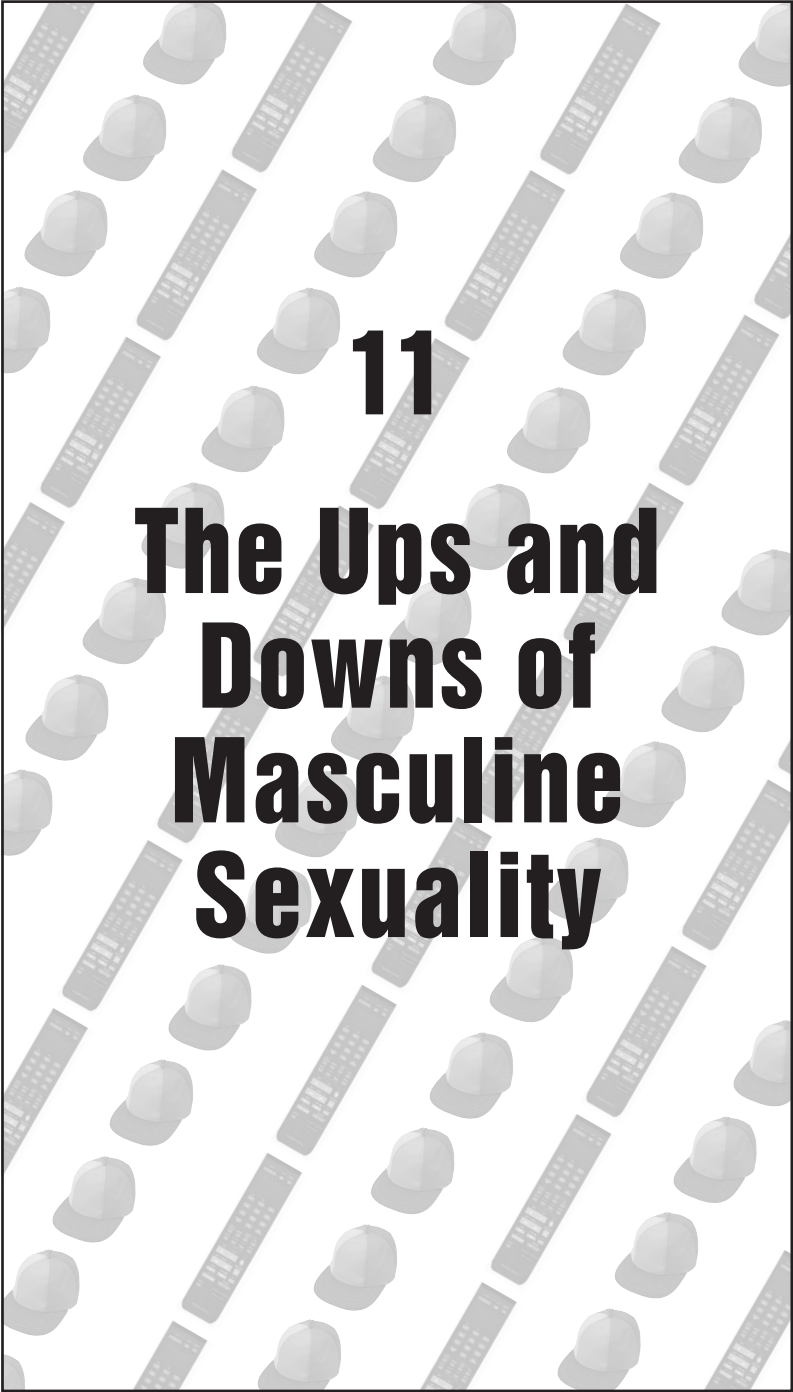




11

The Ups and Downs of Masculine Sexuality

What Does My Man Feel When He Stares at Other Women?

When a man sees a woman who fits what he considers attractive, he has an instant bodily response of sexual polarization. It is not an emotional response. It's just like smelling a freshly brewed cup of coffee, seeing a glorious rainbow or smelling the intoxicating fragrance of a flower. It's a moment of thrill, a wave of desire and appreciation.

This kind of attraction has no influence on a man's love for his chosen partner. When your man sees an attractive woman, it does not cause him to remove his love from you. It has nothing to do with love. It is a physical response to the universal force of sexual attraction between masculine and feminine energies.



Why Is My Man So Mechanical During Sex?

As a woman, making love is something that takes place inside of you, close to your heart. Sexual loving involves a feeling of deep emotion. For a woman, the heart, the body, the emotions and sexuality are all intertwined. To participate fully, you must open your heart and body; you must become vulnerable. You are letting somebody inside of you, inviting someone inside of you and opening your essence to that person. It is a very intimate, loving, emotional, sacred and heartfelt event.

By contrast, from a biological perspective, a man's sex organs hang outside his body. They are probably the most superficial sense organ he has, farthest from his heart. For

him, sex takes place outside of his body, inside you. He need not open himself nor become particularly vulnerable.

At the physiological level, there is a big difference between men and women relative to sex. For many men, having sex is something like eating chocolate, at least at the physiological level. If you put chocolate against your tongue, it tastes good. It doesn't matter what mood you are in. In fact, sometimes the worse the mood, the better the taste. It doesn't really matter who gives you the chocolate. It's the chocolate you taste. For many men, the pleasure of sex is similar to this.

Sex *could* be as sacred for a man as it is for a woman. But in general, for a woman, it is hard to dissociate sex from emotion. Her feelings about her partner as well as her feelings about herself play a huge part in what sexual intercourse feels like to her.

This isn't true for many men, for whom sex can simply be a very pleasurable bodily activity, like participating in a sport or eating ice cream.

It is not always this way. Men certainly express their deep loving through sex. But at the lowest level of sexuality, men get enjoyment out of genital stimulation and nothing else. In fact, sometimes men just want this kind of sex and are happy to pay a prostitute for it; love has very little to do with it.

Sex to a man could be equivalent to masturbation. It *could* be. It doesn't have to be. But it's sometimes difficult for women to understand where their man is coming from, what he's thinking, what he's feeling. How could he enjoy sex as sport, sex as ice cream, sex divorced from love and emotion?

Likewise, it is difficult for men to understand where a woman is coming from, what she is thinking and feeling. To him, simple sex is a very pleasurable event. He can't understand why she doesn't enjoy emotionless sex, too. He might

think, “We’re both getting enjoyment.” He projects his way of enjoying sex onto his woman and imagines she enjoys sex the same way. It is not necessarily an emotional or spiritual matter. It is simply a pleasurable physical experience. It is joyous even, but physically joyous, like getting a massage, motorcycle driving, sitting in the sun or eating a sweet papaya. They all give bodily pleasure.

Some women experience sex this way, too, but most men experience sex like this. For a man, not to experience sex this way requires effort and learning. Men usually learn sex through masturbation as a teenager. What they learn early on is that sex involves genital stimulation to the point of orgasm. It is often a difficult learning process for a man to experience sexuality beyond this.

The situation is something like if you were trying to do mathematics while sitting on the beach under the warm sun with the cool water lapping up against you while your boyfriend massaged you. It would be hard to get in the mental mood for math while enjoying such bodily pleasure. Likewise, it is hard for a man to get into an emotional mood while enjoying the pleasures of his body.

Men and women are very different sexually. Your gift to a man is to be a *tantrika*, a sacred sexual initiator. Teach him, over time, how to release his mind, come down into his body and feel from his heart while he is in sexual embrace with you. It will be very natural, very inevitable, for you to do that. For him, it may take years of work. Most men operate at the merely physical level of sexuality by default, since our culture supports little sacredness in anything, especially sexuality.

Why Isn't He More Present with Me After He Has an Orgasm?

After most men have an orgasm their sexual desire decreases tremendously, as does their ability to maintain an erection. After orgasm, your man's polarity with you disappears, and he loses the force of connection with you. *For most men, it takes real learning to combine love and sex.* It is a practice that can take months or even years. In order to learn, men must bypass their tendency to have a relatively quick ejaculative orgasm in order to relax into sensitivity and loving.

Orgasm is a profound shift in energy for men. They quickly move from a full energy state to a state of emptiness. It is a sharp decline, after which they fall asleep or lay relatively inactive. The magnetic force of sexual love no longer attracts them into a polarized embrace with you.

For most women, orgasm is not such a drastic shift. A woman might even have several orgasms in a row, with very little depletion of sexual energy or polarization. Most women remain polarized in sexual attraction whether they have an orgasm or not. This is not true for most men.

Therefore, if you want your man to be able to match your sexual capacity, be willing to patiently help him cultivate his ability to bypass or postpone ejaculative orgasms.* Otherwise, expect many nights when you are lying in bed fully polarized in sexual love, while your man lies snoring next to you, depleted and depolarized.



* For more information, see David Deida, 1997. *The Way of the Superior Man*. Austin, TX: Plexus.

Why Do Pictures of Naked Ladies Turn Him On So Much?

This is a true story: President Coolidge and his wife, the First Lady, were once inspecting a large government farm. They passed the chicken coop, where the First Lady saw a rooster having sex with a chicken. She looked at the farmer and asked, “How often does that rooster have sex?” The farmer said, “That rooster has sex 20 or 30 times a day.” The First Lady sighed and said to the farmer, “Tell that to President Coolidge.”

So the farmer walked up to President Coolidge and said, “Mr. President, the First Lady wants me to tell you that this rooster has sex 20 or 30 times a day.” President Coolidge thought a moment and asked, “Is it always with the same hen?” The farmer answered, “No. It’s with a different hen every time.” The president smiled and said to the farmer, “Tell *that* to the First Lady.”

In the jargon of biological science, there is a phenomenon called the “Coolidge Effect,” named after this famous incident. Sometimes while breeding animals, such as horses or steers, the male will refuse to mate with the same female more than several times. However, if a new female is introduced, he will become refreshed and repolarized, ready for more sex. This is the Coolidge Effect.

Human men love to see strange naked ladies in movies and magazines. At one level, men are just animals, like women are. They respond sexually to novelty, to new women, even in photos and movies. The Coolidge Effect applies to human men just as it applies to roosters, stallions and bulls.



Do All Men Fantasize About Other Women?

Some men never want sex with anyone but their wife. Some women want sex with many different men every day. But after years of counseling both men and women, I would say that, in general, a man's primary sexual fantasy is to have sex with a variety of attractive partners. However, most women are more attracted to depth in a relationship rather than having many sexual partners. A woman's primary fantasy is to share love in a committed relationship with a man of great intelligence, humor and integrity. So, in our culture, the institution of monogamous marriage actually supports most women in their primary sexual fantasy yet deprives most men of theirs.

This is one of the reasons many men resist marriage. They *do* want to get married, in the sense that they want a deep and lasting intimacy, but by doing so they are denying their primary sexual fantasy.

When a man marries, it is understood he is making a sacrifice that a woman is not making. For example, at the wedding, the traditional role of the best man is to make sure that the groom carries through with it. Typically, the groom sweats in anxiousness and the bride is radiant. For a woman, it's often the fulfillment of her heart. For a man, it's often the denial of his inherent desire for multiple partners.

When men are being free with other men, they let their true feelings out. You can see this clearly in gay men. Gay men don't have to compromise their sexual desires because a woman is involved. Before the AIDS crisis, gay men in general had an incredible amount of sex with an incredible number of different partners. In the pre-AIDS days, gay bars and baths were sexual feasts where men could go and have

sex with as many partners as they wanted. That's what men love to do. That's what heterosexual men fantasize about doing with women.

Virtually any man who becomes your intimate partner will have a fantasy for sexual variety, even though he is committed to you and your relationship in love. Even if he loves you more than anyone else on Earth, he will probably still have a fantasy involving sex with other women, though he will hopefully choose not to act on it. He *can still* be entirely monogamous in his behavior.

If your man is having an affair, you must take action. Never suppress your feelings and let him do what he wants. Perhaps he is just having sex for pleasure and still totally loves you. But it doesn't matter what he is doing and why he is doing it—you have to be true to yourself.

Find a partner capable of making the kind of agreements you want to live by. You both need to understand each other's needs, each other's bottom line. You must align your relationship toward your highest vision. If your highest vision is love, then the relationship must serve love in every way, providing a context for you and him to grow more and more in your ability to give love, receive love and to be loved.

If he is not capable of truly loving you, if he is not in a full relationship with you, he is certainly not capable of being in a full relationship with someone else, too. Having affairs will not make his relationship with you more full.

The only time you or your man might be able to have more than one intimate relationship is if you had a true and fully loving relationship with each other, and if your relationship with another person did not detract from your ability to be fully committed in love with your partner. But this situation is exceedingly rare.