

The background of the page is a repeating pattern of two items: a dark-colored necktie with a light-colored, intricate paisley or floral pattern, and a dark-colored remote control with several buttons. These items are arranged in a staggered, diagonal grid across the entire page.

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**Culture Is the  
Enemy of Sex**

## **Why Does Our Intimacy Seem So Lifeless?**

In our culture, there is a very strong bias toward the masculine. Imagine a woman and a man walking down the street, both dressed in suits and carrying briefcases on their way somewhere. This is a common sight in every major city in America. But what if the man and woman were both dancing down the street, singing, touching each other affectionately, sometimes stopping to smell the flowers? This would be a pretty unusual sight.

Even when you go to the beach you don't see everyone in ecstasy, dancing, laughing, rubbing oil on each other's bodies, and celebrating life. But often you do see many people sitting on the beach reading newspapers and books, focused down and using their heads. Our culture is very supportive of the masculine and not very supportive of the feminine, in both men and women.

In our culture you will find many men who are uncomfortable with the feminine aspects of themselves and others. You will also find many women who don't value their own feminine aspects.

Most agriculturally based cultures are sensitive to the flow of the seasons, the elements and nature. In these cultures, men and women both have strong connections to the earth. These cultures are more feminine-oriented. As cultures become more modernized, more daily activity is dissociated from the earth. Work becomes driven by abstract goals and schedules. The culture and its people become more and more masculine-oriented, distancing themselves from the earth and the wisdom of their bodies.

When the individual lives of men and women become

more masculine, so do their intimate relationships. An excessively masculine intimacy seems orderly, dry and lifeless.

When our sexual character becomes distorted by cultural pressures, our intimate relationships suffer. By understanding the masculine and feminine in all of us, we come to understand what makes intimacy work and what makes it fail.



### **Why Has the Passion Gone Out of Our Relationship?**

In traditional cultures, the polarity between men and women was very well understood. It was an artful matter for them to relate to one another without distraction and sexual degradation. Over time, this mutual honoring of sexual differences became dogmatized. It became a rigid and dogmatic approach which kept women and men in their places. It was felt that women should do one thing and men should do another. Rigidly forcing men and women into roles is entirely negative, and the current movement to equalize their access to money, political power and creative expression is very positive.

Yet our culture today has produced quite a few confused and neutralized men and women: passionless men who have difficulty making decisions based on deep vision, and unhappy women who are excessively goal-oriented and more hardened than they would be if they didn't have to live in a masculine-oriented world.

In order to restore passion to our intimate relationships, it is time for men and women to learn how to relax into their full feminine and masculine energy, especially during moments of intimacy. These delicious differences provide

emotional and sexual attraction, enchantment, healing and passion between men and women. Without these differences there is no polarity, only two neutralized people wondering where all the passion went.



### **Can Spending Casual Time with Men Be Harmful to My Sexual Health?**

If you spend a lot of time lifting weights, your muscles get bigger. If you spend a lot of time sitting at a desk, your muscles can lose their tone. If you spend a lot of time being with a man, but not *fully* being with a man *in an intimate way*, then your body gets used to that, and it shows. Our bodies and personalities retain our experiences.

For instance, imagine you spend a lot of time working as a waitress in a restaurant where all the men are “hitting on” you, so you put up an energetic sexual defense throughout your workday. This defense remains in your body, emotions, and mind, for several hours after work. In fact, if you put up a defense for too many years, you may develop a chronic disposition of superficial friendliness while cutting off any deeper exchange of sexual energy.

Then you come home to be with your husband. Or perhaps you start a new relationship. And now, even though it is appropriate to be fully sexually polarized with your partner, you have just spent the day, or perhaps many years, being halfway polarized, because it wasn’t safe or appropriate to open all the way. It wasn’t safe to fully relax and radiate your uninhibited feminine energy. So, now, you bring a halfway feminine energy to your man, and he brings a halfway

masculine energy to you. Your sexual characters have become compromised.

When you are attracted to someone, a spiritual energy is released. When you connect with a man, you naturally exchange sexual energies. These energies don't necessarily lead to sexual intercourse, but they are a subtle flow of sexual energy between the two of you.

In our culture, we frequently spend the day intermingling, and maybe even flirting with members of the opposite sex. We express some of our sexual energy, but suppress much of it out of necessity, to guard ourselves and feel more secure.

By suppressing sexual energy and spending a lot of casual time with men, you can inadvertently dampen the passion in your intimate relationship. You bring this habitual closure home to your intimate partner. Doing this day after day can ultimately sabotage your intimate relationship unless you learn how to re-open yourself and relax into your full feminine energy.



### **How Has Our Culture Changed the Way Men Look at Themselves?**

In times of masculine cultural orientation, there is economic and technological growth, political expansion and the destruction of the Earth. In times of feminine cultural orientation, there is a rejuvenation of the Earth and a growth of cooperative politics and historically less technological and economic growth.

Right now we're transitioning from a predominantly masculine-oriented culture to one in which both masculine

and feminine are honored. In the process some men have given up their masculine instead of reowning their feminine.

It is almost a *faux pas* for men to be masculine these days. Even the most masculine men belittle themselves in politically correct circles. A little men-bashing and social feminism is considered hip. These days, men are not relaxed in their masculinity. They don't feel as free to do or say what is natural to their core.

Temporarily, a devaluation of the masculine and a revaluation of the feminine may lead to a balance. Hopefully, at some point, we will all be able to be strongly masculine and strongly feminine whenever it is appropriate.

When a culture is one-sided, then androgyny seems like the direction of balance. Androgyny seems superior to a masculine-dominant culture, for instance. What is truly desirable, however, is the full expression of masculine and feminine energies. Why settle for a weak masculine balanced by a weak feminine? Rather, everybody should be free to have highly developed masculine and feminine energies. Then we are free to play in full polarity, enjoying the gifts of strong masculine and strong feminine energies in our intimate relationships.



## **Is Feminine Energy Less Competent Than Masculine?**

The masculine form of competence is the benchmark in our culture. We might presume from this that the feminine is incompetent—but only because it is the masculine form of competence that is given value in our culture.

If our culture was more feminine-oriented, we would value loving relationships, creating and sustaining life, healing each

other and the Earth, and freeing the emotions. Based on this feminine benchmark, masculine energy is quite incompetent. Whatever we value most will color our sense of what is competent and vice versa.

It is impossible for you to value the feminine as long as you assume it is incompetent. And it is also impossible for your man to be fully attracted to you as a woman. Your man will not be able to relax in his support of you as long you feel that what you have to offer is not worthwhile.

Men and women in our culture are raised with this false judgment of feminine energy. Analytical ability, financial “swordsmanship” and entrepreneurship; these are considered forms of competency. This domain of competition and mentality is not the natural domain of the feminine. It is the natural domain of the masculine, and we are in a masculine-oriented culture.

As you begin to relax into your feminine energy, you may hear an inner voice: “Don’t relax too much. You will become incompetent.” This voice is society’s voice ingrained into you as an individual. All the work we are doing to re-incorporate the feminine balance in our society at the political, economic and cultural level is good, but it won’t change much unless we also change at the individual level and revalue our feminine power of life and love.



### **Why Do I Feel Silly Around My Lover?**

When a woman is in a polarized relationship with a man, his masculine energy may polarize her more fully into her extreme feminine. One of the qualities of the extreme feminine

is mindlessness, in a positive sense. Whenever you are totally involved in your body, in love, in your senses, or in another person's energy, you are mindless. For instance, if you are giving or receiving a great massage, or making love passionately, you are totally connected with someone, and you are basically mindless; you are connected through means other than the mind. If you are not used to this state of open flow and feeling you may feel "silly."

The feminine in each of us is, in essence, mindless, though not stupid or silly at all. It is supremely intelligent with the wisdom of the body, a subtle connection with the flow of energy and deep intuition. The more men and women allow themselves to be in their feminine, the more they experience intuitive empathy rather than analytic mind chatter.

Of course, people have resistance to this. Our culture is so masculine-oriented that we think we are stupid or silly if we don't have thoughts, opinions and ideas running through our mind. Whereas, in fact, a quiet mind is rather free and able to be alert and present.

In our feminine energy, we resonate fully with others. And this is very valuable. Some people struggle all their lives just to free themselves of enough personal subjectivity so they can be fully present with their partner instead of stuck in their heads.

There is a time to be thinking and a time to be feeling. Before we can fully trust our own feminine energy, we must understand that thoughtless feeling is not inferior to analytical thinking. The feminine is not "silly," though it may be mindlessly ecstatic or intuitively connected, without a single thought to interfere.



## **How Can Men Strengthen Their Masculine and Women Strengthen Their Feminine?**

In our modern society, we lack a coherent masculine culture wherein men get together with other men and keep each other aligned to truth: “Hey friend, wake up.” Men need this, otherwise they become weak and ambiguous: “I don’t know what I’m going to do. Maybe I’ll have a beer.” Without a strong men’s culture, men become unclear, indecisive and ambiguous about the direction of their lives.

Shared masculine energy offers men challenge, an edge of responsibility and discipline. Without this energy they tend to flounder and lose their sense of inner truth. As a woman, you cannot take the responsibility to rebuild and refocus your man’s masculine energy. He does that on his own and with other men.

Likewise, our society lacks a strong women’s culture. One of the best ways for a woman to nurture and strengthen herself is in the company of other women. A group of women shares something that just doesn’t happen when a man is present. Women can relax together, let their hair down, nurture one another, dance together, soften their masculine edge and breathe freely. The feminine is nourished in the company of other women.

For a sexually polarized relationship to remain fresh and alive, it is necessary for the man to spend substantial time with other men, and for the woman to spend substantial time with other women. This way, their masculine and feminine essences remain strong, clear and full, able to polarize one another in the play of sexual and emotional intimacy.