



DOLLAR

Imagine going to a public place with a group of friends. Pick friends with whom you feel most safe.

With your group of friends, imagine locating a trustworthy-looking stranger whom you find sexy.

Imagine giving a dollar to this sexy stranger. Look him or her in the eyes and say, "I'm doing this as part of an assigned exercise. I'm supposed to give a dollar to somebody really sexy. Then I am to have no further contact with you."

As you imagine doing this exercise, how does it feel to give someone a dollar while saying he or she is sexy?

Most of us are complicated about both sex and money. These are forms of energy exchange, which can be as simple as an unexpected gift, or as complicated as a lawsuit.

Sex and money: the sources of most of our desire and disappointment, our hope and fear.

Enlightenment means to live every moment so that no residue remains but the openness of love.

Sex and money are often our least enlightened domains, the areas tainted with the most residues. Therefore, few people can imagine doing this exercise without a lingering “charge” of emotional complication.

Often, the best ways to discover the enlightened use of sex and money is to break the usual rules in the least risky ways, in order to find out where sexual obstructions and financial blocks reside within you.

Repeat this exercise, or do others that require you to imagine offering gifts beyond your comfort zone. As you learn to give lovingly despite your fears, your sexual and financial lives can be lived according to what truly serves openness the most, rather than being inhibited by your residual fear-gunk, holding your offering back.

You can become stuck in your own dramas of sex and money. What you can't live as openness, offered without residue, creates stickiness in your life. Yet the price of discovering your tar of unfinished business, your sexual and financial traumas and fears, may exceed what you are willing to wager.

Do you harbor no sexual or financial secrets?

These secrets are among your most hidden refusals to open as love.

Are you willing to face, feel, confess, and open beyond your every sexual and financial fear and complication now? Human birth is for those who are *not* quite ready but may be on the verge—that's why you are here as you are.

If your issue was about spawning eggs in gravel, you would have been born a fish.

