

SEXUAL DESIRE

Q: I hope you don't mind me asking this – do you still experience sexual desire and do you enjoy sex?

Linda: You can ask me anything. There is some sexual desire, but it's very different to how it used to be. It's more a sensation in the body, and the desire isn't that deep desire for satisfaction which I used to think I would get from an experience. Now, it's not at all a mental thing. I don't have images in my mind. I'm not affected by erotic images that I might see around the place. That doesn't do anything for me any more. It's more a pure bodily function than that deep desire for satisfaction.

It's actually a really profound question, because people do so much to try to satisfy this deep desire, and feel that sex is one way to do it. For me, it's much more of a pure male/female connection than a personal thing, like it used to be. I'm not trying to get anything from my partner. It's more a physical expression of love. A lot of people confuse sex and love. If love is involved, sex becomes more an act of lovemaking than just satisfying sexual desire, which can be a very selfish thing because you're wanting something for yourself from the other person.

The act of lovemaking is more an act of giving and receiving, rather than taking, trying to get something from it. Yes, I enjoy sex, but the enjoyment is very different to how it used to be, because I'm not using my senses any more to try to get satisfaction. I feel that intense satisfaction all the time. Sex isn't as big a thing as it used to be for me. It's a very enjoyable physical act, but there's no emotional drama attached to it.

Linda Clair is a non-sectarian teacher, and is also the author of the book 'What do you Want?' She teaches mainly at the Simple Meditation Centre in Crafers West in the Adelaide Hills. For more information, please phone David on 83397848 or visit www.simplemeditation.net

DECEMBER 2007