

Lust and Love

Everyone above a certain age has had the sensation of lust. Lust is a hormonal response to the biological thoughts we permit ourselves to think. It is our body's reaction to the urge to procreate. Lust is sexuality in play. It does not require higher thought or concern for others. Lust demands that we let ourselves go and allow our body's programmed desires to control us. Sexuality is powerful. Respect that power. Sexual activity is the source of birth and life. When experienced with love, kindness, and caring, sexual intimacy is a gift of beauty, coupled with physical and emotional rejuvenation.

We do not "fall" in love. We decide to love. Love is the action of putting others before ourselves. Whereas it is true that love and lust may become intertwined for a time, (the combination of which may be rapturous), lust abates after satiation. The desire for sexual play will arise again based upon the rudimentary programming of our bodily wants and needs, our general health and our predominate focus. When we allow these desires to overcome us, we are, in a sense, literally falling unchecked and we may continuously fall into and out of these physical reactions. Love, however, is an ennobling commitment to unconditional caring. No one falls into love, nor do they fall out of love. Love denotes action, you are either doing it, or you have decided to not do it. Love and its foundational component, sincere forgiveness, is a window on the integrity of our soul.

Love is the greatest power in the universe. Love over-arches and undergirds all personal evolution. It is the force that includes and governs all others. In the distilled words of Albert Einstein: "Love is light. It enlightens all those that give and receive it. Love is gravity, the attraction between people, and all life forms. Love is power. It multiplies the best we have and allows humanity to not be extinguished in their blind selfishness. Love unfolds and reveals. For love we live and die. Love is of God. God is Love."

The purpose of life is not bodily gratification; it is occasion for the soul's growth. Sexual conduct outside of love, goodness, and compassion, is simple lust. Lust is unchanneled physical and emotional energy. Lust energy can be redirected into creative endeavors, compassion, and service to others. Lust energy left undirected, down-regulates character as it disrupts emotional and spiritual

progress and lowers an individual's vibrational set-point. Excessive focus on pleasure reflects an empty soul.