



JAW

Grind your jaw. Hunch your shoulders. Breathe shallowly. Tighten your gut.

Now imagine making love with your ideal lover.

As if making love, allow your body to open as it would with your lover, in full trust, lusciousness, and passionate communion. Allow your body to relax wide open as if in the most sacred and profound sexual embrace.

Sustain this feeling of communion, trust, and pleasure, as you once again grind your jaw while tensing your shoulders, breath, and belly.

In other words, feel like you are making the most beautiful love imaginable, even while your body squeezes shut. At first, this will be difficult, because tightening your body makes you feel bad inside. But after trying several times, you'll be able to imagine yourself making love in the arms of your beloved, even while your body is tight.

Right now, most folks in the world are, to some degree, tightening—just as you are in this exercise. But few people are loving as if they were having the best sex ever. Most people are tense, suffering, closing, and feeling a lack of love.

The next time you are with someone who seems like they are tense and suffering, assume (or “wear”) *their* tension as *your* body, but *also* feel like you are making love.

Maybe you can even assume the tension of a whole room full of people, and simultaneously feel as if your heart were wide open in bright communion with your ideal lover.

Eventually, you don't have to physically enact the tension of others in your body, but just feel their actual suffering. Allow your body to relax open while you feel their suffering, your heart glowing as if making splendid love with your chosen lover.

As an exercise, then, breathe in the suffering of others. Breathe in their malaise and anxiety, and let their suffering dissolve in the glow of your heart's open love. Sometimes it helps to temporarily shape your body in the form of their tension. Wear their kinked form and then relax as love's effortless openness.

While breathing in and feeling the suffering of others, you may notice your jaw grinding or your belly tightening. Instantly remember the feeling of making love, and allow your heart's remembrance to relax your body while radiating openness out to others.

Enlightenment is feeling your own tension, as well as the misery of others, while still being willing and able to offer the deepest love you can give—as if the whole world were your lover who was hurting.

