

Sex on its own doesn't establish true intimacy and should therefore be practiced wisely.

Intimacy and sex are often conflated. Euphemisms like “we were intimate” underscore this. But in reality, they’re different things altogether.

That’s because sex on its own can’t establish true intimacy.

Sex without love can be fun, but it is also unhealthy. In the end, sexual desire can become confused with real love and intimacy.

As we have seen, we have two bodies. It’s possible to simply satisfy the first, physical body while leaving the second, spiritual body unfulfilled. Loveless sex entrenches the disconnect between heart and mind.

People often turn to sex to relieve their loneliness, forgetting that loneliness is a condition that can’t be healed by mere physical contact. A relationship in which both partners share the same dreams and aspirations as well as connecting on a deep emotional level is the only true remedy for loneliness.

That’s not to say that sex can’t be a truly intimate affair. It can, but it needs to be practiced wisely!

Saying no to sex when you don’t feel like it is an essential part of this kind of mindfulness. Not agreeing to sex just to please your partner or to spare yourself the awkwardness of saying you’re not in the mood is the only way of staying true to your needs and successfully communicating them. Sex that doesn’t reflect your wishes and feelings won’t be loving sex.

Practicing sex wisely is all about harmonizing your desires with those of your partner. Truly intimate sex is the fruit of this sense of connection.

This can be frustrating – sometimes you just won’t be on the same page as your partner.

But you can learn to put your sexual energy to use in other parts of your life. Just think of celibate monks. It's not that they don't experience sexual desire. They develop techniques to harness it for other ends, putting it to work in chopping wood, tending to the garden, cooking, meditating or devoting their attention to friends and family.
