

Nic's Lecture: 'Sexuality and Spirituality'

By appreciating Richard and Vanessa's genuine sharing, Nic was able to make a considered decision on who would join them, and him and Sunita, for the talk about sexuality and spirituality: he accepted six couples, including two from the wider community of Sputnik's Hub, Richard and Vanessa, Frank and Laura, Simon and Michael, and Sophie with her husband.

Initially Malcolm refused the invitation, believing that his attendance would not be well received after the rawness of his affair and subsequent gay relationship that had caused public concern in the community; however, the others unanimously insisted that he should be there to assume his usual role of 'lunch 'n' lecture' organiser; they said that his presence - introducing all lectures with warm enthusiasm - was essential, and so, after personal intervention from Frank, and with Nic's firm encouragement, he agreed to join them.

As usual, Maria was there to attend to their meal, although she was also without her partner: she made it clear that her 'hubby' would not be willing to listen to a talk about intimacy and sex.

Jonnie also joined them on his own: he knew it was inappropriate to expect Maureen to be with him while she felt physically weakened from the effects of chemo and radiation treatment, and she'd said that she could not make the most of Nic's ideas because she considered her spiritual awareness was, 'still in its infancy.'

Nic and Sunita sat side-by-side, with their fifteen 'guests' seated in an informal semi-circle around them; the small audience seemed relaxed as they settled and prepared to listen to the lecture; they were clearly comfortable with Nic, not only because he was a valued member of their group - his depth of spirituality was widely recognised - but also because he was highly respected in the community as a renowned consultant at the City hospital.

Nic didn't appear nervous, and yet took his time before starting his talk; some of the group began to fidget in tense anticipation of what he was going to say; however, Vanessa and Richard remained quietly relaxed: they'd become accustomed to his slow and deliberate professorial manner, often speaking with eyes closed, and accepted that he would occasionally open his eyes and search their faces, meeting their eyes with his warm, penetrating gaze; they looked forward to what they thought would be a monologue of wisdom that didn't invite interruption, and waited with rapt attention, in awed respect.

Nic introduced himself by affirming his position in the hospital department, and then explained how his devotional life had emerged, and how spirituality had positively influenced and enhanced his sexuality, his relationship with Sunita, and their combined intimacy; he explained that, together, he and Sunita were used to offering therapy and advice to couples about intimacy and sex.

He began by asking them to reflect on the unusual nature of mankind - a species which valued, and sometimes obsessed about, its erogenous zones that were

inextricably linked with emotion, meant for pleasure, and not just there as an arousal tool in anticipation of procreation...

He took his time to pose the question: "So, why do we do it?!"

His uncharacteristic chuckle surprised them, and he looked around with similar bemusement when there was no response. However, when they gathered that comments were expected, and welcome, they quickly offered suggestions:

"We do it for relief from mundane daily life..."

"For physical release...expressing a need."

"An expression of love and passion."

"Desire."

"Fun."

"Babies."

"Cos we have to!"

"Happy, emotional contentment."

"Stress release."

"A healing process," Vanessa murmured, "keeping us healthy."

"Yes! Lots of reasons - all good!" Nic resumed his tutorial tone, "Humans know there's a great deal to be gained from intimacy, sexual arousal, and from ecstasy."

He appeared uninhibited as he launched fully into his message: "Sex is much more than making babies - though I'd be out of a job if you stopped having children!" He smiled warmly at Sophie, who grinned as she lovingly stroked her well-advanced baby bump.

"I want you to come to know, and eventually experience - in the comfort and privacy of your own homes - that regular sexual practice combined with spirituality is the exploration and development of *spiritual bliss*. In fact, when we become ready for expressing the spiritual with sexual, the sense of bliss is frequently achieved through what I like to call, the '*Glorious Stillness*'..."

*In effect, we are **creating, and co-creating**, without actively seeking pro-creation..."*

He paused and scanned their blank expressions, then proceeded to answer their unspoken question: "When we become actively sexual-with-spiritual we *create* - achieving much more than the purposes you've suggested..."

It's the kind of creativity that is inexplicably different, and much greater, than human satisfaction, because it is...Creating of The Infinite, as The Infinite..."

"Like an AUM?" Vanessa quietly queried.

"I think so! Will you explain?"

"Well, we've learned from The Mother... And heard about other gurus, who have explained that chanting AUM is a creative act: when AUM is chanted meditatively, and 'departs' from our throat, we're told that it weaves into the universe as a newly created piece of...of..."

"Stuff," Malcolm helped her hesitation, "Whenever The Mother is lost for words about, 'The Infinite' she resorts to speaking about, 'stuff'," he grinned, "We think we know what she means!

...Though, I'm not sure I've totally grasped what you're saying..."

"...I'm talking about a particular energy that's said to be created when we're doing something that's spiritually guided - whether it's meditation, or, or being

sensual," Vanessa continued, "I imagine we've all felt something 'more' during intimacy...that's why we're here!"

They were once again surprised at Nic's uncharacteristic laugh; his chuckle immediately softened the atmosphere so that most of the couples relaxed into their chairs, while some leaned forward with growing interest.

"Alright!" he gave Sunita a wry smile, "We humans join together for intimate exploration, fun, joy, contentment, serious desire, passion, in order, ultimately, to create *stuff!*"

"Could you tell us how being spiritual-with-sexual is different from...normal sex?" Frank asked, "Apart from us creating new 'stuff' in the universe!"

Nic nodded his appreciation at the question, "Yes, indeed! I'd like our discussion to follow five headings..."

He used notes on a white board to focus their attention:

1. self first
2. giving and receiving
3. extensive time
4. total body
5. profound love

He gave them a few moments to take in his titles, then he commented, "No doubt you're thinking: there's very little new here, from what you're used to discussing in sessions with The Mother... You would be correct!" he grinned. "The point of spiritual-with-sexual is to *integrate fundamental spiritual philosophy*...rather than thinking that sex must be kept separate from our devotional practice."

"I see that," Vanessa frowned, "But, isn't it true that 'devotional practice' makes us *want* to be sensual...gives us an increased desire to be intimate?"

"Yes, if you've already come to the realisation that your sexual practice is the *creativity* that we've just mentioned," Nic smiled.

Sunita added, "...You know that your sexual expression is of the Divine when you recognise yourself as 'goddess' interacting with your partner," she exchanged a knowing glance with Vanessa.

"Different from passion between me and my husband?" Laura looked bemused.

"I recall my behaviour when I came to the conclusion that passion was really the expression of my 'boyish' love," Richard remarked, "My intimacy, then, was fun!" He grinned, "but it was definitely fragile...feeling emotionally painful...because the sense of not feeling good enough, lack of self-worth, intervenes in the relationship..."

Eventually, I came to understand that, as you say, Sunita, when I'm loving one who knows she is 'goddess', our connection makes my intimacy feel bold, strong...

...and indeed, creative!" he raised his eyebrows at Nic, "Sorry for the interruption..."

"Not at all! Sunita and I were looking forward to everyone's responses!"

So, let's have a look at these five areas of transpersonal interaction, and interpret them so that our sexual practice may move beyond boyish passion," he grinned at Richard, "to an expression of The Divine Self...

Self first, is our first point:

As with all spirituality – our intimate relationship shouldn't be constructed with reciprocal expectation...and it should not be selfless.

We're aware how we're hindered by anxiety whenever we become concerned about the feelings of others in everyday interactions; and, we've learned that 'pleasing oneself' by working from our heart, putting oneself first, is the healthy way forward.

In the same way, whenever we worry about just pleasing our sexual partner, our sexual expression becomes 'less'...

As with everyday interaction, pleasing oneself does not mean we're insensitive to our partner's needs..."

"...We're more in tune with them..." Laura interrupted, with sudden insight, "When I let myself go...abandon my thoughts about how Frank is feeling...I suddenly know how he feels!"

"Your 'oneness' makes you in tune with him," Sophie murmured.

"Yes! And, in addition," Nic continued, enthused by their comments, "your abandonment to your own sexual feelings, helps your partner into that same sense of comfortable freedom.

Having reached this state of mutual ease, you are then each able to abandon yourself to feelings of connection at a higher level," he rubbed his forehead, "...I'm resisting the phrase, 'connection with God'..."

"Yet again, we know what you mean, and why you're avoiding the word!" Malcolm remarked, "...God, Higher Power, Source, Pure Consciousness, Light..."

"Stuff!" Frank joined in, "May I ask: Are we really able to make this 'higher' connection through sex?"

"We can...and should," Nic spoke firmly, "Your self-centred intimacy, properly understood, gives both partners the freedom to make a profound connection with each other, and a deep connection with 'Source'."

"That deeper connection makes some of us feel the opening of our Crown when there's sexual activity at Base chakra," Vanessa intervened, confidently.

"Indeed!" Nic agreed, enthusiastically, "The reciprocal activity of the chakras is the spiritual experience we can expect – just as in meditation: the upper chakras are influenced by work on the lower, so our Crown and Third Eye will feel responsive when the masculine and feminine at our Base are stimulated..."

He studied their faces, keenly, "...are we all happy with the notion of self first?"

They nodded.

*"Good! **Second: Giving and receiving.***

Sunita's and my thoughts on 'who gives, and who receives' during sexual activity are quite the opposite to medical interpretation, and to what's normal between couples...

She and I agree that there's greater sexual-spiritual satisfaction when there's 'female giving, and male receiving'..." he paused to watch their reaction, and was satisfied that they seemed to easily accept the unfamiliar notion.

"Since we're creating moments as our divine self, the balance is maintained through the masculine in devotion of his goddess, anticipating his receiving of her beneficial gift."

"Receiving her love," Sophie murmured.

He gently shook his head, "Not entirely. I'm referring to him receiving feminine energy from her, especially through the properties of feminine juices..."

"She really is my goddess then," Frank squeezed Laura's hand.

"When there's a deep connection between the woman's heart and yoni," Sunita explained, slowly, "It is said that her release of fluid helps regulate hormones and aids wellbeing...for herself and for the man who is 'one' with her."

"That's why I suggest prolonging the time when the man is inside his woman..." Nic added, "I'll talk about that in a moment... Sunita?"

"Yes," she continued, "The feminine juices from arousal – sometimes called Amrita, sacred fluid, nectar of goddess," she smiled, reassuringly, "are thought to be infused with energy to rejuvenate tired bodies and lift the spirit; it's perceived as being nutritious physically and spiritually,"

"That's why I feel energised after intimacy, even if I've felt too tired for sex," Richard muttered.

"Indeed," Sunita went on, "I'm of the opinion that 'having sex' - especially when your women is in tune with deeper dimensions - brings healing..." she smiled at the group, and gazed serenely at Nic, "We've found that it's possible to reach deep into emotional hurts during an ecstatic state; the aroused feminine energy has the power to cleanse the psyche, healing deep wounds and traumas."

"For herself, and for her man?" Laura asked, softly.

"For both; yes, I believe so."

"I do too," tears squeezed through Laura's tightly closed eyelids.

Sunita watched her, compassionately, and then closed her eyes and breathed steadily.

Nic coughed gently, "Thank you, Sunita..."

...Laura...

We'll continue to think about how this healing from the feminine takes place..."

Vanessa tentatively raised her hand, "Nic... May I add to your earlier comment - about how sexual activity creates reciprocal activity between the chakras?"

"Please, yes!" he beamed, "Explain the symmetrical relationship of upper chakras with lower, through the Heart."

She nodded, "We both mentioned the possibility of experiencing Crown chakra opening when we're spiritually and sexually active with Base chakras vibrating beautifully together!"

I'd like to talk about the reciprocal opening of Third Eye and Throat chakra when Second and Third chakras respond to the feminine - the goddess - energy. It feels like an important spiritual 'wake-up'!" She exchanged glances with Richard, "It's also true that sensitive – erotic – use of the 'amrita' can make a couple feel spiritually awakened during 'love making'...though I really dislike using those words!"

*"You shouldn't dismiss the phrase, 'making love', Vanessa," Nic smiled, "As we've said: intimacy is creative...sending created energy into the Universe...you **are** actually **making** love!"*

"Oh! I see! I like it!" she grinned.

“Good! You’re using intimacy as part of the path towards enlightenment: it’s been suggested that using amrita energy helps to awaken spiritual consciousness; so, giving each other plenty of time, allowing each other opportunity to relish aspects of the feminine, offers a great deal of benefit...”

“And that’s amrita at throat, as well as from the feminine space?” Vanessa queried, “I’ve heard Throat chakra also called the place of purification?”

“Both are sources of healing juices... Bringing vibrant energy when sensitively gifted...”

Which brings me to **the third point: extensive time.**

Sunita and I have found that spiritual-with-sexual sensitivity makes us desire each other more frequently, with greater depth, and for longer sessions, because we realise our intimacy has a greater depth of purpose, it’s fulfilling, satisfying... Though, we’re not just satisfying our body and mind, we’re bringing our soul to its peak, finding its perfection.”

“That’s a beautiful description,” Richard murmured.

Nic briefly bowed his head in acknowledgment, and then continued, “Which means that it’s essential to give extensive time to ‘making love’...we should prolong the exploration, realise what our actions mean, and what we’re doing for each other...”

“Is there an optimum moment, a best time that we should choose?”

He paused to give them time to think about their own preferences before offering his view: “It’s easy to instigate intimacy when we feel most motivated and eager...but those occasions may not be for the best because we may not be prepared to give our self, and each other, time...”

“Because we’re too energised?”

“Quite. I believe it’s important, and necessary, to set aside a regular time, of a couple of hours, to appreciate everything that we do for ourselves...for each other.”

He smiled at their astonishment.

“Would you agree that there are also spontaneous moments – without that planned extensive time – when spirit seems to call for intimacy?” Vanessa asked, “I mean, for example, occasions when we’ve achieved something ‘spiritually special’ in our day, and we just want to...express...”

“And affirm our deep connection,” Richard added.

“Naturally!” Nic chuckled, “It’s important to respond to moments of soul’s delight! Although, let’s be clear: when you both **choose** occasions when there’s time for uninterrupted exploration – when you choose to express yourself with **knowing intention** – then you are creating an opportunity **to enable your soul to infuse the ordinary, not just the extraordinary.**”

“Aahh, I see!” Vanessa stared distantly, “That’s beautiful wisdom... Thank you!”

“Fourth point,” Nic moved on rapidly, seemingly uncomfortable with her admiration, “**our fourth point is: total body...**

...there must be something you’d like to say about this!” He gazed at Sunita, fondly.

“I like ‘top to toe!’” she laughed, “I think the feminine instinct is to appreciate the minutiae of the body...with the ability to glean emotional experience from every part.”

“Do you talk to yer body?” Maria’s comment was her first of the evening.

“Certainly I do!” she giggled, “and, in my mind, I talk to his body too!”

They enjoyed the hilarity.

"As Nic suggested," Sunita continued, more seriously, "we ought, during extensive intimacy, to explore how the feminine 'gives', and whether our man is prepared to 'receive', rather than believing he has to be the 'dominant depositor'..."

"What a brilliant description!" Frank interrupted, "Makes me see how the male perception needs to change – to be a willing receiver!"

"That's good to hear!" she beamed. "Both need to pay attention to where, in the feminine, the giving emerges...and where, in the masculine, it's received..."

Actually, it's enriching to experience how each part of the body is capable of holding on to ecstasy...prolonging the experience as it resonates through the whole."

"Is it normal for intimacy to be so regimented, as you say, from 'top to toe'?" Sophie sounded discouraged.

"Not really," Sunita continued, gently, "'top to toe' is a phrase I stick with because it encourages both partners to be aware of what can be gained in every part of the body...not just the erogenous places.

I think we should encourage ourselves and our partners to find sublime expression all over..."

"That's why an extended period of time, intentionally set aside, is important," Nic interrupted.

*"Yes," she agreed, "it's essential, so that both feel free to discover the freedom of abandonment which ought to make intimate expression refreshing and invigorating," she frowned thoughtfully, "I find that when I'm looking to involve the whole body – his and mine – there's a sense of **explicit giving**...difficult to explain really."*

"Everything about spiritual sexuality is difficult to explain," Richard remarked, "Words are never enough...to explain experiences, and to describe intimate depth."

"You're right," Nic replied, "and, as we move toward the last point in our discussion, words are even more useless!"

...Sorry to interrupt, Sunita! Actually, I'm not clear what 'special' strategies we've offered here..."

*"Well," she smiled, gently, "we should be pointing out the connection of the physical with subliminal. Actually," she directed her gaze at Sophie, "we **do** pay attention to 'top to toe', or rather, from, 'bottom up' by giving focus to each chakra. In this way, the sexual mood rises from base chakra, through emotional body, on towards the heart, and up through to our crown."*

"Does that always happen?" Sophie remained puzzled.

"I don't think we necessarily experience chakra activity with sexual expression until we feel an explicit connection between sexuality and spirituality."

"I think that's true," Vanessa interrupted, with distant thoughtfulness, "the more we feel our intimate expression is spiritual, the more we perceive subliminal energy rising through us..."

*And sometimes it does feel as though the ecstasy travels from toes upwards – into an explosive opening of the head...the crown or forehead... But I don't believe it happens by **trying**..." she finished weakly.*

Nic noted her distant vagueness, and offered encouragement, "You should tell us about your exploration of the chakras."

"I could," she murmured, "But a chakra experience has little to do with our discussion about spirituality with sexuality."

"On the contrary, my Dear," Nic smiled, fondly, "the way you connect with your body - your whole self - has everything to do with sensuous spirituality..."

And," he exchanged approving, loving looks with his wife, "I know you've enjoyed Sunita's teaching from Eastern Thought about what it means to be 'goddess'..."

So, please, explain how you nurture yourself through the centres of energy."

*Vanessa nodded, "I've given labels to each chakra - they all begin with 'p'! Starting at Heart chakra, where I think of '**pi**' - the number that's 'constant' but never ending."*

"Pi doesn't settle into a strict pattern," Nic commented, "Like Heart energy making its revolutionary presence felt through the cosmos!"

*"Exactly," Vanessa murmured, "Then, above Heart, there's Throat chakra which is, as I said, known as, '**purification**', because it's from here we speak our truth, purifying the soul."*

"Yes. Throat saliva is known for its healing, restorative ability, its purification - as are feminine secretions," he added, quietly, "...We're keeping to the subject of sexuality!"

"Richard and I have talked about those properties," she frowned, questioningly, "Shall I continue?"

"Please. I didn't mean to put you off!"

"That can never happen! Your considered remarks always bring out the best in me," she grinned.

"That's mutual!" he dropped his chin with a self-indulgent smile, "What 'p' describes the Third Eye and Crown?"

*"'**Perception**' and '**Presence**'."*

"Makes sense! And the lower chakras?"

*"Base chakra is, '**placement**' - the centre of my physical place, making the connection with Earth Mother; second chakra is, '**precipitation**' rising to, '**presentation**' at third - which is my centre of ego, my outgoing relationship with the world..." she smiled at Sophie, "...that's my way of 'toe to top' attention."*

"Thank you," Sophie watched her admiringly, "I'm looking forward to a session with you so I can learn how to give my body that same attention." Then she frowned, "May I ask: when your sensual experience - your 'goddess' thoughts - make you more spiritual, do you not lose passion for your husband?"

Nic smiled in characteristic private reserve, and couldn't help butting in: "Have you seen what goes on between these two? Their glow of Love?!" His eyes sparkled with particular delight as he looked from Vanessa to Richard, "I think they'd say - as do Sunita and I - that intimacy, sexual exploration, as a spiritual act, enhances love and passion..."

He paused to gaze distantly at Sunita, and spoke as if to himself, "It makes her ecstasy mine, and mine, hers...Oneness..."

This ecstasy, as it's prolonged, takes both of us out of our body to merge with 'otherness'..."

Richard softly murmured, "Yes..."

Nic came back to full awareness, and coughed hesitantly, "That's what is meant by 'using' each other within shared passion - each uses the other to achieve freedom in 'oneness'...yet the 'distant' experience makes us closer."

"We set aside much of what is human emotional expression," Sunita spoke softly, "In order to approach the 'Divine'...and become it...in its euphoria."

*"The '**glorious stillness**'," Vanessa murmured.*

There was silence as Nic and Sunita's eyes met in the warmth of love.

Nic cleared his throat, "Thank you. Your questions and queries have helped to make this talk more than what I hoped it would be..."

Our aim is to move couples out of the trap of becoming afraid of love, especially as they grow old together," he grinned at Sunita, "...or should I say, more familiar with each other..."

"You've certainly achieved your aim," Michael murmured, as he reached for Simon's hand.

Nic smiled at the loving couple, "I'm very glad you could be here; I hope the talk has been meaningful to you?"

"To both of us, yes," Michael assured him, "In fact, I think you've given us all a lot to ponder...and act upon."

"Good... And now, perhaps, our discussion, with growing awareness of self-acceptance, has taken us to **point five: Profound love.**

We've seen the thread of profound love weaving through the whole of this discussion: it encourages us to put ourselves **first**, helps us to understand the insightful nature of receiving and giving, and means that extensive time exploring ourselves and our partner brings increased sensitivity through every part of our body...

As we've noted, profound love 'passes all understanding' - words are simply not enough to describe our reaching out, reaching up, our bliss..."

"The yearning," Vanessa whispered.

"Indeed."

She continued, brightly, "It's said that gurus find ecstasy through meditation... Do you think it's the same experience? Should we be looking for ecstasy in our meditation too?"

Nic stroked his chin, "I have met a guru who was willing, and able, to describe euphoric moments as a result of meditation... Although I think there's a difference in perspective: meditation may achieve 'oneness', but it's through no thought, no emotion; sexuality-with-spirituality is achieving explicit oneness with our partner...which may move us into the similar realm of meditative union.

It's our combined 'creative activity' that mimics union with Source.

Nevertheless, both avenues of Divine exploration become satisfying beyond satisfaction."

"That's why we want more."

"Umm. I believe it's important to allow the desire, the feeling of wanting more, and to be free to allow this 'yearning' to become part of one's passion, excitement...love... so that the fun and exhilaration is not absent when making love... It's important!" he breathed deeply, "I trust that the ideas Sunita and I have presented to you do not make your intimacy become an exercise in **trying** to reach the indescribable..."

I sincerely hope that what we've said has not left any of you with an idea that there's a goal that you must reach, or an aim for something beyond yourselves...

The expression of The Divine is within each of you, and it is my sacred expectation that you will simply enjoy the breath-taking adventure of exploring yourself as goddess, god."

He stared penetratingly at Vanessa, "I planned for us to finish in meditation... Will you lead us?"

“Yes!” she settled on her chair, and closed her eyes, “This meditation is called, Sandwich of Love:

In the room, here, there’s a blanket of energy that hovers above us; it is red, like a lingering fiery sunset; its energy is feminine, ready to descend.

The energy spreading below us is white, like a slice of buttered bread! It firmly grounds us; it’s our stability, our foundation; its energy is masculine, ready to rise.

We settle ourselves between the two energies; we’re like filling within the sandwich! A mixture of green, blue and turquoise, with a few peppered black specks, we are the fruits of ourselves, the fruits of earth and spirit.

We gently breathe our heart energy, resting in the sandwich of love, between feminine red and masculine white.

As we breathe, watching the ethereal red, and feeling the substantive white, we’re prepared for what must take place:

Being Still. Just as in intimacy we can be still and expressive;

Remaining Still. Just as with the Divine we appreciate the Presence;

Keeping Still. In the bated breath of the world.

Then,

Moving Gently. As in intimacy we flow with each other;

Moving Gently. As with the Divine, S/he weaves with us like the tide and wind;

Moving Gently. In the sway of life and living;

Being,

Playful. As in intimacy we discover fun and delight;

Playful. As our Spirit chases and is chased by Godhead’s adventure;

Playful. In the fun filled activities of life.

In,

Turbulence. As in the explosive ecstasy of the moment;

Turbulence. As the approach of ineffable love;

Turbulence. Like the chaotic storm of life that takes us beyond equilibrium.

Now, the deep red descends, bleeding the stuff of life through us: feminine juices and T-cells, the feminine cloak comes down, anticipating, waiting for the sudden thrust as the grounding white moves up into our being.

Both red and white merge into the blue and green of our heart, and we’re suffused with purple;

Spiritually balanced;

We are one.

Appreciate Oneness...

Breathe... ”

She opened her eyes, and met Nic’s gaze of satisfaction.

He coughed gently, “So... Continue your meditative breath...

I invite you to go within for spiritual nourishment:

In stillness of depth, my Thought touches your heart.

Your heart responds to that thought; it adjusts, feels lighter, and beats its rhythm with increased sensitivity, like the cogs of a well-oiled engine.

Oiled by love.

The guidance you've received this evening leads you to deepening measured breath, grounding yourself, finding yourself, so that on the ocean of life you no longer feel a lone traveller, but safely journeying in whichever direction you choose.

Your expressive sensuality is forever grounding, stabilising, balancing...

Finding Perfect Union."

He placed his palms together, and bowed his head, "Sunita and I commend our thoughts to you...

...be with our love..."