

DO SEX TO SERVE OTHERS

I don't really want to have sex. I'm a little tired. I'm not particularly horny. But my lover seems to need it. We both need it.

She's not particularly horny, either. But I can feel her need. Her body is tense, like she's not quite sunk into it completely. Her mind is chaotic. Her emotions are agitated, ungrounded in anything real. She has lost touch with profundity, and so have I.

The events of her day have dispersed her attention, so she is spread thin. She needs to be penetrated into deep feeling. I know that if I relax as my own deep being and enter her core with love, all of our superficial thoughts, energies, and emotions will resolve themselves in the singularity of deep heart.

And so, I make love with her. Often, it is during these times—when, ostensibly, I am making love for her sake—that I myself sink into a deeper realization of love. It is when I go beyond myself, giving myself fully, expecting nothing in return, that I am most dissolved in the giving. This dissolution-in-action reawakens both of us to the true form of our loving—the true form of our life.

You should do sex like a saint serves others; like you are doing God's work. Give of yourself totally, as a service to your lover. Alleviate your lover's suffering. Open your lover's heart more fully. Bring the divine into your lover's life through your sexing. Do sex to give, rather than to get. Sexing in this way is far more blissful than sex done in expectation of your own satisfaction. Satisfaction comes and goes. Giving love—to the point of recognizing existence as love—is the purpose of your life.