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Expressing Pleasure and Hurt



When I am with you, I want to know how I'm affecting you. I really want to know how you are feeling, right now, in the present moment. I want to know what your deepest heart is feeling. But often, I am dumbfounded by your emotional responses. Everything seems fine to me, and then suddenly you are angry, or crying, or upset about something.

When we talk about it, I often discover that your emotions started with something that I did yesterday, or ten minutes ago. So, I'm frustrated. You are upset, but I can't do anything about the past, and I often don't remember things as you do. Sometimes you can't tell me why you feel so bad. And I don't seem very good at figuring it out, especially when you don't exactly know yourself.

But there are other times when your emotional responses open my heart. When I do something that hurts you and you immediately show me your hurt, then I can understand your feelings. My heart can feel your heart's response to my actions, right now. I really treasure when you immediately show me your pleasure or your pain, because then I can learn and grow. I truly do want to know how you are feeling, but I best learn how to be with you more deeply and with more integrity by knowing your feeling-response right now, as your deepest heart unfolds, not by hearing about what you have held in from the past.

Sexually and in everyday life, when your lover can feel your energy and skillfully guide you to deeper and more passionate flow, your body relaxes. You can trust him, and surrender to the depth of his loving command. When he seems unable to feel you, then you naturally withdraw your trust, take control, and do your best to lead yourself.

It's sexy to receive your man's love-capacity feeling and moving with your energy, taking you to more thrilling highs of pleasure and profound depths of surrender; just so, he finds your energetic responsiveness to be sexy. In fact, most men find nothing sexier than a woman's responsiveness.

In sexual embrace with your trusted lover, does your entire body ripple open when his fingertip grazes your nipple? Do you openly weep when he

offers you his love? Does your heart respond in devotional worship when he offers you his deep consciousness and presence?

Few men are worthy of your total trust, but if you *were* with a trustable man would you be able to offer your body wide open, surrendering open beyond the edges of the universe, offering him more of your awesome pleasure than he has ever had the blessing to behold?

You will attract and inspire a man who can take you open into bliss as deeply as you can offer him your heart's bliss to take through the love-responsiveness of your body. The greatest asset of sexiness you can offer a deep man is your heart's energy rippling out through your body, through the way you move your hips, show your breasts, moan your pleasure, and writhe your surrender.

A young rigid woman, closed down and energetically dead, is far less sexy than an older woman who offers her heart-open pleasure in surges of abandoned moans and undulating sensuality, whose devotional eyes and mouth and vagina and legs move and open as unquenchable yearning, whose trust is total, who gives her man her deepest heart and every ounce of her own pleasure as a gift for him to feel, worship, and behold—such a woman is agelessly sexy. She is grounded in her heart and generous with love's offering.

Besides your heart's pleasure, your heart's pain is also a gift, if given through an open body and heart. You can imagine what it feels like to be with your man as he looks deep into your eyes, sits tall and strong, feels into your heart, and without averting his gaze, he begins crying. Feeling a man so vulnerable in his strength is incredibly sexy. Likewise, when you allow your emotions to be seen and felt fully through your body, face, and sound, your man feels your responsive aliveness and yearning, your openness to be moved by love's energy.

But there is a big difference between *accumulating* your emotions—eventually expressing them in a toxic dump of tense build-up—and being able

to *spontaneously express* every nuance of emotion as the flow opens through you. Spontaneous emotional expression, from your deep heart through your open body and relaxed breath with no closure or tension, is a natural expression of love—even if love is expressed as sorrow, anger, or fear.

With practice, you can learn to offer your pleasure, pain, and emotions spontaneously and *responsively* as soon as they occur, letting go of them instantly, always with your heart open and connecting with your lover's heart, even as your pleasure, pain, and emotions flow. The moment you close your eyes, tense your belly or jaw, turn away, restrain your breath, or collapse in a ball on the floor, you are no longer opening but closing. Emotional flow now becomes pent-up energy, and sharing this accumulated, undigested emotional mass with your lover doesn't allow him to feel your heart's open yearning.

A weeping and open woman is very sexy; a weeping and closed woman is not.

You can learn to stay open while all of your emotions flow. Even when anger is flowing, you can learn to remain in eye contact with your lover. You can practice breathing with him, feeling his heart, feeling his love for you and your love for him. You can practice relaxing your body open, offering him your vulnerable heart's pain and yearning even while you are yelling and shouting.

All emotions can and do flow when your heart is open and connected with your lover's heart. This openness is sexy, even if it is also angry, or sad, or afraid. You simply offer your emotions through the openness of your body and heart as they ripple through you. No residue remains. You may scream in rage one moment and then open to be taken sexually in the next moment.

With practice, you can express your emotions from your deepest heart through your open body in spontaneous response to everything, both seen and unseen. Like the weather, your emotions are too huge and

complex, their influences too numerous and untraceable, to be mentally understandable. You don't have to know *why* you feel whatever you are feeling in order to open and express your heart's deep yearning.

A key to deepening intimacy is to keep your heart's yearning open and connected with your lover while your emotions move through you. If you are afraid to express yourself, then you will accumulate pent-up emotions inside.

For instance, if your man is not fully present with you, then your heart will feel hurt. If you don't allow this hurt to be expressed fully and spontaneously from your open heart—as tears or cries of pain—then this emotional energy becomes frustrated behind your suppression and transforms into anger. Your *primary emotion*, in this case, is hurt. Your *secondary emotion* is anger, built by the suppression of your hurt.

You can let loose the secondary emotion—anger—for your own sake, just to release tension and let go of stress. You can shout and bang on a pillow, for instance. But your man will find your secondary emotion unworkable and not particularly inviting. To him, your secondary emotional energy will feel like vestigial tension from the past. And your primary emotion—hurt, in this case—will remain unexpressed. Your man won't be able to feel your heart's genuine yearning.

One key to cultivating a deep relationship is to always express your deepest yearning through the primary emotion that emerges from your open heart. Express your deepest heart immediately and spontaneously through your open and relaxed body, before suppressing it and allowing a secondary emotion to build up inside.

Offer your man the spontaneous and responsive music of your yearning heart, which is expressed through your primary emotion. Your primary emotion may be anger, hurt, sadness, fear, grief, or any energy emerging from your heart's deepest longing. Old hurts may also flush out, but everything is offered from the deepest place of love's yearning that you can occupy.

How will your man respond to the spontaneous expression of your heart's primary emotion? Lesser men will try to silence you through domination or try to calm you down so you can talk about your feelings. But a deep man will fully inhabit your heart's music. His deep inhabitation will serve to open your heart, and your primary emotion will express fully with no residue.

Give yourself and your man some time to change gears from your old ways of relating. Give your man a chance to learn how to open with your deeper heart's expression. It takes practice and courage to risk opening your hearts together as your primary emotions flow.

When your heart's yearning is open and connected with your lover's heart, you may scream and then relax and laugh. You may cry and then smile, feeling your man's loving presence. Your primary emotions will continue to cycle and flow, but you won't suppress yourself even for a moment, and so no secondary emotions will have a chance to build up inside of you.

You won't find yourself "needing to talk about something" with your man too often, because moment by moment your heart is expressing everything, while also yearning more deeply open in response to being claimed. Knowing you won't have to explain your feelings allows you to relax in deeper and fuller expression.

Your claimed heart is unafraid to offer your spontaneous emotional music. You do not fear loss of love or disapproval, nor do you think that you are weak for enjoying your man's claim of your heart. Your heart is inhabited by your man's unflinching presence, and therefore your heart can spontaneously sing or wail or weep—while opening in devotion to the love that fills you so fully.