

ENERGETIC FACTS OF LIFE

The first fifteen facts (out of fifty-nine) from the book, *WILD ATTRACTION*

Copyright 2015 Paul and Patricia Richards

Energetic Fact of Life #1: The energetic force of gender and attraction is all around us, and against it we humans have no defense. This is true despite our culture's portrayal of sexuality as a force internal to us and under our control. Your best response to this knowledge: Do not take even the most committed love for granted and work diligently every day to safeguard your fidelity and that of your mate. Also, learn all you can about Wild Attraction.

Energetic Fact of Life #2: Western culture's entire arsenal of relationship skills deals only with physical and psychological factors associated with sex and romance, failing entirely to equip us with the knowledge we need the most, which is this: Relationship is largely created or destroyed in the realm of Energy. Your needed action: Learn about the basic Energy aspects of your nature and acquire fundamental energetic relationship skills. You are not the only one who needs them, everyone does. Practice three energetic relationship skills, which usually involve simple physical actions, every day.

Energetic Fact of Life #3: Although people almost universally think of Energy (if they think of it at all) as being somehow more spiritual than planet Earth, energetics is not spirituality. The needed action: When you think of your energy body, see it as no more spiritual than your physical body; don't try to mimic your spiritual sense of allness by visualizing yourself dissolving out into the universe and becoming one with everyone and everything. Your energy body is like your physical one. It needs to stay bounded and stay home, which means, to keep its power within itself, where it is most needed. Trust your innate spirituality to take care of itself.

Energetic Fact of Life #4: The culture encourages people to believe that, deep down, they instinctively know all that they really need to know about love. In fact, no single human endeavor demands more attention, study, and insight than romantic relationship. The needed action: Start asking serious and well-intended questions of members of the other gender. Ask about what works for them in relationship, and think seriously about the answers you receive. Modify your behaviors based on what you hear and conclude. Not many people actually do this, which is quite amazing, considering the degree of relationship pain in the world.

Energetic Fact of Life #5: Your most powerful interpersonal communications, the ones that shape your life, are not taking place under your control or even in your daily awareness. They are taking place subconsciously by means of exchanges of nonordinary Energy. The needed actions: Question your own attraction responses (aloud or in writing), avoid impulsive sexual encounters with new people, and rely on friends for

much-needed reality checks.

Energetic Fact of Life #6: Almost all human beings in Western culture believe that they have only one body. In fact, we have at least two. The second one is under the sole control of the subconscious mind and is hidden from our day-to-day experience. It is the gender of this energy body, not the attributes of physical anatomy, that principally defines a person as being consciously male or female. The needed actions: Learn a martial art, a mind-body skill, or a disciplined form of dance to help train both of your bodies to do the same thing at the same time (most of the time, they don't). Invoke this mindset while engaged in dating and sex.

Energetic Fact of Life #7: Most people think that few, if any, human beings can clearly see Energy or energetic misbehavior. They might also think that we have no everyday language for energetics. But these things aren't so. You can already see well in certain circumstances, such as in the presence of rudeness, and you already have a vivid metaphorical language for talking about Energy. The needed actions: Learn to watch for Energy-related metaphors that may be hidden in common phrases. Learn to name inappropriate behaviors to others using these same phrases, instead of remaining silent.

Energetic Fact of Life #8: Many people, after a brief initial exposure to nonordinary systems or phenomena, believe that they can become self-trained instant Energy experts. This is not the case. The needed action: Refrain from leaping to quick conclusions, and refrain from sharing your opinions relating to what is going on energetically with others.

Energetic Fact of Life #9: Nearly everyone believes in love at first sight, and modern films and songs use it as the definition and litmus test of romantic love. But love at first sight is an inversion of the truth of Wild Attraction; it is almost never real. It is more likely a psychological entanglement at first sight, facilitated by hidden energetic negotiations. The suggested action: Take your time in dating and sex and get to know people by getting to know their friends and families and spending long periods of time with them in many environments.

Energetic Fact of Life #10: Most people firmly believe that human gender qualities such as essential maleness or femaleness and degrees of attractiveness are fixed. This is false; they are fluid and easily influenced. The appropriate course of action: Learn to understand your own gender energetics and make intelligent choices for yourself before other people, or aspects of your own subconscious, make unintelligent choices for you. Do this mainly through simple physical cues using your hands, eyes, and feet.

Energetic Fact of Life #11: Even though we live in a culture of denial about Energy, most people have been trained to believe that they can control nonordinary, energetic aspects of their own nature through the use of imagination, visualization, and will power. This is most emphatically not the case. The imagination is nearly useless as a vehicle for creating energetic motion or change. It is the most physically engaged people who are the best at manipulating their energy fields, not those who are the most cerebral.

You would do well to develop a strong sense of physicality if you do not have one already. The necessary action: Suggest to yourself that your energy field mimic your physical body, and then actually do something physical that is the equivalent of the energetic action you wish to accomplish—for example, put your arms around your mate when you want to enfold him or her within your energy field.

Energetic Fact of Life #12: Although physical beauty gives people confidence and thus is almost universally seen as the cause of attraction, in fact physical beauty is a relatively minor player. Your personal confidence and willingness to engage the full machinery of energetic sexual attraction are the key factors in sexual allure. The needed actions: Don't worry too much about elements of beauty you can't change. Instead, actively seek out experiences that build your confidence in the energetics of attraction and your ability to engage it successfully. Give compliments to other people to encourage their confidence, and ask for compliments and similar reinforcing messages from people you respect.

Energetic Fact of Life #13: The common perception is that we should be able to speak to the other gender in our own gender's preferred style of language and get away with it. We are even taught to stubbornly insist on it. This is far from effective as a strategy for extraordinary relationship. You must be willing and able to speak and listen in the language of the other gender. The needed action: Speak to your woman in terms of "we," "they," and "us," inclusively and subtly, knowing that she will take the most general statement personally. Speak to your man directly and bluntly, specifying "you," with the realization that a male will not inherently personalize from a generalized comment; you have to tell him straight out.

Energetic Fact of Life #14: The universal specialty of the mind is to take extraordinary and amazing things and reduce them to the ordinary and commonplace. For this reason, you might think that you know what human beings are. The fact is that humans are much more than they seem—in fact, everything is unimaginably more than it seems. Sex isn't ordinary and casual; it is life and death and overwhelmingly extraordinary. Your best approach: Start looking for the amazing and the unexpected in everyone and everything around you, and be sure to voice aloud the best of what you see, regularly. Also, stop talking about sex in the culture's ordinary terms (for example, as existing only for fun or having little meaning) and start talking about it in terms of mystery, magic, and awakening.

Energetic Fact of Life #15: Our culture hypes a self-centered vision of sex and relationship, focused on what we can get out of sexuality and what relationship offers to us as individuals. This is a fatal inversion. Relationship works best when you think of it as a vehicle of giving and contributing and as a secular spiritual practice, keeping your own interests present but not predominant in your choice processes. What can you give to your mate? What can you do for gender itself? The required actions: Catch yourself when you are fretting about your own needs and satisfactions. Ask your mate what he or she really needs from you every day. Perform at least one action daily that contributes something to the gender essences in both you and your partner—or, if you are single, for

a person of the other gender in your environment.