INTIMACY. One of the greatest pleasures in life is intimacy. That time on a Sunday morning ... waking up, with my partner next to me; there is no reason to get up, no time-constraint. start caressing my lover, I stroke and kiss her and after a while I gently proceed to us making love. She moans and approves with a whispered "I love you", to which I respond likewise. Knowing my love is reciprocated and my advances are welcome is the most wonderful aspect of our intimacy; when we confirm our love with giving ourselves willingly, we perform sacred sex. Some men seek intimacy with unwilling partners. They will impose on vulnerable women and men; or use outright force. They may say, "oh, that is just the way I am"; or claim consensus. They often protest they had no inkling their advances upset the victims, and apologise ... but these sexual predators destroy lives; many of the victims don't get over the assault for decades, if ever. The Weinsteins and Spaceys of the world use their positions of power to exploit and abuse people who crave their approval. One of them now is "president of the free world." God help us.

> Another is Sogyal Rinpoche author of The Tibetan Book of Living and Dying