

MAKE LOVE
AS IF DEATH
WERE IMMINENT

The true consideration of death cracks the heart open. Everything you know will soon be gone. All you ever had or will have, all experiences, and all relationships, will be gone forever. Everyone you love and struggle with so dearly will disappear and be forgotten, over time, as if they never existed.

In your death, you won't be able to experience your thoughts, your body, or your self as you know it. Death evaporates all experience during life to nothing.

The contemplation of death strips you of all false pursuits. All hopes and dreams are over. No children, no family. No work tomorrow. Nothing to look forward to. No future to wear. You are naked in this moment, feeling fully, with no veil of time to hide your vulnerability. In the true contemplation of death, your heart stands bare in the present moment.

With no excuse but to be present, your heart gathers strength. No longer dispersed in dreams of future fear or hope, your heart's force becomes coherent. Without a shell of waiting, without the buffer of tomorrow, unclothed of expectation or fear, no longer waiting for things to be different, you can fully be the love you are, right now.

To deepen sex, feel this moment in the immensity of what comes before and after your individual birth, and make love.

While having sex, feel your precious partner. Feel your pleasured body. Feel the love you can magnify through your sexing. Feel all of this while remembering your death. Actually imagine your heart stopping right now, in the midst of sex. Give the gift that would be your last gift of love, the giving that would leave you complete in death, nothing left ungiven.

As you make love, feel this moment as your last. No future. What pleasure can distract you from this depth? Feel your sexual organs engorged with blood, and feel death. See your lover's beauty, and feel death. Allow desire to move your body, and feel death. Continually remind yourself that this moment could be your last. Maybe there will be no orgasm five minutes from now. Maybe this will be your last kiss, ever. Make love now, as if death were imminent. Give yourself completely in love.