

## Sacred Sexuality

There is only one criterion for weighing our actions: do they serve indwelling life or don't they. If they serve the world of form only, they serve that which is unreal. On the other hand, if actions serve to evolve awareness, then they are aligned with the purpose of indwelling life.

The degree to which sexual acts are enhancing to the indwelling life of participants depends on the consciousness that initiates them. To be conscious is to see the big picture. Conscious beings consider carefully the effects of any act on others. They know that any choice they make must benefit all equally in the evolution of awareness.

Many sexual 'spiritual' practices are designed to enhance energy, which in turn increases consciousness, but not always equally to both participants. Using another to enhance primarily one's own energy can provide short-term energy boosts but will ultimately deplete not only oneself, but also one's environment. A practice that focuses on self-gain is self-centered, a condition that de-spirals the DNA strand and warps the web of existence, creating karmic repercussions.

The ancient Chinese traditions of the White Tigress women enabled practitioners to remain youthful into their nineties and beyond through the energy these practices provided. Like vampires of energy, there was personal gain to them with little exchange. Tantric practices provide more of an exchange, yet are nevertheless more enhancing to males.

There is a limited amount of power and energy available from the form side of life and a limitless supply from the Divine that breathes life into form. The only way to gain energy and power without damaging the web of existence is through enhanced perception.

The secret to unlocking the gift of perception that sexuality can yield lies in that place of connection with the Infinite: the present moment. It is in the stillness of the moment that we experience the ultimate love affair between Creator and Creation. It can be demonstrated in the following way: if

we pass blindly by a flowering bush along the wayside and fail to see that it is ablaze with the glory of God, nature withers. Nature thrives on appreciation.

If in a quiet moment of contemplation, we truly acknowledge the beauty of a flower, it allows that plant to evolve more rapidly into a more complex form of expression.

In a similar way, truly being present and appreciatively entering into the wondrous miracles of our partners, contributes to their evolution of awareness. Thoughts about techniques pull us out of the moment into the world of form and away from indwelling life.

As we focus on truly experiencing another, the energy lines around our bodies open like the radiating petals of a flower. When this happens, blockages are released and power and energy flow freely through us, allowing us to receive a greater supply of life force. Once we shift our focus, however, to personal performance or agendas, the energy lines fold inwards, draining energy from our partners. The energy we drain from another may temporarily increase our own but, as is the case with all self-centeredness, eventually leads to decay and death.

Our insensitivity to the miracle of another disrupts the web of life because it is damaging to them as well as ourselves. It is damaging to them because what is unacknowledged decreases and what is appreciated increases. It is damaging to us because our true identity is a being as vast as the cosmos with all existing within us. What is destructive to another is therefore also destructive to ourselves.

To truly experience another is a matter of the heart. The mind and senses can only appreciate the form, but the heart can know the divine essence within. In this way another being, whether a partner or a flower, becomes a doorway that leads from the world of mirrors (form) into that which is real (indwelling life).

The doorway of the human being reveals a far more complex expression of life than the flower. Creation can be described as a mirror that allows the Infinite to see itself. A human being holds up a larger piece of mirror, revealing

more of the Infinite's face than the mirror fragment of the flower. A human being, unlike the flower, has the ability to make mistakes. In this way he also mirrors that which the Infinite is not, that it may more fully understand that which it is.

Each human being is a unique perspective superimposed over all that is. The gift of perception sexual union offers us is that we may enrich ourselves by experiencing another's eternal perspective. When a partner has a lower level of awareness, it becomes more challenging to pierce the illusions (mirrors).

If we approach them superficially, we become entangled in their web of illusions. Through opened hearts we can, on the other hand, see the true perfection of their essence which is why sex and love should go hand in hand. By focusing on the perfection underlying the appearances, we see with the eyes of God. Before such a gaze, illusion dissipates like mist before the morning sun.