

BE SEXUALLY AVAILABLE TO LOVE

She walked up to me with that look in her eyes. Her hands held my waist as she brought her body slowly against mine, her breasts first touching me, and then her belly and legs. She moved one hand up my back to my neck and head, running her fingers through my hair while she continued looking into my eyes with longing.

I wasn't in the mood for sex. I wasn't even in the mood to love. I was tired, thinking about all the things I had to do. The last thing I wanted was a woman rubbing herself against me, wanting my attention.

However, I had come to know that my own closure was a habit. A bad habit. It's one thing to have business to attend to. It's quite another to imprint the body with a posture of self-enclosure and relational refusal. It's a childish stance. It's the epitome of unlove.

And so, rather than pulling away from her, I felt her call to love. I consented to relax into my body, be present with her loving, and loosen the hold on my energy, so that as we stood and embraced a warmth flowed between us, easing through our soft surfaces.

My body became more alive from her loving. She brought her hand to my crotch and gently squeezed. A few moments before, while I was still closed down, I would have gritted my teeth and pushed her away, not wanting to be distracted from my

narrow do-mode. But, having opened, I received her gesture of love and inhaled deeply, becoming larger through the gush of her administration. As she revitalized my sexual root, energy and desire infused up through my trunk and every branch of my body.

Breathing deeply together, relaxed and enlivened, our bodies transferred love through their flesh entire. At that point, we could have had sex. My heart and body were as ready as hers. Or, we could have happily parted ways. I could have continued with my work, refreshed, grateful for her loving ministrations, which had made my energy far more powerful, whole-bodied, and grounded than it would have been had I not consented to her love. Whether we had sex or not, she had opened me by gifting me with her love and energy, reminding me to choose love rather than closure. By skillfully evoking the force of desire, she rounded out the flatness of my life.

In a sexually polarized relationship between healthy lovers, sexual availability is often a sign of open-heartedness and energetic bodily fullness. Sexual closure, on the other hand, is often a sign of unlove, closed-heartedness, and dissociation from the body. Practice keeping your body relaxed, your heart open, and your energy flowing. In other words, practice the disposition of sexual availability to love, without necessarily having sex. Sexual availability simply means you have the capacity to respond to love with the energetic openness of your body.

Whether you are a man or woman, when you are stuck in your head, in your ideas, plans, and concerns, then your body is denied consciousness and energy. It is as if you exist only in the top few inches of your skull, the rest of you hanging there like a puppet attached to the strings of your mental intention.

When you deny yourself full and conscious embodiment, your body begins to wither and stiffen. When you unceasingly withdraw energy upward into the heady realms of strategy and future goals, sex dries up. If you have sex at all, it becomes a lurid quickness, an expeditious method to make contact with your partner, spasm in lust, and thunk into sleep. This kind of sex depletes the body of what little energy it retains, helping you to conk out so that the next day's work can begin when the alarm rings.

It is no wonder that many people are sexually unavailable to their lovers; they are stuck in their heads, drained of sexual energy, narrowed in their emotions, or simply disconnected from, and unaccustomed to, the full flow of love in their bodies.

If your lover comes to you in love, and you are simply too busy to respond sexually, fine. It is healthy and necessary to be able to focus on your work or your children and say "no" to your lover when appropriate. But if your "no" is accompanied by a limp body, a dry body, an empty body, a resistive body, an angry body, a fearful body, a body of shallow breath, rigid pelvis, and genital absence, then you are not *choosing* "no." You are a slave to the habit of unlove.

A readable sign of the degree of your bodily inhabitation is genital readiness. Man or woman, does energy flow through your body when your partner touches you lovingly? Or, are you so enclosed in your head that your body resists such ministrations? Again, there is a difference between choice and resistance. Choice is a loving, soft, intimate decision, "No, my love, not now." Resistance is a reflexively closed or simply numb non-response, an inability to receive or give love through the body.

If your body can't receive love and be moved by love, then you won't be able to give your true gifts through your work or to your family. All true gifts are gifts of love. Sexual availability, your capacity

to flow with sexual energy, is a quick measure of your love capacity. If your body is unable to receive and give sexual energy—even for a moment, before you get back to work—then more than likely your life is suffering from lack of love.

If your energy is blocked, practice receiving and giving love with your whole body, through every inhale and exhale, even as you perform your necessary duties. Sexual availability is a matter of relaxing into the natural openness and power that you are, through breathing and feeling from your deep core fully and persistently. Then, your true depth of love and consciousness can freely express itself through your body as you engage in intercourse with the world, day and night.

FOR HIM

As your heart and penis become more connected—through circulating energy up your spine and down your front, breathing fully and deeply, and learning to love even during intense sexual stimulation (as detailed in *The Enlightened Sex Manual*)—you will find that your whole body awakens sexually. When you see a sexy woman, your toes splay, breath deepens, belly relaxes, and heart opens. At this point, promiscuity becomes obsolete and your commitment in intimacy can deepen. You aren't randomly moved to have sex with all the women who turn you on. Instead, you are inspired much more deeply, and your entire body shows it.

Your energy doesn't get stuck in your head or penis, resulting in hungry fantasy or genital urge. Instead, your energy circulates through every part of your body and emotions, refreshing and enlivening your spirit, bones, and heart. Beholding a sexy woman becomes an occasion of inspiration and blessing.

A sexy woman can inspire you. She can move you. But to what? At the animal level you are moved to penetrate her physically. At the

conventional human level you are moved toward social intercourse: “Hello. You seem very interesting. Care to have a drink?” As you grow spiritually, you allow your attention to be pulled toward her—as it will in any case—and then you feel *through* her and rest as the timeless “orgasm” of infinite openness.

Who you really are—the openness of radiant consciousness—is who she really is. You need not *do* anything to experience the bliss of deep union with her sexy radiance. As you behold her and surrender your boundaries, bliss swells as the open radiance you are, aroused in consciousness by the tease of her appearance.

However, if you don’t recognize her light as your light, then you will inevitably “want” her in some way. Her radiance is your very nature, but as a man you tend to identify with consciousness apart from light. You are “here” and she is “there” and by god you wish the two of you were intermeshed in bliss.

As long as you neglect to recognize the deep being who you are, you will think and perhaps act promiscuously. No matter how committed you are in intimacy, you will be pulled and distracted by the seeming promise of a sexy lady. Her body, lips, and eyes; the way she moves, smiles, and looks at you. She seems so alive and luscious. She seems to offer you a radiant cure for your dis-ease, a freshness to enliven your weary soul, a release from the desire that stresses you. You want to dive into her beauty and be relieved of all burdens in the bliss of love’s union, if only for a few moments.

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 open-hearted, 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.

To worship the feminine and receive her blessings is what it means to be sexually available, not only within your committed intimacy but also as you move in the world. Allow the feminine in all her forms to evoke your awe. From head to toe, submit to the inevitable pull of your *deepest* desire, allowing your presence to coincide in bliss with her radiance. Then, from your deepest purpose, direct the love-energy of your arousal for the sake of all beings.

Although women want to be honored for their natural radiance, they don't usually want to be hit on. Outside of your committed intimacy, it is important to receive a woman's energy without interfering in her life. If your heart-dissociated sexual want is projected toward her, her body will wince and close down to protect itself. In a world of psychic masculine projectiles, the feminine must guard her true heart. This diminution of radiance is everyone's loss. Allow a woman's sexiness to serve the purpose of unfolding your depth of presence into the world, for everybody's sake.

FOR HER

For the feminine, sexual availability means, among other things, to be available to humor. If you are too moody, serious, or tense to see the humor of a situation, you are unavailable to this important masculine gift.

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 from the outside and have perspective on it. Everything comes and goes. Everyone who lives, dies. Everything that you feel is important—your body, your family, humankind, the earth, the solar system—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 both part of full human realization. For a woman to be sexually available to the masculine means, in part, being able to receive the spacious freedom of humor.

Suppose you are in an agitated mood. Your man approaches you with humor, making light of the situation. In various ways, his message to you is “Why are you so upset? It’s no big deal.” But you can’t let it go. You are momentarily unavailable to the vision of masculine humor.

There is nothing wrong with this. At times you *are* unavailable. In these moments of being stuck emotionally, practice embodying and breathing the emotional energy so you can dance as love in its texture. This is a primary feminine practice, as we have already described.

But spiritual growth also involves the mutual gifting of bliss. Your radiant energy can serve your man’s relaxation into bliss just as his presence and humor can serve yours. Although, there will be times when he won’t open to receive your radiance, just as there will be times when you won’t open to receive his humor.

Being sexually available means that you are open to receive his humor. You welcome 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.

Life is very full. Relationships do matter. Your feelings are important. Do not deny the reality of your physical and emotional life. But also do not deny the masculine gift, which would liberate you in laughter. Ultimately, nothing matters but love. You are either living as love or you have forgotten love in the confusion of up and down, left and right, him and her. To be "fucked" open in this freedom of love depends, in part, on your availability to the masculine gift of liberating humor.