

When Sexual Desire Becomes Obsession

Sexual desire is often suppressed because it may be unrequited and therefore too painful. But not allowing desires to flow freely also causes pain. Pain signals us that change is needed. What needs to change in this instance is the improper suppression of desire that causes a massive energy loss. Energy loss in turn causes a loss of consciousness.

To learn to love without pain, or desire without pain (love is but the desire to include), is humankind's biggest challenge on this journey of cosmic ascension. The key is to trust that our desires won't turn into obsessions and that we can desire someone without an agenda.

Sexual desire is used to ascend cosmoses. It is a joyous and potent force under the correct conditions. Suppressing it bends the energy lines around our bodies inwards, causing energy to leak out. When expressed without reserve, it radiates energy in all directions, causing us to become radiant and attractive.

Obsession sets in only when the sexual relationship between the two poles of the inner sexuality do not pulse each other. In other words, we only focus obsessively on another when we're not in a dynamic sexual relationship with ourselves. When this is in expression, we maintain our emotional sovereignty and find our sexual appeal to others, as well as our ability to give, much heightened.

For multiple generations, men and women have been over-polarized; men have been very far into their masculine pole and women over-polarized into their feminine. As a backlash to this over-polarization, the last two generations have retreated more and more to the middle range. Women have felt less vulnerable and less dominated. Men have felt less pressured to prove themselves as breadwinners or as being 'tough'. But unless a man or woman lives both the masculine and feminine sides or poles, stagnation ensues and the dynamic inner relationship dwindles.

A result that flows from this enriching sexual relationship with ourselves, is our passionate love affair with life. Every sunset, every bite of a crisp, juicy apple, each walk with bare feet on dew-drenched grass becomes a sexual interaction with our world. Our senses heighten, our appreciation deepens and we start to live in that place of power - the eternal now.

Living in our heart only happens when we're living in the moment. Obsession is born from living in our heads, not our hearts. Obsession is concerned with the next moment and has an agenda, whereas sexuality is in love with the moment and appreciates what is before it. The former is concerned with what it can take from life and so depletes not only the one obsessed, but his environment as well.

The one who simply allows sexual desire to flow, unencumbered by expectations, raises not only his own consciousness but also that of the one at whom it is directed, assuming it is received in the same innocence with which it is given.

In other words, pure sexuality - whether acted upon when appropriate or not - is a hallowing experience. It gilds all that it touches. Like all potent and expressed emotions, it can broaden our perception and enhance consciousness. It is also the key that opens the doors to the God-kingdoms and awakens the power of emotion when it is most needed as an energy source to attain these elevated states of consciousness.