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The Use and Abuse of Sexual Substitutes



SEXUAL SUBSTITUTES

In our search for emotional and sexual fulfillment, we often seek out and make use of non-human sources of Masculine and Feminine energy. Sometimes we approach these sources consciously, though often we are unaware of the extent to which we indulge in non-human sexual liaisons. By understanding the healing, as well as the weakening, power of sexual substitutes, we can learn to strengthen our own sexual essence by their proper use. Furthermore, we can cultivate a full flow of sexual polarity in our chosen intimacies, rather than “leaking” our sexual flow with substitutes throughout the day.

THE GEOGRAPHY OF SEX

You feel *her*. She is moving all around you, caressing your skin. Her breath tickles your ear and her warm scent touches your nose. You press your tongue against her and her sweet juices spill, dripping down the

corners of your mouth, mixing with the beads of sweat on your neck and chest.

At another place and another time, you were with *him*, learning a new skill from him and loving every minute of him. His energy was so strong and supportive that you felt energized by him. Every day, he offered you many opportunities for making money, introducing you to new friends and clients, staying up late at night with you, giving you an extra push to go beyond yourself and strive for perfection. He entered your life completely. You could feel his intensity inside of you, providing a kind of driving rhythm that helped you move through the day. In the evening, he would offer you fine restaurants, movies, theater or dancing. He was always willing to show you something new and was never more than a phone call away.

Who are these wonderful friends, she with her fragrant juices and warm caresses and he with his round-the-clock support and exciting plans for your future? They are not fantasies. They are not even people. They are, in fact, places. They are the silky smooth waters and sweet fruits of Hawaii and the buzzing, stimulating evenings and intensely productive energy of New York City.

We often unknowingly relate to our surroundings in a sexual way. Just like human beings, places can be more or less Feminine, Masculine or Neutral. More Feminine places, like Hawaii, embrace us in warm arms and wash away our concerns with their radiant beauty. More Masculine places, like New York, move us with their directional energy and strong intent. We may not think about it, but sometimes we look to a place for the sexual energy that we may not be receiving in our intimate life.

We are especially prone to geographic sexuality when we are not “getting it” from our human intimate partner. Perhaps you are single or involved in a depolarized relationship with a partner who no longer

gifts you with his or her strong sexual essence. Especially in 50/50 Relationships, we may begin to crave strong Masculine or Feminine loving, since we often do not get it from our partners. When our own sexual essence is not coupled in a fulfilling polarized relationship, we often unconsciously seek sexual energy in all kinds of unacknowledged ways.

By becoming conscious of the principles of sexual geography, we can gain an understanding of how we unwittingly use places as sexual substitutes. We can discover how these unconscious geographical “affairs” affect our intimate relationships, often preventing us from growing beyond the emotional-sexual stalemate of a 50/50 Relationship. If we begin to rely on sexual exchange with our surroundings, rather than relearning to gift healing sexual energy with our intimate partners, we may retard our growth from a 50/50 Relationship to the practice of Intimate Communion.

On the other hand, sometimes your partner is unavailable for a legitimate reason, or perhaps you don't currently have a partner. If you have a strongly Masculine or Feminine sexual essence rather than a Neutral one, you will feel like a single pole of a magnet uncompleted by a partner, wanting to attract and be attracted. You desire to be in a polarized relationship with the opposite sexual essence, but you are temporarily unable to connect with such a person.

In this case, you can learn to *consciously* embrace the place of your choice like a lover, taking a trip to the snow-peaked mountains, a quiet lake or perhaps a special city. In this way you can heal and rejuvenate your stressful or weary sexual essence, especially when your intimate partner is unable to give you what you need for one reason or another. This kind of “affair” is often beneficial to all involved, no matter what stage of relationship in which you are involved.

HAVING AN AFFAIR WITH A MASCULINE OR A FEMININE PLACE

When you want or need the company of the Feminine, go to a place like Hawaii. Her abundant plant life surrounds you in tropical greens and every shade of red. Her soft beach sand clings to your toes like a lover's teasing kisses, reminding you of a day of wild ocean caresses and the sweet juices of guavas, mangos and papayas. Your cares and concerns are washed away as you relax every inch of your body in Her sensuously swirling waters, which sometimes gently lap at your navel and sometimes suck you in beyond your control.

Wherever you live, the Feminine is found in any place that is radiant with natural, rejuvenating energy, a place that feeds you with life rather than drains you, a place that magnifies the shine of your heart rather than challenges your ability to succeed. If you are in Denver, for example, you can go to a nearby river for an afternoon smile with the Feminine, who is always waiting for you, ready to receive a dip of your foot or a plunge of your whole body. Her singing birds and soothing ripples surround you in an embrace of refreshing relaxation. If you don't have an intimate partner who willingly gives you the sensual and nurturing energy of the Feminine, don't starve: Her welcoming arms await you somewhere nearby.

If you want the company of the Masculine, go to a place like New York City. His intense energy will fill you to the brim and you won't be able to escape His massive and towering skyscrapers. You will learn to cut the mustard fast, because, although you're offered every possible opportunity for making it, He also keeps on going whether you are with Him or not. Night and day He persists in His mission, like a locomotive churning steam to reach some great destination, and all you need to do is learn how to ride. Underneath His apparently stoic shades of gray

asphalt, gray suits and gray buildings, lurks one of the most powerfully active places in the sophisticated worlds of art, commerce and science. And it is all there, offered to you on a plate—if you are good enough to make it.

The Masculine takes His stand all over the world, not just in New York. The quality of the Masculine can be found in many places, from rocky plateaus to air-conditioned offices. There are mountains to climb, deserts to cross, stock markets to beat and real estate to sell. You are in the company of the Masculine any time you are competing—with yourself, with other men and women, or with the challenging terrain. His energy aligns your purpose like a compass needle, pointing your attention toward the goal of the moment. As you resonate more and more with the Masculine, you become focused, goal-oriented and willing to cut through any obstacles to get to where you want to go.

Although you may not live in Hawaiï or New York, you can look at these extreme examples to help you understand whether you relate to your surroundings more as the Masculine or as the Feminine, or as a combination of both. Hawaiï nurtures you. New York tests you. Hawaiï invites you into her healing nature. New York challenges your capacity to think and act. If you have been working hard and your mind, body and heart desire to be soothed and rejuvenated by powerful and healing life-force, then go to Hawaiï. If you are waiting for your lucky break, preparing your career for the big league or ready to meet your mark and finally do it, then go to New York.

SEXUAL SUBSTITUTES CAN WEAKEN YOUR ESSENCE

Sexual geography is real. You can go to certain places to be healed and enlivened by the energy of the Feminine, and to certain other

places to be moved by the energy of the Masculine. Wherever you go, the sexual geography of the place will affect your behavior, rhythms, ambitions and relationships. Our entire lives are affected by our chosen geographical consorts. And that is why we have chosen them: Often without knowing it, we desire the company of a non-human source of Masculine or Feminine energy because we don't have a human companion who gives us what we want.

We often choose a place to live because we do not have a partner, or because we are not getting enough Masculine or Feminine energy from our intimate partner to fulfill our deep sexual needs. So, we accept a substitute. Instead of becoming the kind of partner that would evoke deep sexual communion in our intimacies, we take the easy way out and have a non-human affair. By doing this, our own sexual essence becomes weakened. Our relationships become less sexually polarized and we become more dependent on sexual substitutes.

Particularly in 50/50 Relationships, we often become dependent on sexual substitutes in order to satisfy the lack we feel. After all, it seems far less demanding to do something like go to the beach or pour our energy into our career than to deal with our intimate relationship. Coupled with a non-human substitute, our sexual essence has less opportunity to grow in a polarized relationship with our chosen partner. We begin to settle for an intimate life with far less passion and depth than we know is possible. We drift closer and closer to a Neutral relationship, even if our true sexual essence is more Masculine or Feminine.

Instead of depending on substitutes for a sense of satisfaction, we could learn to reclaim, rejuvenate and breathe life into our true sexual essence. An enlivened sexual essence shines as a gift, acting like a beacon to attract an appropriately polarized intimate partner, or serving to "turn on" our present partner, evoking a more potent emotional-sexual force in him or her. When we are no longer dependent on

substitutes, then our essence is free for the practice of sexual polarity in Intimate Communion. We can give and receive enlivening gifts of love with our partner, instead of settling for a daily lack of the Feminine or Masculine and seeking substitutes to fill the void.

FEMININE SEXUAL SUBSTITUTES

Like many people today, suppose you are in a 50/50 Relationship where you and your partner work so hard at Masculine-type jobs that by the end of the day you are both too stressed out to offer each other any Feminine energy. Neither of you experiences enough of the enlivening, healing, sensual energy of the Feminine. So you may want to “get a little on the side.” What does it feel like when there isn’t enough Feminine energy in your life?

Basically, your everyday routine gets stale. You both come home from work exhausted. Who’s going to make dinner tonight? Who is going to pick up the kids? Neither of you has the energy to do much of anything.

Finally you get into bed together. Your partner wants a massage. Oh, great. Well, okay. You give a little massage, and then turn over so you can receive a little. But your partner is snoring. You’re out of luck. No healing and delightful Feminine energy for you tonight.

When you don’t get enough Feminine energy, you become weary and emotionally dry. You feel lifeless inside and you begin to crave someone to nurture you, cook for you, massage you, enchant you and delight you. You demand more and more of this Feminine energy from your partner, and if you don’t get it, you turn to other sources. You may look for an affair with the Feminine in a non-human form.

Alcohol and many drugs are one kind of Feminine substitution. Any drug that softens your edges, soothes your mind, relaxes your

body and opens your heart is providing you with Feminine energy. The Feminine caresses and enchants you, whether She comes from a relaxing marijuana joint, a few cold beers or a warm injection of heroin.

On the other hand, the quality of the Masculine is found in any drug that pushes you forward, brings you into your head and motivates you to accomplish your goal, cutting through any obstacles that may lie in your way. Drugs like caffeine, amphetamines and cocaine give you that Masculine edge and forward thrust. As with any substitute, when we are regularly coupled with a drug, our sexual essence is less available for deep union with a chosen intimate partner.

Besides looking for the Feminine in smoke, drink or pill, you might also look for the Feminine in human form, either as friend or lover. If you are extremely developed in your Masculine, always pushing, analyzing and directing other people, you will be most attracted to a partner who embodies the radiant, healing, enlivening and even wild aspects of the Feminine. A partner like this will dynamically balance the Feminine you lack. It is not unusual, for instance, for a mega-level super-businessperson to take a radiantly beautiful but not-so-driven partner as a consort, just as you might decide to go to Hawaii rather than New York to relax in its sensual and healing Feminine energy.

A man might also substitute one or more casual “friendship” relationships with women for a deep commitment to love in a polarized intimacy. His Masculine essence is somewhat completed and partially satisfied in the subtle exchanges of sexual energy he gets from spending so much time with his woman friends, even if all they are doing is talking together. It is as if he has many superficial “sexual” relationships, rather than a deeply engaging and committed practice in intimacy.

Over time, his sexual presence diminishes—it is being “leaked” and compromised in his casual relationships. This is, of course, as true

for women as it is for men. Unconscious sexual substitutes, even in the form of the subtle sexual satisfaction we get from spending time talking with opposite-sexed friends, can act to weaken our sexual essence and lessen our gift as a potential partner in the practice of Intimate Communion.

Let's take this even further. Imagine that a man has chosen not to visit Hawai'i, but to live there. He has even arranged his life to have a daily tryst with his tropical source of Feminine energy: his life revolves around surfing, or kayaking, or hiking. He enters her wild and radiant waters or jungles daily.

Ask a surfer sometime: "If you could have the perfect wave, every wave, for three months, or the perfect intimate relationship every day with a woman for three months, which would you choose?"

A surfer, or someone like him, already has a source of Feminine energy, in the form of the water. What experience can a human woman offer him that he does not already get from the ocean? He is bathed and nurtured by Her. He rides with Her ups and downs. She is unpredictable, always fresh and alive. Sometimes She lifts him into glory, into the perfect moment of intimate union. Sometimes Her moods almost drown him, bashing him into the rocks or carrying him so far away from land that he wonders if he is crazy to be with Her.

Why would such a man make a commitment to a single human woman who has her own needs? Why burden himself, he might wonder, with a deeply committed relationship when most of his needs for the Feminine are already satisfied by a big, wet, radiant Feminine source who is always there for him, open to him, ready to give him the ride of his life?

Surfers, skiers and other Masculine-essence men who embrace the wild and living forces of Feminine nature are among the least likely men to commit in full presence to intimate relationship with a human

woman. The reason a Masculine-essence man chooses a Feminine woman (or man) as an intimate partner, rather than a more Masculine woman (or man), is because he wants to embrace, and be embraced by, the Feminine. He wants to commune with the Feminine in intimacy.

He desires to enter Her deeply and move with Her energies, like a dedicated surfer. He is ready to be healed by the Feminine source and he is also ready to master Her moods and dangerous currents. If he is already embracing, mastering and being healed by Woman in the form of nature, it will take a very special human woman, a woman who is more of a woman than his watery source of Feminine force, to attract him away from his commitment to the surf. Ask any woman who has tried.

MASCULINE SEXUAL SUBSTITUTES

Imagine that you are a woman who has just been divorced. While married, you played around with developing your artistic talent, had a few low-key showings at local galleries and even sold a few pieces. But now you are single, and you want to make art your career. So you move to a big city and find an agent, making contacts in the art world, learning from other artists and being inspired by showings, museums and the hubbub of the city night life. You have moved to the big city for the energy of the Masculine: directional, persevering, passionately active and directed toward successfully achieving a goal.

In effect, you are having an affair with the city, just like a surfer is having an affair with the ocean. You allow yourself to be moved by the energy of the city. You say to yourself, "I am here for a purpose. I am going to achieve my goal. I am going to take advantage of the resources the city offers me."

And then you meet a man.

Something clicks between the two of you the very first time you

meet. But you are on your way to an appointment and don't have time to chat. A few days later when you meet him at the museum for lunch, you open your schedule book and pencil him in for dinner at Chez Renée next Saturday night. Saturday afternoon comes and you remember about an important gallery opening that evening. You really should attend. So you call him up and ask him to meet you at the opening-night party instead of at the restaurant.

He shows up at the party with a big bouquet of flowers for you, and your heart melts. But suddenly, out of the corner of your eye you see Mr. Bigmoney, one of the city's greatest patrons of the arts. You don't want to miss this opportunity, so you grab your date by the arm and whisk him over to Mr. Bigmoney for a conversation.

The evening continues and later your date turns to you and says, "Look, I'm here to be with you. Do you want to be with me or are you going to schmooze with everyone else here at this party?" You look at him, take another sip of coffee and say, "Sorry. I shouldn't have brought you here. I'm busy now. I'm on a roll. I'll call you tomorrow."

A woman's commitment to her Masculine mission may frustrate a man who would like to be the main source of Masculine energy in her life. A non-human affair is not much different from a human one. It is exciting for the participants, and yet the jilted partner feels cheated.

A surfer's commitment may be to the undulating waves. A body builder's commitment may be to the smooth curves of his own body, a skier's to the slippery slopes and a sailor's to the mysterious sea. Likewise, a businesswoman's commitment may be to the upwardly mobile energy of the big city. Its thrust moves her toward the big score. And, just as a weight lifter's commitment to his curvaceous image in the mirror might frustrate a woman who would like to be the cherished object of his affection, a businesswoman's devotion to her Masculine mission frustrates a man who would like to be the main recipient of her devotion.

In a place like New York, men may feel frustrated because their potential mates are all having sex with the hard and fast energy of the city, being filled by its upward mobility and skyscraping vistas, taken by the arm and led from one golden opportunity to the next. In a place like Hawaii, women may be frustrated because their potential mates have a prior commitment to the surf, the warm soft sand, the lush and fertile valleys of fruit trees and river. No matter what city you live in, no matter what career you are engaged in, you may find your partner in a more or less sexual relationship with his or her place and profession.

IN THE COMPANY OF MAN AND WOMAN

If you are guided by your schedule book and challenged to perfect your mental sharpness, self-discipline, financial dealings or artistic skill, then you are keeping the company of the Masculine.

When men keep the company of the Masculine, they become more Masculine and therefore more polarized in intimate relationships with women. For instance, after making a killing on the stock market or a touchdown on the football field, a man is all charged up, full of his Masculine power and very ready to share it with his woman.

However, when women keep the company of the Masculine, they tend to lose connection with their natural Feminine sexual essence (unless, of course, their natural sexual essence is Masculine). By opening themselves to the energy of the Masculine all day, by running Masculine energy through their body all day, they become less full of Feminine radiance and more full of Masculine direction. A woman who has just made a killing on the stock market will probably express more Masculine energy than Feminine: She's more likely to raise her clenched fist and shout, "Victory!" than she is to relax into every inch of her body and radiate Feminine force.

A woman who runs Masculine energy through her body all day begins to desire external Feminine energy to complete her, just as a man does. She desires the Feminine to come to her at the end of the day: a relaxing massage, a warm bath, a delicious meal or any other form of Feminine, enlivening energy to ease her mind, fill her body with life and caress her spirit.

Trouble may begin if she regularly desires this Feminine energy from her intimate partner. She wants her man to listen to her more, support her in her quest for success, nurture her tired edges with his affection and breathe life into her weary soul. In effect, she wants more Feminine force from her man. This is fine, temporarily, or even permanently if her partner's sexual essence is naturally more Feminine. But when we consistently want our partners to give us sexual energy that is not native to their sexual essence, we are asking for trouble in our intimate relationship.

In the company of the Feminine, on the other hand, women become more Feminine—as witnessed in the lively, colorful, enchanting dress and attitude of women of the tropics. Women run Feminine energy through their bodies whenever they are in the company of the Feminine force. After spending time laughing with her close women friends, walking in a flowered meadow, dancing to her favorite music or expressing her personal creativity, a woman is full of the Feminine force and quite ready to be with her man.

But men become depolarized by the Feminine's constant companionship. A man who drinks beer or smokes marijuana all day, surfs all day or plays his guitar under the trees all day, is less likely to have the strong directional integrity it takes to make a long-term commitment with a woman. This kind of depolarized man is caricatured in the stereotypes of the dreamy pothead, the beach bum or the love 'em and leave 'em musician.

To strengthen and enliven your emotional and sexual core, spend time in the company of the sexual force that is the *same* as your native sexual essence. If you must spend a lot of time in the company of the opposite sex (in human, geographic or professional form), make sure to rejuvenate yourself by spending equal time in the company of your native sexual force. If you have a Masculine sexual essence, spend substantial time in the company of only men or in some arena of challenge, self-discipline and focused directionality, in the form of a sport, a meditative practice or a goal-oriented giving of your creative gifts. If you have a Feminine sexual essence, spend substantial time in the company of only women or in the powerful flow of natural life-force, dancing to music, moving in nature, allowing your body to spontaneously express your creative gifts and making passionate love.

As long as we take care to nourish our emotional and sexual core with the force of its native energy, Masculine or Feminine, we can spend our workday being as Masculine or Feminine as we like with no ill effects, regardless of our native sexual essence or our gender.

THE RESULTS OF SEXUAL GEOGRAPHY

What happens to the intimate partners of driven businesswomen and undirected men? The Masculine and the Feminine are always found together, embraced in a dynamic play of filling and being filled, giving and receiving, guiding and energizing one another. If he doesn't do it, she will. If a creative but undirected man doesn't give his woman Masculine energy, then she will develop it for herself. If a successful but stressed-out woman doesn't give her man Feminine energy, he will create it within himself, or seek it elsewhere.

We forget how sexually extreme a place can get. New York is so Masculine that the sight of a hurried person in a gray business suit

looking at his or her watch while stepping over a piece of trash is so common, it is barely noticed. What would it be like to find on the streets of New York a woman in a bikini, her skin oiled with lotion and beaded with fine sweat, wearing a lei of flowers around her neck, walking slowly to an unseen rhythm, smelling the flowers and greeting every stranger with a smile and radiant eyes? This is a common sight in a place as Feminine as Hawaiï, where a hurried person in a business suit totally ignoring his or her surroundings would draw sympathetic smiles from the vacationing people splashing on the tropical beach.

Understanding sexual geography allows us to predict what aspects of intimacy will be easier or more difficult, depending on where we live. In a Masculine place like New York, both men and women will have more difficulty connecting with the Feminine. In a Feminine place like Hawaiï, both men and women will have more difficulty connecting with the Masculine.

Men and women in a place like Hawaiï are surrounded by the Feminine all day and night. Therefore, men always have an option to human Feminine companionship—the surf, for instance—and women are always competing with these other Feminine sources for their men's attention. Thus, the dress in Hawaiï is extremely Feminine, sensual, colorful and revealing of the body's curves: a woman must be quite a woman to stand out as Feminine in Hawaiï. And this is difficult for a woman whose non-goal-oriented, beach bum partner forces her to work hard all day in her Masculine just to get by financially.

Men and women in a place like New York City are surrounded by the Masculine day and night. Therefore, women always have an option to human Masculine companionship—they can embrace their schedule book and cellular phone—and men in such places are always competing with their women's career ambitions and one-pointed schedules. The dress in New York is extremely Masculine, well-planned,

functional, sometimes even protective and often purposed for success. A man or woman must be quite Masculine to make it in New York. And this makes it hard for a man to find a woman who will commit to being his source of Feminine energy.

OTHER SEXUAL SUBSTITUTES

The Masculine and Feminine energies are not only found geographically; sometimes we substitute a child for a sexual partner. We may not actually have sex with the child, yet we use the child to subtly satisfy our need for the energy of Masculine or Feminine. For instance, when we allow our child's developing career or talent to guide the decisions in our lives, we are relating to our child as a directional, or Masculine force, and this often causes jealousy between parents: "You give our son more attention than you give me."

We relate to our child as the Feminine force when we depend on him or her to share loving touch and spontaneous laughter, whenever we emphasize the child's beauty and ability to enliven us and bring pleasure into our lives. Sometimes our child becomes our most willing and immediate source of intimate Masculine or Feminine energy. This could be a natural form of delightful sharing, or perhaps a source of jealousy between intimate partners. More rarely, it could escalate into overt forms of sexual abuse.

We may also attempt to satisfy our need for the Masculine or Feminine by unconsciously embracing animals, fantasy companions or favorite objects as our source of subtle sexual flow.

For example: He is her protector, her longtime companion, her committed partner. She confides everything to him and he never flinches. He is present with her through her most difficult times, always supportive and sensitive to her needs. She enjoys feeling his strength as

they wrestle, yet she knows he would never hurt her. He's obstinate and he might interrupt her phone calls or even wake her from a deep sleep to get what he wants, but she always feels appreciated. She loves her German shepherd, her most loyal consort.

Another example: He loves to admire her smooth and well-shaped form. He worships the lines of her body, soaping her with his own hands, trailing suds down her front, along the beautiful curves of her sides, finishing with long strokes up and down her rear end. In public, he is very jealous and keeps an eye on any man who stands too near her. But when he is alone with her, he loves to turn her on and feel her purr in response to his ministrations, his expert fingers gliding across her well-lubricated inner parts, as he alternately heats her up and cools her down. He looks forward to spending weekends with her, sometimes going to the beach and showing her off to his friends, although his wife often gets upset at the amount of time, money and energy he puts into his new car.

If you notice that your partner or potential partner has chosen an emotional or sexual substitute, be wary. His or her sexual essence may already be compromised or absorbed into a non-human polarity. It is not always easy to break old habits of sexual substitution, freeing our essential energy for taking the next step beyond a 50/50 Relationship, so be forewarned.

Your Masculine partner may have chosen to lavish attention on a substitute source of Feminine force in the form of surf, car or boat, marijuana, music or many other forms of sensuality, beauty and rejuvenation. If so, He will be less likely to commit to giving you His Masculine love and receiving your Feminine love in an intimate relationship.

Your Feminine partner may have chosen a substitute source of Masculine force in the form of a career, schedule, animal, city, mission or in any other way of filling Her life with purpose, direction and goals. If so,

She will be less likely to commit to giving you Her Feminine love and receiving your Masculine love in an intimate relationship.

BEYOND SEXUAL SUBSTITUTES

A woman's career rarely penetrates her heart and fills her with the same kind of love and emotional fulfillment that a good man would—a man whom she could trust, a really good man full of passion and loving presence. And a man's search for the perfectly formed wave, the perfectly formed biceps or the perfectly formed powdery slope may distract him from his life's deep purpose, as will the obsessive search for a perfectly formed woman. We must outgrow our misplaced searches before we are willing and able to practice love in Intimate Communion.

The key to intimacy is love, and the key to love is trust. A man or woman who is having an affair with a sexual substitute is less likely to be totally present and committed to human love. Therefore, he or she is not fully trustable. You don't expect that a partner like this will be fully committed in love with you, since he or she is too distracted by a sexual substitute. Your partner may even seem unwilling to let go of the substitute and commit to your relationship, surrendering himself or herself in vulnerable embrace with you rather than with career, child or golf club.

If you are not getting what you want from your partner, then you probably aren't moved to give your sexual essence as a gift to him or her. You think, "As long as my partner withholds, I will withhold." In this kind of stalemate situation, we often try to set up a 50/50 Relationship so at least we are getting our "say," our fair share of responsibilities and money. And besides, a 50/50 Relationship is safe. We are rarely required to reciprocate sharing with our partner from the vulnerable depth of our sexual being—which works out fine, since we resist

giving our sexual essence as a gift to a partner whom we don't trust will reciprocate.

RESISTING SEXUAL ENERGY

The deep exchange of human love in a sexual relationship is often difficult because most of us have resistances to the demands of sex and love. One of the main reasons we replace human intimacy with substitutes is because of this resistance to deep sexuality; however, very few of us would admit this. Nevertheless, very few of us regularly surrender ourselves to the point of perfectly vulnerable sexual union with our chosen partner. How many of us, on a regular basis, hold our partner close to our heart, looking deeply into his or her eyes, merging with him or her, surrendering through him or her, opening so wide and giving so deep we are both, man and woman, dissolved in the bright bliss of love?

This is not a metaphorical question. Almost all of us resist relaxing into completely vulnerable sexual embrace with our partners. We are either afraid of "getting screwed" or we are afraid of the commitment to love.

Perhaps in our childhood we were screwed over in some way, either literally in the form of sexual abuse, or in a less literal, but equally real way, in the form of emotional abuse. We have learned to protect ourselves. We have learned not to let anyone inside of us. Our hearts are always guarded and we have developed a hard exterior.

But inside, we long for love. We long to be touched. We long for the Masculine or Feminine to touch our hearts.

Two Masculine aspects of the world are "control" and "penetration." If for some reason we resist the Masculine, we will resist being controlled or penetrated. For instance, when we are near a sharp and

angularly forceful person, we might sit with tense shoulders, crossing our arms and closing off our chest to protect ourselves from being entered. Or, we might be frightened by overt signs of anger. When our partner yells or grabs us abruptly and with force, we may freeze up and close down, shutting ourselves off from our partner's penetrating Masculine energy.

There are other ways to resist the Masculine. For example, some women refuse the Masculine by refusing to be "pinned down" by a man's requirements. These women will attract, and be attracted to, more Feminine men—men who do not make strong demands. "I'm not going to let any man tell me what to do," she may think to herself, or even say out loud.

In fact, her refusal of the Masculine may be so thorough that she is always struggling with discipline and self-discipline, which are expressions of the same Masculine force. She may look self-disciplined on the outside, but her secret life is shot through with obsession: She sticks to an impeccable schedule at the office and then eats a quart of ice cream in the privacy of her home. She dreams of a man she can totally trust, and yet she tells her friends that men are not worthy of her. She hates to be told what to do, yet spends her evenings reading romance novels filled with forceful, passionate men sweeping flushed, swooning women off their feet. Her Feminine sexual essence would like nothing more than to be cherished and loved by a strong man, yet her personality defends her against the Masculine force.

If you are a man considering a woman for an intimate partnership, remember this: The way she responds to control, the way she relates to discipline, will be the way she relates to your Masculine force. If she fights discipline, expect a battle. If she resists control, expect resistance in relationship.

On the other hand, a woman who willingly responds to healthy

discipline and self-discipline, and who gladly relinquishes control when she knows it is to her benefit, has a good relationship to the Masculine force. She is not a pushover, but neither is she so resistant to guidance that your Masculine force will always meet with anger and refusal.

And what if you are a woman, considering a man for intimate partnership? A man relates to the life-energy of the whole world the same way he will to your Feminine force. If he feels burdened by the world, you can be sure he will often feel burdened by you. If he relates to the world as a source of pleasure, you can expect that he will desire to be pleased by you. If he plays with the world more often than he seriously tries to participate in its depths, he will enjoy your relationship as two playmates might, but he is unlikely to enter your inner chambers and unfold your deepest potential.

If he treats the world as a challenge, so he will treat you. And a man who approaches each moment with strength and integrity will approach you in the same way. But don't expect a monkish bookworm to match you belly-to-belly in your ever-changing dance, swooping low and jumping high with you in rhythm to the music of your heart. The relationship a man has with the life-energy of the world is the same relationship that he will have with his woman's Feminine force.

A man who resists Feminine energy, who resists the flow of life by over-controlling and trying to organize the signs of chaos or wild energy around him, will do the same with his intimate partner. If he fearfully tries to "intellectualize" himself away from the threat and requirements of the real world, so he will with his woman. If his bedroom must be perfectly ordered, he will expect the same of his woman's emotions. And if he is haphazard about his surroundings, he will be equally nonchalant about his partner's feelings. By understanding our partner's—as well as our own—sexual relationship to

the world, we can better predict and work with the dramas that may arise in our intimacies.

BECOMING CONSCIOUS AND TRUSTABLE LOVERS

We have examined the play of sexual polarity with human as well as non-human sources of Masculine and Feminine energy. By using the principles introduced, you can continue your exploration on your own, as a practitioner of Intimate Communion. Each relationship is unique; none of the guidelines we have looked at will be true for everyone. It is up to you to experiment and find what works best in your practice of intimacy.

In any case, nearly everyone has had an affair, at some time, at some place, with a sexual substitute, and so have our intimate partners. Perhaps it was a short-lived kiss with a refreshing bottle of beer or a long-term engagement to the challenge of medical school. Perhaps we kick and scream and refuse to submit to discipline—or maybe we all too quickly open ourselves to the whims of supposed authority figures. Perhaps we try to keep the messy, complicated world at arm's length, standing above it, aloof and uninvolved—or maybe we instantly lose ourselves to the first delicious moment that comes our way.

We are surrounded by the Masculine and Feminine forces in many forms. Understanding how we relate to these great sexual energies serves our ability to be conscious and trustable lovers—capable of a fully polarized relationship, founded in the practice of Intimate Communion.