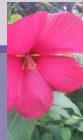


Daniel Paquette



the
doors
of
ecstasy



FROM MAKING SEX TO MAKING LOVE

Occidentalia

Collection *Transmutation*

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INTRODUCTION

There is a universal tendency to think that what comes should be easy, kind of like an instinctual answer that we carry in our genes. But things are not as simple as that. What is more natural than eating or breathing or even moving? Yet time and time again, we are told we need assistance with those, that our natural instincts can mislead us. The same is true, unfortunately with making love. What we think should require no help actually does. Far from being easy, making love actually requires work. The work that is being required mostly relates to us. To make love well, we need to work on ourselves. Only then will we begin to understand who we are and who is this other person.

This is so because, our true identity does not exist by itself but only in relation to somebody else. Only then can we be truly ourselves and can we be on our way to something much bigger than our petty selves. True sacred sexuality can bring us there and thus transform us into who we really are and who we are becoming in this magic dance. If we do mention the divine, it is out of obligation to truth. Human sexuality cannot ever be complete if the divine is not allowed in. If you don't agree, skip the book or skip the passages.

Quite obviously, this small essay does not cover everything there is to say about traditional sexual encounters. But what is there is enough to go on that fantastic journey that is the meeting of a man and a woman.

Let us begin on our path...

PART I

FRAMING IT RIGHT

Although it might sound corny, men and women do not make love in the same way and do not look for the same things in the sexual act. This is to be expected since women start from a position of love which is not the case for the majority of men. The sexual act is in general more risky for women... after all, they are the ones that are on the receiving end and that need to trust that the men will be able to respect them, at least not hurt them. To them, the potential for violence is always present and the likelihood of getting what they really want is very low.

This essay is mostly about regular female sexuality in long-term relationships. What we describe here will not work out with the perfunctory one-night-stands or with short-term couplings.

External and internal

Even today, most men are, in general, more external, meaning more active, more out there, than women who are more internal than men. That means that many men easily live without an awareness of their internal life. They exist in the physical world, often unaware of how they truly feel. The outside world is a welcomed challenge to them, it must be decoded, understood, tamed, won over. Women are different, often more receptive, it is more their internal world, their feelings and emotions that they need to perceive and tame.

To men, the sexual act has a clear beginning and a clear end. It is a mechanical act that is well defined outside of themselves. To many women, things are much more complicated than that.

Obviously depending on age, race and more, most men are totally content with their body getting what it wants. But the same is rarely true for women. Satisfaction of the body is not what they are truly, deeply looking for. As the cliché goes, women want

love, men want sex... even in this age of Tinder. In sex, women want their whole person to be profoundly touched and imprinted by the love-making and that includes body, mind and soul. So, obviously, to women, love-making begins way before getting into bed... and finishes way after, as opposed to men who clearly separate ordinary daily life from love-making and mark the beginning and the end of the act itself with clear boundaries. In a very true sense, love-making, to a woman, never begins and never ends. It should always be... because, to her, it has to do with love more than with sex.

Women are concerned about love and making the love that exists between them and their partner grow. To men, the goal of love-making is mostly physical satisfaction. To many women, physical satisfaction is very low on their list of priorities. What counts to them is the growth of love. This is rarely a concern for men. Men are led by their libidos. They have problems seeing below the surface of things. If they were to look deeper, then would understand that, on a deeper level, men are meant to give women protection and security, women are meant to bring men to Love with a capital letter L.

But to truly understand what is going on, we need to take a few steps backward and start at the beginning.

Beauty and strength

Men are usually more visual than women, they put lots of importance on the physical look of the woman... not that women don't do the same - they do - but they will in general take other aspects into account which men will not necessarily do.

So men are drawn to women on the basis of their physical *beauty*. Each man having his own preferences, all women will please certain men... no question

asked. Men are usually the initiators only because of the fact that vision trumps hearing – we usually see before we hear. Many women tend to listen more than men. So even though women can be very visual, hearing is usually more important to them. Most women like to talk, exchange feelings and thoughts, listen... communicate is the word here. The man's voice tell a lot to women. It is connected to his ability to communicate and it also relates to his inner and outer strength. Women are very attuned to male strength. Most women will in general respond to men on the basis of their masculine *strength*. As women look at more aspects than men do, this strength can be on a number of different levels: physical, emotional, psychological and more. Strength is really, in the end, the path to power. Most women will tend to react to both strength and power in the same exact way. They really are the same thing. Obviously, as anthropologists and evolutionary psychologists will tell us, these are only the basic qualities men and women are looking for... there are many others.

Harmony and sharing

On the basis of *beauty* and strength, men and women may get into a relationship. In that relationship, things begin to get way more complicated. Again, men and women are not looking for the same thing while being together. Men are mostly looking for *harmony*. They do not want their relationship boat to be rocked. They are looking for a quiet, satisfying exchange with their partner. Nothing special, more like a long and quiet river. To men, this harmony they need is really about serenity. They need to be able to bask in a life where their spouse is devoted to them and they can be tranquil, secure and know they are cherished, valued and admired.

This is not the case for women. Women are looking for *sharing*. Now, we do have to be careful with that word. What women define as sharing is not what most men understand it to be. Sharing to women involves generosity, an important part... but sharing means much more than what is often understood, at least by men. To women, sharing is more than total presence, it is a constant contact with the man in their life, where the man responds with affection and maintains an attitude of interested exchange and play – quite obviously that includes communication between the two partners. Sharing to women is based on relationship fidelity. Fidelity in the sense of always being there, but, as described, of constancy of presence and contact.

That attitude may include subtle smiles, light touches, romantic winks, small talks, slight brushings and a lot more. To be clear, those are only examples and different women will expect different actions... but the point is that those subtle interactions are to them the daily food that the romance they have with the man of their life requires. Those subtle interactions are really what they define, even if they are not conscious of it, as seduction – another name for sharing.

Having a common project with the man of their life will have the same effect for women and will be understood as seduction as a common project necessarily entails quite the same subtle interactions between the man and the woman. Moreover, women do not want the sharing to ever end. This means that commitment on the part of the man is needed if sharing is to exist.

Women might be amenable to a physical relation without those aspects... but, at some point, they will

expect them. Most men are really not there... to say the least. Most men cut and parcel physical reality in a neat and convenient way. There is grooming time, work time, eating time, sleeping time and, then, hopefully, love-making time. No link between any of those. Women are different, they are much more aware of all the cycles of life that exist. They want and they need to feel that they do belong to something bigger than themselves and they are very aware of the alchemy of daily life through its innumerable rhythms and transformations.

To women, all the different parcels of time that men lived by are tied together and related one to the other on the basis of sharing, or what they may call seduction, which to them, as we just said, is the same thing.

The important point to make and the important point that men should remember is that, to women, this is part of love-making. This is why writing a book about how to make love to a woman is such a challenge because, in the end, it can get very complicated. As I said above, you may succeed in bringing a woman into bed without those aspects but it will never be satisfying to her if all the rest is not also present.

Most men will be totally satisfied, physically, with ejaculation in or with a woman. Many men do not know any better unfortunately. The real tragedy is that very many women do not know any better either. Women have been socialized by the culture and the times to make love as men do, to think that femininity is weakness and that virility is aggression or rape. They lost view of who they truly are and what they can truly achieve. Most women who went through this indoctrination will live their life with a constant dissatisfaction that they cannot ever understand.

Openness and self-control

As I said above, in sexuality, women are looking for a total, whole-person satisfaction. What that means is that the woman must be able to give all of herself in the sexual act. If she only gives her body, a huge frustration will remain.

But, if the woman is to give herself totally, she must first and foremost feel secure. We are not talking about physical security although this is part of the package but mostly about psychological and spiritual security. This means trust, commitment and security are paramount in any true relationship. If women need to feel secure, it is because the most important aspect of sexuality is the openness of the woman. The more a woman is able to open herself up, that is to let go of all her preoccupations and be present in the moment, totally accepting of the other, the more feminine she is... that's it. Women must be receptive to men, they must want to receive the man in all his aspects, that is physically, emotionally, mentally.

The male equivalent to female openness is self-control. If *beauty* and *strength* are the first initiators of the relationship and *harmony* and *sharing* are the maintainers of the relationship. *Openness* and *self-control* are next in line as the stimulus to a more profound relationship. Men need the woman's openness in order to find his true purpose and the woman need the man's self-control to find herself, that is to be able to focus on letting go of everything that distract and disturb her and be able to let in the love.

On the man's part, the importance of togetherness, that is total presence and focus on the other cannot be under-estimated at that point, Togetherness is what will allow the woman to open up. True togetherness is really the opposite to egotism which is a closing up

inside of oneself in order to focus on one's own pleasure – a typical male reaction.

At a casual glance, it may look like any sexual arrangement should be condoned. Why not group sex, polyamorous sex or any other sexual arrangement? In reality, it does not work that way. Many women will have problems truly opening themselves up if they are not in a stable, monogamous relationship. This is unfortunately the way the female psyche is made up and modernity, changing mores or values, whether in the man or the woman, has absolutely zero influence on that. This aspect is not controlled by the man or the woman... it just is.

Welcoming and impregnation

The next step is *welcoming* and *impregnation*. This fourth step brings transformation of both man and woman in the relationship. It renews them, transmutes them into whom they truly are. They each represent what each sex is most looking for. Men want to be totally welcomed by their women. Women want to be impregnated by their men.

Impregnation is often defined as the ability of the man to make the woman pregnant. In our view, it relates to transformation. It relates to the ability of the man to transform the woman in a permanent fashion. Through the act of making love, the woman wants herself and her world to change permanently. She expects this change to be wrought by the man. He should be able to truly impregnate her, that is to make her in a different person, not because she is not satisfied with who or how she is but because, above all, she wants to feel and live the power of true sacred Love in her life.

The impregnation step takes each partner and brings him and her deeply into the other. This is part of

a beneficial fusioning of the two where each person's identity is made true and new by the other without being impacted or lost.

Obviously, welcoming (the word in French is *accueil* which is more descriptive than the English word) has to do with openness. The more a woman is opened, the more welcoming she will be. Impregnation is also related to feminine openness because in order to be impregnated, women need to be opened. Although impregnation depends on the woman's openness, it is first and foremost dependent on the man's ability for self-control and his deep love for her.

Satisfaction/repose and Coherence/imprinting

Finally, the next and final step concludes the path taken by both partners. At the end of his path, after the welcoming, man will find *satisfaction* and *repose* and after the impregnation, woman will find *coherence* and *imprinting*. For man who is on an eternal, never ending, never satisfied quest to express himself in the outside world, to become who he is, satisfaction and repose are the two biggest gifts he can ever receive.

With the act, everything comes together for the woman and that is what we call coherence. She will feel as one, unified if the love-making experience addressed her whole person. If only her body has been affected, you have not accomplished anything. What we call imprinting is the fact that women want their body, mind and soul to be profoundly touched by the sexual act. They want the act to remain present in them, a living memory that not only affects them but transforms them long after the end of the act. Imprinting can only truly exist if the man is able to bring the woman up to higher spheres allowing her to touch the divine. Coherence and imprinting are

generative aspects that transform the woman forever. This generative aspect is a gift from true sacred Love. Obviously, each of the steps we saw is built on the previous one. In order to have welcoming and impregnation, we need to have openness and self-control and in order to have openness and self-control, we need harmony and sharing... which themselves require beauty and strength which are themselves built upon the eternal, unchanging externality of men and internality of women.

True sacred Love

We did mention true sacred Love above. We need to briefly discuss it, not an easy subject. Many people define love as an emotion... it is not. I will discuss in Part III the different types of love. Amongst those, familial love (*storge*), sexual love (*eros*), friendship love (*philia*) and *agape* which is sacrificial, sacred Love (the ancient Greeks did an excellent job of describing the different types of love).

True sacred Love is *agape* love taken to its utmost power. True sacred Love is a gift from the divine. Defining true sacred Love is not easy as we do not have many points of reference to help us understand it in all its glory. As it partakes of the divine, it touches an aspect many people refute and do not want present in their life. Yet, without the divine, love stays ordinary and is more akin to an emotion, a feeling. True sacred Love has nothing to do with emotions or feelings. True sacred Love is sacred sacrificial love, it is total joy and happiness. It is the deep knowledge of our infinite connection to a Love so big it is impossible to describe and can only be experienced, a Love that is way beyond our wildest imagination and that has the capacity to transform us into whom we truly are. This

Love will obviously, in the act of making love, transfigure our loved one as much as ourselves.

Most people we live with, we do not love. We might have passion, empathy, affection, desire, but those are not love. What I am about to say is difficult to explain and most people will have problems with it. Very few people know true love because true love can only come from the divine. There is a humongous number of false types of love, very few of which we have enumerated above, and there are a number of different types of human love (which includes unconditional love - *agape*), but there is only one type of true love... it is divine, sacred Love.

True sacred Love is not of this world. It is a gift from the divine to us. Making love in the right fashion, with the man in self-control and the woman able to open up, leading to welcoming and impregnation, allows both partners to access true sacred Love. There is no other way. What that means is that human love is present when man and woman get together but what they can gain from their relationship goes way beyond human love and into true sacred Love which will bond them forever (and when I say forever, I mean forever) as this experience allows both to transcend time.

Women are unlike men. Men can make love without being in love. For women, doing the same will hurt them on different levels. Although they may, at first, be blind to the hurt, it will eventually catch up with them and destroy them. In women love needs to be present so that it can be transmuted into true sacred love by the physical act. If the woman does not love at first, there is then nothing to transmute. The physical act will then be meaningless to her and will also traumatize her.

In the second part, we will see how true sacred Love can be accessed. The goal of the six steps discussed above is obviously to reach that goal for both spouses.

The six openness factors

The key to making love and finding true, sacred Love is female openness which brings the woman to be welcoming to the man. This openness we can also call receptivity as it corresponds to the ability of the woman of letting the man in her in the most complete manner possible. No other factor is as important or vital as this one. Although, the male aspect, *self-control*, remains necessary, it is female *openness* that leads both partners beyond simple sexual pleasure into true sacred Love. But female openness is not easy.

A woman cannot will her openness, this is not something she has any conscious control over. As women do not have control over their openness, how can they achieve it? The answer is not that difficult and I think you can guess that the main activator of openness in the woman is the man. We obviously suppose that the woman is not totally blocked to her true nature and that she is able to let go... which is fortunately the case for most women.

There is an almost infinite number of things man can do or say that will make women close themselves up during the act (or, for that matter, before). But there are a limited number of things he can do to help her open up. Of those, there are six that are more important...

The first one is, as we saw above, trust, commitment and security. A stable relationship helps a lot... Marriage is really the best, but it has grown less popular... a big loss to men in my opinion.

The second one, as we will see in the next chapter has to do with the act itself, the man needs to address the woman's whole body, focusing on specific parts of the female body will turn the woman off and close her up.

The third one has to do with rhythm itself. As we will again see in the next chapter, being aware of the woman's own rhythm and respecting it is of utmost importance. If the man goes too fast or too slow, too hard or too soft without an awareness of the woman's own rhythms, she can become less excited and she might turn off.

The fourth one is sharing or seduction as defined above (and not the traditional definition).

The fifth one is masculine self-control. This word can be defined in many different ways as we will shortly see.

This fifth factor needs more explanation. In order to be able to open up, women need to feel secure as we already saw. They also need to KNOW that if they open up, someone will be there to protect and watch the fort so to speak. Opening up is letting go.. It is more than letting go, it is leaving the premises altogether and no longer being there. In order to do that, you need to know that someone is staying in control.. that is the role of the man.

If the woman does not feel that the man can stay in control, she will not be able to open up... it is as simple as that. One of the ways women do check on men is if they are able to control their sexual excitation. That means that, as we said above, in sexuality, whereas *openness* is the main feminine quality, *self-control* is the main masculine one.

Men must be in control of the sexual relation from beginning to end. Otherwise, the act will not get anywhere. Maybe I should explain that more clearly. Since women want a whole-person sexual experience, the only way to experience that is if she is able to open up as completely as possible. This being the goal, the man must stay in control of the act otherwise the woman, even though she might want to open up, will not be able to do so. For the man, that means controlling his desire, his sexual excitation and his ejaculation. Only then will the woman be able to let herself go and really open up. It should be understood that in order to really be with a woman, man needs to see her as a true person, a human being. Perceiving the woman as a sexual object represents the surest way not to please a woman. It also is the fastest way for a man to end up alone and by himself.

Finally, the sixth aspect of openness is about not-doing, quietness or inactivity. Femininity is not about doing, it is about being. As opposed to men who needs to move during the act, women will benefit by not moving, being quiet – inactive - during certain parts of the act. If the woman is too active at certain points of the act, the less feminine she can become, the less she may be able to open up and let go. We will clarify this up further. The ultimate image of femininity is the earth... totally receptive and mostly quiet.. a good image to remember.

We now have to understand what is the reason for women opening up? There are two main reasons for this opening up. Firstly, as we said above, opening up allows the woman to experience the sexual act not only physically but on a number of different other levels, namely psychological and spiritual. Secondly, opening up allows for true, sacred Love to appear and to grow.

The sexual act should always be as totally fusional as it is possible. But this fusion between the partners should extend beyond the act into everyday life. Living in togetherness, man and woman will then start a cycle of ever greater attachment and love. They nevertheless have to be careful to preserve their individualities in the process which is not a problem if both are truly sincere and respectful.

We must understand that anything that is true will have a lasting generative effect on the person. It will transform them again and again, forever and ever... that is true life. If you understand what we discussed above and what we say below, your sexual encounters will allow, most importantly, divine love to happen and to grow.

SUMMARY

The 6 steps to a true sexuality

externality and internality

beauty and strength

harmony and sharing

openness and self-control

welcoming and impregnation

satisfaction/repose and coherence/imprinting

The 6 means of opening up for the woman

trust, commitment and security

whole-person love-making

awareness of rhythm

constant sharing (that is, seduction)

self-control by the man

quietness by the woman

PART II

DOING IT RIGHT

Women do not like anything that is mechanical or repetitive or studied. Life itself is not like that. Life is dynamic, always changing, in movement, flowing. Do not ever develop any recipe or list. What I am describing is only a blueprint on which you can, and should, improvise, a canvas on which you should paint.

There are four steps we will describe in the sections that follow. Obviously, those steps are only one way to live the sexual act. They are only there to help with understanding the important aspects. As I just said, there is no recipe.

Beyond the technique itself, the most important point is that man and woman should always be TOGETHER in the here and now. Neither partner should ever lose contact with the other or isolate himself or herself in egoistical pleasure.

The four main steps are :

1. losing her virginal state
2. opening the first three doors
3. building up female excitation
4. opening the last three doors

Losing her virginal state

Any woman, no matter how many times she has made love before, is always a virgin at the beginning of a new act. As any virgin, she must be calmly and quietly led on the road of greater sexual awareness and interest. In this first step, there is no penetration. The man is focused on bringing the woman out of her virginal state. As we did say above, this is all about man's self-control. If the man loses his control, the act goes nowhere. This is most important.

The man should not be vulgar or brash. He should not kiss the woman right away and should give her time to calm and centre herself. He should touch her

lightly, avoiding the organs and the breasts, concentrating on the whole body, her face, her hair, her back and all other areas of her body. As opposed to most men who are mostly focused on their genitalia, women like their whole body to be explored, touched, stroked. If the man only focuses on the breasts and the vagina, she will become frustrated and will tend to close herself up. Where the woman likes to be touched will vary from woman to woman and will change, in the same woman, with each encounter.

As the woman opens up, the man can slowly start directing more of his attention to the breasts and the organs but without them becoming his only concern. As we said above, in that step, the woman should be as quiet as possible, she can therefore be on her back or her tummy, changing position as she sees fit. As we noted above, and this is very important, the man should stay in control of his excitement.

There is a mysterious communication between men and women in the sexual act. In a very close relationship, where man and woman have truly bonded, the penis will become very responsive to the woman's mood. If the woman is not truly ready, the penis will stay flaccid. When she is ready, even if there are no external signs, the penis will know.

In this first step and for most women, the sexual opening is slow and fragile. It cannot ever be rushed and it cannot suffer anything that can be construed as a disconnect between the two partners.

Opening the first three doors

At some point during the foreplay, the penis will get erect or more erect, or the man will feel more excitement. This may be a sign that the woman is ready. In order to make sure, the man should put his penis

outside the vaginal lips. If the woman is ready, the lips of her vagina will draw in the penis to the first door.

The whole concept of doors must be well understood for everything that follows. There are, in the vagina, a total of six doors. Of those six, three are physical and three are virtual, meaning non-physical. The doors are more like stops or slowdowns on a path. With a little bit of attention and practice, they can easily be felt. The first three physical doors in the vagina are the easiest to notice. The last three doors take more practice but can be felt as well.

The first three doors must be opened by the penis but without them being forced. The vagina is not a passive conduit. On the opposite, it reacts to the penis and helps it along. The man must follow the lead from the doors themselves, from the vagina itself, while always being attentive to the woman. If the first step above (*Losing her virginal state*) was well completed by the man, that is if he truly succeeded in taking the woman out of her original virginal state and was successful in creating the first opening in her, the vagina will help the penis along the opening of the first three doors.

There are two types of vaginal intercourse. One is soft, slow, lasting, subtle and very focused on the other, we will call it female. The other one is fast, hard and mostly short, we will call it male. In this second phase where the first three doors need to be opened, only female vaginal intercourse should be used.

The actual penetration must be responsive to the state of mind of the woman. The male member should make its way slowly and by steps following the lead of the vagina itself. Doing so will open the three doors that need to be opened I know this sounds strange but the doors will open themselves up as the penis comes

up to them and as they are ready to open, the doors should never be forced.

Sometimes it might be necessary to wait for a door to open, but it always does. Most women will need a pause between the openings of each door. The man should be careful about providing that pause. The vagina always begins by squeezing the organ and then drawing it forward, deeper.

Man must be very careful about opening the three doors and should continually check with the woman, and with her vagina, on whether or not he should proceed forward. As I said above, it is the vagina of the woman that is drawing in the penis to the doors and helping it open the doors as it is ready – man, or his penis, only has to follow along. Once the third door has been opened, the woman is ready for her pleasure climb. That climb is very different from the man's as we will see as it is defined by ups and downs.

So, to summarize, as the woman is ready to be penetrated, her lips will draw in the penis to the exterior of the first door. The first door itself is past the external lips, at the beginning of the small internal lips. It is at about the length of the penis' glans.

The second door is approximately in the middle of the vagina itself. The penis' glans will feel it and must wait for it to open. A slow movement between the first door and the opening of the second is allowed in addition to fondling, kissing and might help the opening of the second door.

The third door is at the end of the vagina. It is strange to explain but it is as if, at some point, the tip of the penis will be allowed farther than it was at first. Going directly to the end will scare the woman, cut off her pleasure and will end her opening. Moreover, if the man does that, his penis will hit the third door which is

always closed at this point... this can be quite painful to the woman and not pleasant to the man. As in the above paragraph, a slow movement between the second door and the opening of the third is allowed in addition to fondling, kissing and might help the opening of the third door.

Building up female excitation

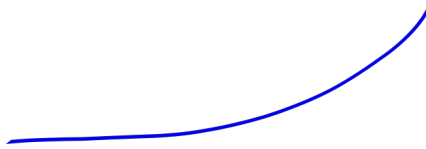
When the third door is opened, we get to the third stage of our four-step description : building up female excitation. At this point, the woman, if she wants to, can be more active and change position. During that phase, everything is allowed in order to increase female excitation. Note that one of the two ovaries is usually more sensitive to pleasure. Many women will feel more pleasure with the penis' glans driving slightly right or left. In this way, the left or right ovary can be stimulated by the head of the penis. The side the woman feels more pleasure will change through time.

Female excitation is not an ever-increasing curve, as it is for most men. The man should therefore pay attention to all desires of the woman that allow her to become more excited. At this stage, most women will like a mix of softness and hardness in the lovemaking. Both female and male vaginal intercourse can be used, depending on how the woman reacts to each of them.

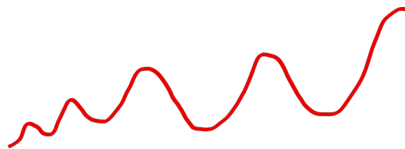
The pleasure curves

Men and women have very different pleasure curves. For men, orgasm is really a climb to always higher pleasure. It is very seldom that men will go down although it can obviously happen. The pleasure curve of men is straight. This is what men's curve look like (**time** (on

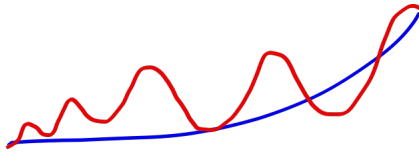
the horizontal axis vs **excitation** on the vertical one) :



A woman's curve is very different. Most women will experience ups and downs in pleasure. As they get more opened and therefore more excited, their pleasure curve will get higher and if it goes down, it will lower itself a little and get back to a higher position. The pleasure curve of women is sinusoidal, This is what it can look like (**time** (on the horizontal axis vs **excitation** on the vertical one) :



Obviously, for maximum results, the man should ejaculate when the woman has reached the highest pleasure she can reach. This point is not her orgasm. It is the position where she can be most opened. Again, (**time** (on the horizontal axis vs **excitation** on the vertical one) :



Although it may sound secondary, both partners being able to look in each other's eyes is of great importance. As I mentioned at the beginning of this section, this will greatly enhance feelings of togetherness and connection. Making love dogie-style is ok, especially if the woman enjoys it – but it should not be the only position used. It is most important to the woman as it will help her not feeling alone, disconnected which is a risk to her as she must go out on a limb and let go of everything in order to open herself up as much as it is possible in order to reach the second set of doors.

Most of the times, a mix of both types of vaginal intercourse (male and female) is best received by the woman. Male vaginal intercourse can be exhausting to the woman and therefore needs to be interspersed with female vaginal intercourse. Importantly, the man must himself remain in control and show only as much excitation as will stimulate the woman. Be wary of oral sex as it may isolate the partners, make them more egoistical or, for the woman, make her less feminine. In any kind of oral sex, a visual contact between the partners should, if possible, be maintained. This will be addressed later on.

This is as good a place as any to note that the body may react in strange ways as both partners get more pleasure. The trembling, shaking and all involuntary movements of the body should never be controlled or stopped. Those are all natural releases that should always be allowed to run their course.

The use of sex toys during sexual intercourse is mostly a male fantasy. It rarely enters into a female perspective while making love. Yet, if the woman enjoys them, they should by all means be used in order to increase her sexual excitation in phase three: building up excitation. A lot of care should be taken not to isolate any of the partners and not to encourage egotistical enjoyment. Sex toys are fine as long as the two partners can use them in order to help the woman get more excited while both stay together and connected. The final goal should always be kept in mind, that is the opening of the woman in order for her to attain true sacred Love for the couple.

As the woman gets more excited, she needs to find a receptive position that will allow her to open up as much as possible. She should not be in any position that puts her in control of the penis or dominate the man but she should choose a position where she can let go completely.

The missionary position is usually best but any position that allow the man to lead is ok. Both partners should decide in advance of a sign or a word the woman can use to signal her peak sexual excitation.

As the woman gets to her excitation peak and has reached as high a point as she judges she is able to reach in that sexual act and does not think she can get any higher, she should communicate to the man with the chosen signal. This signal should be a sign for the man to ejaculate with force – we are here talking about male vaginal intercourse obviously. If the missionary position has been chosen, a prolonged kiss lasting during all of ejaculation will help the woman open up still more.

For the act to reach its intended aim, the woman must decide when the man should ejaculate. The role

of the man is simply, at this point, to comply and let go...

The opening of the last three doors begins with the man's ejaculation. Obviously, deciding when is the best moment to try and open the second set of doors can be challenging for the woman. If she decides to wait for a higher peak, she might go down in her excitement and not be able to reach that peak again. If she decides that she has reached her maximum but then fails to open all the doors, she probably should have waited and tried to reach a higher peak. There are no recipes here and it depends on each woman to learn about her potential for excitation and openness and make her decision accordingly. Many factors are obviously involved such as mood, physical tiredness, link to the partner and many others.

Opening the last three doors

In this fourth stage, male vaginal intercourse, that is fast, hard penetration, is used to help the woman open the last doors. As the man starts to ejaculate, if the woman is truly opened, she will automatically start to open doors four and five.

Door number four is related to unification, that is perfect fusion between the partners. As the woman gets to that fourth door, she feels totally one in herself and with her partner, nothing else exists in the world than the one being that is made up of the two partners. Door number five is related to what I call integration that is the total acceptance of the other and of the divine. As she gets to door number five, the previous feeling of unification, of fusion between the man and the woman is expanded still further to include the divine. At this point, the woman feels like she is being pulled up, with her partner, to be part of the whole universe.

As we will see below, door number six is related to true sacred Love but is not accessed as the other doors. Now I must clarify something. The opening of doors four and five depend on a number of factors... most of which are dependent on the man.

If the man was able to control his excitation and bring the woman to the highest levels of her own excitation and she was able to open up, then the last doors will start to open in order. They might not all open or it is even possible for none to open. As I said before, female quietness is the one aspect that women control and should use.

If the woman is able to open doors four and five, the sixth door is not opened by the woman or, for that matter, by the man. The sixth door can only be opened by the divine and is the door that gives access to true sacred Love. Although the sixth door is not opened by the woman, its opening depends totally on her opening the previous doors four and five. After the unification of door four and the integration of door five, the sixth door might get opened. If it does, the partners are bathed in true sacred Love, an experience they will never forget.

Note the importance of the ejaculation in the opening of the last three doors. It is the ejaculation that propels the woman forward in her opening and that might allow her to open the fourth and fifth doors. Without ejaculation, this last and most important part cannot ever take place.

Female orgasm is not forbidden... It may take place in the excitation phase or in the last phase... it mostly depends on how the woman reacts to it. If, to her, it marks the end, the closure of the act, she should try and postpone it in the last phase and time it with male ejaculation. If, to her, it is a step in building up

her excitement, she can have one or multiple orgasms whenever she can in either of the last two phases.

She will find that, most of the times, her opening up is a lot more satisfying and pleasing than the orgasm. If she succeeds in opening the fourth or the fifth door, or both, her satisfaction will be way above what an orgasm can give her.

The opening of the last doors can require practice and trials. It depends on a number of factors that may or may not happen all the time: the ecstasy of the woman, the timing of both partners, the openness of the woman, the strength of the ejaculation... all those factors and more are important.

We have not said much about the man. As was mentioned in the first part, the success of the act rests most on his ability to control himself and ejaculate when the woman asks him to. This type of control is difficult for many men to achieve.

Modern love making which focuses on male vaginal intercourse does not take into consideration the woman's desires and needs. As the man starts to change, this control will become easier. As true sacred Love wends its way in him, the man will find that his organ starts to respond to the woman's needs and desires without any conscious involvement on his part. This is a major turning point to most men as they start to understand and love their partners in ways that were non existent before.

PART III

FEELING IT RIGHT

Pleasure, joy and happiness

A differentiation between pleasure, joy and happiness might be useful in order to better understand female – and male – satisfaction. The way I see it, we need all three to reach those higher peaks of rapture. Focusing mainly on pleasure only leads to frustration. To this trio, we can add bliss which is the sum total of all three.

Pleasure relates to the body, to the self. It is more egoistical, more isolated. Joy relates to the other and the link that exists between the other and myself. As such it is related to communication and exchange. Happiness is more in line with the divine. It is a connection, albeit temporary, that is established between the person and the divine. If the couple has succeeded in being as one, this link will connect both of them to the divine. This connection represents the top happiness that can be felt by human beings.

There is also an incremental satisfaction between those three aspects. Joy is more satisfying than pleasure and happiness more than joy. The level of bliss that belongs to each is difficult to quantify as all three are necessary but there is not doubt that female satisfaction finds its climax in happiness and not only in pleasure or joy.

Women tend to be, in general, a bit closer to the spiritual than men. They will slowly lose interest in sex if the sexuality they live is not true, alive and sacred. Even if they do not consciously realize what is happening, this is most often the root cause of their loss of interest.

Women want love to grow, forever. If the divine created them and put them on this earth, it is to be the guardians of love. This is what they do. Women are the transformative vectors of humanity. Their role is to

mutate banal reality into magical, generative, changing, flowing love. Women are, by definition, pure. I am not saying they are without flaws for they are human beings as men are. But in their connection to the divine, there is a purity that is impossible for men to understand.

In order to achieve their true aims, women need, as we mentioned above, to be true to their original nature. As such, modernity is a mechanical, dry, cold, heartless, lifeless mess. The role of women is to transmute reality, to bring true life to it. They only need to be careful not to be tainted or transformed by it.

The Ancient Greeks defined a number of different types of love as we saw in the beginning. Amongst them : *philia*, *ludus*, *eros*, *storge*, *pragma*, *philautia* and *agape*. Agape is selfless, sacrificial love and represents the pinnacle of what a human being can reach. As true human love, it represents the gift of self to the other. The union of both partners creates the perfect basis for the spiritual evolution of both.

True sacred Love is agape love brought, with the help of the divine, to its ultimate, foremost peak. It represents a type of love that can only be a gift of the divine as it is unreachable by our human means. It is totally transformative and generative. True sacred Love profoundly resets us and connects us to our partner in ways that cannot be duplicated otherwise.

In the same way that modern life can be detrimental to women, I find that modern love-making tend to make women more masculine. I briefly touched upon it earlier but we can now go deeper into the main issues that exist.

Vaginal sex (intercourse) and oral sex

We did mention in the text the two types of vaginal sex which we named female and male intercourse. Male vaginal sex is more self-centred than female vaginal sex. As we said above the male version is faster, quicker, more violent whereas the female version is slower, longer and softer. But as we saw, both types are needed.

But there is also a duality between oral sex and vaginal sex. Where vaginal sex can be self-centred or not, oral sex is always self-centred. It makes us egoistical whether we want to or not.

Oral sex tends to make vaginal sex, especially female vaginal sex, more difficult. We therefore have to be careful with it because it can draw the partners apart - and it tends to favour pleasure at the expense of happiness and love.

Ejaculation

Different approaches to making love, mostly oriental ones but also some western ones, favour non-ejaculation for the male. My view is that male ejaculation is not only recommended but necessary in order to propel the couple forward beyond the third door and into the fourth and fifth door and, eventually, into the divine through the sixth door.

Contraception

But if ejaculation is necessary, what happens to contraception? This is a very touchy and difficult subject. It should be clear that all means of contraception harm the relation between man and woman. The use of those means will slowly erode the link between the spouses, a cut that will get deeper and deeper with time and will eventually separate both. No matter the method used to prevent pregnancy, the physical and psychological consequences will always

be detrimental to the psyche of both. Both man and woman need a real and complete sexual relation in order for the psyche – or their souls – to stay intact and to grow. If the couple uses the condom or preventive withdrawal, this link is broken.

The male and female psyche cannot be changed. The male must ideally believe his seeds might create life. The female must carry and nurture the male seeds inside her as a means of transformation and creation. But modernity cannot be denied and creates its own challenges.

Certain types of contraception are more acceptable than others. By more acceptable, I mean their impact on the mental and psychological state of both partners will tend to be slight – the act will feel more natural, more complete. In general, the calendar method or IUDs (intrauterine devices) will be in this category. But, no matter what, the psyche of both partners will always be impacted by any means used. Whatever the contraceptive method used, the male sperm should end up in the female vagina. It could easily be argued that no contraceptive means create much greater problems and that is true. The choice is not easy but modernity gives us options that were not available to our forebears and that is great.

Life

But then we must wonder about the place and importance of sexuality in our lives. Living a sexuality-free life is a dangerous illusion it is easy to fall victim to. Neither man nor woman can be in a good physical, psychological or mostly spiritual health if sexuality is not an important part of their lives.

Without an active and frequent sexuality, the man closes himself down and becomes unable, even against his deepest wishes, to open up to life or to a woman

and to further follow his path. The woman will develop physical and psychological frustrations that can only be resolved by frequent sexual relations.

Sex is challenging

But, as I said in the introduction, being in a relationship with someone is difficult and making love well is always a challenge. We must stop believing that those things should come naturally and therefore be easy. Being in a relationship with someone means defining our identity, becoming who we truly are... It takes time and effort.

We do not start out in life with a complete, well-defined sexuality. It takes time and lots of effort to become who we are and there will be hiccups along the way.

To think that sexuality should be easy is the most damaging illusion there is. Sex is challenging for everybody. This is because it touches everything that we are : our identity, our physicality, our emotions, our abilities to relate to others, to change, to be, to create... Making love often is the best way to get better but we need to understand the challenges we will meet. The way I see it, man and woman truly complete each other. But the truth is that this completion requires commitment, patience, love and lots of time.

In order to become who we truly are, we need a lot of work outside of sexuality and inside of it. Yet, this is what makes us whole and connect us to the divine in the end.

Once the couple is able to go through the steps described in this essay, it becomes much more resilient to separation. The profound connections that this approach creates between the spouses and the divine is very difficult to break.

All we need is – true sacred - Love...

CONCLUSION

I hope this short essay had a transformative, generative impact on you. With a subject so complex and having so many ramifications, it is difficult to focus on all the important aspects. When we speak of making love, the word love is most important. Love is really all there is and we must be able to make it our true, sacred and only goal in life.