



TRANSFORMATION OF SEXUAL ENERGY

The attraction between the male and the female remains the central point of human evolution. It is at the root of creation itself and nobody can ignore it.



The dignity of human life lies in transcending sex and not remaining a slave to it. There have been great men who transcended it, and still there are and will always be those who go beyond its attraction. In fact, the more this desire is disciplined, the more one realises the meaning of true beauty. As long as the central focus of life remains the sexual attraction between the male and the female, true beauty is never experienced but remains nothing but skin-deep. Everything which is only skin-deep is superficial.



The purpose of human life is only one - Self-realisation or experiencing God. But when one decides that it is the only purpose of one's life, then impressions from the past that are locked in our subconscious create obstructions in the realisation of that purpose. All *sadhana* (spiritual training) aims at removing those obstructions and becoming free of those impressions. If one is able to purify one's subconscious without having intimacy with the opposite sex, one need not marry. There is no necessity of marriage because the aim is Self-realisation. But if one cannot do it simply by the power of thought and discrimination, then there can be intimacy with the opposite sex for satisfying one's curiosity and eliminating the desire element.



I have no hesitation in saying that nobody in the whole world can attain permanent peace without having self control and taming this lion of sex!



Complete transcendence of this attraction between male and female happens only after Self-realisation. We should know the truth as it exists. What does it mean? Until Self-realisation - God experience - one has to be on one's guard. On this journey one has to be vigilant for self-discipline.



Attachment is not desirable and should be replaced by love. In particular, between the male and the female, lust and sexual attraction should never be considered as 'love'. There is a correlation between lust and love. When there is greater degree of lust, there is lesser degree of love and when real love starts, sexual attraction or attachment begins to fade away. In pure love, there is no place at all for physical attraction. It simply does not remain.



One of the most important points for anyone anywhere is discrimination in sexual activity. Sex is the most tempting of all the senses - the greatest force attracts a person towards it. There are two real purposes of sexual activity. The primary purpose is to free oneself from one's inner impressions of curiosity about the opposite sex and the attraction to them. The second purpose is, by passing through the process of a sexual relationship, if God wills, to have some progeny, to take responsibility for a son or daughter, and to do your duty for them.



The body is meaningful and must be kept healthy. It is to be used rather than misused. Indulgence in sensual pleasures is misusing the body, while experiencing the Self and God in the body through the science of yoga, meditation and prayer, is using the body. It is only after transcendence of sexual urges that real beauty is experienced.



Peace, harmony and happiness in human life is impossible without a correct understanding of the importance of the man/woman-relationship, and then putting this correct understanding into practice.



The meeting of husband and wife is not only for sexual enjoyment. It is considered something sacred. Why? Because we are all born out of it, even the saints. Therefore, there is a great importance of faithfulness in marriage. In a sexual relationship one should be faithful. If people take this union between man and woman not only as a matter of pleasure, but as something very sacred, important, and full of responsibility, then it becomes a means for the purification of the inner self. The impressions of sexual pleasure that have been gathered by the person from many lives go away easily by being faithful to one person only as a matter of religion and duty. Such people become very quickly free of the sexual attraction.



A person who has many sexual thoughts will also not be able to work very efficiently. He will not be very successful in his work, because he lacks concentration of mind.



When a person takes sex as a matter of pleasure only, without shouldering the responsibility for one's action, then life becomes impure. Mind becomes full of passion when someone takes sex as a kind of play. Saints have said that love does not come into life as long as sexual attraction remains. In the end, sexual energy gets transformed into pure Love. Self-discipline, not self-indulgence, lead to peace and happiness in life.



Our energy is limited and tends to flow out, so our effort should be to try to stop it from flowing out. When it is conserved, the same energy starts working and flowing upwards through the backbone. It starts flowing upwards from the lower chakras to the higher centres of consciousness. It is all a play of energy.



Honesty, faithfulness and sincerity between a wife and a husband is essential. There is no place for coquetry and flirtation. One may think that one can keep on

having flirtations and that some day there will be enlightenment. But, sorry, this is not going to happen.



There may be marriage or there may not be marriage but faithfulness has got to be there. If two persons meet with the clear decision that they are meeting just to enjoy sex, even then they are being honest. Perhaps up to that time the spiritual journey has not started but it may start later on. It can start any day. But whenever the spiritual journey starts, there must exist faithfulness and honesty between the man and the woman. Only then is this element of desire diluted and transcended.



Spiritual evolution is very difficult for those who have sexual fantasies of sleeping with several at one time, or marry one person and then sleep with another. Faithfulness is essential for spiritual evolution. The Self cannot be realised and God cannot be experienced without honesty and truth. Finally God is truth. So, step by step we have to proceed from untruth to truth, from darkness to light and from unfaithfulness to faithfulness.



There can be the relationship of the lover and the beloved, but it is important to ask what the purpose of that relationship is. If it is simply the satisfaction of carnal desire, then such people will never have peace. There can be an attraction between two persons as the lover and the beloved, but one's youthfulness will not last for ever. What about the time when old age comes and one needs to be cared for by someone?



A woman should not be an object for sexual enjoyment only. The highest honour for any woman is to become a mother. Motherhood is the climax.



A woman can become a mother even without giving birth to a child. Motherhood requires refinement of the emotions and the capacity to make sacrifices for others. Who could be a greater mother than Mother Theresa in India?



The desire for sex is the strongest of all the desires. In some way the refinement of one's life is nothing but the conversion of the sexual impulse into love. The journey should be from sex to love.



Those who want enlightenment - a husband or a wife - a partner or a friend - they should decide to distance themselves from embracing and kissing. Should one's whole life be spent in this foolish activity of friction of the organs? Life should not be passed in that way! These are temporary things. Human life is not meant for that. It is enough. It has been seen several times. Should we die doing it? That would be the greatest folly. No one is stopping you from experiencing or experimenting, but do you intend to go on experimenting until your death?



Forgetfulness and temporary relief in sexual pleasure will not save one from frustration and misery.



At the culmination of the male/female union, before the discharge of semen and if and when there is orgasm, both partners become blind and forgetful to everything! It is in that forgetfulness that they feel some sort of relief and comfort, and a feeling of well-being. But it is all temporary. This is not a happiness but a delusion.



In the science of Ayurveda three primary pillars for health are given. The first is *Ahaar* - that is food. The second is sleep and the third is *Brahmacharya* – celibacy. These are the three basic factors, the fundamentals, on which the structure of health is based.



You come into contact with a man or a woman, and there is that urge - that temptation - to become friendly and to have the pleasure of sex. You are forced by this urge to consort with such a man or a woman. So where is the freedom? The answer is that all this is nothing but an opportunity for spiritual training. When the inner urge arises, and it wants to push you in a certain direction, there arises also an inner voice, asking whether it is right. This is what Mahatma Gandhi describes as the quiet, small voice of conscience. This still, small voice of conscience within you raises the question: "Is it correct?" On account of the pull toward the temptation of your old habit you say: "Oh, it's all right, everything is fine." You are free to go that way. You did not respect the freedom given by God. When the inner question came whether it was all right, all your training in spirituality tells you to wait and see whether it is really right.



The discriminative faculty is clouded, completely, by greed. In the same way, when a rage of anger comes up, one becomes almost mad. The mind does not work and the intellect/reasoning does not work at all. It is the same with sexual attraction. In the circumstance when a male or a female feels a very strong attraction towards each other, the existing impressions in the subconscious come to the surface. They overtake the intellect and the sense of right and wrong goes away. So, in such a situation, one should struggle with the weakness and then one should pray to God. Like this things go on happening inside, and then greater stability, harmony, and peace is found in due course.



There are four instincts which are common to both animals and human beings: eating, sleeping, procreation and self-defence. In this respect there is no difference between animals and human beings. All eat, all sleep, all have sexual activity. You could say that sexual activity exists even in plant life. The fourth instinct is for self-protection. All human beings are born with these four instincts, but if they die with no more than these, they die like animals. Nature has a purpose that as human beings we must evolve beyond these instincts.



The world is perfect in every way. Everything that is wrong is within you! I will give you a simple example. Imagine a young man and a beautiful girl. Depending on the spiritual development of that young man, he will have a different perception of the girl. On very low level of growth, when the man has not become very cultured and is dominated only by physical sex, the beautiful girl seems nothing but an object for the

satisfaction of his lust. To another young man who is more cultured and evolved, the same girl appears as a good friend. It was the same girl but in the first man there was lust and in the second man it was love mixed with certain attachment. To a third man who is even more evolved and in whom there is no attachment, there would be only love. Then, there may be a fourth man who is highly evolved, spiritual, and full of divine love. For him any girl, whether she would be beautiful, ugly, old, sick or weak, is the same, since he is full of divine love. So the perception of the same girl changes according to the development of the person who sees her.



It is like when you light a candle in a room and the darkness starts disappearing. You do not drive the darkness out of the room. To fight the darkness is foolishness. You may go on fighting for 10 years and you will never be successful. All you have to do is to put a small light there and the darkness starts disappearing. So you should not try to banish the bad emotions that are in you - anger, greed, jealousy or sexual perversion. You should not fight with them. The struggle will not succeed. You should try to be relaxed and calm within yourself and then awareness increases. In the light of that awareness many thoughts, events, emotions and memories which you do not consider good, all float in and out, coming and going, coming and going. Let it go on like this. A time will come when your awareness is so much there - you are so aware and conscious - that other emotions lose their strength.



In sex one forgets completely. You may say that all these activities are normal aspects of life. Yes, they are parts of life but as long as they remain the essential parts of your life, your quality of life will continue to be what it is at present.



The only point is that there are better and higher states than enjoying sex. It is a question of choice - at what stage you wish to remain. There is nothing wrong with sex life - I never say that - people misunderstand. The point is, if you feel happy with sex, have it or you will be frustrated. After that you come to another stage. In place of a physical relationship only, people start developing an emotional level in their relationship. If you are happy in the physical level, stay there. If it does not give you happiness, there is a further step of evolution - the emotional, which is superior to the physical. Some will say that they are not at peace at the emotional level, because emotions are temporary. Today emotions are present but perhaps later they will not be. After that a time comes when the person says he is fed up with emotional relationships, and I ask him to sit down and close his eyes. It is a question of the stage of the individual. It is a journey. You want to go to the top of the building but there is no proper staircase. The question is what is the extent of your need and whether you can be personally at peace with all these levels. If you cannot be, then follow the path. It is a question of knowing yourself at a particular time. You should honestly know what you are - it is not easy because the mind is very clever at deceiving the individual. So no situation is bad on the individual level. The very state which is suitable for you today, may not remain suitable to you tomorrow. It is a journey.



There is nothing wrong with sex - it is a part of life - we were all born out of sex. But the question is of transforming sex into love and spiritual realisation. It is a transformation. People make two mistakes with regard to sex. Some people try to suppress it - no one will win since sex cannot be suppressed. Sex is the power of

nature and who can conquer nature? Suppression is not possible. The second mistake is to take sex as natural and just enjoy it. What enjoyment can you have in sex - ultimately sex will enjoy you and finish you off completely. So what is the correct path? You should start by analysing yourself every day and praying to God. Whenever possible remain with your guru or a saint and try to transform your sexual energy into the energy of love, the emotions and then the spiritual experience. This is the method but it is subtle and needs guidance on every step. Kundalini Yoga is also directly connected with it. The Kundalini does not rise up without sexual discipline, but it should be discipline and not suppression. It is a method for each individual and it is by practising it that one gradually evolves.



In Bhagavad Gita the Lord has said that desires are '*insatiable and grossly wicked*'. They are wicked in the sense that they will keep deceiving you again and again: "If I have this person as my partner, at least the desire for sex will be over for all time." The desire will not decrease. You cherish this dream only until you get the other person and as soon as you get him or her, the person becomes unattractive and you start to seek a new one. It is a common tendency for the mind to work in this way. Therefore, the Lord says that this element of desire is grossly wicked. Do not be deceived.



The emotions have to be purified. When they are purified, they elevate us, but when they are not purified, they degrade us. This is the whole timetable of the journey. For example, at the level of physical enjoyment (the relationship between male and female only on the level of the physical body), some emotions are bound to be there, but those emotions are overpowered by the craving of the flesh (the sexual urge). The emotions are relegated to second place. As we evolve, the physical enjoyment of sex becomes secondary and we start having consideration for each other. This is how the emotions are refined. The process of refinement goes on like this until finally the emotions are so refined that they are not directed towards definite individuals but towards the whole world. In this way, purity of love comes into one's life.



For an unenlightened man a situation arises through his destiny, that he can enjoy a sexual relationship with somebody. The situation is a part of his destiny. The unenlightened person will go through that experience and that action will add to the impressions which he already had resulting from previous sexual activity. The sexual activity will give rise to additional impressions. In the case of an enlightened man, a similar situation may arise, according to his destiny, but he will not indulge himself in sex. The situation will come, impinge upon him and then become nullified for ever.



The ordinary way of life of mankind is that people are busy enjoying the world around them through the senses. They are leading a life of pleasure - seeking pleasure everywhere, pleasure through the eyes - seeing beautiful bodies - pleasure through the tongue - eating delicious food only for the pleasure of taste, the pleasure of touch, like sex, the pleasure of hearing music in which one tries to forget oneself - this is life devoted to pleasure. Then a time comes when a person realises that nobody can be happy by enjoying pleasures. A saint said that nobody can enjoy the pleasures - the

pleasures will enjoy the man and finally kill him. At that point the life of discipline (austerity) starts.

