

Advanced Polarity



TWO MASCULINES DO NOT MAKE A POLARITY

These days, it is rather fashionable for both men and women to animate much Masculine energy and little Feminine energy. It is more fashionable to be directional and successful in “conquering” the world than it is to be radiant and intuitively connected to the world. It is more fashionable to be a victorious hero than it is to be an ecstatic lover. Thus, almost all of us resist our partner’s Masculine energy—we want to animate our own!

At the same time, most women who have come to me for counseling also want their man to have confidence, clarity, strength, direction and passion. That is, many of today’s women want their men to animate strong Masculine energy, but they also want room to animate their own Masculine direction. This works fine for friends and business partners but does not allow for a full sexual polarity to develop intimacy. Two Masculines do not a polarity make. Both a Masculine pole and a Feminine pole are required for sexual polarity.

In today's world, we usually don't spend all day with our partners. One or both partners work. Therefore, we can all be as Masculine as we like during our work day—directional, analytical, butting heads with other people's Masculine energy—and still enjoy sexual polarity with our intimate partners at home. The only way we can successfully do this, however, is if one of the partners is willing to relax into his or her Feminine energy during moments of intimacy. Usually, this will be the partner with the more Feminine sexual essence. And, usually, in a heterosexual relationship, the partner with the more Feminine sexual essence is the woman (although there are also happy intimate relationships in which the man has the more Feminine sexual essence).

Over the last 30 years, some women have become so successful at animating their Masculine energy that there are very few men who are really up to playing the Masculine pole in relationship to them. Among successful women, it is very common to hear complaints about there being a lack of men who are “conscious,” “evolved” or “strong” enough. And this is true enough to be said. So far, culturally speaking, women have spent more years than men actively growing from the first stage into the second stage. For the most part, women are ahead of men in the evolution through the stages.

It is now time for men to reclaim their wholeness, as women have been doing for years. Only then will we have a population of whole men and women who can truly match each other as intimate partners.

But there is another, more insidious problem. Although there seem to be more women currently ready to move from a 50/50 Relationship to the practice of Intimate Communion than there are men, there are, indeed, some men who are quite ready. And these men are often not attracted to the so-called “whole” women who have cultivated, and in many cases are holding onto, their Masculine energy. A Masculine man who is ready for the practice of sexual polarity in Intimate Communion

will be looking for a woman who offers gifts springing directly from her Feminine sexual essence. He has no need for gifts from the Masculine; he already has his own.

Women who have developed their Masculine and men who have developed their Feminine must learn to relax into their native sexual essence if they are to attract partners who can possibly fulfill their deepest desires in sexual polarity. Otherwise, men will continue to complain that the women they meet are “ballbusters” and women will continue to complain that the men they meet are “wimpy New-Age men.”

Most men really enjoy being with a successful woman—if she can also relax her edge, put down her sword, and open her body, mind and heart in intimacy with her trusted man. Most women really enjoy being with a sensitive man—if he also directs his life with clarity while offering his cherished woman strong and confident love, sweeping her off her feet with his passionate embrace and presence.

Successful women and sensitive men are a big improvement over suppressed housewives and macho jerks. But we must not forget the law of polarity. We must not forget that we will always attract the reciprocal of the energy we put out.

If you are a woman and you put out “successful” and directional energy, you will tend to attract an ambiguous man who lacks Masculine energy and thus wants to be completed by your directionality. If you are a man and you put out “sensitive” or nurturing energy, you will tend to attract a more angular woman who lacks Feminine energy and thus wants to be completed by your nurturing qualities.

CHOOSING AN APPROPRIATE PARTNER

Sexual polarity is stage-specific. The kind of qualities you tend to look for in your ideal intimate partner are different depending on

whether you are more interested in a relationship founded on Dependence, 50/50 or the practice of Intimate Communion.

When one partner grows and the other partner doesn't, polarity will decrease and the relationship will feel obsolete. For instance, when one partner shifts from wanting a Dependence Relationship to wanting a 50/50 Relationship, then the other partner must shift, too, or the flow of polarity between them will decrease and become dissatisfying. What qualities do we look for in a partner, stage by stage?

In a Dependence Relationship, you are a slave to the force of sexual polarity and you are bound to your own sexual needs or the needs of your partner. You are a woman who gives your man sex in the hope of feeling loved, or you are a man who pays all the bills in order to keep your woman sexually available to you. You are each giving something primarily because you are afraid of the loss of the other.

A first-stage man who wants a Dependence Relationship should choose a woman who is willing to take care of his sexual and family needs as long as he is willing to take care of her emotional and financial needs, and vice versa for a woman who wants this kind of relationship. This kind of arrangement can work out fine for a lifetime, and provides a very stable foundation for the flow of love and sexual polarity, as long as both partners remain committed to their predefined roles.

In a 50/50 Relationship, you temporarily deprioritize sexual polarity, and instead place an emphasis on developing good communication, hoping to establish an equitable balance of power. You are tired of the hidden or overt power struggles of a Dependence Relationship. The last thing you want to do is surrender your boundaries of safety and become vulnerable to another, vulnerable to suffering. Instead, you hope to explore the sensual delights of mutual sexual play and simultaneous orgasms with a partner who is also your best friend.

Second-stage men and women should choose partners who are

already quite whole and autonomous, willing to establish an intimate relationship on the basis of sharing, equality and mutual respect. Their sexual polarity together will be more flexible—and less certain—than polarity in a Dependence Relationship, since both partners in a 50/50 Relationship are dedicated to balancing their own internal Masculine and Feminine energies, and then presenting this kind of balanced or more “even” energy to their partner. By choosing a partner who shares a common vision of a fulfilling lifestyle and who is willing to communicate his or her thoughts and feelings honestly, second-stage men and women can provide themselves with supportive companionship for their lifetime journey of growth and self-integration.

In the practice of Intimate Communion, you learn to master the dynamic force of sexual polarity, gifting each other from your deep sexual core and surrendering your resistances to the point of ecstatic oneness and unguarded love—not merely independence and self-integration. In the practice of Intimate Communion, the play of polarity becomes a form of love-transmission in which you move beyond your personal boundaries.

For instance, your sexual play becomes an intentional embodiment of the universal force of Masculine and Feminine energy. Bodily entwined, attracted beyond separation, your sexing ultimately becomes a mutual contemplation and realization of love beyond form.

In Intimate Communion, polarity is about total surrender in love, in truth, in God. In Intimate Communion, a man is turned on by a woman who is willing to devote her entire life to surrendering her self to the point of absolute love and bliss, and who is willing to throw out anything that stands in the way of such surrender: including money, sex and a Utopian lifestyle, if necessary. A woman is turned on by a man who is absolutely committed to surrendering everything other than the perfect realization of love, truth, God. Any man who is oriented to

something else—even the achievement of good communication and a happy community of loving friends and family—simply does not turn her on as much.

Each of us is on a unique journey through the stages, and therefore we are each turned on by a different kind of man or woman. As we grow, the *kind* of man or woman who turns us on changes. If we grow and our present partner does not grow, or vice versa, then we will experience a loss of sexual polarity and trust. By respecting the stages of growth, we can avoid blaming ourselves or our partners for the loss of sexual polarity in our relationship. We can understand that this loss of polarity happens whenever one partner grows and the other partner does not.

SHIFTING STAGES, SHIFTING FANTASIES

Since sexual polarity is stage-specific, and because these stages can shift from moment to moment as well as from year to year, our responses to sexual polarity can be confusing.

After being wounded in intimate relationship, for instance, we may become very needy and shift into a moment of Dependence—even if, for the most part, we are capable of a 50/50 Relationship or the practice of Intimate Communion. In a moment of Dependence, we will suddenly find ourselves attracted to people with whom we wouldn't usually consider being intimate—gorgeous airheads, muscular dorks, famous celebrities just passing through—because suddenly, we are aroused by the first-stage style of polarity.

On the other hand, we may experience incredible sexual union with a person during a third-stage moment of Intimate Communion that is temporarily induced by religious ecstasy, a drug or even a near-death

experience, only to find that we share nothing in common—and don't even like the person—a few days later, when we settle back into our second-stage lifestyle.

Sexual polarity is not beyond the grasp of our understanding; we can work with it and even master it, if we are willing to observe our lives closely as we grow stage by stage and learn the laws of this pervasive natural force. In intimacy—as opposed to friendship or business—opposite poles attract and like poles repel. If we are willing to own our unique sexual essence, rather than try to be someone else, then we will attract our true reciprocal, someone who enlivens and fulfills our deep sexual core. Stage by stage, the Masculine is looking to be loved via Feminine energy and radiance, and the Feminine is looking to be loved via Masculine presence and consciousness. The art of sexual polarity is all about giving these natural Feminine and Masculine gifts, from our hearts.

WHEN I WANT OUT

When I am in a typical Masculine bad mood, feeling weary and burdened by life, I want to be released from it all. When Ophelia feels my mood, she can respond in two general ways.

One way is that Ophelia may feel my desire to be released and respond by feeling rejected, feeling that I want to leave her company. She may be right. She may also feel that I don't love her, but then she would be wrong. The Masculine sexual essence often wants to be released even while fully in love.

Whether I love Ophelia or not, when I am in a mood of feeling constrained, I want out. I want out of constraint, not out of love. And this is a key to how Ophelia can serve me to let go of my mood.

The other way that Ophelia can respond—the way that serves

me—is by recognizing that when I am in a typical Masculine bad mood, it is not *her* that I want to be released from; I want to be released from my sense of being burdened, weary and trapped. By understanding this, Ophelia can choose not to withdraw from me because she feels rejected; instead, she can actually melt my bad mood by serving to relieve my feeling of constraint.

How does she do this? Men and women must find their own way to serve each other by experimenting. I know that if Ophelia takes five minutes to “untrap” me, I can re-approach her with refreshed love, and I can face the details of life with renewed energy and happiness. I am untrapped most by physical release. Ophelia can release the tensions in my body, perhaps by massaging me. She can release the burdens of my mind by drawing me into mindless delight through her touch and humor. Ophelia loves to dance; she can also release my sense of being burdened by transforming my experience of life into one of beauty, by dancing for me.

It usually only takes about five minutes of Ophelia’s time to grace my life with her radiance, beauty and loving energy. Then, I am relieved of feeling crunched by life. My energy is renewed by Ophelia’s Feminine energy. My Masculine sexual essence is strengthened and polarized, and so I naturally enjoy being challenged by life, being at my edge and solving problems. Also, my heart is connected to hers by the potent arc of sexual polarity that now flows between us.

Ophelia serves me by rejuvenating my Masculine sexual essence when I am feeling tired or burned out. She can only do so, however, when she feels that my desire to be released is not a literal desire to be released from our relationship, but is rather a desire to be released from my own sense of being constrained.

I may erroneously attribute this sense of constraint to my relationship with Ophelia. And if Ophelia responds to my mood by getting moody herself, then I will feel confirmed: “Ah yes, it is Ophelia who burdens

me. Now I have to deal with her mood as well as mine!"

But when Ophelia is strong enough in her practice of Intimate Communion to recognize that my mood is self-generated, then she does not take it personally and she can serve to help me out of my mood. She can rejuvenate me and polarize my Masculine sexual essence with her radiant gifts. In a short time, I will feel strong again, ready to meet the challenges of life in a creative and humorous way, without feeling crunched. Ophelia's love can help me realize that my desire for release is actually a rejection of the creative challenge of life, including the creative challenge of relationship.

WHEN DOES THE MASCULINE APPRECIATE THE FEMININE GIFT?

When I am focused on my mission—writing this book, for instance—all my energies are concentrated on my purpose. Suppose Ophelia notices that I have been working for hours, and she brings me a glass of water. An hour later she prepares a snack for me. I would have to say that, of the many gifts Ophelia offers me, her loving support of my purpose is one of the most fulfilling. When Ophelia serves my mission, when she brings me a glass of water, so I don't have to break my concentration, I feel immense gratitude and appreciation for her. Her Feminine gift of loving energy turns on my Masculine sense of purpose—as well as magnifying the flow of sexual polarity between us.

However, if I was to take a detour from my purpose in that moment to thank her and express how much I appreciate her, then that would defeat the whole gift; rather than supporting and inspiring my mission, she would be distracting me from it, if even for five seconds. Her Feminine gift would suddenly feel like a burden to my Masculine directionality and mission.

This may sound like a small issue, but in my counseling of other couples I have observed over and over that it is a great source of misunderstanding. If the Masculine has to cease moving in the direction of His purpose—if He has to get off the track, so to speak, even for a few moments—then He feels the Feminine as a distraction or a burden rather than a gift.

When Ophelia brings me a glass of water, it is not the water per se that is the gift I receive. When Ophelia brings me a snack she has lovingly prepared, it is not the snack per se that is the gift. It is her *care* that I experience as a special gift, her support, her refreshment and her rejuvenation of my mission. It is the gift of energy and attention she has given me. She has liberated my energy and attention from the necessity of providing myself with food and water, for example, and now I am free to continue fully aligned with my purpose.

I know this sounds strange to some people with a Feminine sexual essence. It may seem so easy to take a break from your purpose to express appreciation for your partner's care. But if doing so means getting off track, then it is no longer such a gift for the Masculine sexual essence.

We must learn to understand the differences between the Masculine and Feminine if we are to fully appreciate, rather than be disturbed by, their different moods, desires and needs.

For instance, as a person with a Masculine sexual essence, I had to learn to be free, humorous and loving with respect to Ophelia's moods. I had to learn that when she was frustrated and said something like, "Get out of here!" she most often actually preferred that I stayed. I had to learn that when she said, curtly, "I'm fine," it often meant that she wasn't. I also had to learn that Ophelia's Feminine sexual essence was virtually always connected to our relationship, so that if I abruptly popped out of bed in the morning to write down a new idea, she

would feel a bit let down unless I came back to bed and shared some intimate time before we got up and started our day. I had to learn that Ophelia's Feminine needs for polarity were quite different from my Masculine needs.

In the same way, Ophelia had to learn that I was not ignoring her when she gifted me with Feminine energy and I didn't take the time to respond then and there. Rather, I was wholly concentrated in my purpose and was indeed receiving her support as a great gift. Later, once I had re-emerged from my mission, I would let her know how much I appreciated her gifts.

In fact, my gratitude would be flowing from my pores. Ophelia's trust and support of my mission, of my purpose, is among the greatest gifts of the Feminine force I receive from her. Her love continually inspires, literally breathes life and love into, my otherwise narrowly focused and goal-oriented life.

MASCULINE AND FEMININE BALANCING EACH OTHER

One morning, Ophelia and I were in bed, making love. We were fully present with one another. I was feeling her, caressing her and loving her. I felt that I was breathing her as I beheld her beautiful form.

Suddenly the phone rang. We let the answering machine get it, but as I listened to the caller leaving a message, I realized that it was a business matter that needed my immediate attention. I jumped out of bed to take the call. Suddenly I was in the "business mode," talking on the phone, examining options and making decisions. After the call was over, I hung up the phone and went over to my desk in the study to jot down some notes and look at a calendar. Ophelia was in bed, still connected to me, waiting for me to return.

Finally, she called to me, “David? What are you doing in there?”

Like the phone ringing, her voice reminded me of her existence; in my business mode, it is as if she does not exist—just as when I am in the “intimacy mode” with Ophelia, it is as if business does not exist.

I am much more naturally able to focus within a mode than Ophelia is. I can, and often do, go for hours, days and even months sometimes, with virtually all of my energy and attention devoted to a specific creative project or a specific spiritual practice. In fact, it is all too easy for me to drive myself to the point of unhealthy physical exhaustion or extreme emotional rigidity.

These are the symptoms of the unbalanced Masculine: His modality becomes so extreme that His life-energy becomes suppressed by the pressure of His purpose, and His emotional range becomes narrowed to a pinhole.

During the period in our lives when the phone rang, I was deeply involved in a large, commercial venture. I was coordinating the start-up of a high-tech, computer software research and development corporation and there were programmers, venture capitalists, lawyers, computer vendors, scientists, real estate agents and more—all of them seeming to need my attention 24 hours a day. I had never done anything like this before, and my attention was narrowed way down while I was involved in this project.

In my current life as a writer and an educator, I have learned to balance myself when Ophelia is not around by taking regular breaks: exercising, swimming in the ocean, wandering on the beach near our house. But when I am with Ophelia, it is extremely pleasurable to also receive her flow of love, as a gift in my otherwise relatively rigid and narrow life. She often places flowers around my computer to remind me of the world outside my office. She entices me away from the keyboard when she feels that I am burning out and notices that my

writing is suffering. She opens my narrow focus by massaging me, singing to me, perhaps even taking off her clothes and dancing for me! Ophelia brings such extraordinary and beautiful Feminine gifts into my life, that her presence is far more healing than a radiant summer day on a lush and sparkling tropical beach.

Both of us are quite capable of balancing ourselves when we need to. Without me, Ophelia can certainly focus her own life and reap the financial, creative and spiritual rewards. I can flow in deep love, healing life force and sensual dance, whether I am with Ophelia or not. Both of us can live independent and whole lives, if we so choose. We are each capable, therefore, of contributing equally to a 50/50 Relationship—both of us focusing half the time with our Masculine energy and flowing half the time with our Feminine energy. And for long periods of our relationship we have, in fact, chosen to live in this 50/50 style.

But there are many times when we would each prefer to relax in our native sexual essence and give the gift that springs naturally from our core. In each couple's relationship, these gifts are unique and ever-changing. So it is important to remain open and spontaneous, discovering day by day what these natural gifts are.

Usually, in our case, I prefer to be focused (writing or meditating), in solitude or working intensively with groups of people—that is, “on a mission” for long periods of time—and Ophelia prefers to be flowing in relationship with loving friends or dancing in spiritual devotion (both literally, as an art form, and figuratively, as a happy woman).

I am actually a fine dancer and, in my opinion, Ophelia is a better writer than I am. It is not a matter of who *should* do what or *can* do what, or whether we are contributing equally to relationship. It is just that when we are completely relaxed, happy and doing exactly what we really want to be doing, I am likely to be writing and Ophelia is likely to be dancing. Ophelia enjoys the gifts she receives from my writing and

I enjoy the gifts I receive from her dancing. And in fact, there are also times when I am dancing and Ophelia is writing.

In the practice of Intimate Communion, Ophelia is happy to balance my Masculine “moding” with her Feminine dancing, and I am happy to balance her dancing with my moding. We often prefer offering these gifts to one another, rather than maintaining a daily balance of 50/50 within ourselves. It is often more natural for us to balance each other with our inherently different gifts because we happen to have an extreme Masculine and an extreme Feminine sexual essence, respectively. For other people whose sexual essences are less extreme and more Neutral, they will be just as happy to balance themselves, perhaps in the company of an intimate partner who is also balancing himself or herself.

WHEN THE MASCULINE IS LACKING

Imagine you are a woman with a more Feminine sexual essence. You are getting ready, dressing up to go out on the town with your man. You are excited, happy, looking forward to enjoying the evening with your intimate partner. After dressing you come bouncing out of the bedroom and spin around, smiling, showing off your beautiful new dress to your man, who is sitting on the sofa in the living room.

But he doesn't even notice you. He is watching TV, slouched against the sofa cushions, half awake. You can feel yourself getting angry. Has he forgotten? You were so full of energy, so radiantly Feminine and happy—where is his Masculine energy to match you? He seems as limp as a rag doll.

At this point, the unconscious tendency for most women is to move into their Masculine energy. Since your man is sitting there, directionless, someone has to take responsibility for navigating the evening! So

you attempt to give a little push and ask, “Well, are we going out tonight or not?”

“I don’t care. We can go out if you really want,” he says, hardly moving his eyes from the TV screen.

So you animate a little more directional energy and say, “I would really like to go out tonight. I spent the last hour getting ready. C’mon. Let’s go.”

He seems to sink even deeper into apathetic inertia. He very slowly, reluctantly, gets up from the couch and goes through the motions of getting ready. The night is off to a dismal start.

You saw that your man lacked directional energy so you animated your own directional, Masculine energy to get things going. It works. Things do get going. But the situation becomes depolarized. Tense. Just under the surface lies unspoken conflict. It is the conflict between your Masculine and his Masculine.

The Masculine pushes and guides; the Feminine invites and attracts. Both ways are useful in different moments. The key in intimate relationship is to choose the way, Masculine or Feminine, that will enhance or magnify polarity—that is, if you want to enjoy polarity rather than neutrality or repulsion.

In the office and on the street, sexual polarity may not be so important to you. Therefore, it is good to be a whole and balanced person, able to animate either Masculine or Feminine energy, depending on what best suits the situation.

But in intimacy, the number one complaint of men and women, the number one source of conflict, is depolarization. It is depolarizing, for example, when you want caring and directional Masculine love from your man, but instead he gives you wishy-washy, ambiguous, blah-dee-blah. Or, you are a man desiring care and radiant Feminine love from your woman, and instead she gives you sharp, angry pushes and stabs.

When a man with a naturally Masculine sexual essence experiences Masculine energy from his woman, he tends to do one of two things. He either remains in his Masculine and is repulsed by his woman's Masculine, like two magnets are when placed with like poles side by side. Or else he relinquishes his Masculine and allows her to "carry the Masculine energy." Then he is not repulsed, but nor is he attracted. He has given up his directionality and she has taken up the slack—a workable situation, but not sexually polarizing if the partners end up animating the energy that is opposite to their native sexual essences.

Of course, men are allowed to be wishy-washy and women are allowed to be sharp and pushy. Men and women are allowed to be and act however they want; it is good, however, for them to be conscious of and responsible for the energetic effect on their partner.

So what can you do when your man is slouched and undirected on the sofa and you are full of happy energy, raring to go? What is the alternative to gently nudging, and then shoving, your man out the door? One alternative is to animate the extreme Feminine. In fact, you can animate so much Feminine that compared with you, even your man's couch-potato demeanor seems Masculine. Then your extreme Feminine energy may polarize his latent Masculine impulse into full-blown Masculine directionality.

What might this look like?

He is slumped on the couch. You recognize that he is weak in his Masculine for the moment. First, feel in your heart: For his own good, is it better for him to watch TV in this moment, or is it better for him to share in your flow of love and happiness? Let's suppose you decide the latter.

You sit down next to him and relax deeply into your Feminine. You can become more Feminine than he, more Feminine than a 50/50

balance would usually allow. You can reach deep into your Feminine reservoir in order to polarize what remains of his Masculine.

You breathe a deep and sweet breath. You feel your whole body, from head to toe, and allow yourself to incarnate most fully into your body as a woman, whatever that means to you. You feel your Feminine flesh, your Feminine heart, your Feminine desires. You trust the power of your love to enchant and attract your man, and you trust that your love will serve him more than the TV does.

You invite him into his body by making his Masculine body a pleasurable place for him to be, perhaps by touching him as only you know how to do. You invite him into relationship by making it irresistibly more attractive than being distracted by the TV. You empower his Masculine by praising his strength and directionality, which you know lie latent within him. "Whatever you want to do is okay with me," you whisper while snuggling against him and purring. "I trust your decision. I love just being here with you, if that is what you really want to do." (If this is not true of you, then you may want to consider if you are with the right man.)

You consciously relinquish your Masculine directionality and trust his. At the same time, you offer him the gift of your extreme Feminine by lovingly enchanting him with your smile, your touch, your Feminine energy, however you spontaneously manifest your Feminine sexual essence in the present moment.

To the Masculine, there is nothing more attractive than the Feminine. This is a basic law of polarity, one that virtually every woman knows, but for which few are willing to be consciously responsible.

At the first stage, the trusting Feminine body *seduces* the Masculine to yield Himself and enter into physical pleasure, body to body. At the second stage, the trusting Feminine mind *interests* the Masculine to yield Himself and join in meaningful sharing, mind to mind. At the third

stage, the trusting Feminine heart *enchants* the Masculine to yield Himself and commune with the power of love, heart to heart.

Our culture is so Feminine-negative, we often look upon the powers of enchantment and attraction as forms of manipulation. As a culture of men and women, we have come to value the directional capacity of a ship more than the gloriously attractive radiance of the deep blue ocean. Somehow, we have come to honor Masculine pushing more than Feminine inviting: We are more likely to nudge our couch-potato partner out the door than we are to enchant him into love.

We have become brainwashed. We have arrived at believing that it is better to tell our partners where we want them to go than to invite them to where we want them to come. We often think the Masculine way of telling someone where we want them to go is “honest” and the Feminine way of inviting someone where we want them to be is “manipulative.” These beliefs are artifacts of our culture’s pervasive anti-Feminine attitude.

Both the Masculine and Feminine ways are useful in different moments, and every man and woman would be wise to cultivate the ability to use both energies. Equally wise, however, is the man or woman who knows when to use the Masculine power of directionality and when to use the Feminine power of enchantment and invitation.

If you want sexual polarity with your partner in the present moment, then animate the opposite energy that you want to evoke in him or her. Feminine evokes Masculine. Masculine evokes Feminine. Neutral evokes Neutral. Be conscious of this “law of evocation,” and then choose what you will do.

THE MASCULINE SERVING THE FEMININE

Suppose you are a man and your woman comes home from her job as a corporate executive. During the day she has little chance to relax into her Feminine, and so when she comes home she is still in the “go” mode. Rather than gracefully flowing through the house as a radiant goddess, she is pacing back and forth and talking non-stop about making a financial killing, like a corporate warrior.

It is all too easy in such a situation to relinquish your Masculine, to give your woman “space” to be as Masculine and warrior-like as she wants. And, at times, this may be the best thing to do. But feel in your heart: In this moment, what would be best for her? She has been in her Masculine all day. Would it be best, for her sake, to continue that way, or would it be best for her to relinquish her Masculine and relax and rejuvenate in her Feminine? Feel into this decision and then act accordingly.

If the latter seems more true, then you must become more Masculine than she, polarizing her naturally Feminine sexual essence, which has become temporarily cloaked by her Masculine energy. There is nothing wrong with her highly developed Masculine energy; it is just that she is not being served by it in the moment. You feel that it would be better for her, in this present moment, to relax in her Feminine energy and to lovingly share, to swoon even, in the force of sexual polarity with you.

So you choose not to give her “space.” Why? The only way to give her the space to be Masculine is for you to relinquish your Masculine. Otherwise, if you both remained in your Masculine, you would be like two stubborn rams occupying the same territory, butting heads.

Therefore, you choose neither to relinquish your Masculine and give her space, nor to be as Masculine as she, which will inevitably lead to

a competition over who has the Masculine “territory”: that is, who carries the directional energy in the moment.

Instead of butting heads or relinquishing ground, you become more Masculine than she and evoke her latent Feminine. You become more Masculine than she by feeling into what would be best for her and then standing your ground with absolute confidence, humor and love. You evoke her latent Feminine by praising her Feminine qualities that you cherish and by touching her as if she were a goddess rather than a warrior.

She is pacing back and forth, barking about this and that, tense and angular. You begin to follow her with a loving smile on your face. She stops and looks at you, angrily. You tell her how beautiful she looks when she wants to kill someone, and ask her if she is in the mood to dance. Before she can answer, you embrace her and dance her around the room, caressing her as your chosen Feminine goddess.

You stand your ground of love by never wavering in your humor or your persistence. You love her, and through one means or another you find a crack in her hard shell and allow your Masculine love to enter deeply into her Feminine heart. The moment this occurs, her body will ease as she relinquishes her own Masculine and receives yours, meeting you with her own infinite reservoir of Feminine energy. The lines on her face will smooth. The squint in her eyes will relax. You continue to love her, to touch her, to praise her Feminine beauty and radiance that have always enchanted you.

Then, if she has something to say, it will be real. It won't merely be excess Masculine tension from the day waving its sword in the air. Your Masculine embrace, your honoring of and reverence for her Feminine, your humor and persistent care will allow her body and mind to relax into her natural Feminine sexual essence. Without arguing about who is right, without butting heads and without watching TV while she

spews her warrior slogans, you have served her to relax into her native sexual essence without suppressing whatever she still feels is important to say. You have enhanced polarity and communicated your love.

PRACTICING SEXUAL POLARITY

How do you practice sexual polarity? In a word, Fuck—with a capital “F.” This doesn’t mean just sexual intercourse. It means opening to the immense flow of universal life force. It means participating with your whole body in the play of polarity between Masculine and Feminine. It is going on all the time, throughout the cosmos, between people, planets and atoms. We are orbiting around one another, held in place by reciprocal forces of attraction and repulsion. To practice polarity, we just relax and allow the universal flow of life to move through us, with or without a human partner. In and out, up and down, round and round, the life force flows strong between every Masculine and Feminine pole.

We can love anything or anyone simply by relaxing into non-separation and opening our hearts without limitation. But we can only enjoy the mystery of Fuck by submitting our minds to the wisdom of our bodies and incarnating the full polarized force of Masculine and Feminine energy.

As we grow in our understanding of sexual polarity, we learn to appreciate our heightened sexual energy, stage by stage. In a Dependence Relationship, we often direct our sexual energy only toward erotic passion, emotional consolation and orgasmic release. Over time, as we grow into a 50/50 Relationship, we learn to use our stimulated sexual energy as healing energy, for ourselves and for our lover. The man is balanced by the woman’s energy and the woman is balanced by the man’s. In addition to its erotic and healing qualities, 50/50 sexuality can

become a deep emotional exchange, a sharing of our real feelings as well as our bodily energies.

But healing and emotional sharing are not the fruition of the mastery of sexual polarity. The practice of Intimate Communion involves the magnification of love carried by the energy of sexual polarity, flowing freely between an awakened Masculine and Feminine sexual essence. It involves loving so freely, so simply, with such unguarded abandon, that our sense of separation dissolves in the single intensity that feels like love, looks like light and is aware as consciousness.

In the practice of Intimate Communion, Masculine and Feminine learn to magnify their love and sexual desire for one another, eventually transforming this energy into a single intensity of life: the intensity that mysteriously lives as both His body-mind as well as Hers.

But this is only the beginning. As the practice of Intimate Communion progresses, both Masculine and Feminine learn to love even more. They learn that love is sufficient. The Masculine lets go beyond every trace of mind, every trace of difference, and He releases into the infinity of love. The Feminine opens and surrenders into the same love, the same unbounded singularity. Their polarity is dissolved into ecstatic oneness—until their bodies re-appear, their energies re-animate and the play of polarity resumes.

By understanding sexual polarity, we open a doorway to a new way of life. With practice, we learn to embrace our daily lives with the same love and openness with which we embrace our lover. We feel our thoughts slide by like skin beneath our fingertips. We feel our emotions move through our bodies like the deep moan of our lover. We notice our recoil in a difficult moment and we bring ourselves fully present, as if suffering with our partner through his or her pain. Our persistence in love is relentless. Our surrender in love is endless. By mastering sexual polarity, we master the forces of repulsion and attraction, of

fear and desire. In the practice of Intimate Communion, our love becomes inseparable from the intensity of life itself.