

A friend recently posted in his livejournal asking about what one gets from casual sex. I couldn't answer there but realized I had a lot to say on the subject.

### Casual Sex or Divine Communion?

No matter how you define it, I have probably participated in just about every form of casual sex you could define over my nearly thirty-year sexual history. From the quick fuck with someone I didn't know in a public place to the more laid back sex with a friend who I care deeply for but with whom I was not in-love. And I do not regret any of the sexual experiences in which I was a consenting participant.

I came of age sexually in the 1970s. My first female lovers began when I was 13. My first boy playmates were when I was 15. First PIV was at 16. Even when I was madly in love during those early days, I was still having casual sex with others. Back then, safe-sex meant you didn't get raped and you didn't get pregnant. Anything else could be cured with a shot. Pregnancy I handled with the pill long before I knew any of the negative side effects. I had had sex with over a hundred people by the time I was in my mid-20s. In all those years, I only had one accidental pregnancy – due to using a diaphragm. Once, I had a minor, easily curable STD – back before I ever heard of HIV or anyone was suggesting latex as prevention.

So why was I having sex with so many people?

I really wanted to get good at sex. Absolutely true. That was a major goal in my teens and early twenties. I wanted to become an expert. I tend to do that about anything I really like. Sex seemed like the ultimate expression of my love of people and adventure. And it always affects my spiritual side.

I really liked it. It was then one of the only times I felt really connected to my body. Now it is one of the few times I don't have a constant awareness of pain. It has always made me feel good both physically and energetically. Even bad sex was better than no sex.

Orgasm is an ecstatic state. Good sex has always been a trance state for me. When I am in that place where all I feel is the other person(s') body and mine, the universe is infinite and I am filled with the power of it. All of my best religious experiences have been through touching another human being.

Each and every person is unique. We know that intellectually, but nothing makes that more true than exploring them physically and energetically. No matter how brief, I have never failed to feel the magic of the way sex makes people open up. And when there is a true connection on other levels – well, that is worth everything!

Sometimes when my life is feeling empty or I am feeling unhappy, there is absolutely nothing that will make me feel more alive and part of the universe than making someone else cum. Sex

in which both people feel happy about it is the most amazing thing. It recharges my batteries like nothing else.

Would I choose a quickie with a stranger over an amazing night of soul-expanding sex with someone I want to know the rest of my life? Probably not. How often do I get to have that soul-expanding sex you are talking about? And some encounters I thought would be quickies turned into some of those soul-expanding experiences. Some of those people I waited to get to know never materialized into those great experiences. Sometimes you have to risk being disappointed to find the greatest reward.

I am a strange one for memories. I can remember tactile sensations much longer and easier than visual images. My dad has been dead for many years and I can remember what it felt like to be hugged by him. I have to look at a photograph to remember his face. I can remember sexual experiences with people I had over a quarter of a century ago! In a number of cases, I may not remember their names or faces, but I have not forgotten how wonderful it felt to be with them. Some of those memories are of people I only had one experience with.

There are many who would judge my casual sexual experiences as less valuable, less meaningful than those they have within their long-term relationship(s). I guess you haven't had a one night stand with me! Seriously, I value every person who ever brought me pleasure and/or allowed me to bring them pleasure. I do not believe that pleasure is only valuable for its ability to bind relationships. I value pleasure for its own sake. I think it is one of the greatest expressions of the divine within all of us.

Someone posed the question of what would someone involved with someone like me get from it? Well, first, it ain't about you honey. My pleasure is valuable because it pleases me. I deserve it. We all do. If you are someone who cares about me, I would hope you would celebrate anything that makes me a happier and/or more whole person.

Of course, there are some fringe benefits. I am one of those people for whom the more sex I get, the more I want. I don't expect anyone to keep up with that. Since I don't look for all my needs in one person, there is no pressure to perform. And my lovers get the bonus of someone who has lots of energy.

Then there is the fact that I have consciously studied the human body and sexuality both intellectually and with hands-on experiences. I wanted to become good at bringing and receiving pleasure. While I believe that one always has more to learn, I think I am more than passing good at it these days.

The other question that comes up is how I can risk sex in this era of incurable STDs. The same way I risked rape as a teen every time I got into a car with a man. My mother use to check the driver's licenses of my dates to make sure she knew who her daughter was with. It was a great back up system. And I knew a lot of ways to get out of difficult situations. The only completed rapes I did experience were in one of those trustworthy long-term relationships. These days I am also well educated about and proficient in safe-sex that involves barriers and other means of keeping down my risks. All life is risk. You risk your life and the lives of others every time you

get in a car. Hopefully you pay attention and do your best to be a good driver. Everyone will mess up sometime but hopefully they are aware enough to have only minor consequences instead of major ones. I consider being careful part of being a good lover.

I am a true believe in a number of areas. I believe that pleasure is a divine principle. I believe that humans need pleasure as much as they need food. I like variety in most areas of my life. You worship in the way that works for you. I will worship as my god/dess inspires me.

Pass the sacrament please, I want to eat of the body and drink from the cup!