

## Is Great Sex the Ultimate Mindfulness?

As mindfulness sweeps across nations, growing in practitioners and in the views of various healthcare organisations, it seems that the concept and philosophy are here to stay. With this brings a tide of practitioners and a menagerie of ideas for its application.

I cannot claim to be a guru on the subject. I have been taught Mindfulness and practiced it for a number of years, along with a variety of other meditation techniques. As a therapist, I have also been able to apply it to my clients and teach them some of its practices. I have read some of the Buddhist literature and philosophy on the subject and I feel that I have, at least, grasped its core concepts.

One thing is for certain, in the Western World, mindfulness has arrived and seems to be here to stay. As a firm believer in the benefits of meditation, I am delighted to see these benefits become more mainstream and accessible. My own definition of mindfulness is simple: It is the practice of complete focus and attention on the task at hand and to the present moment; focus and attention that requires the mind and the body to work in unison. In a world, where many are so often under pressure and stress, and, constantly thinking about the future or the past with our minds racing, I can only see the practice of slowing our minds and focusing on the present to be a good thing for everyone.

I have heard of many ways to apply mindfulness in our daily lives. One which I particularly enjoy, is mindful eating. Bringing our focus to the food we are eating, as opposed to wolfing it down our necks, makes a good meal far more enjoyable.

So what of Sex? Is there room for us to apply mindfulness in our sexual relationships? I would suggest that it would be doing both your partner and you a great dis-service were you not to do so.

Sex is one of the most important aspects of our genetics. The drive to re-produce could be argued by some as the greatest reason for our purpose on Earth. Sex, however, is not just a means for reproduction but an act which can be intensely enjoyable. An act of which it is said that we are constantly thinking. Sex is a driver in so many and can lead to the healthiest and most rewarding experiences in life. For the most part, we have all at least heard of “good sex” and “bad sex” if not if not directly experienced either, or both. Yet, have we heard of, much less experienced, mindful sex?

Love making and sex can be described as different acts; I believe both form part of a happy relationship which is both intimate, and passionate. The very nature of sex takes us into our cores. The nature of making love can be one of the greatest trusts which one human being can give to another, whilst receiving the same trust in return. Trust that they will receive us and care for us in our nudity; providing us with pleasure and intimacy which cannot be matched. Trust that they will not cause us pain in an area where we are most vulnerable. This act of symbiotic, reciprocal trust is perhaps one of the most beautiful things on Earth, providing, you can see it in that way.

So, please, join me on a journey through your imagination and memory. How many times have you made love or had sex with your mind slightly elsewhere? Possibly, on your performance, or the performance of your partner and even, quite possibly, on something altogether unrelated. If you are like me, then, you are at least guilty of at least one of these. You may also have experienced that a partner is clearly “elsewhere”.

Now, imagine bringing your full attention to the act of making love or the act of sex. Focusing your mind on your partner intensely with the sole desire of bringing pleasure, passion, intimacy and fulfilment to your partner. Now imagine that your partner is, at the exact same time, providing the same to you. A profound connection between two people, one which I might describe as soulful or even spiritual: Two minds completely focused on each other: Two minds striving to please the other: Two minds entirely present and completely aware of each other.

Now imagine focusing your entire body on the sensuous pleasures which you will be receiving. Feeling each touch and caress, as intensely as if for the first time. Being alive to the feeling of your skin and your partners, the tingling and anticipation that such action would provide. Imagine knowing that your partner is practising the same – feeling the same delightful sensations within and without each other. I could not imagine a physical experience richer or more profound. Two bodies, alive and awake to each tiny sensation. Two bodies gratefully receiving each the other has to give. Two bodies fully present, from moment to moment.

I believe that everything I have described would add a fourth dimension to the sex lives of even the most intimate of couples, and has the potential to re-vive passion in relationships from which it has ebbed away. It could possibly even re-connect two people who have lost intimacy in their relationship.

Like all meditation, this would require practice. However, ask yourself how desirable THIS practice would be? And as with all meditation, the more you practice the better you become. I invite any lovers to begin this practice, revel in the journey of developing and honing these skills and to experience the joy that would come with the mastery of them.

I believe that, not only is great sex the ultimate mindfulness, mindful sex may just be the most pleasurable thing on Earth!