



RELATIONSHIPS

SEX/CLASS #4

In a recent news report, the captions read, "Sex Education in Schools, A Little Too Much Education About Sex." Is it really true that we can have too much understanding about anything? Is sexual understanding to be hidden from man? Is anything to be hidden? Understanding about sex should begin in childhood. The education should come through the parents in words and example as quickly as the individual child is able to comprehend the Real Truth about sex. Each child is unique. Some are ready for understanding and education sooner than others. But a child should not reach puberty ignorant of the Real Truth and a good understanding of sex and its place in life. To withhold information is to keep the individual in darkness. It is lack of understanding that causes fear and disharmony.

In the South Sea Islands, before the white man came in with his "taboos" and concepts of "sin", sex was completely open with no restrictions. The islanders had no sex problems. These people had a beautiful concept of sex and it was taught openly in the home and schools from early childhood on.

The subject of sex has been kept in the darkness for centuries because of the fear and ignorance of the leaders of the land. Long ago the spiritual leaders contacted syphilis. In the latter stages the individual goes insane and holds resentments about sex. The leaders gave such accounts against sex that in many religions of this country, even today, this negative concept of sex is still taught. The negative concept of sex was indoctrinated thousands of years ago and

is still believed by a great majority of people in this country today, whether consciously or subconsciously, it is still there in the individual and is having a negative, destructive effect.

The fear of sex or the sex act and the teaching of guilt about sex are the only destructive things about sex. IT IS NOT THE ACT, IT IS THE THOUGHT ABOUT THE ACT THAT MAKES IT WHAT IT IS: CONSTRUCTIVE OR DESTRUCTIVE.

Many rules have been layed about sex and none of these rules were made by God. These rules were man made. Fear is the only thing that goes against Life or God. We only fear that which we do not understand. So the more education and understanding, the more enlightenment we receive about a subject, the less fear we have about it. The more we understand the Truth about sex, the less fear we have and the less destructive force is used in connection with this subject. Sex like anything else can be used in a positive or negative way. It can be used in a destructive or constructive way. Sex can be used to manipulate or it can be used in a loving and caring way.

Enlightenment means having a clearer understanding. If you have a clearer understanding you are better equipped to handle the subject. The nature of life is toward the constructive. The more we understand Life, the more we flow with the Laws of Life. The Laws of Life involve living more fully, more completely and experiencing more life. When we can have a relationship with the opposite sex and experience sexual intercourse, with harmony, joy and fulfillment, without harming anyone, there is no destructive force involved.

Sex is actually experienced on three different levels; physical, mental and spiritual. The physical act is a function of the body brought about through thoughts filtered down from the mental realms. The thought is brought down by the evolutionary force, or spiritual drive coming straight from the Godhead. The

Life Force also called the Creative or Sex Force is impersonal and comes down to ALL of creation. It is only man who uses the sex drive in a destructive way. Man differing from the animals and the vegetable kingdom, has imagination. This imagination can be used in a positive (constructive) or negative (destructive) way.

The spiritual significance of sex has to start with the understanding that the sex drive is a desire to be one with God. When we change the word God to Life then we say the sex drive is the desire to be at one with Life. When two people unite in sex with love and in love, they are increasing their experience of Life at that time.

Sex is the strongest drive that man, on the physical plane, has. Sex is a way of relating, a way of communication. It is a BEAUTIFUL way of relating and communicating. It is intimate and because it is intimate, it is very powerful.

"...All aspects of extrasensory perception are heightened during sexual excitation. The non-verbal communication and responsiveness of partners attuned to each other's needs during love making is one example."

Immediately before, during and after climax, the mind is in a state of hypersensitivity soaking up all suggestions like a sponge. Many sexual problems, frigidity and impotence in particular, have their origin in a careless comment uttered by a partner prior to or just after climax. A person engaged in intercourse is highly vulnerable to positive or negative influences.

Sex is one of the most beautiful gifts that God has given to man. The sex drive is the stimulating power that brings the Creative Force into existence. Our attitude about sex has direct effect upon our ability to utilize the Creative Force. The Creative Force is one of the most beautiful and wonderful parts of

life, in fact it is the mechanism of Life Itself. The sex force is the motivating factor behind everything we do in our lives. It is the sex drive that stirs the desire to move ahead in our career, present a good appearance, buy a new car, purchase a home and even get out of bed in the morning.

The attitude we have about sex is very important. Let us compare what is considered "lust" with the experience of the Creative Force to a higher degree. Let us say that "lust" is the desire of ownership or possessiveness of another. Consider the Creative Force, at the higher level, as an experience shared by two individuals with the understanding that this experience is an expression of God's Love. One experience (lust) is involved with fear, fear of not getting one's share; greed. Greed comes from fear and lack. The other experience (love) is knowing the fullness or at least a larger degree of fullness of life, that there is no shortage or lack and that it is a sacred thing to share, express and experience the Creative Force, the part of God's Love that moves the creative universe into existence.

"Many people, because of tension and negative conditioning, will permit themselves a sexual experience (only) when absolutely everything else is correct in both the external and internal environments. In other words everything has to be right; no headaches, no stomach aches, no cramps, no emotional turmoil and then maybe they will go and relax in a special room and have something they call "sex". The problem is that very seldom any given day is everything just right or "perfect".

Don't make the mistake of waiting for the "perfect" conditions and situations. Use the power of your thoughts and inner image and CREATE the conditions you desire. You say your're not feeling "up to par"? Try releasing the headache or emotional disturbance and go ahead with your love making. The sex act can be a

rejuvenating and uplifting experience to mind, body and spirit!

If you are wanting more out of your sexual relationships, you need to put more INTO it! Instead of wishing your partner were more "turned on" and becoming upset because he or she seems to be unresponsive, take the initiative to set the scene for love. Do whatever you feel will bring interest to your partner. A candlelight dinner? A walk hand in hand? USE YOUR IMAGINATION.

The biggest barrier between lovers is lack of communication about what each enjoys or does not enjoy. Communication in the sexual relationship is imperative. Too often we are afraid to express our likes and dislikes. Tension builds up over a period of time because of dissatisfaction due to lack of communication. Lack of communication often stems from past conditioning and fear of loss or failure.

Usually an unfulfilling sexual relationship can be worked out quite easily when both partners are willing to make an effort. Everyone has a different concept and approach to the art of making love. When a new technique is attempted by one partner and the other rejects it, usually it is abandoned. If it was discussed and tried again with a slightly different approach it might be eagerly received and enjoyed by both. Without the openness and communication of feelings and desires we miss out on many beautiful experiences that can add to our relationships.

Learning to freely express yourself during love making simply takes practice. Visualize the scene before hand. See yourself enjoying every kiss, touch and caress to the ultimate. See yourself letting go of any fear or inhibitions and enjoying the moment, the person, the experience to the fullest extent. Hear yourself talking to your partner, expressing feelings openly and positively.

This takes practice and involves your attitudes, thoughts, desires and willingness, but it is worth the beautiful sexual relationship - one that is alive and complete on all levels.

When we fail to express ourselves how can we expect our partner to know how we feel? Work on improving your sexual experience a little at a time and soon it will become completely natural. After the love making hold each other and feel free to communicate, but always in a positive, loving way. This time can be used in a powerful way to help each other be more open and responsive since it is a time when both parties are wide open and suggestible.

Reach out to one another in love and share this experience called love making. This is the time to set all else aside; your work, the children, your problems- EVERYTHING and give each other your full and loving attention.

A climax could be a shared moment with God. It is a beautiful experience of sharing your pleasure and feeling with another, but the real pleasure comes as sensations rise up and up to become completely at one with yourself, your partner and God - all at the moment of orgasm. When you allow yourself to reach up to touch God, you are sharing pure Love with yourself and your partner. Very few individuals understand the higher significance of climax, but you have experienced it many times unknowingly. Have you ever felt like you had been swept off to the top of a mountain at the very moment of climax? Have you ever felt yourself melting into and becoming one with your partner? This kind of feeling is beyond the physical and is an experience with yourself and God. This is the true significance of the sex force - becoming aware of your oneness with God, your Higher Self and all of Life.



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