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Turn Your Lust Into Gifts

When a man sees a beautiful woman it is natural for him to feel energy in his body, which he usually interprets as sexual desire. Rather than dispersing this energy in mental fantasy, a man should learn to circulate his heightened energy. He should breathe fully, circulating the energy fully throughout his body. He should treat his heightened energy as a gift which could heal and rejuvenate his body, and, through his service, heal the world. Through these means, his desire is converted into fullness of heart. His lust is converted into service. His desire is not converted by denying sexual attraction, but by enjoying it fully, circulating it through his body (without allowing it to stagnate as mental fantasy), and returning it to the world, from his heart.

If you are like most men, sexual energy tends to go directly to one of two places. Either your head becomes stimulated and you fantasize about being with a woman who turns you on, or your genitals become stimulated in lustful need. Your head and genitals, however, are just the north and south poles of the whole body. A superior man circulates the energy of arousal throughout his body, taking particular care not to let it stagnate in swollen fantasies or appendages.

The purpose of sexual desire is creation. Reproduction is but the biological aspect of creation. As a man, you probably have much more to give the world than your children. Just as beautiful women inspire biological procreation, they also inspire artistic, social, and spiritual creativity. When it comes down to it, most creative men will admit that, one way or another, women are their muse and inspiration. Women bring them into the world. Women move them to create and serve humanity. In fact, some men would go so far as to say that, if it weren't for women, they wouldn't be interested in the world much at all.

If you are a man, you have probably found yourself inspired at some time or another by a woman. Such inspiration is usually temporary, because most men don't know how to cultivate their relationship to the feminine. They tend to be inspired, and then spurt it out, through spasms of thought and ejaculation. Then they seek inspiration again, through more women, or through other feminine sources, such as alcohol, drugs, or nature.

But if you learn to discipline your habits of building up and releasing mental and sexual tension, you can continually cultivate and magnify your inspiration. You can wean yourself from the addictive cycles of sexuality and intoxication. You can make use of the native force of sexual desire, for your woman and for other women, and convert your tendency toward fantasy and lust into the force of inspiration.

Feel lust. Feel what it really is, in its totality. Your lust reveals your real desire to unite with the feminine, to penetrate as deeply as possible, to receive her delicious light as radiant food for your masculine soul, and to give her your entirety, losing yourself in the giving, so that you are both liberated beyond your selves in the explosion of your gifts.

This explosion of gifting could be the basis of your life, not just a moment of sexual yielding. When you feel sexual lust or desire for any woman, breathe deeply and allow the feeling of desire to magnify. And allow it to magnify more. Don't let the energy become lodged in your head or

genitals, but circulate it throughout your body. Using your breath as the instrument of circulation, bathe every cell in the stimulated energy. Inhale it into your heart, and then feel outward from your heart, feeling the world as if it were your lover. With an exhale, move into the world and penetrate it, skillfully and spontaneously, opening it into love. Through these means, allow women's sexiness to help you discover and give your gift, rather than beguile you into cycles of stimulation and depletion. ◆