

**Question:** I understand that on the higher path sex is not the focus of the relationship, and that on the lower path, sex can be a distraction for true intimacy. I can see myself at that point often and would like to move from there to the higher path instead. However, I don't understand the part about "no sex verses a celebration of the relationship". Can you tell me a bit more about this?

I have a spiritual partnership, we are both very supportive and understanding of each others growing and healing process. We both see that we each have issues with intimacy and not wanting to let people (even each other) get too close. I had been projecting my own issues with intimacy onto him for a while now, until you pointed out to me the other day that I too have issues with intimacy. I thought all my issues were around rejection. That sure turned on a lightbulb for me! and it explains a lot. We discuss our issues together, and started doing worksheets together the other night.

Now...this is a difficult question for me to ask., but how does one know if intercourse, after intimate and loving conversation, is avoiding further intimate discussion, or is conscious contact? I do know for sure when it has been true avoidance in the past, but now with everything that I have learned, I want to make it conscious contact...not avoidance. Is there more information written about "conscious contact with creative energy"? What does this look like? I don't recall anything in your book that talks about it.

**Reply:** On the upper path, instead of sex, physical intimacy becomes a celebration of relationship! It becomes a pathway to the Love of God when consciously engaged in. Anything can be used as a drug and if physical intimacy becomes a way to not feel instead of enhancing feeling - if it becomes a way to avoid saying what comes next instead of being the way to say what comes next. If there are thoughts and feelings less than Love that surface during intimacy, that is the time to acknowledge those thoughts/feelings and join in consciously dedicating the energy generated out of the intimacy to healing what surfaces. Dedicate the energy to whatever you are about creating in your lives and removing the blocks to bringing it about. This would be the how of "conscious contact with creative energy." This is the first I have written on the subject.