

PART TWO

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SEX AT ZERO

If you deeply identify with the peace and quiet of aware-nothingness, you may find dealing with the ongoing drama of woman and world to be challenging. Intimate relationships can feel especially difficult.

You'd like to do nothing for a while, but your lover wants your attention. You finally have some peace and quiet, but your companion wants to talk. You don't really want to pay attention to all the drama, but you feel obliged. So you may become resentful.

Your lover may be any gender, but addressing all genders and sexual orientations can become grammatically complicated. So the simple version of "he" and "she" is used here, no matter what gender is embodying the empty peacefulness of he or the vibrant fullness of she.

Sexual polarity describes the arc of energy between sexual reciprocals, like the force created between the north and south poles of a magnet, or the positive and negative poles of a battery.

Playing in polarity means being able to relax on one side of a sexually charged duality. You behold her beauty as she glows in your adoration. Or vice versa. You pervade her with your presence while she receives you in her heart. Or vice versa. You give her attention while she offers you energy. Or vice versa.

A person at home in focused purpose and stillness will often attract an intimate partner, of any gender, who delights in being seen and in fully engaging with life's ups and downs. One partner's natural inclination may be to move directly from point A to point B. In polarity, they are likely to attract a lover who prefers to linger, smelling the flowers along a more winding path.

Sexual polarity is not necessary for love. You may find happiness in a companionship without polarity, where your partner feels more like a best friend—or you may not wish for an intimate relationship at all. You can love your children or your dog without sexual polarity. You can even choose to live as love in every moment with everyone. You may feel no need to create a sexually charged intimacy.

But if you are interested in the sexual passion of mutual delight and erotic surrender, then you may find it helpful to understand the polarity of exchange that is described here in Part Two of *The Man of Zero*.

For simplicity, *The Man of Zero* speaks to heterosexual men who identify with the empty tranquility of zero, and who therefore tend to attract a woman full of dynamic color. But the basic principles of he and she can easily be extrapolated to any human intimacy.

When he embodies zero, she can sense he is not flustered by her aliveness or his own movement of thoughts. He is present with

her, feeling her, free of external distractions and internal agitation. The man of zero is sexy in a new way.

Each phase of a man is characterized by its own style of sexiness.

A basic man might be sexually attractive if he has money, power, and good looks.

A superior man might be sexy due to his intelligence, humor, and integrity.

The man of zero is so relaxed and attentive that the power of his undistracted presence permeates her. He is sexy because he feels through all her layers of emotion to her true heart, revealing her hidden love even in moments she may not sense it herself. She feels deeply seen.

Her tension melts in the warmth of his persistent feeling-presence. She can let down her guard and allow her heart to open further, without fearing he might hurt her, turn away, or disappear into himself.

Part Two of *The Man of Zero* details how to play skillfully as lovers in sexual polarity. How do you love her sexually even when you aren't motivated to move, even when her drama is frustrating, even when she resists your love? And how do you help unguard her heart, liberating her devotion so together you can commune in mutual sexual surrender?