

Part I



# Head over Heels



CHAPTER 1  
We Have No Defense



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.

Somewhere out there, in the darkness just beyond the orange and red glow of a metaphorical campfire, lurks a real power of gender-based attraction that nobody can resist. Nobody. This force is an interweaving of twin streams of nonordinary Energy that we experience as feminine and masculine. In not being consciously aware of this fact of life, you might also not realize that neither your fidelity, nor your wife's or husband's, is really in your power to guarantee, or in theirs. You won't yet know that any man or woman can be compelled to sleep with, marry, live with, or perhaps lie to any person, against all individual interests. If you believe that superior character, morality, or religiosity allows any person to master these twin streams, you are able to think this way only

because the most exotic of all animals, which for the purposes of this book I am calling Wild Attraction, has allowed you to think so.

Sexuality and gender, while obviously fulfilling various functions for the race, including reproduction, must be seen as constituting something entirely different from an internal biological process. Romantic attraction is an external entity that is offering to enhance individual prospects for the most profound growth of consciousness and attention that is given to you to ever possibly achieve. Sexuality and gender are about awakening and then remaining awake. If you do not acknowledge this force and help it meet its nonnegotiable needs, you can be capsized in the silvery wake thrown off by its powerful, purposeful motion. In the worst case, you may slowly drown in a gray sea of loneliness or dysfunctional relationships.

Although I am being straightforward about its dangers, this external agency of love is a positive thing. Those who come to respect the force of Wild Attraction inevitably find themselves taking the mechanics of gender much less for granted. They date more before choosing to have sex or settle down, and tend to screen potential lovers with a different eye. People who gain a Wild Attraction perspective work harder to be viable candidates for long-term love. These men and women learn about and practice the art of keeping a mate, and they stop believing that any promise, contract, or habit will bind two people together for better or for worse.

If you are not yet generating a field of attraction that draws others to you, and are languishing in what I think of as “chronic involuntary singleness,” the problem may not be that you are unattractive to others but rather that you have not yet learned how to attract and work with this powerful nonhuman romantic ally. To successfully relate to mates and potential mates, it is arguably wise to focus first on relating to this unacknowledged but huge external force—a process that requires fluency in a

more intricate language of gender than most of us have been taught from birth.

Becoming familiar with the rules of Wild Attraction is invaluable, but no degree of familiarity will ever give any human being the upper hand. The reality of love—that it is a wild thing ultimately out of our control—is far more powerful than the illusion of love as something we can tame or master.

Those who have seen the Wild Attraction animal close up know something of gender and love as they are about to be portrayed here. The poetry of Rumi, Shakespeare, and countless others springs from this particular well. Those who have felt the full force of Wild Attraction know that no one can offer guarantees—not about sexuality, love, attraction, or fidelity. They know of the existence of a call that, once it comes, must be obeyed. Not everyone hears this signal in its full and compelling fury—and thus society perpetuates the myth that our sexuality is a function of biologically based internal drives alone.

But deep down, almost everyone both yearns to hear that call and fears it in the cells of the body. Those who want to face the prospect of this summons with intelligence and compassion—to own and celebrate their essential wildness but somehow make it *work* as it might actually have been designed to work—are my intended audience.

This force I am portraying can throw you together with an incompatible mate while perpetuating the illusion of free choice. With equal ease, it can isolate you over the course of an entire lifetime. Although this animate force has hopes for you, it often seems to have no mercy. And as long as it is unacknowledged, it is no more reliable than Puck in Shakespeare's *Midsummer Night's Dream* and no less manically zany than the Marx Brothers.

This book is in some respects an account of the sighting of a rare animal previously unknown to human science, not unlike

the first reports of the discovery of gorillas in dense green rain forests scarcely a century ago. People scoffed at the idea of man-sized apes in a world that, even at that relatively quaint time, seemed to have been thoroughly explored. The assertion that a Wild Attraction creature exists is more revolutionary; nobody will be bringing back a body part to back up this claim, as someone eventually did to resolve the gorilla controversy.

For most people back then, the existence of gorillas was a purely theoretical question, since few of these large herbivores were foraging in people's bedrooms and backyards. But the question of Wild Attraction is of immediate and practical concern. This creature speaks and acts through us and has the power to inspire within us the obsessive and compulsive reactions that we experience as romantic love and attraction. In describing Wild Attraction in this way, I have no wish to marginalize the roles that our biology and psychology play but rather want to radically expand the sense of what sexuality is. The Wild Attraction model meets this need equally well whether adopted as a metaphor or accepted literally as the description of an actual sentience roaming somewhere in an expanded coexistent universe.

For my part, I see it as the latter.

Whichever way you may choose to frame it to yourself, this thing I am calling Wild Attraction makes a fabulous, potentially on a road leading to powerful intimacy with the mystery from which we all spring. If you learn to understand it and collaborate with it, Wild Attraction will awaken you, carry you to places you cannot imagine in advance of your arrival, and give you the means to safeguard your love and your mate, to the degree allowed by fate, throughout your life. Wild Attraction can never be domesticated, but it *wants* to be harnessed. And, suggestively, it wants to harness you.

Progressing further into this book, you may be amazed at the rich and complex nature of this remarkable animal, and also find yourself a bit aghast at how little its nature is understood in our culture.



People ignore Wild Attraction at their peril, as most of the human race rediscovers and immediately forgets, every day. But this living amalgam of the male and female gender essences is probably our most powerful friend in the struggle to create ever greater, more capable human beings. This book may in a small way serve as an ongoing reminder of its omnipresence. I hope it will also serve as your guide to the wonders that Wild Attraction wants to bestow upon you and those you love.

## CHAPTER 2

# Energy Is the Realm of Relationship



### 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 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. Practice three energetic relationship skills, which usually involve simple physical actions, every day.

**I**n constructing Wild Attraction's recipe for romantic love, two indispensable ingredients, when mixed together, form a base to which many other elements must gradually be added. One is a working model of subtle Energy and its associated realm. The other is a gut-level, real-world understanding of what in this book is called *extraordinary relationship*—who it is for, what it is like, when it is applicable, where the concept comes from, and why it is something you may want to cultivate in your own life.

The most powerful way to prepare this base is to briefly present the relevant aspects of my past and that of my wife, Patty, including the story of how we came together. Everything about this story is unlikely, including the fact that a person with my professional background would eventually write this book on relationship and nonordinary Energy.

My profile is that of an aerospace executive with experience working on some of the world's most interesting technical and scientific programs, including the Space Shuttle, the International Space Station, the Keck Telescope, the now-defunct supercollider, the development of detectors for radio telescopes that could see to the outer edges of the universe, various shadowy defense programs, manned space missions, and instrumentation for measuring environmental conditions deep inside the Earth.

After graduating as a communications-related special projects major from the usually sun-drenched halls of the University of California at San Diego, I rose through the ranks of engineering and technology companies to eventually become a program manager in an aerospace company and later a corporate vice president. I hold a patent on circuit board interconnection technology. My executive career demanded considerable intellectual precision. A parallel preoccupation with martial arts instilled physical groundedness and pragmatism.

Probably no one I met while visiting the halls of Lockheed or the Jet Propulsion Laboratory saw me as a person who would someday lecture about largely unverifiable perceptions of coexistent nonordinary realities and nonhuman sentience. But while attending to the duties of a high-reliability program manager, I was paying serious attention to an obscure tradition called *nonordinary energetic seeing*.

My personal mix of qualities always included a reasonably high dose of apparently the “right stuff” for the exploration of alternative realities. By this I don’t so much mean the raw capacity for energetic perception, which is widespread. I am pointing more toward a frame of mind. This quality might best be described as a willingness to say *yes to the mystery*—enabling me to focus for long periods on existentially challenging phenomena without identifying excessively with being different, or projecting too much fantasy into the torrent of impressions with which I became increasingly flooded.

Memories persist from early childhood of being able to see apparently concrete things that my parents and siblings obviously weren’t registering. By the time I reached the teenage years, my anomalous perceptual events had increased in richness and taken on a kind of vast “nonordinariness” as well as a grounded, compelling specificity.

These occurrences were often challenging, and my response was to apply a rigorous skepticism. I began to document all of my anomalous perceptions and to experiment with them. Gradually, I attempted to unscramble and decode them, mostly in the hope of proving that they were rooted in science and technology in some way that was simply misunderstood. To this end, a little spiral notebook resided in the back pocket of my blue jeans from my sixteenth year to about my twenty-second. Its pages preserved written descriptions, complete with maps and diagrams, of things that I should not have been able to see because they were removed from me either physically or in time, whether past or future.

Periodically, I would come upon a unique geographical feature that I had never visited before or heard of, or I would witness a singular event, such as a certain bar fight, an obscure ritual, a plane crash, or the sinking of a particular yellow and gold boat in a very specific way, and then I would pull out

that notebook, flipping to the page where I had documented my before-the-fact observations in scrupulous detail, often to find that the event and the description matched perfectly. I remember showing my notes to people standing around me, allowing them to read about one-of-a-kind action sequences in detail while the event being described unfolded in real time before us. I can't imagine what those people might have thought and don't know if they were psychologically or spiritually changed. But, over time, that process of documentation and validation changed me.

Concrete energetic perceptions of this kind carry little large-scale significance for me today, but they were incredibly useful during my early years of calibrating nonordinary senses. Frequent physical validation allowed vitally needed reality checks—continuing evidence of overall sensory acuity—while exploring difficult-to-observe phenomena that had no observable counterparts in the material world. High on the list of these was the unacknowledged gender influence moving in men and women and driving some of their most important behaviors. New allies soon appeared in the search for a rational basis for comprehending extraordinary vision. Somehow during this period I found my way into a small ESP study group that met in the basement of the Neuropsychology Lab at the University of California, Los Angeles, locked away from the Southern California sun—an experience that provided an excellent set of academic tools and a pragmatic sense that I was not alone. Later, after I had established myself in aerospace, my first real mentor in the world of energetics appeared, a powerful, truly amazing woman, and my path was set.

What followed was a decade of intensive education, coaching, experimentation, and training from a series of adepts who could have stepped right out of the best cinematic depictions

of larger-than-life nonordinary masters. One of them with whom Patty and I remain very close is a brilliant man, Dr. Peter Nelson, whose scientific work on consciousness and mystical experience is the single best description I have encountered, and whose capacity for direct nonordinary perception has few equals in the world.

I saw, and later myself accomplished, many things that I had not up to that point believed were possible. My mentors lived and loved from an altogether different model than I had seen before, one that included and accounted for the effects of nonordinary Energy. These benefactors were very private exemplars of extraordinary attention and advanced consciousness. The journey toward mastery of seeing took up many hours a week in an already crowded schedule, it challenged me more than anything else in my life, and it encompassed a level of detail, specificity, and subtle rigor unlike anything I could have envisioned. This most serious and purposeful of apprenticeships burned a mark onto me and into me that I live with every day and can never forget.



Long after those training years, but also long before I would have assessed myself as ready for the role, I found myself in the mentor position, having recognized Patty as possessing the perfect mix of qualities and capacities to become my protégé. When I first met her, she was a nurse practitioner/nurse midwife and women's health care specialist at the local university student clinic—by no means a pushover for off-the-wall ideas. For her I tried hard to reproduce the rigor and depth that had been the hallmarks of my own training. I had not been married to or sexually involved with any of my own mentors. But Patty and I fell in love. Both in and out of bed our relationship as lovers and mates became one of the cornerstones of our shared

nonordinary experience. Her training and development as a master of seeing included phenomena of both sexual and non-sexual energetic travel, merging, and blending that are off the ordinary charts. Her experience in this area is not described in this book. But her sense of what gender is and can be, what it offers, and the full scope and scale of the phenomenon of gender-based love and attraction has become vast as a result of her hard-won periods of contact with a greatly expanded reality. All of this does color *Wild Attraction*. She lived through these alternate-realm events in the company of another person, me, with whom she could exchange written, precise validating accounts after the fact—an advantage that comes to people all too rarely.

Patty is no longer my protégé. She has attained mastery in her own right.



I feel that everyone can and should access the innate, universal human sense of Energy, but I have a huge regard for rigor, effort, and developed skill. When it is time for me to listen to other people share their nonordinary or mystical experiences, I listen most closely to those few who bear the marks of a long, intelligently supervised effort to sort out fact from fantasy.

Unusual and extreme talent for the nonordinary exists, though it is not common. When it is accompanied by a serious intelligence, the combination confers on those who possess it a special status—they come to have what I think of as a *reason to know*. A person with such a reason to know differs in an important way from another person who may be worth listening to but who speaks from an acquired knowledge of a subject but little or no direct experience. For example, an airline crash survivor can tell you things about living through extreme circumstances that no observing scholar can. Even

if that survivor is not a particularly good writer, I will read his or her book with interest because of that person's reason to know. An author's reason to know is not a justification for uncritical acceptance of his or her work, but when that reason is compelling it does provide motivation for paying special attention and asking good questions.



I embarked on this path long ago, solely as an expression of personal interest with no thought of ever playing the role of spokesperson or teacher, as I am doing here. Yet this initially private interest and skill of mine has now been my life's work, and also Patty's, for almost two decades. Our path concerns itself with applying rigorous scientific and academic principles to the development of expanded states of consciousness and unusual attention skills. Its purpose is to develop ways to create better, one might say greater, human beings, people who are capable of making ever more outstanding contributions to today's culture. Obviously, gender-based relationship is a huge part of that.

One way to create better people is to increase awareness of a small set of general principles of Energy. These principles are significant in everyone's life but have yet to receive their due emphasis in Western culture, mainly because most descriptions of them too closely resemble superstitious or religious ideas, or psychological projections.

If you are reasonably comfortable with the idea that acupuncture, martial arts, and craniosacral care are based on real phenomena, the approach to energetics presented here will not be foreign. You need to harbor no deeper level of acceptance or enthusiasm than such fields demand in order to process Wild Attraction's models. A lot of energetic ground is covered in this book (as much as is necessary to discuss

extraordinary relationship effectively), but it in fact constitutes only an entry-level introduction to energetic techniques for personal empowerment.

Energetic seeing is not widely known. Members of my small tradition have been around for generations without ever developing a need for, or any interest in, establishing a public presence. The term *energetic seer* is perhaps not a perfect one for use in the modern world. But it captures what we experience better than more widely circulated terms like *psychic* or *shaman*. Much of seeing is informed secular mysticism in the highest sense of the word.



My small oral tradition is not in any sense a religion, nor is it at all cultlike. In many ways, it more closely resembles a philosophy. We have never sought public influence; there is no tithing, no ordering people around or weird sex (which, alas, may disappoint some readers), and no midnight rituals. Seers don't seek to control the weather or tilt the fate of mankind. We live comfortable, ordinary lives without a hierarchy. We tend to answer honestly whenever interested people ask us to relate our experiences and discuss our worldview, but we don't ask to be believed and we avoid imposing our framework onto others.

Seers tend to see negative insights as stepping-stones to positive realizations. The most positive qualities we see in the nature of any given thing tend to define that thing for us. Hence, despite the many disclosures in this book of widespread misunderstandings and mistakes about sex and love, our sense of relationship is hopeful: Humans can do something great with relationship that as a species we may not yet be doing. A true buried treasure, perhaps the ultimate one, is lying somewhere incredibly close by, as if waiting patiently in an unlocked chest at a spot marked by an enormous, luminous

red X and covered only by a few inches of sod in our own backyards.

I can offer no better description of the treasure of extraordinary relationship than this: My relationship with Patty is, and always has been, a sizzling and wild commingling of two powerful people, one that has forced me to put her in the very center of my universe and keep her there. It is a constant ritualized playing out of the merging of feminine and masculine power, with her job being to entice, goad, challenge, and inspire me, to demand my attention, to give me a *job*, while mine is to claim, cherish, and indulge her, to lavish her with attention, give her a powerful and elemental force to ride, and in all things to do my job well, while taking care never to be run by her. Our version of Wild Attraction is like alternating electrical current. In this interlocked, fully alive state, one that can only be sustained when true safety, availability, and mutual respect are just as present as love and passion, power over each other passes back and forth as though we dwell in an eternal dynamic wave that is always breaking upon itself. We are caught in a dance in which it is impossible to tell when or if either partner ever truly gains the upper hand; each ensnares the other. This dynamic honoring of the wildness and tenderness in both the male and female actually moves both of us forward in a process of awakening and reawakening, gradually becoming more of what is possible for us as individuals and as a couple to become.



The connection Patty and I share is a testimonial to just how incredibly good a gender relationship can be when mixed with healthy energetics. It is also a “how to” blueprint that spells out the mechanics of Wild Attraction as we experience it. Patty is a born genius at the art of relationship, a person with a *reason to*

*know*, and I have learned a huge amount by reverse engineering and analyzing things that come naturally to her. We are fortunate to be living out a great union that works well in every significant way, and has changed us hugely.

The most obvious telltale mark of this special connection is “energetic responsiveness,” a back-and-forth exchange of subtle signals, touches, and field interactions. Patty often points out that this nuanced, near-constant motion is one of the keys to creating gender magic. Stillness and nonreactivity, the preferred social stance of millions of people, rarely seem to ignite any real gender fire.



### 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 focused internally, where it is most needed. Trust your innate spirituality to take care of itself.

From the perspective of a seer, Energy is not of the physical universe we humans most easily perceive, nor is it divine in the sense of being closer to God or more spiritual than the physical world. It is simply *other*, a coexisting place and medium that will remain impossible to detect directly through any conceivable physical measuring device, no matter how far into the cosmos

or deep into the subatomic world we ever penetrate.

In a layperson's simplification, four attractive forces are known to modern physics: electromagnetism, gravity, and the large and small subatomic forces. Energy as I describe it here is not one of these forces, nor is it directly related to them. It represents an unmapped force and uncharted realm that is best visualized as existing within a parallel reality that touches upon our physical and psychological experience and shapes it, but is entirely distinct.

The relationship between the shimmering realm of Energy and the other realms of human experience is similar to the relationship between different layers of an onion. An ant could crawl all across the surface of an onion, could explore it completely, and never discover or get to the next layer down—or, if it was crawling on an inner layer, to the one above. Applying this to your own life, it could be said that there is no way to explore the physical world or the world of your imagination and discover a hatch leading to a nonordinary one. But that doesn't mean a nonordinary world isn't there or that it doesn't affect you.

How can we know whether it exists if we can't see it or reach it?

Imagine that a person is holding that onion, the one with an ant crawling across the surface, in one hand, and with the other hand is pushing a long needle into the onion at a spot exactly opposite the present position of the ant. Imagine that the needle tip penetrates right through the center of the onion and comes almost all the way to the other side, touching the layer just below the layer where the ant crawls but stopping short of penetrating through it.

Now imagine that the person pushes the needle just a tiny bit more, enough to deform the layer just beneath the ant's

layer of onion without breaking through. The needle merely pushes that layer outward, creating a bump.

Here is the crucial point. The bending of that deeper layer would naturally also deform the layer upon which the ant is crawling, not unlike the way forces inside the Earth create mountains. The ant would never see the needle, it would never see the underlying layer of onion, but it would see the bend in its own surface layer.

In this metaphor, the needle represents a force called Intent, a force that has the power to deform or move Energy. The onion layer below the ant's layer represents Energy itself. The ant's layer stands for the physical universe.

This thought experiment represents, quite well, the prevailing human condition as seen from my perspective. We all see or otherwise experience many bends in our physical reality onion layer. People get sick, for reasons not entirely clear, and they will sometimes inexplicably get well. One athlete performs better than another in ways that strength and technique don't entirely account for. One singer's voice sells millions of records while another, technically better voice does not. Why?

Sometimes, the causes *are* mostly energetic.

If a person changes something in the world of Energy, that action can deform or alter a thing or condition in the physical world. Sometimes the resultant physical changes are immediate, and sometimes they can take years to happen. The slipperiness of time in this process is one reason why people in general have not yet put the pieces together and come up with a good model for understanding this vital process.

This mechanism also works in reverse. If someone changes something in the physical layer, that action changes the imprint of that physical thing in the world of Energy. A seer can observe these changes as they occur.



If you have ever had a precognitive experience, in which you get an accurate flash of insight about something that hasn't happened yet, you are not really seeing that future physical event even if you get a clear visual impression of it. You are seeing its imprint in another realm. Any image of a physical event that you generate in your head as a result of energetic perception is like a footprint on a white sand beach. It is comparable to the fistlike shape a piece of paper retains after that paper has been pressed down over your closed hand and then lifted away.

When inferring concrete events by means of energetic senses, you are looking at the sand, not ever seeing the foot. You are observing the molded paper, not the actual hand. The image that you visualize is an inference. Your energetic senses are not designed to view the physical world. You have eyes and ears for that.

You as a human being—or rather, the combination of your attention and your capacity for perception—offer the most significant bridge between these realms. You are like a tunnel through all the layers of that onion mentioned a moment ago, a creature designed to live in and on many layers at the same time. I see you, man or woman, as a moving hole in a larger fabric of reality that allows light from the various layers, or realms, to shine through into one another, creating new beauty all the time. From that perspective, you are indeed a marvelous thing, a hole punched in the boundary between what is and what might come to be.

Your consciousness can, with attention, coordinate actions on the different layers of the onion and thus make magic.

If you make love with a partner physically, while at the same time your *energy body* and your partner's energy body are

connecting in a complementary form of lovemaking in the realm of Energy, the effect is a kind of gorgeous radiance that changes you and those around you. You are engaging figuratively in the creation of your own personal shimmering Northern Lights.

However big you imagine the potential of human relationship to be, it is bigger than you think.



You need to know a few more things. Energy is like silver oxide photographic film or brown magnetic recording tape. It records human experience with holographic clarity. It captures emotions and stores them for playback at any moment. It is the ideal medium for writing down the assumptions and models that make up a human being. From a memory standpoint, the personal Energy of your energy body, or *energy field*, is your second brain, and it remembers things that your physical brain is also recording constantly, as if you have a backup hard drive. What gets written into that drive—remembered within your energy field—is available in particular to your subconscious mind. Your energetic memory system is shaping very strongly your subconscious sense of what a human is, what life is, the nature of the universe, and, of great importance in terms of relationship, what you think you are as a man or woman.

People unconsciously mess with the models stored in other people's Energy all the time, often for purposes of seduction, power, or control, and almost never for the good.

I have a name for any Energy that contains a record of human experience and associated emotion. That name is *content*. Although content is just Energy, it is special because it has been saturated with a particular memory, model, or message. We all need to get rid of content to be healthy and happy because we produce more of it than we need. Content is constantly

being formed as a result of each new moment of experience. It is generated somewhere in the white center of our energy body, and resembles vapor from evaporating morning dew in a meadow. It builds up like carbon dioxide in our lungs and must be vented or it becomes poisonous. So humans need to breathe content, the excess record of their experience, out of their energetic selves all the time.

With each in-breath, humans need to take in new Energy from the external environment also. This is because Energy, in addition to being a realm, a medium, and a recording device, is also our main nonordinary fuel. The more pure raw Energy you take in and retain, the better your nonordinary support for healing, energetic perception, personal timing, and transformational learning and change—and, more to the point of this book, the more potent and remarkable your relationships are likely to be.

A lot of people leak Energy these days, and a lot of them can be seen unknowingly stealing Energy from others in order to get by.

Interestingly, the worst and most predatory energetic habits can feel pleasurable and can play into what might be called the dark side of Wild Attraction. For example, if a male person were to energetically reach around behind a female, tap into her at the small of her back, and draw her vital life Energy out of her for his own use, the woman might feel a sensuous, floating sensation. She might feel especially seen, valued, and loved. She might think that this male person is the man of her dreams. She might sleep with him or marry him.

Disturbing, yes, but it happens every day.



Energy is formed into specific densities and actual shapes by a force I have already mentioned called Intent, a fundamental

attribute of human beings that is closely associated with attention. Intent is the force that can create Energy flows such as the one from the woman to the man just described. For now, given that Intent is a lifetime study and almost impossible to discuss in brief, nothing more need be said about it.



This, boiled down to its most rudimentary essence, is the environment we will be looking at in this book, and it is a first glance at the nature of humans as they appear in that world. Energy, content, and Intent are the building block ideas with which I can now briefly describe how and why all human relationships, but especially gender-based relationships, are mostly the province of very real but nonordinary events in an unseen realm.

Picture humans as Energy creatures sailing through an etheric universe. Like the covert flashing of blinking spotlights, called semaphore signals, passing between ships steaming in parallel across a gray sea, humans communicate in languages that most people don't suspect exist. Some of this is virtual subconscious telepathy, caused by the exchange of content. Some takes the form of actions that we can only see with our energetic eyes. People might call it *energy body language*. For example, we pack Energy into our shoulders, breasts, or thighs as signals of interest or availability. We grope with nonphysical hands, we whisper with an energetically conducted voice. We pass secret nonphysical notes, again, in the form of content. Most important, our most fundamental gender responses and needs are determined more powerfully by features of our energetic selves than by our physical bodies or our minds.

Your energy body has a kind of genitalia to match your physical characteristics, and it has its own predisposition toward the masculine or the feminine that you would feel, and

that would drive your behavior, even if you were somehow deprived of your physical body. By this I refer to your *energetic gender essences*, which are described in more detail in upcoming chapters.



#### 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.

Probably no human activity offers greater rewards to those willing to apply themselves to serious study and skill development than sexual relationship. The conscious combination of energetic sexuality with physical sexuality is more than explosive. Even a rudimentary working knowledge of Energy and Intent can transform an ordinary love into an extraordinary one, or can bring a person from romantic dysfunction to delightful functionality. Fortunately, nobody has to become an Energy expert in order to accomplish this. A certain basic literacy is all that is required, just as we need a working knowledge of diet and exercise. Unlike some animals on this blue Earth, we are not born knowing all we need to know to maximize our potential, or even to survive. Although some humans in my experience (more men than women) show signs that they think

there is a special free pass relating to sex and relationship and they know from birth all that they need to know about love, in the case of romance, sex, and attraction, ignorance is definitely not bliss.

## Afterword

by Patricia Richards



This is no ordinary book. It exists as a result of powerful nonordinary events. *Wild Attraction* points back, over and over, to a special time and place at which Paul and I stumbled into what could be among the most profound voyages of love that any human has ever experienced.

*Wild Attraction* is therefore a deeply personal story, one that has always been difficult to disclose. I feel that it has to be told, no matter how inconvenient it may be for some—or how unbelievable. The personal history revealed in this book highlights important human possibilities and inherent capacities that are too real to be denied or left unshared.

In 1993, my well-planned professional medical career and personal life were turned on end when Paul and I discovered that we shared the capacity to simultaneously experience prolonged out-of-body merging as well as mutual energetic travel and communication. These did not occur only when we were asleep and dreaming. They occurred volitionally, while wide awake and across town from one another, and even across the country from each other. We found we could repeat these coupled visits to completely nonordinary and unsurpassingly beautiful etheric environments at will, over and over again. It was astounding and awe inspiring. These visits, which continued

for years and which recur to this day, remain by far the most deeply moving experiences of my life.

The indescribable grandeur of experiencing another person at this level is beyond any verbal description—the poet Rumi provides the only body of work I have seen that comes close to capturing it. The energy body is sensual, graceful, and beautiful. Deep telepathy from essence to essence occurs, time and space are fluid, and lovers experience the wonder of “two souls dancing” without gravity or effort. The touch and transmission of experience from one energy body to another is exquisite. Having been there, I can never see life or love or humans as ordinary again.

Within this grandeur, Paul and I had to work out a way to live together in “normal” reality while navigating our now constant sense of nonordinary openness and loving energetic connection. Our life together became unimaginable from within an ordinary framework—there were certainly no models or helpful tips for energetic merging in daily life. How was I to live with ongoing mutual telepathic communication that no longer allowed for being emotionally hidden? I learned that I simply had to let go. The resulting relaxation and joy of deep cherishment became and remains a profound treasure. Sexuality became startling and seemingly galactic in scale. Two humans with four bodies create nuance and beauty and sensation I had never imagined or dreamed was possible. Within it, a new sense of personal power emerged as I confronted both a calm, centered sense of singularity as a sentient being and a deep union with my lover and with all things.

Almost two decades later, Paul and I are at this moment finishing *Wild Attraction*. The manuscript goes to print in just a few hours, and I write these words with a strong sense that I may have no more important gift to offer to others than the keys contained within it.

As you close the covers of this book and begin the process of awakening the nonordinary lover in you, I offer a parting testimony: The experiences Paul has given voice to in this book are real. He lives the model he has outlined here, as do I. It works, beyond anyone's wildest dreams. I also offer a suggestion: If fantastic relationship happens to be your heart's desire, consider giving your full attention to the methods we have shared in these pages.

Attention can be put to no better use.