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## MAGNIFY DESIRE THROUGH SEX

*On Monday, I really wanted her. I was thinking about sex all day. I imagined satisfying myself with her. We never got together.*

*On Tuesday, I could hardly wait. I could feel her body against mine. I could feel myself inside of her. Where was she?*

*On Wednesday, I finally saw her. We ripped off each other's clothes, and I entered her while standing.*

*I immediately wanted to ejaculate. The pressure had been building in me for days, and now I could release it in her. I wanted to so bad.*

*But something felt off. I wasn't making love with her at all. I was using her for the sake of my own release.*

*So, I began to practice through my need. I felt my whole body, rather than just my genital urge. I felt outward from my heart, into her. I slowed down and deepened my breath, and began to circulate energy through both of us with my breath. I felt into her more and more deeply as my heart opened wider. I relaxed into loving, instead of driving to dump the load of my desire.*

*As I relaxed more and more into our loving, my desire grew. But it grew in a big, round way. It wasn't sharp. It wasn't seeking release. It was as if a huge ball of desire grew out from my center, consuming both of us in its vastness. Eventually, the universe*

*itself felt like desire: open-ended, not trying to resolve itself, but churning in its own expanding heat.*

*We made love for several days in a row. I never ejaculated but continued to magnify my desire. In our loving, I smoothed out the edges of desire, so what before was pushy and aggressive was now so huge, so edgeless, so as to be unsizable. It had nothing anymore to do with ejaculation or the need to be released of pressure.*

*Her desire also enlarged. We walked around in a state of immense openness. We were full of force and at the same time only love without need. We could have sex or not—it hardly mattered.*

*I learned that the neediness of sexual craving is this vast desire made narrow, focused on a goal, targeted toward release. Penned into a corral of sexual fantasy, it would run wild, generating thoughts and motives of penetrative aggression. But this same desire, articulated as sex, loosed in the space of love, is the motion of all life.*

Sexual desire should be magnified and smoothed large, not satiated or depleted during sex. As described fully in *The Enlightened Sex Manual*,\* once your addiction to ejaculation or orgasmic release is broken, your sex will no longer be for selfish release. Aggressive need will become passionate love.

If you notice that you look forward to sex in order to release tension, practice using sex to round out your energy, rather than to deplete it. Open into desire, and realize your power. The more you magnify desire through sex without release, the more you must match love to the size of your desire. Huge sexual energy necessitates huge love. Otherwise, magnified sexual need becomes

\* David Deida, 2004. *The Enlightened Sex Manual*. Boulder CO: Sounds True, Inc.

demonic, subverting your relationship into an arena of brutish grasping and expenditure.

But when you relax your desire into the openness of love, its wideness swallows its sharpness. There is plenty of room in infinity, and huge sexuality splays into huge love. Use sex to magnify desire, not to diminish it. Enlarge desire as the edgeless space of this moment.

## FOR HIM

Your sexual desire comes in two basic forms, *energetic* desire and the desire for *love*.

Energetic desire is all about wanting a certain *kind* of woman or 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 totally turns you on. There is something about her that you want. Something other than what your woman 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 woman does.

What 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 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 fiendesses. 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. Again, there are many aspects to a woman other than her characteristic quality of energy, but this is a very important quality 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, a deep sense of 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 also able to radiate 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.

If a man's energetic neediness grows strong enough—if he isn't getting the specific flavor of feminine energy he needs from his wife whom he loves, for instance—he will seek it elsewhere. For some men, just glancing at a woman in a grocery store is enough. Some men need a more distilled dose of feminine sexual energy, and so they may use erotic movies or adult magazines to drink the flavors for which their taste is greatest.

Other men engage in energetic sex by flirting with co-workers or conversing with women friends. Some men develop rich lives of inner vision wherein they receive the energy of 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 nymphomaniacal, 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 an embodied source 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, 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 energy happens to fit his tastes and therefore magnetize his sexual appetite.

As a man, your energetic needs may change throughout your life, depending on the stage of your spiritual growth, the demands of your career, your health, and even where you happen to be geographically—the kind of women you are attracted to in Paris will be very different from the kind you are attracted to in Hawaii or at home. And as the style of your work changes—from sitting alone in an office to managing a group of 50 people face-to-face, for instance—the type of energy you are sexually attracted to will also change.

This attraction has nothing to do with trust, commitment, or even friendship. It is simply an attraction based on the energetic disposition of your body at the time. The strength of this attraction may be

intense—you may find yourself doing something very stupid for its sake—but it is not about love.

For a woman whose heart and genitals are connected, this is not easy to understand. She might find it painful and difficult to open sexually with a man she doesn't trust and love. However, this is not to say that women aren't attracted to strangers or don't enjoy an occasional fling or affair. Sometimes they do.

Sometimes women have affairs for the same reason men usually do: they want to taste a specific flavor of sexual energy. Women especially begin to feel this way when their intimate partner is energetically “dead” or uncomfortable in his body. But 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; then, she often becomes confused. When a man moves her with deeper presence and more trustworthy integrity than her husband—perhaps her therapist, tennis instructor, colleague, or teacher—then her heart may become divided.

As a man, you know that your sexual attraction to other women does not necessarily divide your heart. Often a man discovers during the course of a committed relationship that the woman he truly loves and wants to spend his life with does not give him the energy he wants sexually. And, he discovers that he can continue loving his chosen intimate partner with all of his heart *while* having a sexual relationship with another woman to get the energy he needs. According to statistics on extra-marital affairs and multiple relationships, the majority of men in most cultures on earth seem to feel this way, and more than a few women do, too.

To grow spiritually involves aligning your life with your deepest motive. Although sexual attraction can be extremely strong, it is rarely your deepest motive. In fact, after an ejaculation or two you may be quite ready to ditch your mistress or prostitute and go home to the

woman with whom you share your heart. The question to answer for yourself is this: what sexual behaviors most support your growth so you can sink into the depth of your being, relax as the openness who you are, and give your deepest gifts?

There is no single answer to this question that will apply universally. No particular sexual style is “correct” for everyone. There have been highly evolved men and women—great men and women recognized in their time and place for their great gifts to humankind—of all sorts, including celibate, monogamous, polygamous, homosexual, heterosexual, and bisexual.

Some great men have enjoyed the company of whores. Others have had royal harems, or lived alone in caves and jungles, or spent their entire life with one woman. Some great women have had one husband and many lovers, while others lived by themselves, or enjoyed intimacy with women more than with men. If you can imagine it, some man or woman has probably lived it. Since each person is unique, every man or woman manifests their gifts in different ways, from raising a beautiful family with one devoted intimate partner to founding new forms of art fermented by the juices of assorted vamps, skanks, or scalawags.

As you grow, you will find old husks and needs dropping away and new priorities emerging. As this process transforms your sexual life, always commit your actions to your deepest truth. Discipline yourself so that you attend to your deepest desires and allow them to govern your more superficial ones.

However strong it may be, the desire to get laid is relatively shallow, spiritually speaking: you share it with earthworms, fish, and lawyers. 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.

Cater neither to your body's desire for animal lust nor to your emotion's desire for succor and dependable comfort. Rather, discover how you must arrange the details of your life to manifest the most love on earth. For most people, a long-term, committed relationship affords the best opportunity for spiritual growth while learning to give your deepest gifts and manifest love in the world.

However, no arrangement will end your cravings. So what if your body remains promiscuous and lustful, or if your emotions crave a more cozy and consoling nest of comfort? *They will in any case:* even if you have a hundred lovers, even if you have one lover who adores you, your body will occasionally want others and your emotions will occasionally crave more security. You can never get enough money or affection, sex or security so that you feel complete.

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 your 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 energetic hunger and your need for emotional security will pull you this way and that way, creating divisions within you.

Energetic desire is very real and natural. You are not a bad person because you love your woman but fantasize about spending time with a lady who wears leather and beats you with a whip or dresses like a cheerleader and obeys you like a daddy. Communicate your desires with your chosen and committed intimate partner. Usually, she can find the qualities of feminine energy within herself that you need to heal and grow beyond your current cravings.

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.

Most of your sexual desires, no matter how weird or kinky they may seem, are rooted in your need to give and receive love or your need to experience a specific part in the spectrum of feminine energy. These needs are natural, although if denied or hidden they can grow into “pathological” forms that require healing. If you don’t acknowledge these desires in yourself with compassion, you can create an inner division that results in an energetic kink.

For example, your natural desire to experience the energy of feminine innocence and vulnerability, like a dew-laden flower opening at dawn, can get kinked into a pathological need to be sexual with an innocent and vulnerable little girl.

To have sex with a girl who is too young virtually always violates her sanctity, confuses her mind, tortures her heart, and creates ripples of pain and suffering that spread throughout her entire life. No man dedicated to realizing his deepest truth and expressing love in the world would do such a thing. But if you are not allowing yourself to receive this aspect of feminine energy in a mature intimate relationship for some reason, fantasies and cravings will begin to attract your attention—if only to have a few beers and watch the topless little bo-peep show at the local men’s club.

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, and then your sexual desire will become aligned with the love deepest in your heart 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 in nature, through massage, with music and art, or in play with consenting adults—before your desires take on a “demonic” life apart from your deep heart-integrity.

## FOR HER

Your yearning for love probably never ceases. Occasionally, in moments of absorption in relationships or distraction in tasks, you won't notice your yearning. But sooner or later you realize that you are not deeply fulfilled, blissed to your bones, and happy in the center of your heart. There is an emptiness, a vacuum deep inside you, that wants to be filled with love.

If you are not in a relationship, the first thing you blame is most likely your loneliness. “If only I was with a good man who really loved me.”

If you *are* in a relationship, you will often blame your man for your unhappiness, for the yearning still in your heart. “If only he would open his heart to me more, desire me more, and love me more deeply.”

Yearning, however, is the natural sensation of the yet-to-be-fully-surrendered heart. Your man, or the man you don't yet have, is not responsible for your yearning. You yearn for love exactly to the degree that you are not surrendered into the fullness of love right now. And even when you are surrendered, yearning can *express* your fullness of love.

Be conscious of the way you may punish your man for your own yearning. When you want to hurt him for not fulfilling your heart, you will tend to give him an energy he can't handle. As strong as your man may seem, you know exactly the energy that will get to him.

Some men can't handle their woman's anger. Other men shrink when their sexual, financial, or spiritual capacities are criticized. Most men crumble when their woman doesn't acknowledge their success in the project that is most near and dear to them. Other men are terrified of their woman's emotional chaos. You know what your man most fears, and you know how to give it to him.

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, thus strengthening him. He can absorb 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 shut-down 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 is not desiring you in love, or when your man feels you are not rejuvenating him with love, the bad mood cycle starts ping-ponging between the two of you.

You punish him by burdening him with more of the energy he can't handle, and he punishes you by withdrawing and turning away in undesire. 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.

Your man can learn to discover the freedom and openness of deep being. Then he won't blame you for burdening him, nor will your attempts at "hurting him back" have much effect on him. He'll embrace you in real love, and if you continue to bitch for too long he will lovingly let you go and move on.

You can learn to discover the love and bliss that flow in your deep heart. Then you won't blame your man for causing you to yearn, nor will his withdrawal of love cause you to collapse. You may feel hurt by his undesire, but you remain open and full of love. If he continues to be unloving over time, you can bring your overflowing love to another man who is able to meet the depth of your love with the depth of his presence. Or, you can stay with your man and surrender directly to the love that moves through you and as you, whether or not your man is able to meet your openness in love. You won't reflexively punish him for not being able to open, though you may continue to test him.

This testing is natural on your part. Testing whether your man can match your energy with his strength of love—whether he can "fuck" you with his presence and desire you in the midst of whatever you can dish out—is a healthy aspect of feminine emotional play. But punishing him with your hurtful energy is a form of misplaced anger; you are blaming him for your yearning, which only you can be responsible for.

Once you have learned to free fall into the moment and are willing to exist, naked, as the depths of your deepest intuition, then your yearning and your love become one. You intuit the huge love that you are. You use the strength of your yearning to bloom the depths of devotion, surrendering your body open so you are filled with the bliss of love.

Feeling the yearning in your heart, you breathe deeply, receiving love-energy into your body with every inhalation and releasing anxiety with every exhalation. Your feet relax into the tender earth, even through harsh floors. Your body softens into a river of energies, hot and cold, swift and calm, angry, hurt, joyous, peaceful, and wild, sourced in the huge ocean of love from which these different currents flow. Suppressing nothing, you surrender wide as the force of this ocean.

From this disposition of devotional strength, you can bless your partner—or anybody else—with whatever energy most serves him. Sometimes you give him energy that tests him and at other times you give him energy that heals or rejuvenates him. Sometimes you use your energy to turn him on sexually and other times you use it to get his attention. But you no longer use the force of your energy to punish him because you yearn for more love than he gives.

You are not a victim of his love disability. If he is not loving you, if he doesn't desire you, that's his problem. You may feel hurt by his unlove or by his lack of desire, but your heart knows that hurting him back is no way to evoke his love or desire. A part of you may want to punish him—and you know exactly how to do that—but the deeper part of your heart is filled with compassion. You know you *are* love, and deep down, so is your man. Your man is going through whatever lessons he needs to open more deeply into love with you. You may want to celebrate this love with him, but if he is presently unable to embrace you, your own fullness need not cease.

When you don't collapse into victimhood or punish your man due to blame, then you remain radiant, full of energy and love. You will naturally attract a man who *does* desire your love-fullness, or you will evoke in your man his desire for your love-fullness, which will help to pull him through whatever lessons of love he needs to

experience. If he isn't able to love you, if he isn't able to want you, the softness of your heart may be pained but the fullness of your love remains strong.