

COMBINE SEXUAL ENERGY WITH CONSCIOUSNESS

As I stand in the living room, she jumps onto me and wraps her legs around my waist. She kisses me with a wet open mouth, her tongue searching for mine, as her hands grab my ass and pull me closer between her legs. She is grunting through the kisses, wanting me, begging with her groan and hungry body.

For a moment I am lost in her energy. She is so beautiful, and her desire makes me hot for her. Her wild energy gets me going, and momentarily I become her partner in lust, grinding against her, shoving my tongue through her teeth into her mouth, wanting to plunge myself more deeply into her.

But it is not enough. It feels empty. Shallow. Pure lust without depth is fun, but ultimately boring. I want her, no doubt about it. But I want her horny and deep, not just horny. And I want the same of myself. So I align my desire with consciousness.

I feel through her wet lips, my hardening erection, her silky moan. I feel through the heat of need, the wild energy that moves us both against each other. My breath deepens. My face relaxes. My belly expands with power, and she feels it, as if my body has become one big phallus of consciousness from toes to head. She continues bucking against me as I become more rooted in open awareness.

Her energy begins to become aligned by my consciousness. She can feel that I am not lost in the energy, but stand full, free, and in love. I am not suppressing her energy or mine. I am still fully alive. Even more alive than before. More forceful in my sexual presence. But I am not swirled into her frenzy. Rather, her frenzy is penetrated by my consciousness. She seems to love it.

After a few minutes, I begin concentrating on my breath. I draw the inhale down my front, filling my belly, sinking my feet into the earth, and then exhale the force up our spines, so we both hover above in the space of wide light.

However, she begins to sense that I have become too mechanical. Instead of being lost in her energy, I have become lost in my technique. So she moves her body against mine, bites my ear, and makes the most erotic sounds imaginable.

Her amplified expression of delight awakens me from technical ardor. I realize that I have indeed become ensconced in my narrowness of purpose. I have disembodied into the realm of goal and practice. I have forgotten love and pleasure. But now she has reminded me: consciousness without energy is boring to her. Dry. Rigid.

So, I relax my effortful technique and inhabit every cell of my body and hers. I feel into her. I submit to the openness of her love and embrace the energy of her pleasure. I breathe the force of consciousness into her and through her. In doing so, my heart is opened by the force of her sensually loving embodiment, and her heart is opened by the invasion of my unrelenting awareness.

Consciousness and energy must always love together, or else we become lost in either dry practice or wet frenzy. The basic rule is this: Align energy with consciousness and transmit consciousness via energy.

Without consciousness, energy tends to rule, and sex is reduced to mere sensuality and pleasure without the recognition of selfless love and deep truth. Without energy, conscious sex becomes a heady, rigid, technical exercise of awareness, almost clinical. 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 thoughts and fantasies during sex. The feminine in each of us tends to get lost in bodily sensations and emotions. To grow as a lover, practice keeping your heart wide open, relaxing in the effortless consciousness of deep being, and allowing energy to flow fully, throughout the sexual occasion. If your partner gets carried away by either clinical technique or sensual frenzy, then help him or her back to fullness by offering your deep energy or deep consciousness.

Unite consciousness with energy, without limiting either. Instead, magnify both beyond all limits. As rigid as your partner's technique, be 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 fruits of love bloom fully without rotting into a sweet mess of sensual chaos or drying up in the waterless sun of distant awareness.