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## EXAGGERATE SEX TO LIBERATE LOVE



*Stretching your limits  
frees your natural radiance  
and native presence.*

Imagine the most delicious, full, abandoned sexual loving you can. Not just pleasurable sex, and not just loving sex, but the kind of sex that leaves you *ruined* in love. You are opened, flayed, undone. You are helplessly taken, eaten by your lover, crushed by love's weight. You give everything, you love your lover to death, you "kill" your lover softly in love, who has given you their heart, unprotected, wanting, begging to be taken.

Together, you open so entire that no part remains unsoaked as love. Your bodies saturate as light, your minds undo deep-water clear, your sensations flame the entire moment open—and yet your loving continues, hot, wet, alive.

How do you practice this kind of sexual ravishment if you don't yet trust your masculine lover's navigation to love's depth, or you don't yet receive your feminine lover's full-bodied, pleasure-saturated, open surrender?

If you are the feminine partner in a relationship, exaggerate your gift of love-light to entice your masculine lover's deeper presence. The fullness of your love-delight and the depth of his loving presence go deeper together.

They are the two sides of each sexual moment—light and consciousness merging through two bodies to open as one conscious light.

The feminine is alive as love-light, and your feminine body is the field of your masculine partner's delight. He loves to see your body ripe with life, full with pleasure, alive with love. He loves to feel your body let go and open to him, as light does to consciousness, to receive his presence deeply. He wants to enter you and fill you and pervade you to heart-blooming love-death, but he is only invited in as deeply as you trust. The more your body opens and displays love's pleasure, the more your masculine partner is drawn to dive into your heart-light, taking you even deeper than you would go alone.

The shallower your body's pleasure is, the shallower your lover's presence will be. If you want your lover to *take* you to love's depth with absolute integrity and fully present navigation, offer him your open and trusting body of delight. Enlarge these sexual gifts to enlarge his conscious presence with you.

If your pleasure makes you want to moan a bit, magnify your offering. Moan so loud, writhe with so much abandon, that your body swallows your lover like a wild sea of pleasure bucking and swirling beneath his boat. Force him to navigate with more presence by offering him your unkempt gifts of pleasure.

Smile "yes" when he navigates you into deeper waters. Pause for a moment to remind him to come to presence if he gets lost in his own pleasure, or in yours. As he learns to remain present, exaggerate your showing. If he kisses your neck with fully conscious passion, receive pleasure so deeply it reverberates through all of you, your body quaking with life-force, your lips mouthing for love, your pelvis reaching to be filled.

Your feminine sexual gift is to offer yourself as love-light to be taken and pervaded by consciousness. Show yourself, through your entire body, as light wanting to be taken, seen, felt, pervaded, shot through, ravished, murdered by love, as every moment is.

Enlarge your showing by magnifying the display of your sexual pleasure, always offering from your deepest heart. As a feminine sexual art, practice offering light's body, wet, gaping, hungry, as open to be seen and felt as this

moment is alive. Scream more loudly, undulate more fully, give your pleasure to be felt by your lover like the moment gives light to be seen—open wide as full-blown life. This is the feminine practice.

If you are the masculine partner, practice the heart-precision of conscious feeling, touching without grasping, tasting without drooling. Like a surfer on a wave, without sticking in one place too long, feel every nuance of your lover's energy, her breath, her movements, her shivers, tensions, and whispers—and lovingly take her to the beach of openness beyond this moment's edge.

Like a soldier, your senses acute and open wide, feel into her unseen parts with heightened sensitivity, flushing her closed thickets with the conscious fire of your breath and loins, moving deeper into her love inch by inch, as she receives your tender surveillance.

If you feel a part of your lover unopen, inhale her tension, warm it with the heat of your love-desire, and fill her with your outward thrust of gentle openness. Breathe her entire body as if it were yours. Breathe her body to open, moment by moment, kiss by kiss, thrust by thrust. Stay with her, sometimes still, sometimes savage, feeling into her deepest heart, as she opens and closes in waves that test your navigation. Feel into her heart even while her pleasure bucks and throes. Feel through your own pleasure into her openness, even while your flesh sings.

As she goes open more wildly, penetrate her to deeper love. Force her to open as love beyond pleasure, gently, caringly, with utter feeling-merger, breathing her heart. No matter how hard or soft your bodies writhe and roll, stay tender at heart, open to depth, yours and hers. Persist. Feelingly persist.

Your capacity to navigate with integrity depends on your strength of depth. Your attention may wander to attractive surface features: breasts, lips, ass. Dive into her luscious radiance through her offered portals of attraction. Like a feeling-sonar, sound out her heart and breathe her endless openness, deeper than the surface moves. Persist feeling open as love's depth while also enjoying her offered sparkles, ripples, nipples, and shine.

You are dying. She is dying. Feel death as you open, at one with your lover's heart. As you love more than you have ever loved, feel all dying.

This entire moment is full-blush born and instantly gone—you and her with it. Feel the entire moment—including you and your lover—appearing to nothing but light's open.

Love each other to death and emerge renewed now. Together, love open as conscious light.

The masculine partner breathes open his lover, warming her closure to soft surrender with his gentle and persistent force of presence. The feminine partner offers her untamed light as a portal for her lover's entry, attracting his wandering attention with her feast of delight, calling him to depth with the surrender of her heart.

If your lover drifts or closes, beckon your lover's heart with humor. With a tickle, a beep, or a funny face, loosen the moment to open, and continue deepening the offer of your sexual loving, moment by moment, year by year.