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PART I  
SURRENDER

Deep in our hearts, we are all searching for ways to give and receive love, forever and for real. To open as love, to live as this freedom, is our deepest calling. Each of us must find our own unique way of living true to our deep being. But whatever way we find, we will discover that love is the only way to live that is not less than God, less than truth, less than our deepest need and divine potential.

The cultivation of utter freedom—which is to live as the flow of love—can be practiced during sex. Learning to have sex as an expression of your deepest being is like learning to play golf, tennis, or the violin. You have good days and bad days. Sometimes lovemaking is perfection itself, with genitals, heart, and mind all aligned. Other times sex is scattered, anxious, or wrought with conflict. Even so, there is no such thing as failure; every moment is a learning, every closure an opportunity to learn how to open in love.

Love can be practiced. To practice love is to be and express your deepest heart, whatever your religious persuasion or chosen spiritual method. If you don't practice love during sex, your thrusts and hugs become reduced to mere animal hunger or personal psycho-emotional need. For some, sex is a relatively dependable way to buck and snarl in pleasure, release stress in a spasm of orgasm, and get to sleep. For others, sex is a hope for their partner's affection, a ritual of security and familiar coziness.

Unencumbered from such habits, sex is fresh, alive, and open-ended. Sex is an art form, a prayer, a way of contemplating and

communing with infinite love, naked, unafraid, raw, and totally open. Sex is a means for expressing this mystery of love through the music of your body.

Learning to have sex this way is not a matter of touchy-feely namby-pamby, but is as concrete as learning to play the piano. At first, actually making music seems almost impossible. Your fingers just won't move like you want them to. So your piano teacher gives you musical scales to practice, exercises to perform over and over. You practice and struggle and make mistakes and learn.

Soon, you find yourself effortlessly performing pieces that you previously couldn't have imagined playing. At some point, if you relax enough and become a transparent vehicle through which the creative spirit can move, actual *music* begins to come through the notes you are playing.

A profound depth of meaning and recognition, perhaps even something sacred and fundamentally ineffable, begins to flow through your fingers, through the piano keys, to the listener's heart. One day, you find that you are transmitting an unspeakable depth of feeling from your heart to your listener's heart through the way you play the piano. The genius of your deep being, the flow of divine love, is beginning to express itself, however simple your technique.

A monkey can be taught to play the piano. A robot can be programmed to tap out a simple ditty from its digital memory. A heartfelt musician, however, doesn't simply make sounds, but evokes a depth of meaning and feeling quite beyond the mechanics of hitting the proper keys. The *spirit* of the music is revealed through the medium of his or her performance. A deeper meaning that is inexpressible through words is somehow transmitted through the musical performance—however simple—bringing tears of recognition, smiles of joy, and openness of heart to the listener.

And so it can be while lovemaking. Except that the piano you are playing—your lover—is also playing you.

If you have never experienced profound sexual love, my words here may seem like gibberish to you, nonsensical utterances pointing to nothing. However, most people have at least momentarily been graced—perhaps even jolted or awakened—by an openness beyond their sense of limited self in which a sublime oneness of being suddenly became obvious or apparent. These unbidden moments of grace may occur while having sex—or while meditating, praying, simply sitting alone, or even while driving a car, feeding a baby, or taking a walk. This book is a guide to consciously cultivating and transmitting this awakened disposition of openness and oneness during sex.

Why practice this disposition of openness during sex? Because, for most people, no matter how enlightened they are in other areas of their lives, their sexual and emotional life remains troublesome. For most people, sex is one of the most pleasurable and frustrating parts of their lives. It is a hidden corner where they keep their embarrassing secrets and forbidden dreams. In general, a person's sexual life is among the least illumined aspects of their being; even men and women who are physically healthy, financially successful, and spiritually aware often have complicated and troublesome sex lives.

As you grow sexually, you are able to embrace your complications and secrets—they exist for virtually everyone—and make music *through* them. Emotional ups and downs as well as sexual kinks and twists are no obstacles, but provide a unique instrument through which the almighty music of love is played. The condition of your instrument—the history of your emotional and sexual pain, desire, and resistance—becomes irrelevant as your heart and your lover's heart swoon in the depth transmitted through your loving. A

banged-up fiddle in the hands of a truly inspired musician evokes more heart than a Stradivarius in the hands of a pretender.

The discord of our sexual life derives not so much from our personal history or the condition of our “fiddle” but, to a larger extent, from our lack of inspired practice and depth. As teenagers, we are handed our genital instruments without any real instruction—without any outstanding examples, even, of the sublime art of a superior lover—and we struggle to bleat out our sexual music as best we can. Usually, the development of our sexual depth and skill stops at an early age—as did our parents’—and we end up playing the same simple song over and over again until we are too old to bother.

How do we continue growing in our capacity to transmit open-hearted wonder through the music of our sexual artistry? The single most important skill to learn is the practice of love, openness, or surrender—which are just different words for oneness, unobstructed feeling, or free being, the source of all true inspiration. You can practice various techniques of breath control and pelvic rumpus until your skin peels off, but you won’t enjoy a single moment of authentic sexual ecstasy unless you are willing to let go of your boundaries and open beyond your resistance into the awe of love. A heart-guarded musician is no musician at all, and doubly so for a lover. How do you practice opening fully *as* love in the midst of sex?

# I

## SURRENDER EVERYTHING

*I was lying on top of her naked body. She wanted to have sex. In fact, she initiated it. But she wasn't really into it. Her body seemed lifeless. Her eyes looked like a doll's eyes that were stuck open, shallow, unseeing. I felt like I was having sex with a woman who was protecting herself behind plastic skin; her flesh remained uninhabited.*

*I was frustrated. I wanted to feel her. I wanted to feel her open to me. I wanted our hearts to open so that our sexing was stripped of pretense, raw love sloshing into love, unprotected and trusting. I wanted to let go completely into love. But she was closed, and I was starting to close off too.*

*I don't know what triggered it, but suddenly she relaxed. She remembered love somehow, and all of her resistance evaporated. She looked into my eyes without hiding, and I felt her depth. She was no longer protecting herself behind her skin, but was fully embodied as love. Her breasts seemed to soften and allow me closer to her heart. Her vagina drew me in deeply, in spite of my resistance to her previous closure. Her openness now seemed endless, and it was I who felt like the limit to our loving.*

*We continued practicing to open. Over time, her beauty, love, and surrender drew me past my fear into her, and through her into*

*the depths of love itself. Our breaths and bodies merged. I let go of everything into her, and she opened so wide we both disappeared in love, like a vortex of water opening into the ocean itself.*

**T**he word “surrender” is often interpreted as giving up, as weakness, as admitting defeat. Although this is one way to use the word, we will use it in a different way. Surrendering means letting go of your resistance to the total openness of who you are. It means giving up the tension of the little vortex you believe yourself to be and realizing the deep power of the ocean you truly are. It means to open with no boundaries, emotional or physical, so you ease wide beyond any limiting sense of self you might have.

Surrender means to love without limits. It means to relax your guard so your lover can feel your core—authentic, unhidden, and undefended. Your muscles relax. Your breath becomes soft and full. Your body and heart willingly open to your lover. If you are hurt, you are hurt, but in any case you practice to remain open and full, like the ocean. Surrender is the doorway to the deepest possible sex.

## FOR HIM

Nothing turns your woman on more than your real presence. She wants to feel you *with* her. Not distracted or divided inside, half of you wanting to watch a basketball game on TV and the other half hurrying to have an orgasm. She wants to feel your consciousness free and clear, feeling into her through your whole body, not just through your penis, hands, and eyes.

Your woman is as sensitive to your presence—or its lack—as you are to the beauty of her radiance. She allows herself to surrender completely only when she feels you completely present. She actually feels

the force of your strong, whole-bodied presence as if it were penetrating and opening her body.

She can feel your mind: is it an agitated puddle or a deep ocean? She can feel your breath: is it shallow and tense or full with pleasure and power? She can feel your body: is it uptight and needing a quick ejaculation, or is it relaxed, alive, and ready to meld with her body? When your mind, breath, and body are fully present, then you can really be *with* her, and her heart will be ready to open in trust with your heart.

Practice feeling into your woman with your heart just as you might feel into her with your penis: gently, deeply, unrelentingly loving. As your love enters her heart, your woman can practice surrendering to your penetration, to the tangible intensity of your masculine love. Over time, she will learn to trust and open herself more and more to the force of your unwavering and loving presence.

## FOR HER

As much as you want your man's conscious presence, he wants your energetic openness. Your sexual responsiveness—your moans, writhes, and orgasms—attract him out of his dry world of fear into the bright colors of heart-surrender. If he is a man with a masculine essence,\* his life is more or less bereft of feminine glory; you are his chosen source of feminine energy, which is the force of life itself. He wants to bathe in the warm sea of your undulations, taste the sweet grapes of your lips and nipples, feel the earthquakes of your uninhibited pleasure.

Faking it doesn't count. Your body must be truly full of pleasure if you want your man's full presence. His consciousness and your energy

\*A man or woman with a more "masculine essence" is a shorthand way of saying that this person identifies more often with their inner masculine gifts than their inner feminine gifts.

magnetize each other. He wants to see the bright light in your eyes. He wants to feel your supple body quivering, heaving, and opening in ways his masculine chunk can only dream. He wants to be awed by your emotional surrender and deep trust.

Of course, you need to feel his complete presence before you will open your heart and body without guard. It's a step-by-step process of learning. He learns to be more present, you learn to be more open. Your openness draws him into you more deeply, and you feel him more fully inside of your heart. He relaxes his fears and enters you with more love, and you relax your fears and receive him more fully. Eventually, you both surrender so completely that there is no guarding or holding back at all. Sex has become unbounded love.

But until then, your man's love is probably trapped inside his head. He knows you love him. You know he loves you. But his body is unable to fully show it. First, practice attracting him from his head into his body with your body. The feminine beauty of your body—its capacity to flow with uninhibited and heart-connected pleasure—is irresistibly attractive to your man. Once he is in his body, attract him into his heart with your heart. The openness of your heart—fully expressed through your moans, words, and tears—resonates his heart into openness.

It may take some time for his heart and body to open as fully as yours, but, ultimately, he is making love with you to *make love*. In the meantime, continue attracting him into surrender by astounding him with the depth of your surrender. Swallow him into your heart through your vagina. Allow your limbs to splay pleasure like light radiating from the sun. Soften your belly and chest to receive your man's body into yours. Say your love in gasps of pleasure. Through your body, breath, and emotion, show him how deeply you trust

him. If he is a good man, he will rise to the occasion and learn to meet the fullness of your trust with the depth of his presence.