

Sacred Sex

By Edwin Spina

To many people, the words sacred and sex do not belong in the same sentence. To others they may imply sex used for purposes of procreation. To the mystic, sacred sex is a way to improve our health, strengthen our energy bodies and help manifest our heart's desires, with the ultimate goal of communing with God.

Human sexual energy is among the most potent energies found on earth. The drive to mate is innate in human beings. Marketers use this drive to sell just about every product imaginable, from luxury goods to simple grooming items. You do not have to be a marketing wizard to recognize a long sports car sliding on a rain-slicked road hints at the sexual satisfaction you will derive from owning that vehicle.

The Law of the Triangle states that when two opposing energies come together, there is the potential to create a third energy. When a man and a woman come together, the potential is to create a child. But this energy can be used to manifest whatever you desire, as well as to commune with God.

Kundalini energy is the name given to this energy that usually lays dormant at the base of the spine. Upon activation by yoga, breathing exercises, meditation, natural spiritual development, or by a partner whose kundalini has already awakened, it rises along the spine through two channels called nadis. Like two intertwined snakes, the energy crosses at each of the lower six chakras. The seventh chakra represents enlightenment. The medical caduceus, the symbol of the American Medical Association, is a graphic representation of kundalini energy rising.

In many sexual encounters, only the lower two chakras are involved. This can produce a brief flash of pleasure followed by a void because the other chakras are not involved. It can be tiring, as the sexual energy has been disbursed. Sleep often follows such encounters.

On the other hand, when a man and a woman engage in foreplay as a part of a sacred sexual experience, they act as catalysts for each other, encouraging the energy to rise in their partner. Over time, and sometimes spontaneously, this energy releases blocks in the chakras and burns off impurities in your energy bodies. As the energy rises, it is possible for both men and woman to experience multiple orgasms. Distinctions between male and female can disappear and the identification of whose orgasm is being experienced becomes blurred, as the two partners become one.

Far more sexual energy is produced by such an encounter, and aside from the obvious potential for pleasure, sacred sex strengthens the etheric body and opens passages to higher consciousness. The etheric body contains the blueprint for your physical body. A stronger etheric body can improve your health, while magnifying your desires and increasing the likelihood of their manifestation. This is especially true for thoughts you hold at the point of orgasm.

For best results, a woman must feel completely safe, loved and protected in order to release fully the energy contained within her being. This is an understandable basis for certain religious beliefs that people should only have sex within the context of marriage. The issue is not whether you have a society-approved license, but that the woman feels loved, protected and adored.

Sexual energy can also be produced by same sex relationships or by an individual alone, but in these cases you don't have the opposite polarities or the mixing of the male/female hormones and body fluids that augments the energy and brings it to its fullest expression.

Remember, each sexual encounter results in a transfer of energy. You want to be careful as to what and whose energy you're taking into your own energy bodies. Negative or low vibration energies are not conducive to becoming enlightened and will inhibit your getting closer to God. These low

energies merely add to the discordant energies that must be burned off if you are seeking spiritual advancement. This is even truer for women as they are the receptacle for the male's energy.

In a committed relationship the two partners act as mirrors for each other, intensifying the purification process. The goal of our spiritual evolution is to eliminate all impurities from our energy bodies. Sacred sex intensifies the process and allows couples to eliminate the negative, while experiencing higher levels of consciousness than either partner could attain on his or her own.

When all the benefits are considered: improved health, release of impurities, strengthened etheric bodies to manifest your desires, not to mention the pleasure derived, it's a wonder more people do not pursue this ecstatic activity. Especially, when it contributes to our ultimate goal of communing with God.

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