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Embracing the Taboo



LOVING HER TO SMITHEREENS

For many years, I was afraid to make love with Ophelia the way I wanted to. Yet, I had fantasies about subduing a woman with my love, ravishing her passionately, wildly, with no holding back. I wanted to Fuck Ophelia to smithereens, but, because I was so afraid of expressing my true desires, I ended up being a consistently gentle and sensitive lover. Ophelia never complained about this; she seemed to like the way we made love. But secretly, in my fantasy life, I imagined loving a woman wildly, passionately and aggressively while she enjoyed my loving her this way.

I never really talked about these inner fantasies of mine. I figured most men shared my fantasy, since it was such a common theme in popular movies and novels. And I also figured women must have a similar fantasy, since TV soap operas and romance novels are filled with scenes of a man passionately expressing his love and desire to a woman who, perhaps after initial resistance, is overwhelmed by his love and

swoons in his embrace. Still, I was conflicted inside.

One night, Ophelia and I were in bed making love. It was good. We were both very affectionate and happy, but I suddenly became aware of a part of me that wanted to love her in a much more passionate and aggressive way. I realized, without really thinking about it, that it was ridiculous to be holding myself back from loving my intimate partner the way I really wanted to. So I let go of my inhibitions.

I began loving her forcefully, passionately, aggressively even, and a part of me was waiting for Ophelia to complain that I was being too rough and insensitive. But she didn't complain; in fact, Ophelia opened herself even further and writhed and embraced me and pulled me closer to her. She moaned for more and loved receiving my strong Masculine passion—and I loved being received. Both of us relaxed into a deeper, wider, more spontaneous and wild part of our sexual essence. Our lovemaking, as well as our overall relationship, has never been the same since.

Masculine energy is neither good nor bad—what matters is how it is used. My desire to make love with Ophelia forcefully and passionately was an expression of my Masculine love. If I inflicted passion and force on Ophelia without love, if I attempted to control and suppress her according to my own needs without taking her into account, then my Masculine energy would be felt as a violation.

However, if I embrace her fully in my loving, if my love for Ophelia opens my heart to her, and my passion for her moves me to love her in a forceful and powerful way, then she experiences my real love in the fierceness of my passion. She trusts me, opening herself to be ravished, enjoying it fully, rather than feeling like she was being violated.

OUR BASIC IMPULSE IS TO RELAX INTO HAPPINESS

To understand the fullest expression of our sexual essence, we must first understand our basic impulse. We must understand that the basic impulse of our life is to relax into happiness. The Masculine in each of us searches for more freedom in the hope of gaining happiness. "If I had more money, I would be more free to relax and enjoy life." The Feminine in each of us searches for more love in the hope of gaining happiness. "If my intimate life were more alive, I would be happier." This search for love and freedom continues to shape our daily lives, as we grow through the three stages of intimacy: Dependence, 50/50 and Intimate Communion.

Men and women in Dependence Relationships often fight and argue about issues of power and control, especially in the arenas of money and sex. In a first-stage moment of dependence, our need is to acquire more money, sex or affection. In such a moment, we believe these things will make us happy. Typically in a Dependence Relationship, women depend on men for money, men depend on women for sex and they both depend on each other for affection, security and care, including care for their children.

Very naturally, as we learn to stand up for ourselves and create healthy boundaries in our lives, we grow from first-stage Dependence needs to second-stage 50/50 needs. In a 50/50 Relationship, men and women seek relatively independent lives rather than relationships based on dependence; they participate in a 50/50 Relationship, based on the notion of shared responsibility, divided right down the middle, like a business arrangement.

Although a 50/50 Relationship emphasizes communication and fairness, it often lacks sexual passion and deep emotional fulfillment.

Why? Because in an effort to achieve a strict 50/50 Relationship, men and women often deny the full expression of their true sexual essence. For instance, they are afraid of their desire to passionately ravish their partner in love and they are afraid of their desire to be passionately ravished, overwhelmed by love. They are afraid that if they let down their guard and give themselves uninhibitedly in love with their partner, they might lose their boundaries, their independence and the 50/50 equality they have worked so hard to gain.

But the basic impulse of life continues to move them. If they are honest, they eventually admit to themselves that in the deepest part of their heart, they are not yet satisfied. No matter how much money they have, it isn't quite enough to release their need to seek more. No matter how good their relationship seems to be compared with that of their friends, they still feel incomplete and yearn for a deeper sharing—sexually, emotionally, spiritually.

And so this basic impulse to grow in happiness, this basic dissatisfaction with what they have, moves men and women toward the fullest expression of their sexual essence. The Masculine isn't satisfied with relative financial freedom; He wants something more, but He isn't quite sure what that is. The Feminine isn't satisfied with relative emotional fulfillment; She yearns for a deeper fulfillment, but She isn't quite sure how to get it. At this point, both the Masculine and the Feminine are ready to grow from a 50/50 Relationship to the practice of Intimate Communion.

Men and women grow into the third-stage practice of Intimate Communion by sacrificing all their desires into the basic impulse of their life—the desire to relax into happiness, into love and freedom. When we are willing to sacrifice our false sense of security, when we are willing to surrender our lesser motives into the basic impulse that has always moved us, then our energy and attention become aligned with the deepest desire of our hearts.

When you cease looking backward or forward in time for more freedom or more love, you can begin to relax into who you are, right now—into your very “Being.” This ability to directly relax into the heart of Being, rather than trying to acquire love and freedom or improve one’s self, is the principle practice that is cultivated in Intimate Communion.

DEVIATIONS OF THE MASCULINE HEART

Like it or not, you are obliged by the inherent force of your very Being to grow from darkness to light, from contraction to openness. You are obliged to love, to be free and to be happy—not because of some moral dictate, but because simply Being in itself is loving, free and happy. This is its nature, as everyone discovers when they allow themselves to relax into who they really are.

Since you are of the nature of Divine Being, and since you *are* yourself Divine Being, you are also inherently loving, free and happy. However, we tend to deviate from our true nature, and so we suffer the temporary loss of our inherent disposition.

When we no longer feel happy, free and loving, we begin to search. The direction in which we search—whether through greater power or creativity, more money or better sex—is always a deviation from the direct realization of our true Being.

Whereas the Feminine tends to deviate by searching for more love, the Masculine tends to deviate by searching for more freedom, release or even death-like states of tension-free stillness.

Many men, for example, experience orgasm as an approximation of this feeling of freedom, release and tension-free stillness. Their feeling after orgasm is like a little death.

A very common deviation for men, therefore, is to become addicted

to seeking orgasm. That is, rather than following their basic impulse all the way to the point of true freedom—which is called ego-death in many spiritual traditions—many men settle for the repeated little death of orgasm. Orgasm (or TV or beer) is their chosen method for being released from their constricted sense of self. They are not yet awakened to the absolute freedom of their true nature, relaxing deeply into the vast openness of their true Being. Instead, they repeat their habitual method for attaining temporary and relatively superficial release.

All men (and women) with a Masculine sexual essence contemplate various forms of release into freedom. They may not know its full expression as the realization of true Being, however. They may deviate into forms of release such as engaging in real or fantasized forms of war and murder, beating their wife, having an orgasm, drinking beer, watching TV, skydiving, making money or studying philosophy. These may be the only ways they know to approximate their Masculine impulse toward authentic self-dissolution in the freedom of Being. They are all forms of seeking release from feeling constrained by others, their life or themselves.

The first-stage Masculine tends to deviate into ritualized forms of war such as gang violence, football and boxing, spouse abuse or actual life-threatening situations, either for real or on TV or the movie screen. The second-stage Masculine tends to deviate from true freedom and happiness by seeking ever more satisfying sexual play, ever more profound philosophical explanations, ever more communicative relationships. The second-stage Masculine loves losing Himself—dying to His awareness of Himself—in a good conversation, in good music or in a good book.

We must realize that there is nothing wrong with the Masculine desire for “death” and release, in and of itself. It is our obligation, however, to couple this desire with the true motive of our heart, the deepest

desire for freedom, love or happiness, inherent to our being. It is certainly more loving, free and happy to experience the release from an orgasm than the release from striking someone in anger. But it is even more loving, free and happy to “die” directly into your true nature, to let go of your essential tension as you relax directly into who you are in truth. To do so, however, you must let go of your old habits of searching, your past deviations.

How do we grow out of our habits of deviation? How do we grow beyond our obsession with violence, orgasm and philosophy? (Philosophy is, after all, a desire to be released by knowledge, rather than by sex or violence.) We grow out of our present deviance by reconnecting with our fundamental Masculine impulse for release, for freedom.

The third-stage Masculine has recognized that His craven desires for violence, orgasm, creativity and knowledge are, in themselves, dead ends. The death-like peace they provide does not last very long. They are deviations from His original impulse toward perfect release, perfect peace.

We must admit, finally, that orgasm does not satisfy this desire for very long. True, we experience a blissful peace after orgasm—and such temporary bliss is also reported by soldiers, athletes and philosophers. There are many ways to approximate the ultimate realization of ego-death, but none of them are the real thing.

And this is what we must come to admit: However satisfying our deviation is, we are not perfectly released into the happiness of our very being. Rather, our craving soon begins again, and we are locked into a life-long cycle of repeating our deviation, our approximation of death-like release, through sex, through inebriation, through losing ourselves in TV or at the movies, and even through the release we experience from artistic creation or from understanding an elegant philosophical theory. None of these things bring an end to our search for release.

But true ego-death does. We know we have truly fulfilled the primary impulse of the Masculine sexual essence when we cease our search for release—and not just temporarily. When we have touched upon our true nature as conscious Being, our core resonates with such certainty that all of our seeking for release (through violence, drugs, sex, art and knowledge) comes to an end.

Whether through a graceful incident, a visionary experience or the blessings of a teacher, the Masculine can become baptized by the peace that lies in His heart, the infinite openness into which every moment arises, lasts for a while, and then disappears.

The third-stage Masculine practices resting into this continual sacrifice of experience, always occurring in the present moment. He relaxes His effort, His search for the peace of release, and finds it by easing or “dying” into His very nature, which is already effort-free, already open, already blissful.

In any moment that this realization is active and true, the Masculine is free. Unlike the experiences of drugs, violence, orgasm, creativity and knowledge, this realization is not dependent on re-creating a state of mind or body. But it *is* dependent on active realization, moment to moment. That is, it must be practiced. And this is the work of the third-stage Masculine.

We may, again and again, lose touch with our true nature and begin again to seek for release in some future state of body, mind or environment. We may slip back into one of our old deviant patterns of Masculine expression. But now, in the third stage, we know this search is a dead end. We know that what we must do is directly reconnect, in this present moment, with our primary heart-impulse.

When you reconnect with your primary impulse, your energy and attention are gathered from the deviant pattern and you can relax into the true contemplation of your very Being, which is inherently free,

loving and happy. In any moment of this third-stage practice, you have ceased pouring your energy and attention into a deviation, into an approximation of death-like release, and you have instead gathered yourself into the singular realization of true Being. This is your daily practice in Intimate Communion.

The way the Masculine grows in His practice of Intimate Communion is by learning to relax into who He really is, yielding His tension of self into the very heart of this conscious moment. The more He relaxes into the nature of His Being, the more He sacrifices His tension, His searching. Finally, He yields so thoroughly into His true nature that He feels transparent to its native qualities. In His fullest realization, the Masculine *is* Consciousness, the nature of which is freedom. The freedom felt after winning a football game or an argument pales in comparison with the infinite freedom of unbounded Consciousness. “Dying” into the peace after orgasm or intellectual achievement is nothing like dying into the realization of eternal Being.

Rather than searching elsewhere, the third-stage Masculine has relaxed into the love, freedom and happiness that are alive as His true nature. He has died to the deviations of His search. He has yielded into His true self, His very Being, and He rests deeply in that for which He has always been seeking and approximating, through violence, orgasm, money, creativity, philosophy and other forms of release. Now, He can use sex, work, art and philosophy to express His true Being, rather than create a temporary and shallow imitation of it.

DEVIATIONS OF THE FEMININE HEART

Just as the Masculine in each of us seeks perfect freedom through progressively more enlightened ways of dying to Himself, or of releasing Himself, the Feminine in each of us seeks perfect love through

progressively more enlightened ways of “surrendering” Herself. The Feminine wants to open Herself and be filled with love. Thus, stage by stage, the Feminine may find Herself surrendering to and hoping to be filled by intimate partners, family, food, sensual expenditures and social causes.

When the Masculine has truly released His self-focus and the Feminine has truly surrendered Her self-protection, then true Intimate Communion is possible. Communion is surrender to the point of oneness; it is “unguarding” your heart and welcoming a free flow of love, until all sense of difference has melted and your sense of separate self has disappeared in the fullness of love. Like true Masculine ego-death, true Feminine surrender is also a form of liberation, a form of dying to resistance, a form of yielding into love, so that all refusal has been rested in the deep surrender to love itself. Intimate Communion for both men and women is oneness with, in and as love.

The Feminine first seeks love by surrendering Herself to various people or activities. She surrenders to Her family, to Her lover, to Her friends, to Her teacher, to Her own desires, to Her career or perhaps to a form of therapy. Because She doesn’t understand Her heart’s primary impulse, the Feminine tends to deviate from true and ultimate fulfillment—whole bodily surrender in inherently fulfilling love-communion—by surrendering to people and activities that are far less than fulfilling.

In a first-stage moment, the Feminine might even hope to fill Herself with love by surrendering to abuse. Charlene, a client of mine, would come for a session every week. And every week Charlene would tell me how her lover would yell at her for hours, criticizing and belittling her, even beating her, slapping her face and sometimes throwing her across the room. Within a few hours or a few days, he would apologize and they would make passionate love. Everything would be okay for

a while, and then the cycle of abuse, violence and making up would begin again.

I have counseled as many women who remain in abusive relationships as I have men who continue to be angry and violent. Aside from the co-dependent fears of losing their partner, these women and men experience a deviated form of satisfaction throughout the cycles of abuse and passionate sex. He continues to release himself through his fits of violence and orgasm, and she continues to surrender herself to the strong presence of his physical dominance and sexual aggression. Although they may feel guilty, hurt and confused, a part of them enjoys this drama. Part of him feels emptied of tension via release, and part of her feels open to and filled by love via surrender.

When understood from the point of view of the Feminine's primary heart-impulse, this form of deviance can be seen as an unhealthy approximation of loving self-sacrifice. For the Feminine, any form of giving Herself up to the Masculine force is an approximation of surrender. Although it is a far cry from being sweetly ravished and overwhelmed by love in the ultimate embrace of perfect Intimate Communion with a partner, it is still a form of surrendering to another in the hope of fulfillment, just as is raising a family, opening sexually with Her lover, or giving Her time and energy to a social cause. In each case, She hopes to be filled with love by surrendering Her sense of self to something else. In the case of a woman in a Dependence Relationship like Charlene, this "something else" is often the control or aggression of her man—receiving his angry attention fills her more than receiving no attention at all.

If Charlene was able to reconnect with her primal impulse—the impulse to be deeply surrendered to and overwhelmed by love itself—then she would be able to pull herself out of the deviance she has entered. She would be able to cease surrendering to the aggressive

force of her angry man, regather her energy, and follow her primal impulse to give and receive true love more and more deeply.

As Charlene becomes less dependent on her abusive relationship, she will grow naturally toward a 50/50 Relationship. When she is finally able to stand independent and free of her abusive relationship, however, Charlene will probably notice a strange sense of loss. Intellectually, she knows that she is better off letting go of the abusive relationship. But emotionally, she feels something is missing. In a strange way, in a way she may be reluctant to admit even to herself, she misses the feeling of fulfillment that her old relationship did provide—she misses the sense of surrender and love that was at least an approximation of her heart's true desire. It was the deepest love her heart knew.

Of course, she shouldn't go back to her abusive Dependence Relationship. That would be taking a step backward. Nor should she remain forever on guard against surrender, since the only way to fulfill her core desire is to lose her fearful resistance and allow herself to be overwhelmed in the knowledge of love. Rather, she should become integrated by balancing her internal Masculine and Feminine and strengthening herself, growing out of her Dependence Relationship and toward a 50/50 Relationship, should she choose to be in any relationship at all.

In a second-stage moment of internal balance and integration, the Feminine is more independent, strong and self-assured than in a first-stage moment. However, the second-stage Feminine has Her own way of deviating from the primary impulse at Her sexual core, the impulse to be surrendered whole-bodily in the blissful, ravishing, overwhelming force of real love.

Many second-stage women deviate from the primary impulse of their heart into an apparently safer course of surrendering to a career or to a social or spiritual ideal. They know better than to surrender to a man—they have already suffered this form of surrender in a Dependence

Relationship and they have been hurt.

So a second-stage woman may refuse to surrender in intimacy at all, holding herself separate and well-guarded for the rest of her life. Or she may surrender half way, into a 50/50 Relationship, and continue to seek the pleasures of greater surrender through other less risky means. She may seek fulfillment by surrendering herself into her career, her therapy, her social cause or her creative art.

For example, it would be very natural for Charlene, after leaving her abusive Dependence Relationship, to seek fulfillment by losing herself in her career, going to a therapist or joining a weekly support group of some kind. She would then surrender not to a man's anger, but to her daily professional schedule and her work of self-integration. As a second-stage woman, she would tend to deviate from her basic impulse by attempting to achieve fulfillment through devoting herself to herself: to her work, her creativity and her personal growth.

The modern world is filled with men and women like this: men and women who are driving around and around in the cul-de-sac they originally discovered in the hope of achieving fulfillment. The second-stage Masculine in each of us drives around and around searching for His approximation of a death-like sense of release through Epicurean sexing, through knowledge or through creative accomplishment. The second-stage Feminine in each of us circles through Her friendships, Her career, Her artistic creations and Her intimacies, as if Her heart would be truly fulfilled, someday, through these means. Throughout this search for fulfillment, She is careful to remain independent, to stand Her own ground, and especially to not surrender too much to an intimate partner.

If the second-stage Feminine clings to Her position of independence too long, however, She will suffer the loss of deep emotional and sexual loving. Why? Because the pleasure of being ravished in love is

precisely negated by holding too tightly to one's own ground. Eventually, the second-stage Feminine realizes that, try as She might, whether dependent or independent, She can't seem to get enough love. However satisfied She is with Her career and Her friendships, She still feels an emptiness in Her heart that yearns to be filled—a sense of loneliness that yearns to be touched.

By recognizing our second-stage obsession with career, creativity or therapy as a deviance, we can regather our energy and align our life with our basic impulse: the impulse for limitless freedom, ecstatic love and boundless happiness. If you have a Feminine sexual essence, then the texture of your impulse will probably feel like a desire to be overwhelmed by love, to be surrendered into love. Therefore, rather than surrendering yourself so much into your career, for instance, you must learn to take a portion of your energy and devote it to surrendering directly into love—not to a lover, not to a therapist, not to your creativity, but to the force of love itself, which lies latent in your heart.

By making this shift in how you devote your energy, you grow from a second-stage orientation and a 50/50 Relationship into the third-stage practice of Intimate Communion. You begin to truly embody your heart's desire, directly in each moment. You understand that you have been deviating from your primary impulse by making the mistake of assuming that you would be fulfilled by giving your energy to your family, to a lover, to a career or to a creative endeavor. In the practice of Intimate Communion, you begin to give your energy to the expansion of your heart, directly. More and more, you rest in the real knowledge of love.

SEX AND DEATH

For the Masculine, death and sex are inextricably interwoven; that is, good sex is mind-blowing, self-obliterating, so ecstatic and loving that no shred of self-containment remains intact. Instead, the boundaries of self are melted in the heat and light of desire expanded into love beyond limits. It is this ecstatic loss of self I am referring to when I say that sex involves the desire for death: the death of self into ecstasy and love. This form of whole-bodied self-yielding into the force of radiant love is far more blissful than the spasmodic release of physiological tension that an orgasm affords.

In the practice of Intimate Communion, the Masculine learns that sex can be a way to yield His self into love. His sexual passion becomes converted by His heart into penetrating and pervasive love, shining through His sense of self and other—that is, melting the difference between lover and the beloved, obliterating them in unity, dissolving them in the bliss of overwhelming love.

His partner is dissolved in surrender to loving, just as He is dissolved in the yielding of His mind and body in the bright fire of their loving. Love outshines His human self, and thus He is obliterated in the force of love. Both partners are opened beyond themselves, into communion with all-pervading love and the flow of life-energy, which is magnified through their passion. Such is the sweetest and most delicate death, in which lovers smile beyond their skin and love beyond their minds.

In a 50/50 moment, a man is not ready to die so deeply. His sexual deviation from the realization of his free being is toward shared sensual release. He wants to die within the folds of his lover's fragrance. He wants to lose himself in the rhythm of their loins, rather than in communion with the naked force of love. His death is a romantic death,

sighed over an erect nipple and moistened lips, a death into his senses, rather than a death beyond all sensation. The 50/50 man wants to die into a pleasurable sharing with his partner.

In a moment of Dependence, a man is unaware of the possibility for true communion or even the sharing of pleasure. His release involves the building up of genital tension until he spasms in ejaculation—whereupon he savors the deathlike peace that remains. First-stage men frequently need some form of violence or anger to precede their sexual release. They only know death as a cessation of life, as the emptiness after a spastic release. They are uncomfortable with the vulnerability of sharing pleasure; they are uninitiated into the mind-blowing, body-blissing, heart-expanding, selfless love of communion.

A first-stage man only knows release via struggle: release via control and submission. So his sexuality expresses this knowledge. It is wrought with struggle, power and the need to be in control, as well as the need to experience submission to control.

In a first-stage moment, a man contemplates sexual death via struggle, fear, power and submission. In a second-stage moment, a man contemplates sexual death via sharing and sensual pleasure. In a third-stage moment, a man contemplates sexual death via the yielding of his self and his lover into communion with love itself, so that no separateness remains—only the single intensity of love-light native to the feeling of Being itself.

The Masculine always seeks death via sex. The difference is whether first-stage fear and tension, second-stage sensuality and sharing or third-stage selfless love informs His desire for dissolution. And it is the Masculine's primary responsibility to grow more and more free in the motive of boundary-less love, the motive of His true Being. Eventually, He learns to relax into His true nature and rest as the free expression of love that He is. Then, His sexual expression may

be calm or wild, receptive or forceful, but He is always rested in openness only, expressing the love, freedom and happiness natural to the easeful confidence of true Being.

SURRENDERING INTO LOVE

Love is native to our being. When you are in love with a man or a woman, the love you feel does not come from him or her; it is the love flowing from your own heart that you feel. Your partner is simply giving you an excuse to love. Love is always found flowing in your heart, not in your family, lover, career or art.

You may open your heart and feel love flowing in response to any person, animal, object or activity; but unless your heart remains open, you will inevitably lose the feeling of love again and yearn for more. You will suffer the illusion that love is coming to you from someone else, unless you learn how to open your heart and *be* love, relaxing any resistance and surrendering into the flow of love. This is one power of the Feminine in each of us: to surrender the whole body into the radiant flow of love, so the whole body becomes radiant with love.

We know love in this moment by opening our heart, relaxing our body and breathing love, now. When we are not closing or adding stress to our heart (when we are not adding defense or resistance), our heart is naturally open. And from our open and unguarded heart, love naturally radiates.

By relaxing into the pleasure of our radiant heart, we no longer need to deviate, seeking to approximate the deep fulfillment of true love-surrender. We are radiant *as* this surrender, this love, in every moment of real practice. We are no longer deviating from our heart, seeking fulfillment elsewhere. We are simply relaxing into our deepest impulse: the impulse of love. Here, the Feminine is liberated from

isolation, emptiness, dependence and independence, since she is rested in love itself.

The Feminine is a genius of love, of surrender, of deep emotional and sexual communion.

Sexually, the basic desire of most women with a Feminine sexual essence is to be overwhelmed by love, but few men can match their power, their sexual capacity, their emotional force. A woman whose intimate partner can match her is a happy woman. It is not simply that a woman wants to be totally loved, entered by love and ravished in love. Rather, it is when she is loved this way that the fullness of her native capacity to *be* love can be given full expression.

A woman with a Feminine sexual essence may be gifted at many things, including professional achievement, raising a family and creative accomplishment of all kinds. But the giving of these gifts will still leave a subtle emptiness, a subtle need, in the Feminine heart. The only gift that leaves no need is the gift of total and uninhibited loving, expressed from the heart and through the body. In the moment of giving love totally, of surrendering Herself in the gifting of love, of being overwhelmed by love and dying into the force of love, the Feminine genius is given full bodily expression.

The Masculine can talk all He wants with the Feminine; what She wants is to dance. She wants to surrender Herself totally in the dance of love, in the bodily, emotional and sometimes sexual communication of love, with a partner who is likewise surrendering. And when She knows love absolutely, when Her body is filled with love, when She is moved and breathed by love, then Her search is over.

FEMININE SEXUAL SUPERIORITY

Outside the bedroom, men and women may argue about which is the stronger sex. But inside the bedroom, there is no competition: The

Feminine form and force is sexually far superior to the Masculine.

I'm not merely referring to the obvious Feminine superiorities: deeper and more numerous orgasms, a greater proportion of sexually excitable flesh, and emotional responsiveness that far exceeds most Masculine involvement with sex. I'm talking about something more subtle and more demanding. I'm talking about the native ability of the Feminine to communicate love through the body. Most men can't match it.

The Feminine is the master of the bodily communication of love, of complete and ecstatic surrender in love. Whereas sex for the Masculine is often used for purposes of tension release, sex for the Feminine is almost always a dance of emotionally felt sharing and surrender in love. Whereas sex for the Masculine is often over-wrought with concern about performance, sex for the Feminine is more often motivated by the desire for a deep flow of love.

In the ancient, traditional cultures of the East, such as in Asia and India, people understood the native sexual superiority of the Feminine. When a boy reached the age of sexual maturity, he was brought to an older woman, an experienced woman, a woman who could initiate him into the art of truly ecstatic sexual loving.

A boy's sexual education was not left to locker-room talk and groping around with a girl in the back seat of a car. Rather, his sexual education was entrusted to a skilled initiator, an experienced third-stage woman, whose natural expertise in such matters was acknowledged and honored.

After being thus initiated, the young man was prepared to make love with his chosen intimate partner. He was well-instructed in the true potential of sex: not merely to release tension through orgasm and not to gain self-esteem through his sexual prowess, but to magnify and communicate love to the point of ecstatic self-surrender in love. After learning this exquisite art of sexual surrender from an initiatress, a

young man was truly prepared to embrace his chosen partner and fully commune in the force of love.

Today, however, most men are lucky if they can get it up, keep it up, continue for 15 or 20 minutes, and then have an orgasm—hopefully while their partner is also having an orgasm. Most men of today were initiated into sex not by a gifted third-stage woman, but by their own hand. As teenagers, they learned how to masturbate to the point of orgasm, and now they have sex with their partner in much the same way. It may involve some foreplay, some affectionate talk, but for many men today the sexual act itself is basically a form of masturbation—shared masturbation, gloriously synchronized masturbation, but masturbation all the same.

Most women, however, are dissatisfied by such superficial sexing. Their Feminine essence is naturally wise with love. At their core, they know how deeply love can be communicated through sexual embrace, and even though they may never have experienced it with a man, most women are intuitively quite capable of the most profound sexual union. When they don't experience it, they miss it. They may not be able to say specifically what it is they miss, but they feel like their intimate relationship is missing something. In body and heart they know that true sexual and emotional communion is missing, even though their mind may not find just the right words to express it.

Sexually, most men just can't match a woman's depth of surrender. Her need to be overwhelmed by love is so great and her capacity to gift love is so infinite that most men are reduced to anxiety in the intimate presence of the Feminine who knows Her true need, Her primary impulse.

Therefore, most women are left unsatisfied. Their energy is suppressed, since most men are unwilling to receive their fully expressed gift. Few men seem to have the energy to dance with a woman, or to

match her depth of loving. Most men are quite willing to surrender themselves to the little death of orgasm, but very few are willing to surrender so deeply that they become the immense force of love that moves the Feminine to tears.

Most men are willing to be aroused by the Feminine, by Her smell and Her smooth form, but few men are willing to overwhelm the Feminine with love. Most men are willing to give themselves up to a seductress, but few men will dance with a true enchantress, a wild goddess of love, a woman who will tolerate nothing less than complete surrender in love.

Such a woman is willing to give of herself totally. She knows therein lies her happiness. But she is only willing to give herself to love. Not to abuse, and not even to mere pleasure. But only to love. If a man is unwilling to love, she has no lover with whom to dance and her gift remains ungiven. Over time, this ungiven gift creates a sense of depression and she may seek a lesser form of self-surrender as a deviation—as an approximation of the gift she really wants to give.

Most men don't have anywhere near the sexual capacity that most women enjoy. Orgasmically, anatomically, emotionally and psychologically, most women are simply superior to most men when it comes to sexual intimacy. Therefore, it is a mistake for a man to try to satisfy a woman's true sexual desire through mere sex. He won't be able to do it. No matter what he gives her, she will want more.

There is only one way for a man to give a woman what she truly wants, and that is through his strength of loving when he is not compromised by fear. A man who lives in fear—of losing his woman, of failing in his career—is weakened in his expression of love. His core is compromised. He is unable to ravish his woman because he is unable to let go of the clench in his gut. His woman lies waiting, heart-ravenous, desiring to be overwhelmed by love, ready to give every

ounce of her loving and surrender all resistance, but he is shriveled by his own fear.

Furthermore, a man's energy is drained into every deviation to which he devotes himself. His energy is drained by his work, by his thinking, by his drinking, by TV. By the time he comes to his woman, her Feminine energy is too much for him.

If her Feminine energy has nowhere to express itself, it may take the form of a deviance: she overeats and attacks her man's weaknesses, through silence or through fury. This causes the drained Masculine to retreat even further. The Feminine's energy, whether Her radiant energy of love or Her deviated emotional neediness, is just too much for most men. Most men have not grounded themselves in the freedom of Being. If they had, the howling winds of the Feminine might swirl around them, but they would simply stand strong, already full, unafraid of loss or gain, and therefore free of the Feminine's push and pull.

When a man is rested in his true Being, he may be deeply involved in an intimate relationship, but it is not essential to his happiness. He knows he is happy alone. He knows he is happy in relationship. He knows he loves this woman. He knows he could love that woman. If his chosen partner wants to love him, his love flows freely. If she wants to bitch, his love flows freely. He will make his choices based on freedom. He will offer his love without flinching. He will dance unencumbered and without compromise. And he will discover daily who (if anyone) wants to share in the dance of love with him.

Faced with this immovable third-stage Masculine presence, the Feminine has few choices. Her pushes and pulls no longer hook into Her man's fear. He simply stands free, loving, with no holding back. His presence is inherently demanding, because he is unattracted to anything less than love. His demand serves her longing. Her basic impulse has found an absolutely trustable partner. Finally, She has found a man

whose commitment to love is fierce enough to overwhelm her heart. As practitioners in Intimate Communion, the Masculine continually releases His fear, the Feminine continually surrenders Her resistance, and together they die into love, submitting themselves to the force of love, freeing themselves from unfulfilling deviations. Nothing less feels right to the third-stage Masculine and Feminine in Intimate Communion.

THE FINAL SEARCH

No man can be fulfilled unless he has ceased searching for release and is founded in the present relaxation of true Being. No woman can be fulfilled unless she has ceased searching for a way to fill herself and is founded in the present relaxation of radiant love.

When a man is founded in true Being, he is no longer afraid to lose his woman, nor is he afraid of losing himself in relationship with a woman. Rather, he welcomes her radiant enchantment and freely surrenders himself in her loving. He ravishes her, pervades her with his presence, loves her with no inhibitions, and she opens to love, surrenders to love and is fulfilled. She is not fulfilled by him. Rather, she is fulfilled by resting in her own fullness as love. She is fulfilled by her own expression of the powerful love overflowing in her heart.

Uninhibited loving is the fulfillment of her heart. It is just that few men are ready to dance with such dynamic love and deep surrender. Likewise, for a man, relaxation into the native freedom of his true Being is the fulfillment of his quest. It is just that few women are ready to receive a man who is already free, who neither needs her nor fears her.

We receive very little support to rest in our inherent freedom or to express the radiant power of our natural loving. Instead, we are

supposed to be searching. The search is supposed to be the basis for our lives. Daily, we are supposed to go out on our quest for freedom, whether it is financial freedom, creative freedom or psychological freedom. Daily, we are supposed to involve ourselves in relationships that promise love: family relationships, marriage relationships and friendship relationships. Our quests and relationships are supposed to eventually fulfill us, but do they?

When do we realize that no matter how much money, sex, knowledge or affection we have experienced, we are always seeking more? When do we realize that our feeling of insufficiency results from the tension of the search itself, and if we only relaxed into our heart right now, we would be rested in sufficiency?

As long as we doubt the sufficiency of our true Being and heart, we will continue deviating into cul-de-sacs of hope. And most of us deviate into the same ones: food, family, money, work, sex or philosophical knowledge. Most of us also know that, no matter how good our lives seem on the surface, underneath we feel somewhat unfulfilled. We do not feel totally free or ecstatic in love. Even in our intimacies, our deepest desires are often denied.

EMBRACING THE TABOO

In order to fulfill the deepest desires of our heart, we must embrace the taboo. We must admit, for instance, that we desire some form of ultimate and final release or ego-death, even as we are afraid of *really* dying. We must admit that we desire to surrender to an other in love, even as we are unwilling to give up our independence. We must see that we are afraid of the thing we most desire, and so we live a mediocre life, never bringing to consummation the primary impulse of our heart.

A man must feel the Masculine force inside of him, as well as his

desire to feel a woman open to him, and couple his force and desire with love. When given from the heart, his energy of force and desire becomes converted into passionate, ravishing love, given by a man willing to yield himself in Intimate Communion with his woman.

A woman must feel her desire to be loved and her impulse to surrender herself in relationship. She must realize that there is nothing wrong with her desiring. It is not necessarily true that she “loves too much.” It is just that in the past, she has sought love from a man who could not match her and so she surrendered herself to a relationship that denied her gifts, rather than blooming her into fullness.

Embracing the truth of her primary impulse, she can cease surrendering to the personality of a man, which will always fall short of her need. Instead, she surrenders to the love that naturally flows in her heart. She learns to relax her body in the present knowledge of love. Then, she no longer doubts love. She no longer asks, “Do you still love me? Do you really love me?” She understands that love is true for her when she is loving, not when she is in doubt, hoping to be loved.

To be fulfilled, emotionally, sexually and even spiritually, man and woman must embrace their passion, their aggression, their desire and their need to surrender themselves in love. They must embrace the fullness of the Masculine and Feminine. To ravish and be ravished in love, the Masculine and Feminine must reconnect with their primary impulse to be finally released and fully surrendered in love.

Then, man and woman alike can yield into love, releasing and surrendering themselves into the fullest expression of their hearts. Rather than standing separate, they each submit themselves to their primary motive. Rather than trying to satisfy their hearts through a deviance, they cease all searches and relax into their very Being, their feeling-core, and give the gift they always wanted to give, without inhibition.

During sex, for instance, man and woman must be willing to

surrender and release their fearful hold on themselves. They must be willing to overwhelm each other in love, to sacrifice and be sacrificed in love. The pleasure of sacrifice, of release, of being overwhelmed by love, of dying into the love that we truly are, is our deepest fulfillment. We may deviate into hope, giving ourselves to our family, surrendering our time to a corporation, devoting our energy to a social cause and dying into the waves of an orgasm, but our search is not thereby ended. We are not quite fulfilled. We are not finally rested in the bliss of our true Being, our inherent love and freedom. Our style of sexing reflects this unrested tension, our unrelaxed search, our unwillingness to sacrifice our selves entirely in the giving of uninhibited, passionate love.

I want to surrender.

I want to feel you surrender.

We must confess this to our lover and to ourselves. This is the beginning. Every desire, every taboo must be embraced and then converted, by love. In this way we become free, even in our bodily confession of sexual love with one another. Our full Masculine and Feminine forces are free to ravish and enchant and overwhelm our lover with love. Our sexual essence is deeply fulfilled because it is able to give its deepest gift—the gift that is often difficult and even taboo to discuss in public.

By embracing the taboos of ecstatic release and blissful surrender, by admitting our deep and secret heart-desires, we are able to actually live on the basis of our primary impulse. We may certainly enjoy our family, our career and our intimate relationship, but we are no longer craving to be ultimately fulfilled by them. Rather, we are fulfilled already. Releasing or surrendering our search in this present moment, we allow ourselves to feel who we are when we are not adding the stress of seeking.

Moreover, by embracing the taboo, we allow ourselves to be moved

by our primary impulse, beyond Dependence and 50/50 Relationships, and even beyond all our ideas of what an intimate relationship should look like. Our loving is no longer determined by presumed roles in any kind of fixed or fearful relationship. We are free in our loving.

We are willing to sacrifice our need to know “where we stand,” and thus we are free to let go of old roles and discover, day by day, the style of intimate relationship that best serves our expression of love. We are willing to discover, moment by moment, how to cultivate an intimate relationship that empowers us to give our greatest gifts. We are free to do this when we have observed our deviations, grown out of our Dependence and 50/50 needs, and are ready to follow our most primary impulse to release ourselves and be overwhelmed by love. Understanding the futility of our *search* for release and fulfillment, we relax into our true nature, into the heart of this moment, which is inherently open, loving and unboundedly alive. In the practice of Intimate Communion, the dance between man and woman continues, but the need for it to fulfill us has come to rest in the present fullness of our heart.