

Presence, the learnable capacity and skill to hold your attention on any intention of your desire is a valuable life skill. Having presence, the ability to stay awake and attentive deepens connections, secures trust, and inspires respect. In intimacy, presence is the gate way to limitless connection and depth.

We can practice presence with ourselves, or we can practice presence with others. We need presence with ourselves to discern confidently what we are feelings, wanting, and able to reliably maintain and direct our purpose. We need presence with others to establish and secure the basic trust and openness that will allow the potential to be lived from the meeting of two or more incarnated souls.

Presence is 'cock energy'. When it is firm, confident, and connected to the integrity of its source and its direction, presence has the potential to open what receives it. Firm and clear presence can be experienced as penetrating energy able to open up people and possibilities. Only with presence (the unarguable firmness of an erect cock), will a yoni open to the possibility of being penetrated. A yoni (the essential depth of our being) will not open if there is nothing there ready and able to penetrate it with intention and integrity. Intention and integrity are essential qualities of presence. A yoni willingly opens to love (presence) not to nothingness (static chaos), or anything less than love. Lacking presence is therefore impotent energy and cannot energetically or physically meet the deep longing for expansion experienced in the polarity play of attraction and unity.

Because erotic energy is life energy, presence is not only a valuable skill in erotic play but in all of life's play as well. Without the ability to hold presence we are limited in our life pursuits and roles as parents, workers, students, and as skillful lovers able to explore artfully the depths of erotic expression.

Presence is also power. It is not however, power over, but power with. With power there is potential. It is potent power to be deeply 'with' and 'in' the moment. Healing happens when presence is received and can be successfully utilized. Presence supports and enables the power for the possibilities for healing you and/or others.

Remember the number one learnable and valuable skill for insuring good sex: being present with your bodies experience in the moment, while in motion, to insure a level of depth of involvement you can expand therefrom. Presence in erotic experiences allows for a greater depth of involvement. Greater depth of involvement increases the possibility of experiencing greater pleasure for supporting the body natural process of self-healing and health maintenance.