

Sacred Sex Opens a Gateway

Nearly everyone does it, has done it, or will do it. It is the single most important thing in continuing human life. It can create new life. It can be an amazing and beautiful experience. It can honor the participants and the Divine. It can bond two people for life. It can help one lift the veil between one dimension and another. It can kill. It can be violent and abusive. It can cause severely deep emotional and psychological wounds. It has been considered a precious and sacred gift. It has been considered abominable and evil. What could be considered all of these things? What could be such a paradox?

Sex. Call it whatever you like: lovemaking, intercourse, coitus, copulation, reproduction, relations, intimate encounter, fornication, joining, sleeping together, nooky, union, etc. Mind you, the words one chooses to talk about it will give some insight into his or her feelings about this often taboo, yet sacred, topic. When one has a negative attitude or set of beliefs surrounding sex and intimacy, it will be much more challenging for that person to intentionally open to transcendental sexual experiences. Believing sex is dirty, sinful and should be done quickly to get it over with makes it far more difficult for that person to come to the understanding that sex is actually divinely sacred and can help him/her experience the Divine presence, the Higher Self, and Spirit while in human form.

First, a person must come to understand and know his/her authentic self and be willing to share this authenticity with another person in a committed relationship. It is true that many believe that sacred sex, sex magick, and transcendent sex may be achieved and experienced in relationships that are not filled with love and commitment. Yet,

having sacred intimacy and sacred sex in a committed relationship can transform the individuals' lives and their life as a couple – their blended spirit. Therefore, it is vital for each partner in the relationship to willingly become vulnerable and learn who he/she truly is. Only then can the couple experience true sacred intimacy.

Yet, reclaiming one's true self and being authentic with one's partner is not necessarily a breeze to accomplish nor is it the only thing that matters in achieving sacred intimacy. Depending on what belief systems have been created throughout one's life by labels, comments, and teachings of one's parents, society, culture, teachers, ministers, peers, and personal experiences a person may have very negative belief patterns deeply ingrained about sex, sexuality, spirituality and religion. Discovering that he/she is not alone in his/her thoughts or feelings may be challenging to learn due to the taboos on this subject.

Moving this forward further past the taboos a person will need to learn and come to accept that sex is energy just as everything is energy. Sex is not simply a physical act that brings physical pleasure. Sacred sex can have magickal results and deepen an individual's and a couple's spiritual growth. The metaphysical aspects to sacred intimacy and the profound impact it has on individuals, couples, their blended spirits, and the WHOLE of the Universe is beyond our full human understanding, but with an open heart and an open mind we can touch our Souls and open the gateway to Spirit through sacred sexual experiences.

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Transforming Relationships Through Sacred Intimacy While Bridging the Gap Between Day-to-day Life and Spirituality