

## Awareness & Love

L. Kevin Johnson - Spring 2011

Throughout my life, I have noticed tremendous changes taking place in the world unlike anything I could have ever imagined. In our culture there has been a significant shift in values about what is important in life and relationships. There seems to be so much emphasis these days on achieving fame, security and material abundance. At the same time, there is an increasing push across the globe for a scientific technological dictatorship that is capable of connecting and controlling the majority of people by a single electronic control grid. Few however, seem to see this unfolding in our society. Many appear not to care that we could be heading towards a one-world government with very little individual freedom.

When I came across the teachings of a *Course in Miracles* back in the late 1970's, none of this was obvious to me. I thought the program was simply an organized method of personal transformation; something that would set me free from my own inner demons and release me from the ego-tyranny that I felt was controlling my life from the inside. I figured it was for me to do alone because everyone around me looked



perfectly content in their containers, while I felt trapped. Now, years later, I can see that the *Course* brought about many positive effects in my consciousness, but still there were pieces still out of place for me such as in my experience of love, sex and intimacy. And I knew these things had to be addressed and sorted out if I wanted to achieve the state of mind the *Course* advocated.

In the early lessons there was a strong emphasis on shifting away from a state of wrong-mindedness to right-mindedness, a kind of topsy-turvy approach to perceiving reality from a different perspective, where love is supreme. But I still felt biologically programmed to compete for the mundane things in life that would ensure my physical survival, and to regulate all those who would get in the way of my attaining them.

The pull toward the spiritual and the drive for endurance was, for me, like being caught in a game of tug of war, where the one who wins is the one who gets the upper hand. It still has the ring of competitiveness in it. Right from the start the *Course* suggests we let go of our temporal dream-like identity as physical human beings and realize who we really are (as spirit-mind) beyond the visible world. And we learn to do this by systematically turning over each perceived troubling circumstance or situation to the inward voice that "speaks for God". In doing so we begin to turn the tables on our individual biological

programming or the ego thought system, which has as its goal our continued 'fear of death', as punishment from God for rejecting our totality in Him.

Even as a beginner in the *Course* I felt that this was quite a leap of faith. "Surely", I thought, "The Course is simply trying to metaphorically clarify something that cannot be explained scientifically". Eventually I realized that most of us feel a sense of alienation and separation from others and it is this unsettling state of mind that drives us into behaviors that are unproductive and chaotic. We live in a state of guilt and fear, a subtle paranoia, feeling like we have to look over our shoulder each moment.

As I studied the *Course*, I soon identified a feeling of disconnection from something greater than myself. If only I could break free from this feeling and find some sense of union and peace everything would be all right. Years went by. There were small insights, but nothing earth shattering. As far as I could tell, I was still just as neurotic and anxious about the next moment as I had always been. I could usually knock back these feeling with distractions such as hot sex, booze, loud music or some other adventurous pastime, but in the end, after a short respite, there was always the inevitable return to fear.

Recently I learned something truly unique about the human dilemma and why there is no peace in the world. And it was something that would have never entered my mind as a field of possibility if not for my wife, Donna, who came across some enlightening information (<http://www.reuniting.info/>) about sex and the problem of relationships between men and women. I learned that human beings are biologically programmed to fall in and out of love as a way to serve the directive of our genes! In other words, our genes want us to seek out different mating opportunities in order to replicate our DNA.

This is why human beings, like most mammals, are not naturally monogamous, because we are wired to fall out of love so we can pursue multiple relationships. Nature would prefer that we create offspring with different partners as a way to improve the chances for our genetic variety. In other words, romance or "specialness" is not enough to motivate us to bond with another person over the long-term.

Though this may be good for the proliferation of the species, it is disastrous to the wellbeing and peace of mind of the individual. For me, this was the underlying, fundamental reason for all the economic, emotional, social and physical discord in my life and the reason why I believe there is so much violence and anger in the world. Men and women are sexually frustrated and feel unloved and disconnected from one another. And the 'outer' world is a reflection of this tremendous friction between us. Therefore, there will be no peace in the world except through the loving union of male and female.

Sadly, men are often the primary cause of this discord because of their sexual irritation and unawareness of how it impacts women. Perhaps this disturbance is brought on by social training or the stresses inherent in our fast paced industrial lifestyles. Whatever the reason, it is shameful and I believe it is

essential that we men wise up and learn how to truly love women. There can be no peace in the world without a fundamental shift in our intimate relationships.

Recently I read an article in *Ode Magazine* (Spring 2011), entitled, “*How the Light Gets In,*” by Miriam Greenspan. At some point in her editorial I was struck by a story she told of a woman that had come to her for therapy because her husband treated her as a sex slave. She explained that for the first several years of her marriage she was eager for sex, but her desire dimmed the more demanding he became. She was expected to be available whenever he was, regardless of her own needs or feelings.

After seventeen years of marriage, she had molded herself to please and satisfy her insatiable husband over everything else that mattered to her. All the while, an internal rebellion welled deep inside her, saying, ‘*I am not here to please you. I am not here just to serve you. I deserve a relationship in which you care to please me too.*’

But because she couldn’t utter these words, or even let herself think them, her defiance took the form of not wanting to have sex with him at all. Grudgingly, he consented to go with her to couple’s therapy, yet had little patience for the work. He expected his wife to be fixed in a hurry. After about six months, he announced, without having discussed it with his wife, his decision to leave her.

This is probably typical in many failed relationships these days. I can’t remember how many times I’ve heard guys talking about how sexually dissatisfied they felt with their wives or girlfriends. No wonder prostitution and the porn industries are so prosperous.

What people are trying to do in this world is find satisfaction and fulfillment through manipulating other people and the circumstances in their lives, and this cannot work because, as the *Course* teaches, it is our sense of separation that brings about feelings of conflict, guilt and anxiety. The only way to heal this problem is through correcting the misperception about who and what we are. We are love and we must choose to extend it to others by learning to see beyond the appearance and behavior of the body. The body is merely a symbol of separation. Therefore, the correction has to occur in mind, through perceiving the body as a means of communication of the real love that connects us.

At its core, *A Course in Miracles* is all about healing the sense of separation. Though it does not talk specifically about sex and the problem between men and women, it does suggest that the only way to heal the split is through *atonement*, a process that leads to a kind of ‘miracle-mindedness’ where a person chooses to see the world through the eyes of the Holy Spirit. We can perceive the world as a place to offer love and forgiveness towards everything that happens – no matter what!

The problem we face is simple. Our fears of physical decline, of pain, of not surviving, of not feeling loved drives our ‘ego-sense of self’ within the

primitive part of our brain mad and makes us grasp outwardly for relief from the discomfort we feel. Whatever we think will solve the immediate problem is what we go for and it is always determined by our conditioning, our circumstances and preferences. It doesn't matter what form it takes because it's always the same. We want relief from suffering. Everything we pursue, or get angry about, or desire is all a form of symptom substitution from the one fundamental problem – we feel separated from our Source! And we keep trying to make some 'thing' in the world become our savior and bring us a sense of fulfillment or satisfaction, whether it be in the form of an orgasm, success, domination, wealth, control, escape, and so on.

The problem is that nothing ever works. All these things we grasp for are temporary and unreliable. It is the reason why we continually 'seek but do not find'. And it is the reason why we keep striving, going after more and more, never feeling like we have enough. There is never enough pleasure, never enough security, never enough satisfaction and excitement and most of all, never enough love.

When I began to piece this sick dynamic together for myself the first thing I realized was that it was a distressing, dead end trap. And that the only winning move was not to play the game. When I understood that the game was a biological program within the reward center of my brain, I recognized the significance of the advice of the *Course* at the end of the workbook, where it said "*Choose Once Again*". It comes down to a crucial matter of choice we have to make. Either we go along with the control and manipulation of our innate biological program, or we opt for peace through learning to embrace the Divine Presence of power, love and wisdom. This is something we can and must do if we want to free ourselves from the entanglements of a dysfunctional system that goes nowhere, around and around forever.

The Buddha described something similar when he laid down his brilliant doctrine of *nirvana* and *samsara*. *Samsara*, he explained, was like an unbalanced wheel set in motion and maintained through humanity's endless pursuit of ignorance, hatred and desire. Sentient beings ride this wheel through eons of time, countless ages of birth and death and the rise and fall of universes. But in the center, he says, there is a place that is still and secure. This *nirvana*, he says, is a psychological position that we can choose, a place inside of us where we remain conscious and unaffected by the endless procession of worlds and experiences.

Though it is possible to achieve this in many different ways, I believe the most direct approach is through intimacy with the opposite sex. The split between the sexes is central to the problem in perception, a shattering of the reality and wholeness in each individual. The polarities of male and female carry within each one a reflection of the sense of separation that drives the whole cyclic dynamic. What Donna and I want to do is fix this imbalance in ourselves and we are now experiencing that the most powerful way to do that is through sexual

embrace. I discovered through my own experience that conventional (orgasmic) mating sex only serves to achieve more separation.

I always felt intuitively that the solution to my unhappiness was to find a lover who would love me unconditionally. Here again is the same old trap of looking for some 'thing' outside to take away the dissatisfaction and sense of separation. One cannot look for another to complete them. One must bring a spirit of completion to another and bridge the gap through uniting in awareness and love. Males are the embodiment of awareness and females are love.

I understand now that the fulfillment of *A Course in Miracles* can occur naturally when a man can learn to sexually embrace a woman in stillness. In other words, he makes love to her in complete mindful awareness of his penis inside of her, without any goal for orgasm or ejaculation. When he can offer gentle awareness in the act of making love and bring loving-kindness, strength, calmness and still presence to her, the sense of separation is healed. And by doing so, he can begin to touch the heart of a woman's love, which is what he really needs to feel complete. Now that I have experienced this, I feel that it is the embodiment of the teachings of the *Course* because it heals the feeling of isolation and aloneness.

For women too, it takes away the burden of having to whup-up an orgasm just so the man can feel he has pleased the woman. Most women realize that they don't need an orgasmic release to feel fulfilled. Often, they are sexually frustrated because of the anxiety of having to perform and satisfy a hungry and depleted man. I have observed that if a man embraces a woman with a mind set on getting something from her, he is pursuing a goal that can never be reached. There is nothing that he can ever 'get' from a woman that is going to make him feel satisfied. A man has to approach her to offer 'healing'. He has to realize that he makes love to her as a way to heal the sense of separateness between all men and women. And in doing so, he experiences life more akin to the "real world", a state of clarity and tranquility where it is possible to experience true perception (love).

Scientifically we can prove that neurochemicals such as oxytocin are produced in a man's brain, which allows him to feel the shelter of a woman's love, but for me there is much more than that going on. Each time I make love in this way, I sense that I am getting more attuned to a divine state of being, that I am accepting the *Will of God* (healing the separation). There is a cumulative strength growing in me where I feel less rattled by things in the world. There is less temptation to perceive myself as victimized and seduced by my ego, less recovery time from periods of anxiety and fear, less need to control my circumstances.

Furthermore, I feel I am making strides toward the level of true-perception that the *Course* talks about. I realize that there are many who would disagree with this, yet there is no doubt in my mind that the secret to finding a way out of the manipulative thought-matrix of the technological control grid in

our society, is through the profound act of slowly and thoughtfully making love without the goal of orgasm. For a man, he must learn to embrace a woman with profound awareness and remain calm and still long enough to stay sexually intertwined with her so she can eventually feel the presence of the divine male power which opens her capacity toward expressing the love in her.

In my experience, what a woman needs is male nurturing, vitality, adoration, gentleness and affection. For women, the sexual act is just another bonding behavior, a kind of symbolic ritual of sacred connection of the polarities of yin (receptivity) and yang (activity). Therefore, it is wise for men to pull their attention away from the importance of having an orgasm (for themselves and their partner) and focus instead on expressing genuine reverence and love. It is the addiction for release or sensual stimulation that gets in the way of experiencing the natural bio-energetic connection through the union of the male and female polarities.

Too often for men, in the heat of passion, the sensations in his sexual organ carry him away, and then his focus gravitates back toward the goal of emitting semen. He expects the woman to feel the same about this. And when she doesn't, he feels disappointed, rejected and insulted. This whole attitudinal addiction breaks the sacredness of the union. It takes patience to learn how to relax and value the sensation of being calm as the most important part of lovemaking. A certain level of arousal is helpful, but one must be mindful to avoid the rough waters of unbridled passion. When a man gives up orgasm, stops the habit of masturbation and begins to live a healthful lifestyle, then he can learn to stay peacefully and skillfully aroused and control his initial longing to ejaculate. Eventually he will experience the subtle, effortless, pulsating life-force energy as it rises naturally throughout his entire body. Just being able to feel the sensation of the penis still and vibrantly pulsating in the woman's vagina is wonderful.



I sense that this process enables me to achieve an increased level of stable life-force energy, higher vitality, a calm mind and serene emotions. It strengthens my connection to Donna and gives me more conscious contact with the Superior Currents of Thought (spiritual insight).

Though I know this is difficult to communicate, it is apparent to me that this is what is happening during lovemaking. For a long time, I was totally confused about why women seem to have little or no "sexual feelings" and yet sex with them is necessary as part of the healing process; it was because I wasn't seeing the fact that their *yin* nature is not wired to have any kind of overt sexual passion, especially after menopause. Donna expressed it best by explaining that

many women have to artificially heat themselves up in order to have an orgasm. They really don't have any real need or motivation because it's not necessary when they are not attempting to get fertilized. Therefore, what a woman needs is a strong, vitalized male to bring that divine, passionate energy to her. This is what soothes and comforts her. A weak, devitalized (habitually masturbating) male is a turn-off because he has nothing of value to offer.

*Yin* is soft, stable, receptive, and passionless; *yang* is hard, unstable, direct and passionate. It is the merging of these two forces that brings about a heightened level of spiritual consciousness and balanced divine energy. Conscious sexual union is the most powerful, direct way to access this energy and channel it into ourselves. A woman functions best by just being a receptive vehicle for "grounding" the electrical energy in the man. The man, when he stops depleting his reserves, will naturally begin to build a 'charge'. Though it is vital, it is highly unstable. Yet by merging with a female body, slowly and without friction, her vagina will eventually start to produce a clear, lubricating, essence filled fluid. This is the catalyst that brings about the positive effects of conscious awareness. The magnetic quality of her body during this act can balance the polarities, and then the two become one (in an 'electro-magnetic' sense).

As time goes on and a man and a woman engage in this practice for this purpose, their energetic bodies begin to adapt, hormones, essences and neurochemicals are produced and the two of them begin to open to higher experiences of love. (Herein is the assertion of *A Course in Miracles* that we are here to heal the world).

What I'm after at this point in my life is consistency and deepening in this experience. The world is changing at an alarming rate, and it seems like our culture is losing touch with those things that are truly satisfying and fulfilling. There is simply too much deviation from the ancient knowledge concerning the things that represent true values and true pleasures. It is obvious to me now that committed lovemaking between a man and a woman is the delightful means of honing and sharpening awareness of the divine Presence between them. What I feel now is that it is time to apply the transformative groundwork that is outlined in the early lessons of the *Course*.

Once Donna and I began feeling the effect of balanced brain chemistry and the benefit of true perception, it made sense that the lessons of the *Course* are a way to establish an associative thought with the experience. In other words, feeling the relaxation brought about by gentle sex is the best way to train the mind to transfer the teachings of the *Course* to every situation in the world. I want to apply those mind-changing affirmations that lead my perception away from the ego-thought system of victimization, fear and separateness.

I recognize more than ever that the dream world matrix that we are all manifesting out of ignorance and false values can and will be healed as long as we keep ourselves strong in awareness and love. (See the lessons: "My

*Meaningless thoughts are showing me a meaningless world..." "God did not create a meaningless world..." and so on.)*

The unsettling events that are happening in the world, though they often appear insane, senseless, insidious and evil, are plainly meaningless in the light of this profound experience that is available to us through stillness during sexual union. I feel that the time has come for man and woman to embrace each other in a way that will heal the split between them and the world. It only takes one person in our life to get it right, and then we will have done it for all.

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