

How Sex Ruined My Life

Then Restored it Again!

L. Kevin Johnson – Spring 2011

When I was sixteen years old all I wanted was a girlfriend to love me. I thought about it all the time, imagining what it would be like to be physically close, to feel in love. From that point on in my life the longing never went away, until recently. Though I dated many girls and had lots of sex, the wish for true intimacy seemed elusive and unattainable.

This was indeed a strange predicament, because even though I was going through the motions of dating, snuggling, kissing, giving gifts, talking, romancing and all the associated activities involved with wooing a girl, there was still a nagging feeling of emptiness and discontent. I started to suspect that sexual intercourse wasn't all that it was cracked up to be.

In fact, considering all the related stress that comes in getting a girl to bed, figuring out how, when and where to do it, and spending time warming her up, after the first five minutes it was pretty much downhill from then on. Generally after a couple of quick orgasms, I was usually ready for something or someone new. In those days, intercourse with women was quite often an uneventful encounter. It was only the anticipation that seemed exciting. Sometimes I thought that watching TV was more enjoyable and relaxing.

Things went along like this for several years and my experience of sex never improved. A different girl seemed to offer initial excitement, yet that too would quickly degenerate into the same old song and dance. One day I reasoned that perhaps getting married would make it all better. I remember the exact moment I had that thought. Afterward I set out to find a woman that I could commit my life to and finally experience what it means to "feel" loved.

Little did I know in my early twenties what I was getting myself into. When I married a girl I met in college I thought it was going to be wonderful and we would live happily ever after. I thought I was going to get my needs met once and for all. What I didn't realize was that she had the same thing on her mind. We both approached each other with our own selfish personal agenda. To me, it seemed that all she wanted was sperm and a paycheck. And I guess to her, it seemed that all I wanted was frequent sexual loving. It became obvious that we didn't want and value the same things in life.

Ten years later found me with three children, bankrupt, jobless, homeless, divorced and heartbroken. It was a nightmare. After that, I started to question what went wrong. In my mind the bottom line is simply this: Sex ruined everything! Without a doubt, the underlying cause to most of my troubles was blindly participating in the standard model of mating sex and suffering all its associated side effects. This is what caused the disorder in my life, everything from the disappointment of quick orgasm, unexpected pregnancy, relationship tension, fatigue from excessive ejaculation, to emotional distancing and all the ill effects of feeling dissatisfied and unfulfilled. Wanting the pleasure of repeated

orgasmic sex caused me to make unwise choices because of the longing within to find some sense of satisfaction in the world. Sometimes I think I'd have been better off being a Buddhist Monk in the forest of Thailand, but then again, I would still have suffered from the deep craving to be loved.

And because I didn't know how to change anything in my involvements with women, I merely went on to the next relationship and started the same cycle over again. The sex started off great, but after a few months of the honeymoon period, the old familiar relationship issues began to surface as they always had. There were misunderstandings, fights, tension, and feelings of annoyance, followed by a passionate reconciliation, then another cycle of disconnection between us - round and round, same old thing - then came the financial conflicts, and dealing with the emotional baggage from our previous relationships with the "wrong" people, then heated disagreements over the most trivial things.

Why was this happening again? If we hadn't had sex, none of this stuff would have been an issue. Why does conventional orgasmic mating bring about this kind of conflict? Other couples do it that way and they don't seem to have these kinds of problems. Why was this happening to me?

I can't say for sure what other people are facing in their intimate relationships, but for me, this was the pattern that kept occurring. At one point I decided to just walk away from sex altogether. Because it was so painful dealing with the consequences of sexual relationships, I thought that perhaps I could "will" myself to be free of it. I made it about four months and then realized that all I could think about was being with a woman.

What I have since learned is that if a man neglects his sexual energy, his mind will grow restless and he will yearn for female company. Forcibly suppressing the natural urge to be loved by a woman makes it easier for him to lose semen through nocturnal emissions. According to Taoist teacher Dr. Sun Ssu-mo, one emission while a man is avoiding sex is equivalent to the loss of much more energy than is normal. Then add frequent masturbation to the mix and this excessive loss of vital fluid inevitably results in chronic tiredness, fatigue, loss of energy, impotence, irritability, low testosterone and a host of related health issues.

Fortunately for me, several months ago I came upon some enlightening and life-changing information about sex. I learned that there are *two* ways to make love, not just one. Each method produces a different balance of chemicals in our brains, which affects our perception of life. One is 'Mating Sex' (which produces a rise and fall in dopamine and other neurochemicals) and the other is 'Bonding Sex' (which appears to release more oxytocin - the love hormone).

Mating Sex is the standard, typical form of sex, which includes orgasm and ejaculation. It is what is often portrayed in movies, magazines and romance novels. Bonding Sex is a *different* way, slow sexual intercourse without the goal of orgasm or ejaculation. I have proven to myself that I don't *need* to ejaculate! I believe men can be perfectly healthy and happy without it. In fact, Bonding Sex,

actually soothes and heals this tormenting urge and brings about a wonderful level of emotional equilibrium.

Most of us have thought that Mating Sex was the *only* way, probably because it is determined by the dictates of a primitive part of our brain. Mating Sex insures that our species is successful at replicating more genes and promoting genetic variety. This 'drive', however, does not care if we are happy with our mates. It has one goal, to pursue as many different reproduction opportunities as possible. Even if we're using birth control, our brain and our biological behavior are responding as if we are trying to impregnate!

There is nothing inherently 'wrong' with Mating Sex, orgasm and ejaculation; it's perfect for making babies. But excessive use of this form of sex tends to sabotage our intimate love relationships and our overall health. It is all due to the chemicals that are produced in our brains that often push us apart from our lovers *after* engaging in fertilization-driven sex.

Men who are comfortable picking up different women at a bar several times a week are simply acting on this primitive urge to mate with novel partners. It's not wrong, but it does come with a heavy cost, one that can leave a man feeling unloved and unhappy. Sex with multiple partners is risky, while frequent Bonding Sex with one committed partner offers tremendous benefits, emotionally, physically and spiritually.

After having Bonding Sex with my wife for at least an hour, there is a delightful feeling that I have been welcomed into her heart and truly loved, unlike anything I have ever experienced. Women are made for Bonding Sex. And many women are only accommodating men with Mating Sex to please them and hang on to a sense of security. And when there are children to raise, women are not likely to try and rock the boat with a man and suggest orgasm-less sex!

One of the consequences I noticed in having Mating Sex with a woman is that I never really felt what it's like to be loved by a woman who has opened her heart to me. Mating Sex tends to keep her heart closed, while Bonding Sex unlocks the flow of love from her heart. This is because Bonding Sex is an electro-magnetic event, the joining together of the electrical polarity of the male (the penis) and the magnetic polarity of the female (the vagina), creating a flowing energetic circuit between the two. In Mating Sex, there is not enough time to establish this circuit and thereby stimulate the positive love center of the woman, located between her breasts. Unfortunately, this means a man never receives this wonderful divine energy from her deepest center.

By ignorantly pursuing fertilization-driven Mating Sex, I had failed to serve love and failed physically to offer healing to a woman, who is the personification of love. I had not loved a woman selflessly enough during the act of lovemaking to collect and receive her divine energies, which are the finest expression of her love.

This love energy coming from a woman is the most powerful feeling I have ever experienced in my entire life. Without a doubt, the cumulative benefits

of oxytocin coursing through my nervous system are better than any of the other things I had chased after in the name of “trying to feel better.”

Pursuing our natural desire for sexual connection is part of what it means to be a complete human being, but sorry to say, our biological programming doesn't have our best interests in mind. Though nature would have us go after many fertilization opportunities, a person who unconsciously follows that urging will inevitably create a lot of negative consequences for himself over time.

Mother Nature gives us a reward for engaging in Mating Sex. We receive a huge surge of the neurochemical dopamine, which elicits temporary feelings of euphoria before and during the moment of orgasm. But then something really disturbing happens for up to two weeks following an orgasm, which tends to be very destructive to the love and bonding we all crave.

It is a *'hangover cycle'* brought about by the effect of a severe drop in dopamine after orgasm. It happens to most people, though they seldom make the connection that the climax they had last week is now causing today's *'hangover cycle'*, and often an attraction to novel mates, called the *Coolidge Effect*. Ironically, this hangover effect may go unnoticed by lovers who don't live together. They may continue on for years having Mating Sex and never notice that something is wrong between them. When a couple lives apart, they can get together on the weekend, have sex, then go their separate ways on Monday morning and ride through the hangover all week without feeling irritated with one another.

But when two people live together and engage in frequent orgasmic sex, sooner or later conflicts will arise between them. They typically begin to blame the negative feeling brought about by this subtle neurochemical *'hangover'* on circumstances, or worse, on each other. They may feel anger, fatigue, depression, neediness, anxiety, the need to pull away (“I need my space”), become controlling, sexually demanding, selfish, etc. Rarely do they recognize that brain chemicals are the culprits.

Eventually I had to figure out for myself what I felt was lacking in my life. I always knew I wanted to be sexually involved with a woman, but I didn't possess the knowledge I needed to make it work. Fortunately, because I've learned how neurochemical changes affect our perception, attitudes and especially our decision-making, I have been able to completely turn things around. I have created a life that is financially stable, secure and free of anxiety and stress. I've learned how to nurture and extend my life-force energy to a woman while enjoying the benefits of deep sexual embrace, and also avoiding the trap of creating negative consequences in my relationship. My wife and I both want and value the same thing, and making time for Bonding Sex is our top priority, before *everything* else.

Again, it all had to do with my choice to turn the tables on my biological programming and engage in a form of sexual intimacy that enhances my brain chemistry, thereby improving my day-to-day experience. But it took years of discomfort and frustration before I understood this. Young people are especially vulnerable because they possess a fountain of sexual energy, which makes it

physically possible for them to have many orgasms with not much difficulty or fatigue. But what they don't see is that they too are often subject to the irritability and the shattering of emotional intimacy that I described earlier.

The problem is that when you're young you can party, drink and f**k your brains out and feel good for a while, but the downside is that subtle neurochemical 'hangover.' (For more details on this subject, read the article entitled *Biology's Mandate to Separate*, by Marnia Robinson, www.reuniting.info).

It was precisely this effect of unbalanced brain chemistry, which I was unaware of, that influenced me to make foolish decisions about everything in life: unhealthy social interactions, especially with women, inferior food choices, unwise financial decisions, stressful activities, harmful chemical habits, and so on.

When the brain chemistry is out of whack after intense orgasm (which fires up the brain similar to heroin use) it takes time for it to settle down and restabilize again. Unfortunately, this hangover feeling can make a person feel moody, depressed and unhappy and so they are prone to self-medicate in any number of ways to relieve the discomfort. Men especially, deal with it by seeking out more sex or masturbation and porn. They want that quick dopamine fix from ejaculation, not realizing that it sets off the same old cycle again, just as in any other addiction.

This is why there is such a prolific use of alcohol, pornography, sexual perversion, graphic violent video games, extreme action movies, overuse of prescription medication, high calorie foods, and obsession with shopping or making money, gambling, recreational drugs and prostitution. These addictive behaviors intensely stimulate the brain, with temporary dopamine fixes, allowing people to self-medicate or offset the real problem. We tend to choose unhealthy activities to satiate the uncomfortable feelings we have after a round of intense orgasmic sex, or even worse, sexlessness and the sadness many people experience in not having real satisfying intimacy with another person.

When I unraveled this whole dynamic for myself, and learned the art of Karezza sex (a form of gentle, affectionate, Bonding Sex without orgasm or ejaculation) my life improved in ways that I never imagined possible. It restored the purpose of my life; it made me a conscious lover, able to serve and bring male nurturing and healing to one woman. Now I can make love to my woman every day, for long periods of time, and not suffer any negative side effects. I never get tired of being with her and wanting to stay connected. I am nurtured by the divine love of a woman. I no longer feel any sexual tension and I don't need to look at pornography or find different sexual partners to satisfy me.

There is a feeling of complete equilibrium and calmness in me. And because we schedule time to make love for at least an hour every day, we look forward to it as a way to meditate and commune spiritually. My wife is now eager to connect with me and is very receptive to our sexual union as often as possible. Karezza sex has completely changed her attitude towards me and has

altered her feelings about sex and about men in general. I realize now how healing this type of lovemaking is for both men and women.

Anyone who really wants to experience this should consider reducing the frequency of orgasms more and more. Men should seriously think about getting control of their ejaculations and learn to make love for longer periods of time, remaining focused and still while having intercourse. For me, there is no benefit to having an orgasm compared to the deep satisfaction available when I am calm, quiet and motionless in sexual embrace as practiced in Karezza sex.

Completely giving up orgasm for this different kind of slow sex is the most significant accomplishment of my life and has dramatically changed everything for the better. Everyone should at least try it for themselves, even if only for a few weeks. You can always go back to the standard Mating Sex if you are not satisfied.

Something I learned that has been very helpful in learning Karezza Sex is that a man can enhance the experience by not eating or drinking alcohol for several hours before making love. It is very difficult to keep yourself aware and prevent preliminary ejaculation when your body has to use its energy digesting food. I learned that it is also good to give your woman at least a few minutes of gentle massage each day, separate from the time you engage in intercourse. That way, she can more easily relax and open herself to the nurturing that you can give her.

In the end, it comes down to this simple choice: either continue to be a slave to the Mating Sex program and its consequences or choose to use sacred sexuality as a way to establish real communion and intimacy. The choice was simple for me and once I made it, I knew that I would never again engage in fertilization-driven mating sex with a woman. There is nothing to lose and everything to gain in learning the art of Karezza sex. I have never seen my wife so happy, fulfilled and at peace in our relationship as I have since I changed the way I make love to her.

We also noticed that this kind of sex makes us look especially attractive to each other. My wife thinks there might be a connection to the fact that in nature, the females always choose to mate with the males that are the strongest and most robust with life-force vitality while rejecting the weak ones. I think most men will agree that being rejected by a female is a very painful experience. When I stopped depleting myself, within a few weeks she began to express that I was very appealing and alluring to her, like I had a strong electrical "charge" around me. In comparison, she said that when I was ejaculating regularly, I appeared drained, devitalized, worn out and not so interesting.

If young people could just take the time to learn about Karezza sex and experience for themselves the simple pleasure and delight to be found in giving up orgasm, which is only about three seconds of intense sensation, in exchange for hours of satisfying intimacy and enhanced brain chemistry, there is no doubt in my mind that the consciousness of the planet would change significantly in a short period of time. It would end war and tyranny. It would begin to sow the

seeds of an age of enlightenment and foster a culture of true social justice far beyond anything we can possibly envision as a species. I cannot imagine anyone willingly going to war and inflicting mass slaughter on others, when we could all be safely and blissfully at home, making love and connecting with each other.

“There are no mass solutions for the world’s problems. There is only one solution, and it starts with one man and one woman. If we can bring the balance back in our intimate relationships by creating harmony between man and woman, we are doing true peace work for the world”. (Tantric Sex for Men, Diana and Michael Richardson)

We all deserve to know the cause that is eroding intimate relationships. Men and women should start to educate themselves on this topic and take a stand and be brave enough to introduce something radical to their lovers. Teach them how to *make love to you differently!* It can possibly save your marriage, your future love relationships, as well as the unity of your families. Can you imagine children growing up in a home where Mom and Dad are still together, deeply in love and blissfully peaceful with each other?

Recommended Reading:

The following three books were an immense help to me in learning how to make love differently to a woman:

- *Cupid’s Poisoned Arrow*, Marnia Robinson (This book appealed to my intellect and gave me all the science and research to convince me I needed to try a different approach to sexual intimacy.)
- *Tantric Sex for Men*, Diana and Michael Richardson (This one appealed to my heart and motivated me to learn this superior pathway to loving a woman as a form of meditation.)
- *Better Than Orgasm*, Stanley S. Bass (This one was absolutely essential to helping me achieve the skill of sex without ejaculation. It coached me through the rough patches in my transition with a wealth of practical “how-to” information and led to my physical success in Bonding Sex.)

The EarthStar website:

When my wife and I met years back, we were both sick and tired of the dysfunctional system plaguing our society, all the stress, debt, sickness and lack of quality time for each other. We wanted time for art, music and creative work, so we moved out to the country on a small piece of land and hand-built a tiny little cabin in the woods. Eventually we were able to quit our jobs in the city and figured out how to earn money to support ourselves - playing music and baking bread for cash and tips. It turns out, these many years later, that we were unknowingly creating the perfect life for two people who want to make Sacred Sex the top priority of their lives. We’ve learned that if something is not in

alignment with our shared purpose in life, then we do without it. The only real freedom is in the minimum of needs. For more information see our web site featuring articles about how we embraced the simple life.

www.earthstar.newlibertyvillage.com

Mystical Union

L. Kevin Johnson

Lying in stillness only for a time,
my lover entwined with me,
like roots of a single tree
held close and bound to the earth.

On the bed in our quiet room,
I breathe easily and softly,
gazing into her peaceful eyes.

I begin to float away,
caught like a feather in the wind.
Soaring higher - upward and out
where light fades and darkened stillness
arises from the primal void.

I soar around the galaxy,
past worlds and cosmic dust toward the central sun,
where the most exquisite flowers bloom,
with colors swirling in violet haze.

And from the depths of her moist cave,
I feel her again and slowly move,
vibrant and pulsating,
inching ever closer to the inner sanctuary.

I finally rest in her garden of delight,
like a warrior who has traveled a long journey,
returning home to serve his Queen
and bringing divine healing.

I can feel her wide open heart,
like undulating waves of the sea.
She and I are free.