big, you must be willing to feel every possible emotion, allowing your body to flow with every possible energy, whether you like it or not. Once your body and heart have learned to remain open, I then you can practice relaxing as light itself, as the very love that you are, the deep bliss of being. **As you learn to surrender, you also learn to trust this force of love that lives as you, beating your heart, moving your limbs, speaking your words, flexing your vagina, and beheading any fool who stands in the way of love. Women are probably the most beautiful, sexy, and attractive inspiration of your life, that's good. That's how it works out: Women reveal to men the beauty of existence.** Without women, this would be a sorry life indeed. But your relationship to feminine attractiveness doesn't have to stop with sexual titillation. Suppose you are on a beach and you see a woman who attracts you, whether she is your lover or a total stranger. Perhaps

she attracts you because her skin is soft and smooth and shines with oil in the sunlight. Perhaps you can't keep your eyes off her cleavage, front or rear. Perhaps it is the way she walks, her elegance and grace, or the relaxed depth of passion in her eyes. ***The feeling of "wanting" a woman is the feeling of wanting to merge with her, to take her and make her yours, so that for some moments you are absorbed in her beauty and delicious woman-ness, released of desire because you have exactly what you want. But what is it that you want? If raising a healthy family, having sex thrice a week, and shopping together for great deals on Persian rugs truly fulfills you, then enjoy it while it lasts. It won't for too long. Consider sexiness itself: no matter how appealing your woman's body is or how interesting her mind is, you will probably grow to a place where it isn't enough.*** Your first impulse may be to find it elsewhere. In some instances, another woman can give you the bodily energy or intellectual brilliance that your current woman lacks. But even so, you will eventually become as disillusioned with her as you have become with every woman before her. ***Great sex is alluring, and then you grow to a place of depth where that isn't enough. Your interest becomes piqued by the special kind of woman with whom you can "share a life." Hopefully, this kind of woman is also sexually attractive to you. Then you grow some more. Whether you stick it out with your current woman or try for greener pastures, it doesn't change anything fundamental. Something still feels missing. You must liberate your consciousness from old habits and re-orient to a deeper sexual truth if you are to find life and relationship meaningful.*** Sex—as well as raising a family, sitting by the fireplace, or collecting cars—is only as deeply fulfilling as you are willing to feel. The capacity to feel through the surface into the depth of any moment is learnable. Its strength grows with practice. When you can feel through the sensation of a mosquito bite, the moment is as blissful as being massaged by five naked women. The smells, tastes, touches, sounds, and sights are different—and certainly most men would prefer one experience to the other—but the bliss of the moment is identical. The depth of the moment is identical. The degree to which you feel fulfilled—open, free, alive, and complete—is identical. ***As your practice grows, you no longer use sex simply to release tension and desire. Rather, you release yourself utterly in the feeling through of sex. You allow yourself to be attracted by smooth skin and fetching smile. You use the attractive momentum to feel your attention right through the sensations and emotions into their source and depth, the "who" of experience itself. Then, you recognize the depth of this "who," its force of love and openness of being, arising as all your experience and the entire world around you. You are made free not by woman or orgasm, but by relaxing as the bliss that you are, over and over again, until fear and desire lose their hold in the fullness of unfettered emergence, realized anew every moment.*** When love is flowing in your life and relationship, you tend to feel open and happy. When love is not flowing, you tend to feel depressed and tired. So it's very natural for you to try to create a flow of love in your life in the hope that you will feel good. If you assume that the source of love is in others, then you will do whatever you think will get their love. You may bend your personal desires in order to cater to the needs of those whose love you want: your family, your man, your friends. Eventually, if you really go out of your way to please them, you might end up feeling abused, a victim of their whims. The truth is, in many cases, you are tolerating their abuse because of the love you also hope to get from them. Otherwise, you would simply stop making yourself available as a potential victim. If you really feel unloved and unnoticed, you may actually crave abuse. You probably don't think about it this way, you just feel hurt and angry. Your man sits in front of the TV drinking beer. He has ignored you for weeks. You try talking with him and he doesn't respond. You do something special—make him dinner or wear an especially beautiful outfit—and he doesn't even notice you. You are in the kitchen and, frustrated with his apathy, you suddenly throw down a plate and break it. Or, you pull your car into the driveway and feel like "accidentally" driving right into the garage door. You know such behaviors aren't going to make your man love you more. But they will get his attention. ***When a relationship gets really bad—in the sense that your man doesn't even notice you—then his angry attention is better than no attention at all. His abuse is better than total lack; in his anger at least you can feel his presence. This is a very low level of "presence" indeed, but, nevertheless, most women have at moments desired it from their unresponsive man: "I'd rather break his stereo so he notices me than continue on this way." You can at least feel his responsiveness in his anger. He may be yelling, but at least he's talking with you. Receiving his heated anger may be as close to receiving his passion as you've gotten in a long time.*** As the next stage of spiritual growth unfolds, you learn to open yourself completely without losing yourself in another. You no longer suffer the hurt of dependence or the pride of independence. You stop pulling and pushing your lover and simply breathe as love. When you were dependent, you practiced sacrificing yourself for the sake of pleasing your man. When you were independent, you practiced strengthening yourself so you could please yourself, with or without your man. Now, you practice true spiritual surrender, which involves opening to the love that lives the universe, flowing as your body, mind, and emotions. Your pleasure lies in this submission, neither to your man nor to your self, but to the very flow of love for which you've yearned all along. When you are ready to take this step you will know it because you will have no choice. Perhaps you will be sitting in the kitchen, your beautiful children eating at the table, your devoted man looking into your eyes, and you feel fulfilled—almost. There is still a "God-shaped void" in your heart. You will notice a tension in your body and a yearning in your heart. You may try to keep yourself busy to avoid feeling it. You may try to convince yourself that you have no right to feel this subtle lack; after all, you have everything you ever wanted, certainly more than many women are lucky enough to have. And yet, somewhere, somehow, something is missing, though you can't quite put your finger on it. Some women try to analyze their ennui through therapy or talking with friends. Other women seek the ecstasy of "losing themselves" in the rush of something "greater." They give their lives to a spiritual leader or a social movement and experience the bliss of self-surrender that they lost in developing their independent emotional stance. Learning to surrender directly to love is often an agonizing process. You will be disillusioned of your dreams of comfort, security, and romance. ***Every emotion that you have stuffed into your body without***

**feeling fully will emerge for you to re-experience. Years of loneliness and ache will be exposed as your heart unfolds. Yet, when the time comes, you have no choice but to go through this process and learn to surrender as love, receiving and giving the bliss of deep openness with every breath. This bliss is born of your true nature—an eternal love that cannot be lost. The force of this love cannot be beaten or victimized. This love fills your body and heart with a pleasure so deep that even your own thoughts and emotions cannot sway your fundamental happiness. Your loneliness is filled with a bright immensity of joy. This love-energy flows from our heart through your body and out your feet, hands, and face like beams of beauty. You live in love's rapture, even as your day-to-day life continues in the form that you choose. You are neither possessed by your lover's needs nor by your own. You are love. You live as love.** And when you find your heart yearning still, practice surrendering more deeply as love. While washing the dishes, picking your child up from school, or firing an employee, practice allowing love through your every gesture, word, and breath. In every moment, practice receiving love deeply into your body and giving love from every cell. You are thus transfigured, breath by breath, from a needy woman looking for love, to a self-sufficient woman who loves herself, to a woman always and already full of love's bliss and blessing power.

**She had an old habit of going inward during sex, especially when she wanted to have an orgasm. She would close her eyes and withdraw, going inside herself to experience her own sensations. As she turned inward, she became completely unaware of me or anything else outside of her own body of excitement. She asked me to help her remain more open during sex. She wanted to learn to feel larger than the cave of her own sensations. So we decided that whenever I felt her withdraw inside herself, I would stop moving. She would open her eyes, feel larger than her own pleasure, and reconnect with me, heart to heart. Then I would begin moving again.**

Instead, practice to stay open. Gaze into your lover's eyes, and feel into the deepest love you can feel. Breathe your lover, and then breathe through your lover. Let your attraction to your lover undo the torque of your inward curl. And then, once your feeling is uncoiled enough to be stable in the contemplation of your lover, feel through your lover into the love which moves the universe, the love which is alive at the heart of all beings. There are times to go inward during sex. There are moments when it is appropriate and natural to close your eyes and separate your feeling from your partner. But most often, practice opening outward, feeling into and through your partner further and further, until there is no horizon on the expanse of your loving. During sex, it is very easy to turn inward and get lost in 'erotic thoughts or the pleasure of your own body. Instead, stay in direct relationship with your lover. Look into her eyes. You practice feeling the subtle currents of energy flowing through her body. Is her breath full or shallow? Is her belly tense or relaxed? Are her eyes open or closed? Are her toes curled or splayed wide? Learn to feel the rhythm other motion and stay with her, loving, breathing, and navigating both of you into deeper ecstasy. Eventually you will learn to relax with your lover as open depth without limit. Sex is a natural way that depth can recognize itself in another. This depth is openness or love. You open with your lover as love and relax in the depth of sexual embrace. Her body has holes that fit your pegs. She loves to receive what you love to give and give what you love to receive. **Sex is a way to celebrate the give and take of love with the whole body, lips, genitals, and breath, allowing depth's openness to permeate emotions, thoughts, and flesh. The whole-body bliss that results from this perfect fit and dissolution in open depth far exceeds the pleasures of tensing up, going in, and losing yourself in physical intensity for a few seconds before releasing in ejaculation and being finished. Stay with your lover in love. Even when you are hurt, weeping, angry, or in the middle of a catastrophically blissful orgasm, stay with your lover. Do not close, withdraw, or hide. To practice love means staying in direct relationship—eye to eye, body to body, breath to breath—as much as possible during sex, including when you are bursting with pleasure, shyness, fear, or shame. There are times to close your eyes and go inward, but most often remember to go out, not in. Stay in relationship with your lover through thick and thin and ouch and ooh; in this way love works its deepest magic. Spiritual bliss includes and exceeds the merely sexual.** If you have made use of sexual openness to help you relax as the depth of being, then bad smells and raucous children only change the landscape of experience, not the depth of bliss. There are deep and shallow bliss. Most people settle for the shallower ones. The shallower bliss is, the more it can be disturbed. Playing a good game of golf or watching your angelic children sleep can be truly blissful. But this kind of bliss is totally dependent on conditions. A cold, wet, lousy game of golf is hardly blissful. A child who resists going to sleep night after night can be rather perturbing. With practice, we relax as an openness that is not dependent on conditions. As beginners, it is easier to relax as openness under certain conditions—such as during meditation, in beautiful natural surroundings, feeling the unconditional love of our children, or during fantastic sex with an adoring lover—but these are only portals into a depth that is always here, that is our true nature, regardless of conditions. We might realize this depth and enjoy its bliss in moments of grace or when conditions are just right, but then we can practice realizing this depth over and over, when things are good or bad. Your attention is absorbed in things that change, and thus your deep bliss remains undiscovered. You won't sink into this depth of openness until your ready. As long as the pleasure you get from money, TV, work and family. Sex is greater than the pleasure you have gotten so far from relaxing as the inherent openness of being, then you will continue attending to the more superficial aspects of life rather than the deep. But shallow pleasures lose their charm. Eventually—as you earn and forfeit money, care for and lose family, come and go sexually—you may suffer the changes of life enough to loosen your attention. You may "fall through" conditions into the eternal freedom of being. Then, free as the openness of deep bliss, it will be as if nothing has ever happened at all, even in the midst of a life full of happening. The divine doesn't mean anything to you unless you feel it in your body. If you don't, then you will substitute sex, food, shopping, and other sensual pleasure for the divine. You will cravenly fill yourself with emotions, flavors, and textures if you are not already full of love. What do you turn to when you feel empty inside? Do you want coffee and conversation, or the bliss of divine love? The masculine is attracted to the freedom beyond experience, but the feminine is filled by love transmitted through relationship. **Sexual "nothingness" is hardly attractive to most women, though men seek it every day through orgasmic release. Likewise, experiencing the spaciousness of divine freedom doesn't pique a woman's interest as much as feeling divine force passionately enter her heart and ripple through her body like waves of intense love more pleasurable than any orgasm she's ever had. You especially enjoy love in embrace with a man who loves you, or with friends**



**and family. Relational love, the ecstasy of communion, is the genius of the feminine. Relational blessing is the domain of the feminine divine. The joy of family, the colorful web of life on earth, the circle of friends and community—the feminine divine is most strongly expressed through the body in relationship. Devoid of a deep heart-connection to the divine, her natural feminine energy may begin to dry up even if friends and family surround her. Disconnected from the deep source of joy and love she yearns for, her body may begin to wither. Her genitals or breasts are often the first areas to suffer the lack of deeply sourced feminine energy, showing signs of discomfort or disease. Eventually, she may collapse into a sense of emptiness and bodily vacancy that not even her family—let alone a double cappuccino and chocolate truffle—can fill.** Chronically depressed and weary, she may seek to simulate a sense of devotional surrender by opening herself to abuse or self-abuse rather than to divine love. Sexually, your body relaxes in the full range of divine expressions, including all forms of life in heaven and on earth. **You can be an angel, smiling serenely between the sheets. You can be a tiger, pouncing on your man and clawing him into submission. You can be a child, cuddling in innocence. You can be a demoness, tearing your man apart. You can be a whore, making him beg for more. You can be a sorceress, sucking the energy out of his gut with a few choice words or gestures. You can be a goddess, revealing more love to your man than he has ever known before. When you open to the divine, your body opens. Your energy flows with fullness, pleasure, and strength, including your sexual energy, whether you are celibate or sexually active, married or single. Your energetic flow is made as large as the power in your heart. Since a woman's heart and genitals are directly connected, when her heart opens, her entire body flows with love-energy, including her genitals. Her sexuality is full of genuine love and care. Because a man's heart and genitals are often disconnected, his heart may be wide open and yet his body remains limp and empty, or simply lusty without any emotional connection to his lover. His genitals may still "have a mind of their own" unless he has practiced sufficiently to connect them with his open heart.** When a woman grows spiritually, love-energy fills her body naturally. In fact, she can grow spiritually by consciously practicing to receive love-energy into every part of her body, so that her body opens, relaxes, and flows powerfully as an expression of deep love-energy. Most men find it more convenient to ignore their body's energy—as well as their family, their community's, and the earth's. **The spiritual doorway for most men is through their mind. For most women it is through their body, which is perhaps why women have penned relatively few spiritual texts throughout history. Spiritual texts are often a primary means to carry men's attention to the bliss of the divine, but women are more often transported via the revelation of love-bliss through the openness of their body, via means such as dance, touch, sexuality, childbirth, and communion with nature. These days, some women have become as disembodied as the average man, lost in world of projects, plans, goals, thoughts, and schedules—one-pointed, rigid, and relatively pleasure-less. For these women, finding the divine starts with finding their body, feeling their breath, freeing their emotions, and allowing themselves to be wracked with unbearable pleasure. Dance, massage, and yoga are a few of the ways to start this process.** Sex is often the place you most desire and resist the infiltration of divine love. Until you are ready, you will give priority to all kinds of needs rather than your deep desire to live as a body of love. You probably put much more energy into learning to communicate with your man than into learning to breathe love's bliss through your vagina. You probably are more concerned about whether your man desires you than whether you are surrendering your body open as the fullness of divine love-radiance. In any moment, even if you are not being treated like you wish you were, you can do love and give love because you are love. **You are consciousness alive as love, dancing as the fullness of this moment. You are already one with the love you seek. By aligning your breath, body, and mind with this truth of love, your life becomes a vehicle through which love can enter the world and your relationship. If you remain closed when you are hurt, love doesn't have a chance. Your practice of openness, however, even when you are hurt, gives love a channel through which to infuse the moment, including difficult moments of relationship. If possible, look directly into your lover's eyes. As you continue breathing fully and easefully, feel as if you are breathing your lover. Feel as if you are breathing his or her breath. Feel as if you are breathing through your lover. Be willing to inhale and receive your lover's pain, anger, hurt, fear, and tension. Breathe it in and allow it to dissolve in the endless depth of your love. Then, exhale love into and through your partner.** Practice fullness even when you feel depleted or ashamed. What your woman really wants from you sexually is to be taken to another place, to feel your presence and be filled by your love so she can trust you and surrender utterly in full-bodied bliss. You don't need an erect penis to do this, although filling her with your penis—in addition to your consciousness and passion—is a delightful way to overwhelm her in love. With or without an erection, you can find the fullness that you are already and transmit it through your whole body. It's one thing to fake it and act strong even when you are feeling weak inside. It's another thing to locate the depth of your being and relax as it. Allow its deep energy to manifest through your breath and body. Then, pervade your woman with this love-energy. Such practice is always possible, even when you are feeling physically defeated or emotionally down. In the first stage, a man wants to be strong in other people's eyes. He tries to walk and talk in ways he thinks others will consider powerful. In the second stage, a man seeks inner strength. He often tries to "do things his own way" because to listen to others would be to admit his dependency on them. He realizes that whether others approve of him or not, he's got to be true to his own thoughts and emotions. He develops an inner confidence that gives him strength regardless of what others tell him. He no longer cares so much how he looks; he doesn't act with macho posturing and stoic bravura like in the first stage. Rather, he is calm and equitable. This kind of inner strength is based on self-knowledge: He knows his limits and his gifts, and he lives as true to his own beliefs as he can, regardless of how others view him. In the third stage, a man opens to the strength inherent in deep being. To do this, he opens beyond what others think of him—as well as beyond what he thinks of himself. Even self-confidence is an obstruction to relaxing as the force of open consciousness. His own beliefs and opinions—which guided his second-stage life—become as if transparent in the fullness of deep being. **This effortless strength is as obvious and recognizable as first-stage macho posturing and second-stage integrity and self-confidence. A man who is practicing third stage strength is trustable because his actions are not influenced from the outside or the inside; even his own sense of accomplishment or failure can't derail him from living spontaneously as the love-force flowing from the depths of his being. Sex to a second-stage man is about sharing and honesty. If he ejaculates too soon, he is not afraid to talk about it. He can find other ways to please his woman sexually, through oral sex, caressing,**

**massage, and even using sex toys. He knows that he has other things to offer his woman besides sex, so his confidence is not deflated. She values his emotional sharing, care, sensuality, humor, and companionship as much as his sexual capacity. Besides, she secretly enjoys all the attention that he lavishes on her when he ejaculates too soon. Sex to a third-stage man is about surrendering his whole body to the force of consciousness and allowing his depth of being to pervade through his body and breath, into his woman, and beyond, as love. If he ejaculates too soon, he, and his woman may not even notice. The depth of his presence and the strength of his love are not depleted, for they are rooted in consciousness, not physiological arousal. His attention remains free of concern—his own and his woman's. He can continue to ravish his woman, penetrating her heart and invading her body with his passionate love-force. Her orgasmic response may be just as full as if his erect penis was inside of her body. His unwavering presence isn't a matter of macho rigidity, a need to impress his woman, or self-confidence. It is rooted in the depth of being, rather than in an image of himself or a desire to connect with his woman.** He may very well have an image of himself and also desire to connect with his woman, but these things do not compromise his practice of locating, relaxing as, breathing, and transmitting the consciousness or love that is deep being. To be strong as a man is to give love even when you feel hurt. Not because you want to look good, and not because you will feel that you are growing if you do so, but because not to love is more painful than practicing to relax as love. As you grow, the love springing from the depth of your being demands to flow strong, regardless of how much you or your women would rather slump and take a break or sit down and have a civilized chat. This tide of deep love is threatening as long as you hold on to the security of another's love or your self-love. But when you are ready to grow beyond the false safety of dependence or independence, the free force of unbound love is the rarer that will move you. When your man hurts you because he lacks direction, integrity, or clarity, you can love him without supporting his weaknesses. Loving your partner when he hurts you includes not tolerating his bullshit. Don't surrender to his hurtful ways; surrender to the love that lives as you and him. And while you are flowing as love, you may also be very angry and demanding of your man's best. If your man wants the energetic colors of "mother" and "sex goddess" to flow freely through your body, he's going to have to learn to deal with all your other free energies, too. This includes your "wild woman" energy that won't settle for anything less than a man willing to examine his faults, find humor in them, make whatever changes are necessary, and live a life committed to practicing deep love and undiminished presence—without collapsing when you don't feel moved to nurse him with dinner or cuddle his genitals. The primary quality that makes a man attractive to women is the freedom to his attention. When his attention is not tightly bound to this or that, then the force of his consciousness is free to transmit as the strength of his presence. **When a woman walks into a room full of people, she quickly notices the man with the most presence and freedom, just as easily as you would notice the most radiant woman. Men, too, can feel your presence or lack of it. If your attention is free, not convoluted and scattered, then men can trust you. But men won't trust you as much if you are distracted by your meandering thoughts, emotions, or genital need, if you are "not all there". A large part of business success is based on how trustable—how present—you seem to others. Do they feel that your attention is free enough to focus on the task at hand and carry through with it? Do they feel your clarity of attendance? With practice, you can train your attention to take into account more and more with greater ease. Eventually, while having sex, you can practice to: notice your own thoughts; feel into your woman's emotional flows, sense the currents of energy moving through both of your bodies; enjoy her fragrance, the smoothness of her legs, and the fullness of her lips; open your heart to merge with her heart; breathe together; redirect your orgasm so it shoots up your spine and through your heart in a rush of colors and mind-blowing intensity; relax your attention to feel through your woman and outward through the room in all directions; collect the "field" of consciousness with your breath and penetrate your woman's soul with it; ravish your woman with the force of your deepest love; allow your love to move through your body, your woman's body, and outward to all beings; and .recognize the open depth of being, moment by moment, resting as the spontaneous force of bliss which dances as you and your partner and everything else.** To do this, your attention can't be locked on to the unpaid bills waiting on your desk. Liberating your attention require—that you take care of unfinished business and continue to deal with the duties of your life as impeccably as possible. As you grow, you learn to take care of everyday details while simultaneously opening your attention to deeper things. In fact, you won't even be interested in deep sex until you have grown enough so that your attention is free and, in effect, you ask, "What's next? What's deeper? How can life and sex be even more fulfilling and free?" Deeper and subtler things progressively trap your attention, and therefore the experiences of your life become deeper and subtler as you grow spiritually. Any bozo can guzzle some wine and enjoy getting drunk; someone who has cultivated a taste in wines can pay attention to the fruity bouquet and the undertones of cinnamon, wonder whether the wine had matured long enough, and all the while also enjoy getting drunk. His attention is less constrained than a drunkard who is only concentrating on getting as much wine down his gullet as possible. In other words, a connoisseur's attention is trapped by more subtle enjoyments than the drunkard's. **Spiritual growth is like becoming a connoisseur of awareness and its objects, which include your thoughts, feelings, sensations, perceptions, and emotions. As you grow, your attention is more and more free to notice very subtle things that most people don't. Other people who are less free in their attention think you have secret powers: How can you tell what someone else is thinking? Or, they assume you are crazy and imagining things, making it all up. After all, they can't sense the subtle energies and perceptions that you seem to enjoy, so either they are blind or you are crazy—and most people don't like to think of themselves as disadvantaged. But even the more subtle things of life are eventually felt as a trap of attention—just like, over time, a pair of gorgeous breasts that you initially couldn't keep your eyes off of become more familiar, less exciting, and eventually boring. As you grow, you continue to feel, "So what? What's next? What's deeper and more free?" Eventually, the act of attention itself—attending to anything at all, no matter how subtle—is no longer very interesting. All the flavors and colors of life, including the ones that most people can't even sense, are simply not enough. You still feel trapped—exactly as you might feel trapped by a job that no longer interests you. When you feel that aspects of your life don't completely fulfill you, when the glow has worn off the things that used to really turn you on, it is time to move your attention to more subtle things. And when more subtle things no longer make life worth living, it is time to move your attention to deeper things yet. And when the deepest things no longer mean anything special to you, then allow yourself to feel**

**even deeper than things.** Little turns your man on more than your trust of him, which means you can open deeply with him and give him the fullness of who you are. But if you don't trust your man's direction during the day, you won't open with him at night. If your attention gravitates more deeply than your man's, you won't want to surrender sexually with him. His sexing will feel superficial and won't satisfy what your heart knows is possible. He will feel your reluctance to surrender and try to demand that you give him more sexually, though his demands will be fruitless. **Over time, you may begin to feel disappointed, resentful, or bored with the entire relationship. Direction and depth: these are the qualities in your man that will most determine how fulfilled you are in relationship with him. Many other factors certainly influence your enjoyment, including how your man smells, what kind of father he is, his level of income—everything from his height to his sexual style to whether he likes country-western music will influence the quality of your time together. But if your direction and depth do not match, then no degree of similar interests will make the relationship very fulfilling. Huge sexual energy necessitates huge love. The more you magnify desire through sex, the more you must match love to the size of your desire. Otherwise, your magnified sexual need becomes demonic, subverting your relationship into an arena of brutish grasping and expenditure. But when you relax your desire as the openness of love, its wideness swallows its sharpness.** There is plenty of room in infinity, and huge sexuality splays as huge love. Use sex to magnify desire, not to diminish it. Enlarge desire as the edgeless space of this moment. Your desire for intimacy with a woman comes in two basic forms: your desire for love and your desire for a certain kind of energy. You may love your intimate partner—you may open in oneness with her—but you happen to see a woman at the grocery store, who really turns you on. There is something about her that you want—something other than what your partner gives you. Your whole body feels magnetized toward this stranger. It is as if she offers you a different "flavor" of feminine energy than your partner does. Which makes a woman sexually desirable to you in particular, is her energetic flavor. In your committed intimate partner, you probably also want depth, intelligence, compassion, a good sense of humor, and a number of other qualities. But you have a certain sexual "taste" that may not have anything to do with these other qualities. You might not know a single thing about the woman in the grocery store, yet she can still evoke your sexual desire. Her energy alone may evoke your desire. Some women are hot and feisty. Some are cool and calm. One woman may have the energy of an innocent little girl while another may feel like an ornery slut. One woman may slink like a tiger while another may prance like a gazelle. Some women seem like elegant sophisticates while others appear to be dangerous. This woman may have sex with you like a freight train while that one may tickle you with delicate kisses. Every woman—and every man—can embody, express, and desire any or all of these energies. **Nonetheless, each woman predominately radiates a characteristic flavor of energy, and each man has a specific taste in women. There are, of course, many aspects to a woman other than her characteristic quality of energy, but this quality is very important when it comes to your sexual desire. If you don't understand your desire for energy, you may confuse it with your desire for love, your desire for deep oneness and openness of being. A woman's devotion—her depth of love—may open your heart and evoke your love, but her energy evokes your sexual desire. Both at the same time is best: a woman who is deeply loving and who also radiates the energetic qualities you find sexy. But even a shallow woman, a woman who doesn't love you at all—a woman you don't even know—can turn you on sexually if she has the right energy. You may not want to spend the rest of your life with her—or even the rest of the day—but your body wants to taste her energy, sexually or perhaps just through a glance. The immense and culturally universal history of prostitution, mistresses, sex shows, and polygamy—often in spite of penalties for engaging in such activities—speaks loudly of man's need to sexually experience different flavors of feminine energy. One woman may be enough—more than enough—to occupy a man's longings for love, companionship, and sacred union, but his body responds to countless sources of feminine energy day after day.** Some men enjoy feminine energy by flirting with co-workers or conversing with women friends. Some men receive the woman of their dreams through masturbatory fantasy. Some go so far as to hire a professional feminine energy source to get what they need, through sex or through dancing, massage, or role-playing. Many men hire prostitutes or adult entertainers not so much for sex itself, but to experience certain kinds of energies—dominant or submissive, innocent or nymphomaniac, nurturing or wild. **If all a man wants is sexual release, it is far easier and less expensive for him to masturbate in private. But masturbation isn't sufficient if his hunger is for a specific, quality of feminine energy. Men have been known to risk losing the woman they really love in order to get the feminine energy they need from another woman. Of course, when a man really loves a woman and she is also able to give him the feminine sexual energy he needs, and then his attraction to her is complete—though this won't prevent his body from being momentarily attracted to random women throughout the day whose energies happen to fit his tastes and therefore magnetize his sexual appetite. But most often a woman considers having an affair because she is attracted to a man with more presence, attention, and desire for her than her partner offers. What really distracts a woman from her committed intimacy is when she meets a man whose love penetrates her more deeply than her partner's. When a man moves her with deeper presence and more trustable integrity than her husband—perhaps her therapist, tennis instructor, colleague, or teacher—then her heart may become divided.** However strong it may be, the desire to get laid is relatively shallow, spiritually speaking: You share it with earth-worms, fish, and flies. Don't have sex with everyone you are attracted to. That reduces your motives to the purely animal level of desire. But also, don't deny when you truly hunger for certain inspirational or healing energies, deceiving yourself for the sake of emotional security. Completion lies in utter surrender or relaxation as your deepest truth, opening yourself as the flow of love, and giving your true gifts. When the unthreatenable presence of deep being saturates your body, mind, and emotions, then you will know how to express your love, spontaneously and authentically. Until then, the changing tides of your sexual hunger and your need for emotional security will pull you this way and that way, creating divisions within you. If she can't give you that energy, or if you are too embarrassed to receive it from her, then try to get it in other ways, but in her company. Watch an adult movie that gives you the flavors for which you hunger, but watch it with your woman. Make it a shared relational event, enjoyed in love, humor, and intimacy, not a secret indulgence cloistered in guilt and shame. The more you grow spiritually, the more you are able to feel, acknowledge, and embrace your desires before they grow into "demonic" or pathological cravings. Always remember that at your core you want to give and receive love, however tense and disturbed you may feel. Remember that it is natural for you to want to give and receive love through specific shades of the spectrum of

feminine energy—usually those parts from which you feel most alienated or separate. Ultimately, as you grow spiritually, you won't feel separate from any energy. You will live as love in communion with the entire spectrum. Then, your sexual desire will become aligned with your heart's deepest love rather than with your heart-separate pockets of craving. But as long as you have divided yourself from your own desires, those parts will seek acknowledgment, expression, and healing, quite naturally and inexorably. It is your responsibility to find a loving and benevolent way to balance yourself energetically—such as through massage, with music, nature, and art, or in play with consenting adults—before your desires take on a "demonic" life apart from your deep heart-integrity. ***If your man knows how to handle it, your "testing" energy can be a real gift to him, helping him see where he is weak and dependent, and thus strengthening him. He can receive your anger or criticism, discriminate what is true and useful, make the necessary changes in his life, and embrace you with a smile, not taking the non-constructive momentum of your emotions too seriously. But if he is not yet ready to change, then your heavy, angry, or shutdown energy becomes a pure burden in his life. Whereas the fundamental feminine bad mood is the feeling of being unloved, the fundamental masculine bad mood is the feeling of being burdened. You want your man to love you, to embrace your moods and enter your heart, to desire you more than any other woman. Your man wants you to relieve him of his sense of burden and give him energy, enlivening his weary heart and body. When you feel your man does not desire you in love, or when your man feels you are not rejuvenating him with love, the bad mood cycle starts to ping pong between the two of you. You punish each other. You burden him with mood-energy he can't handle, and he hurts you by withdrawing and turning away in un-desire. Eventually, you may feel disgusted by each other, each of you manifesting what the other hates the most. Your man knows how to express his non-desire for you with as much precision as you know how to weaken him with your energy. Why are many men so sexually twisted? Because their sexual energy is not inherently linked to their heart.*** This energy is free to flow—unconnected to love—into the amoral nooks and base crannies of their psyche. For many men, sexual energy is more related to private fantasy than relational sharing. For most women, however, sex is an emotional matter, a sharing in trust and vulnerable embrace. Most men are at a disadvantage when it comes to combining love, emotion, and sex; most women do this quite naturally. ***However, once a man's emotional capacity grows and he is able to connect lovingly through sex, then the woman is sometimes at a disadvantage with respect to the next stage of growth, beyond personal bonding. A woman's need for an emotional tie—her desire to be the special woman who makes an inseparable "love unit" with her man—can limit the fullness and depth of her love. Most men, after learning to connect with their woman deeply in love, can more easily learn to feel through the limits of personal hope and desire, relaxing open as the impersonal or all-pervasive love that lives all beings. At this stage of growth, men's tendency to not intertwine sex and personal bonding can sometimes work to their advantage. But first, a man has to get to this stage of opening in love during sex, which isn't often very easy. Usually, women are much better at sexually communing in love. Unconnected to his deep heart, ungrounded in relational sensitivity, a man's sexual energy can flow through his body with the force of a raging river. Because his sexual energy is not so pulled by his needs for intimate sharing, it is frequently routed in other ways. He might choose to use his sexual energy for creative purposes, to write a novel, build a business, or practice a spiritual discipline. More often, however, this flow of sexual energy follows a strange path in a man's psyche. Your sexual fantasies are frequently reflections of your unmet spiritual needs.*** For instance, you may have lost touch with your deep being and therefore feel disconnected from authentic strength. So, you seek a substitute sense of omnipotence in fantasies of forcefully taking a woman. Or, perhaps you have spent years identifying with your capacity to take charge and lead others as a business executive or community leader, for instance and so you begin to crave other aspects of your essential being which you have ignored. Perhaps you long to experience the bliss of surrender, devotion, and trust, but it's difficult for you to let go of being in charge. So, you find yourself fantasizing about being tied up and made vulnerable at the sexual mercy of a dominant woman. ***The feminine is a miracle of surrender, a flower of force that either opens or closes. As a woman, you can use your masculine discrimination to decide which direction to move in, but when you are polarized into your feminine energy—by a man of great masculine presence, for instance—then you may lose access to your masculine directionality. In moments like these, you may find yourself unable to say no. This is why the issue of sexual integrity is so important for men who are in positions of offering women their guidance as teachers, therapists, or religious counselors: even a highly discriminative woman can lose her sense of perspective in the moment of being polarized by a very present man into her extreme feminine openness. Just as a woman's radiance can attract a man into doing almost anything, a man's presence can open a woman into trust and vulnerable permeability; in a highly polarized moment, she might open and agree to have sex, whereas in a less polarized moment she might have chosen a different direction. It is totally natural for you to open in response to a man's strong and trustable presence. The feminine thrives on openness, finds bliss in surrender. However, whether you surrender to a man's desire, to your own desire, or to divine desire is a matter of your current level of love. The presence of a great dancer and the integrity of a committed husband are both stepped-down versions of the fullness of divine love. The presence of divine love fills you, invades you, really, like a passionate lover. The trust of divine love is absolute—it is who you are, it lives as everything and everyone, you cannot ever separate from it.*** The dancer's presence and your husband's commitment fill you with a kind of bliss and contentment because they are mini-versions of the deep love who you are, but for which you still seek, because of the heart-vacuum created by your un-surrender. The bliss you feel with a graceful dancer or your loyal husband is real; no matter how open you are in divine love, you will still feel swooned by a great dancer's presence and opened in devotion by your husband's commitment. You will still feel let down if the dancer turns out to be a jerk or devastated if you find out about your husband's mistress. ***Devotion to divine love doesn't eliminate the pleasures and pains of relationships. You simply no longer seek through relationships to become what you already are: blissful fullness surrendered as radiant love.*** Men often fantasize about having a big penis because it gives them the sense of being able to really penetrate a woman, to split her open, to "give her what she wants." But the penis is merely a physical sign for consciousness, and you can only offer your woman as much consciousness as you are. Men conflate "big penis" with "big consciousness." They secretly want a woman to worship their penis as if they were God. Most men really, deeply, want this. What most men don't know is that they are divine consciousness, and they

can totally ravish their penis. Men intuit their capacity to ravish a woman into total love, bliss, and surrender—they even feel it as a kind of duty—but then they look down at their little winker and begin to doubt their ability to give her what she needs. **To give your woman "what she needs" means to bring her beyond the merely personal aspects of love and sex through the strength of your consciousness. Most men consider consciousness to be something associated with their head. This is a mistake. Consciousness is another word for love, the open space of existence, the cognizant radiance of being, in which all things shimmer, including your body. And the only way your woman is truly ravished by your consciousness is through your body. Feel as if your penis were huge. Not just ten or twelve inches, but really huge. While making love with your woman, feel as if your penis extended through her entire body like a massive balloon of light and force, filling her vagina, her womb, her entire belly, chest, face, and head. Feel as if your belly was the base of your penis. For several breaths, inhale energy down the front of your body and fill your belly with deep force. Lower your center of consciousness from your head to your belly. Penetrate your woman from your belly, as if it was the source of your sexual love-force. All the while, open your awareness, feeling outward, into and through your woman, from your heart, as you continue to breathe force down into your belly.** The amount of consciousness with which you can ravish your woman—the size of your "spiritual penis," so to speak—is determined by how fully you have surrendered as openness and love. Practice opening as free being, as unbounded love, even as thoughts come and go, fears clench and pass, and desires ebb and flow. Feel through the delights of your woman's body as well as the fantasies that may arise in your mind. Don't hold back as some kind of observer who stands apart from the sexual swashing and buckling. Open as the entire moment, including the feelings, sensations, thoughts, and desires of both you and your partner. Open as it all, and thus open your woman with you. Bring her to a place of absolute freedom by being free and totally heart-open while penetrating her with strong and sensitive love-energy, transmitted through your whole body, especially your belly. If your belly is full of enough force, and if your presence is strong and "ballooned" through your woman, then you will be able to "give her what she wants." First, she will be opened by the intensity of pleasure and energy expanding with your consciousness through her body. Then, she will be overflowed by a blissful love that is her most essential desire, as well as her most true nature. This radiant love is the true source of her beauty and abundance. This love is much larger and more real than her need to feel valued for how she gives of herself in relationship. And your consciousness—the true source of your potency—is more infinite than the penile worship for which you would sell your soul. But you can use these lesser desires to pave your path toward utter openness in the fullness of love with your woman. **The feminine way is not so much about feeling through emotion, sensation, and thought into the openness or space of being. This is the masculine way; since the masculine is at home in emptiness, it is attracted easily into the open space of awareness. But the feminine is at home in love-energy or light, the fullness of life. The feminine doesn't want to feel through everything into the openness of being. The feminine wants to feel. Everything. Fully. And in doing so, the feminine relaxes as love, which is the openness of being. Anger is sharp love. Sorrow is hurt love. Fear is contracted love. As a woman, you realize love not by trying to go through or beyond obstructions, but by embodying the so-called obstruction, and thus being love in that particular energetic texture.** Feminine spiritual growth requires your willingness to feel everything and anything—including the most painful emotions—with your entire body and breath. This takes great practice, courage, and a willingness to feel that you are worthless. Most women have a strong sense of what it means to be a "good woman." Their sense of value and self-worth can become based on trying to be nice, self-giving, helpful, generous, or beautiful. A woman like this will resist incarnating an energy that doesn't fit her sense of being "good." She won't allow certain emotions to run wild and free through her body and breath. She won't allow herself to express certain feeling or feel them entirely. She refuses to live as the fullest incarnation of love. She's afraid to move and breathe as all of love's textures, "ugly" as well as "nice." Therefore, parts of herself feel empty of love. She denies herself love's fullness by denying her body the full range of love's energies, including rage, fear, grief, hate, lust, sorrow, need, vindictiveness, and vulnerability. **To grow spiritually as a woman means to be able to live, move, breathe, and act as all of love's energies, spontaneously, without inhibition, and with every inch of your body. As you do so, you will naturally relax as love. When you embody an emotion—even a so-called "block" or "obstruction"—with your entire body and breath, then you are open as what the energy feels like from the inside. The feeling of everything—the nature of everything, the essential light of all existence—is love, which you are. Even the most painful emotions are only love, rippled as a texture of pain. Whereas most men are predisposed toward emptiness, and so would gladly feel through pain into the openness of being, most women are predisposed toward fullness, and thus aren't very motivated to feel what lies beyond the pain. Most women would rather be filled with painful love-energy than feel empty of any love-energy at all. However, many women stop short of allowing themselves to be entirely filled with painful love-energy, so filled that their body is a body of pain and their breath is a breath of pain. If a woman does not stop short, she will find herself fully alive as the essential love-energy of pain.** And this love-energy flows as the same openness of being that a man discovers when he feels through his emotions and sensations. **The feminine desires the fullness of love and the masculine desires the freedom of emptiness, and thus there are two sexual paths to one spiritual bliss.**

During times of deep sexual vulnerability, trust can evaporate in just an instant of heart disconnection. The deeper you and your lover have relaxed into love, the more sensitive your hearts are to disturbance by subtle dissociation. You think about tomorrow's schedule, your attention wanders, and for a moment your movements become mechanical or automatic—your lover feels your distraction, acutely. The flow of trust can drop to zero. **Women are raw life. They are life in your face. They give you life's sweetest fruits and most sticky juices. Very little in life is more delightful or burdensome to you than a woman. Most men can handle financial calamity, creative struggles, and natural catastrophes with greater assurance than they can handle their woman's moods, needs, desires, and energy. Women are as good and bad as life gets. Your woman feels your lack of presence immediately. She wants your fullest surrender in love, your deepest relaxation in consciousness, now. The fact that for the previous three hours you have been very present with her makes no difference if now you are in your head, drifting into thoughts of what you have to do tomorrow. A moment's loss of presence with your woman—or while mountain climbing, car racing, or boxing—results in immediate feedback, regardless of how present you have been up to that point.** When you feel trapped, constrained, or

burdened by life, you can be sure you are being superficial, attending merely to the unending tasks and decisions that arise as life. When you are not sourced in the depth of open being, then you begin to hate life. **Your woman can feel when you hate life. She feels it as a hate other, even if you don't mean it that way. The feminine is life. When you've "had it up to here" with life, your woman suffers your masculine error rather than simply feeling your need to rest. She feels your lack of depth and awareness, your lack of love, and she cannot trust you. Sexually, your woman can't open fully unless she trusts you. She can't trust you fully unless you are clear in your deep purpose, have aligned your life so you are able to give your gifts, and are always doing your best to relax as who you really are, as deep presence, even while you "do things." Your woman wants to open herself to your deep presence, not to a self-deluded man who doesn't even know his awareness is absorbed in a stream of duties that leads nowhere but to more duties until death. Depth is your nature. You are inherently open and loving. You are openness and love. Relax as who you are, which includes woman and world. You will never master them nor escape them. They are you. The light of your consciousness appears as woman and world. The moment you drift into assumed separation, as if you could surmount or escape them, they will bite you—that's how the universe reminds itself who it is: consciousness appearing as its own radiance alive as love. Without a woman's strong influence, men tend to become divorced from the flow of life.** Men like to pursue "ultimate"—ultimate spiritual attainment, ultimate athletic victories, ultimate scientific theories. Men use their bodies as vehicles for achievement, pushing themselves to finish business projects, eating whatever is in front of them, having sex to relieve tension so they can rest and get back to work. **For men devoid of feminine influence, the world becomes a problem to solve rather than a flow of living energy. They no longer feel plants and animals, but study them. They no longer respond to the moods of nature, but try to analyze weather in order to plan properly. Often, they are barely aware of the natural sensual world, so caught up are they in offices, computer screens, newspapers, television, and projects. Without strong feminine influence (from their inner feminine, a woman, or an external source like nature), men lose touch with loving communion, sensuality, pleasure, and the flow of life itself. What happens when a woman lacks strong masculine influence (from her inner masculine, a man, or another external source)? She can become embroiled in relationship, sensuality, and the flows of nature. Her life becomes like the weather, moved mostly by forces of mood and relational circumstance. She never quite seems able to accomplish what she plans to do when she plans to do it.** The phone rings, and she talks to her friend for an hour instead of working on her taxes. Her mood swings, and she spends a few days tangled in shades of dark crimson, bereft of humor and perspective. Her disposition is colored by the way her body, emotion, and intimate relationship feel today, rather than by the bright love always shining deep in her heart. Men, by themselves, tend to neglect the fullness of life and relationship for the sake of possible goals; women, by themselves, tend to neglect life's possible depth for the sake of their current emotions and relationships. Many women, for instance, find it difficult to leave a bad relationship for the sake of a better one that may be possible. About 10% of women are born with a masculine sexual essence and about 10% are born with a neutral sexual essence. **But the majority—about 80% of all women—are born with a more feminine sexual essence. These women prefer flowing to going. While shopping, they would rather browse and take their time than dart in, get what they need, and dart out. While eating, they would rather enjoy flavors and textures than eat just what is necessary to accomplish their goals. While talking with friends, they would rather enjoy the flow of energy than make a point, conclude the exchange, and get on to something "more important." If you are in this majority of women who have a feminine sexual essence, you probably feel a need to be balanced by masculine influence. Otherwise, you can feel stuck, embedded in your weather of emotions and relationships. Likewise, the majority of men need feminine influence or they become rigid drones, robots of achievement and goals. The need to be balanced by your opposite is natural. Your emotional and sexual health depends on taking these needs into account. Furthermore, to grow spiritually without creating gaps in your development, it is important to understand your true emotional and sexual needs in relationship. Masculine influence creates spaciousness and perspective in your life. You can see the big picture rather than feel stuck in today's moods, emotions, and relational drama.** There is obviously nothing wrong with moods, emotions, and relational drama—they are sources of great power, spirit, and enjoyment—but they are only one side of the whole. The feminine tends to reduce life to "Do you love me?" in its many forms, just as the masculine tends to reduce life to "Am I successful and free?" **Feminine and masculine—love and freedom, embracing and letting go, radiance and presence—attract one another. For instance, the more you are concerned with love, the more you will be attracted to—and attract to you—a partner concerned with freedom. Your desires and your partner's will tend to be of the same depth. For instance, if you want to be appreciated for your body, then your partner will probably want to be appreciated for his money. If you want to be appreciated for radiance deeper than your skin, then your partner will probably want to be appreciated for a presence deeper than his bank account. Without proper and sufficient masculine influence in your life, you can become depressed. If you do not rectify this sexual imbalance, you become needy. You develop excessive cravings for Mr. Right. You hunger for a man who will enter your life—emotionally and physically—and bloom you into happiness.** You obsessively seek a savior in the form of a lover, teacher, therapist, social movement, or even a career. Eventually, if you can't find a source of masculine influence that you trust enough, you may resign yourself to a life of aching empty-hearted but self-directed independence. The sexual truth is uncomplicated: **You need your moods opened by masculine humor, perspective, and spaciousness, your man needs his rigid thoughts and doings softened in the body of your love and brightened by the radiance of your heart.** For most women and men, it's as simple as that. To help yourselves grow, you can learn to gift each other with what you truly need without catering to each other's neediness. Your man can honestly admit that he sometimes needs your radiant love to help pull him down from his head into deeper heart-connection with you and with life. You can honestly confess—without guilt or neediness—that you sometimes need his presence, humor, and perspective to help free you from emotional closure into openhearted joy. So, do it. But do it totally. Without touching her, without even moving toward her physically, do what you really want to do: Combine yourself with her to the point of oneness. From a distance, feel her body as if it were yours. Breathe her breath and relax in her energy. Inhale her fresh radiance and circulate it through your body fully. Feel the desire in your heart to open with her and do it, now. Worship her, sexually, with the fullness of your consciousness. Her radiance naturally evokes your presence, like a magnet.

**Allow your presence to be as deep as her radiance is bright. This evocation is her gift to you, her feminine blessing. She attracts you into worship, into openhearted, open-bodied awe. She smacks you with the baptism that life is not only ideas, projects, and lofty goals. Life is alive. Life is energy. Life is she. And you do miss her so, especially when you have forgotten her, forsaken her, and ignored her in the missile pursuit of your mission. Humor is different from enjoyment. Nature is full of pleasure (and pain), but there is no humor in nature. The trees, ocean, stars, and mountains are full of radiance, energy, and joy, but absolutely bereft of humor. Humor comes from the ability to see a situation and have perspective on it. Everything comes and goes for everyone who lives and dies. Everything that you feel is important—your body, your family, humankind, even all life on earth—passes. Ultimately, every situation is transient and unnecessary, regardless of how serious or real it seems when you are in it. Cosmic humor is to see the unnecessary nature of everything. This utter freedom is a primary masculine gift. The feminine laughs with pleasure and delight. The masculine laughs because ultimately nothing matters; everything is one big joke. The joy of life and the humor of its non-necessity are two aspects of full human realization. For any woman to be sexually open to the masculine means, in part, being able to receive the spacious freedom of humor.** Even when you are closed, you can practice to open and receive your man's humor. You can practice welcoming his freedom to infiltrate your mood-energy. Sometimes he could do the silliest thing—make a funny face, dance a ridiculous jig—and suddenly you are smiling. Don't cling to your mood as if it were your precious right to bitch and moan. Honor his humor as you would like him to honor your radiance. Open in response to his humor as you would like him to open in response to your love-energy. Receive his humor as a blessing. **Humor can be very sexy. A man's humor can wash away your heavy energy in an instant, opening you in freedom and happiness. His humor can liberate you from being caught in the swirl of relationships, emotions, and thoughts. The more you feel stuck, heavy, or confused, the more you have denied receiving true masculine humor in your life.** If neither partner is willing to take the masculine lead and command the moment with ravishing love, then the immense feminine power of sexual energy will go all over the place, never stabilizing in the deepest gorges of the heart. Sex may be fun, pleasurable, and wild, but it will tend toward the superficial, repeating the same stimulating patterns over and over without growth in depth. On the other hand, if both partners insist on taking the lead, there will be no flow of water, no force of sexual energy, no abundant liquid ecstasy in which to dive, surrender, and commune. The rigid stance of control will predominate if both partners are willing to be the riverbank, but neither is willing to surrender and flow freely as the wild pleasure of love. A weak person is afraid to lose love, and so will obey a partner in the hope of garnering security in the relationship. A weak person obeys in the hope of getting loved. A strong person doesn't doubt love, but rather realizes that we are on earth to create love, to give love, to live as love. **We are here to serve each other in love. We are here to serve our lover, which means to heal our lover with pleasure and enlighten our lover with love. Such a servant is a slave to divine love, and will do anything to draw a partner into the relaxed openness of total love-abandon and communion in divine fullness. This is true submission: communing in divine love, surrendering as the open power of being itself. Most men spend the majority of their lifetime trapped in the seriousness of a game—trying to win financially, sexually, artistically, or spiritually—rather than relaxing as open being, blessing all others with their deepest gifts, living spontaneously as the flow of spacious love. Once you realize that your suffering is due to being lost in the game, you can relax open as the freedom of deep being. You can learn to enjoy the game and play it impeccably, not as an aggressive compulsion but as your chosen expression of openness and love.** The great masculine pleasure is to create opposition in order to express love in the form of a struggle to be free. Knowing it is all-unnecessary only adds to the pleasure. **In the end, there is only love. Just as no man is completely satisfied until he feels totally free, no woman is satisfied until she feels the fullness of love. The feminine seeks love through bodily fullness. Besides food and drink, this fullness can be sought through pregnancy, sex, pain, or pleasure. Anything that fills the body with sensation (chocolate, bathing, massage) or emotion (love stories, gossip, music) is preferable to emptiness. The feminine feels at home in the fullness of energy and love. A group of women can enjoy getting together for lunch, eating and drinking, but mostly exchanging energy—chatting, laughing, saying nothing of so-called "importance"—and feel refreshed by the fullness of love flowing between friends. The feminine doesn't need competition or challenge—as the masculine often does—in order to feel alive. The feminine is more heart-enlivened by the full flow of love-energy than by contest and debate. An important aspect of feminine growth is developing the capacity to embody the full flow of energy in all of love's forms.** Learning to master the subtle arts of clothing, makeup, and jewelry are an integral part of this practice of energy incarnation. Our culture has become so masculine-oriented that men and women often consider these feminine arts to be petty or superficial, but they are not—neither are the associated feminine pleasures of shopping, checking out what other women are wearing, looking at images of well-dressed models in magazines and on TV, or talking about accouterments and accessories with friends. Such interest and discussion is the equivalent of men talking about sports scores or the ultimate nature of reality. Sports, business, philosophy, and science are masculine endeavors to achieve freedom, whereas dance, food, dress, intimacy, and conversational communion are feminine endeavors to enjoy the fullness of love-energy. Every man and woman engages to some degree in both masculine and feminine endeavors. Some people might be tempted to say that masculine endeavors are more important than feminine ones, but this prejudice is largely due to today's masculine bias. Which is more important for human happiness, philosophy or dance or scientific analysis or bodily healing? Obviously, both are necessary and important. Obsession with clothing—which can express the feminine genius for magnifying love through opening the subtle forces of bodily energy—is equivalent to an obsession with sports, which can express the masculine genius to face the fear of death and break through constraints into freedom. Feminine spiritual growth involves learning to open in full love-communion with your friends while incarnating the entire range of energy, especially the aspects you resist (in yourself and others). One of your friends might be totally comfortable in a see-through teddy, but absolutely refuse to dress like her mother. Another friend might have never thought of wearing a steel-studded leather dominatrix outfit; she doesn't resist it when you put it on her, but it certainly brings out an aspect of her "bitch" energy that she has kept hidden under a "nice" woman persona, especially when she holds a whip in her velvet-gloved hand. Perhaps you dress an ardent businesswoman in a gauzy gown of soft, sensual, and ethereal splendor, and she breaks into tears as she allows everyone to appreciate her beauty. Men often grow through direct challenge and criticism. For the sake of growth, they can call

each other on their shortcomings, point out each other's fears, and lovingly challenge each other to "go for it," to stop holding back, and to take the leap into the unknown. **Most women, however, don't thrive on challenge and criticism. When a woman's weaknesses are described to her, she is more likely to feel devalued than inspired. The feminine grows more through the bodily magnification of love than through verbal challenge. Feminine spiritual practice involves repeatedly drenching your body with the fullest love-bliss possible, saturating your heart with the urge to open. In short, most men—and all people identified with their inner masculine—thrive on looking at their limits. They often need to have something to "fix"—even their own limitation—in order to feel like they know how to continue growing. However, most women—and all people identified with their inner feminine—thrive on praise.** They grow more through resonating with love than through hearing about their limitations. The bodily "demand" to open in love, communicated by friends through sensual touch, ecstatic dance, and heart fullness, helps a woman grow through her habits of love-refusal more than any amount of criticism usually does. Dress, dance, and the demands of bodily delight offer the feminine the same context to grow in love as the masculine is offered by challenge, debate, and criticism. In both cases, care must be taken so that the gathering of friends doesn't remain superficial; the intention must be to go deeper than mere sensual fun or intellectual competition. The feminine desire for love, and the arts that serve love's embodiment, deserve as much honor and cultivation as the masculine desire for freedom and its arts. Sacred dance and sacred philosophy are revelations of the same openness of being. True equality is based on the validation and embrace of both the feminine and masculine ways. **The feminine in all her forms is the ultimate inspiration. Earth, beauty, ocean, music, light are your best friend's girlfriend. She is muse. She evokes desire, fear, and effort. Sexually and creatively, she is the motive power of life. Women and men are attracted to her equally. Poems are written, wars fought, monuments built, marriages begun and ended, for her. But she somehow eludes our grasp. The feminine form is incomparable beauty, to man and woman alike. All of nature is summarized in her body, her moods, her energy. We must honor the feminine in all her glory, dark and light, without getting lost in her. She is ultimately attractive, all motion and color, and ultimately nothing. We can bow to her, knowing this secret. We can enjoy her and make love with her and through her. Her smile can continue to inspire us, and fill us with happiness. However, if we don't understand who she really is, we will only fear and desire her. We will hurt her, negate her, exploit her or run from her. All men and women are either lusting for her or turning from her, in every moment, unless they are at one in love, feeling through and as her shimmering, magnificent, endless and empty form. And sex is the epitome of this practice. To grow spiritually through sex, align energy with consciousness and transmit consciousness via energy. Energy and consciousness must always love together, or else we become lost in wet frenzy or dry practice. Without consciousness, energy tends to rule, and sex becomes reduced to mere sensuality and pleasure without deep surrender as boundless love. Without energy, conscious sex becomes almost clinical, a heady, rigid, technical exercise of physiology and awareness.** Rather than make these typically feminine and masculine mistakes, always align energy with consciousness and transmit consciousness through energy. In general, the masculine in each of us tends to get lost in the disembodied world of thoughts and fantasies during sex. The feminine in each of us tends to get lost in a delirium of sensations and emotions. Unite masculine consciousness with feminine energy, without limiting either. Instead, magnify both beyond all limits. As rigid as your partner's technique, is that energetic in the bodily expression of ecstasy. As wild as your partner's pleasure, pervade him or her that strongly with vast consciousness. In this way, the flowers of love bloom fully without rotting into a sweet mess of sensual chaos or drying up in the waterless sun of distant awareness. **A man's (or a masculine partner's) stability in consciousness is one of the greatest turn-ons for a woman (or a feminine partner). His ability to stay present and open in love—no matter how extreme her physical or emotional expressions—is a huge gift to her. Many men are on one side or the other: They remain rigidly self-controlled, as if they were feeling-less robots of purpose. Or they get lost in their woman's energy, spewing their seed—or simply losing their conscious presence—moments after she begins to get really sexually wild. Most men either hold themselves back or get absorbed into the sexual swirl. A man can learn to participate fully in sexual play without holding back, while also remaining centered, present, and rooted in consciousness rather than becoming lost in energy. Feeling his constancy of love and awareness, knowing that he won't get lost and carried away, a woman can trust him fully and yield herself in full emotional and sexual expression. But if she feels he is holding himself back in order to maintain control, then she can't trust him. Where is his love, spontaneity, and passion, his ability to meet her and dance with her? What turns on a woman most is not simply a man's consciousness, held back and separate. Rather, it is his consciousness, strong and full of feeling, pervading her through and through, even while his body and heart meld freely with hers. She is turned on by his fearless loving, his unshakable purpose, his humor and spontaneity, his sudden surprises. She is turned on by feeling his consciousness so strong it invades her, body and soul, coaxing her to yield into a deeper love and wider ecstasy. She is turned on by being able to trust him completely, because he is so present and sensitive with her, but also because he will stop at nothing to bring her to an ever new place of love. Then, she can go wild. She can go wild even in ways that she knows will test him, challenging his capacity to remain conscious, loving, and present. She can enjoy the erotic moment of feeling that she can't derail him, or slurp him over the horizon of his consciousness, or make him pull back in order to steel himself against her attractive power.** She can't make him have an unwanted orgasm, she can't distract his awareness from feeling through all experience, and she can't frighten him with her sexual ferocity. His loving continues no matter what. He remains present. She can trust him. She can be free in her own expression, without concern that she will lose or offend her man. In fact, having tested his presence throughout the whole range of vicious and cuddled sexual play, she can simply open herself and receive him. She can open the most hidden chambers of her heart, allowing him in, relaxing her guard. She can invite him to take her, absolutely. Do sex like a saint serves others; like you are doing God's work. Give of yourself totally, as a service to your lover. Alleviate your lover's suffering. Open your love's heart more fully. Bring the divine into your lover's life through your sexing in this way is far more blissful than sex done in expectation of your own satisfaction. **Satisfaction comes and goes. Giving love—to the point of recognizing existence as love—is the purpose of your life. It is your death, you won't be able to experience your thoughts, your body, or your self as you know it. Death evaporates all experience during life to nothing. The contemplation of death strips you of all false pursuits. All hopes and**



***dreams are over. No children, no family. No work tomorrow. Where is nothing to look forward to or no future either. You are naked in this moment, feeling fully, with no veil of time to hide your vulnerability. In the true contemplation of death, your heart stands bare in the present moment. With no excuse but to be present, your heart gathers strength. No longer dispersed in dreams of future fear or hope, your heart's force becomes coherent. Without a shell of waiting, without the buffer of tomorrow, unclothed of expectation or fear, no longer waiting for things to be different, you can fully be the love you are, right now.*** While having sex, feel your precious partner. Feel your pleased body. Feel the love you can magnify through your sexing. Feel all of this while remembering your death. Actually imagine your heart stopping right now, in the midst of sex. Give the gift that would be your last gift of love, the giving that would leave you complete in death, nothing left un-forgiven. As you make love, feel this moment as your last. No future. What pleasure can distract you from this depth? Feel your sexual organs engorged with blood, and feel death. See your lover's beauty, and feel death. Allow desire to move your body, and feel death. Continually remind yourself that this moment could be your last. Maybe there will be no orgasm five minutes from now. Maybe this will be your last kiss, ever. Make love now, as if death were imminent. Give yourself completely in love.