

Emily Austin Seems To Think That Sex Is An Extravagant Pleasure aka natural but unnecessary. Do you agree?

Post by "Eric" of September 19, 2024 at 2:36 PM

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The drive is stronger than the actual pleasure. Seems that regarding sex, we are wired to seek and want it more than be satisfied by it.

This perhaps depends on one's attitude and practice with regard to observing sensory experience.

A comparison can be made to eating food. There is hunger, but if the food is eaten too quickly then that can result in less satisfaction. If the meal is carefully planned and savored, and eaten slowly with an attitude of observation of every sensation, then that can result in greater satisfaction.

Yes I agree a 100 %. Slowing down and being present during sex does in my experience increase the pleasure and satisfaction. However, this is not common practice most likely because of the unfortunate limitation that sustaining presence, being more sensitive and being able to slow down without massive amounts of control (which is not relaxing), for many, require effort and structuring one's life in such a way that one is mostly not overstimulated by life and/or stuck thinking all the time. Sometimes we are simply too busy because of our life situation/choices to sufficiently de-stimulate, and regain sensitivity and presence. Practice of course plays a part.

What I was talking about was the common experience of just doing what the lusts drive us to do and that is where sex is often disappointing or becomes disappointing over time (your mileage may vary on how fast). Tantra/Karezza are in my mind advanced practices and I personally am kind of on the fence on whether these practices are what I should do compared to just abstinence. I know from experience that I definitely need to de-stimulate (meditate/sensory deprive myself) a lot and avoid other worldly stimulation to be able to satisfactorily enjoy these. If I worked full time instead of part-time at my brainy job, I personally would have a very difficult time making this happen.

Still experimenting with these with my girlfriend. We both agree on the above and we do have satisfying experiences when I succeed in keeping myself present and not overstimulated.

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