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## SEX EDUCATION AND SPIRITUAL DEVELOPMENT

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### ABSTRACT

*This paper deals with the relationship between the sex education and spiritual development. Sex education, though considered to be of high importance, the same could not be implemented due to the non-acceptance of the society. People have a wrong notion that the sex education and spiritual development are different fields and they are opposite poles. Now-a-days, there is a need to introduce sex education to the children, so that, they will be able to understand the importance of the sexual vital fluid, which is the base for sex education and the life force, which is the base for spiritual development and the connection between these two. This study will help in understanding the value of life force and sexual vital fluid, so that the practitioner could reach further heights in spiritual development.*



**KEY WORDS:** Sex Education, Spiritual Education, Life Force, Sexual Vital Fluid.

### INTRODUCTION

There is a wide spread wrong notion, among a majority of population, that the sex education and spiritual development are opposite poles. They feel that the spiritual development is highly religious and connected with mind, whereas, sex is emotional and connected with body and there is no relationship between these two.

### Education

Education is the manifestation of perfection already in man. It is the process of shaping and moulding one's behaviour. There are so many divisions of the education like academic education, technical education, technological education, spiritual education, moral education, sexual education etc.

In course of time, the needs of the Society varied and as did the importance of various divisions of education. And the people followed according to requirement of the society and availability of sources.

### Sex Education

Out of all types of education, the need for the sexual education was not explored properly and it was not taught through institutions.

Though the Educationalists and the Intellectuals had understood the importance and need of sexual education, they could not properly formulate a curriculum. Moreover, the efforts taken by them were not accepted by the society widely.

### Spiritual Education

Spiritual education is derived from the word "Spirit". The Life Force is the base for every human and living being. The life force particle is the combination of the tiniest particles that revolves throughout the

body at an enormous speed and is being represented as Spirit. The education which deals with the study of this spirit is known as Spiritual Education.

### **Basis of Sex Education**

The Sexual Vital Fluid is known as semen in Men and Ovum in woman. It is this Vital Fluid that is the basis for reproduction. The Vital Fluid (Semen) which is stored in the Sexual Gland of a male, when comes in contact with the egg from the ovary, will form as the off-spring. Understanding the importance of the Sexual Vital Fluid, thereby, conserving it and maintaining its quality and quantity, forms the base of the sex education.

Whereas, there is a lot of unsupervised exposure, that provokes one's sexual emotions among the younger generation. And so they are being spoilt to a greater extent.

### **Basis of Spiritual Education**

The Study of life force particles, its formation, development, Movement and its existence forms the basis of Spiritual Education. The Life force particle, also called as the Akash particles, revolves around the body at an enormous speed. The revolution of the Life force particles creates energy within the body, called as the Bio-Magnetism. This bio-magnetism is responsible for all bodily functions and the mind.

The combination of the sub atomic (Akash) particles forms the Life Force. The Spiritual Education is the knowledge about self, thereby, realizing the godliness inside.

### **Connection between Sexual Education and Spiritual Education**

The basis for the Sexual education, i.e., the Sexual Vital Fluid is the one which is holding the Life Force Particles, i.e., the basis for the Spiritual Education. Hence, the Spiritual Education and Sexual Education are interrelated and development of one automatically leads the development of the other.

### **Importance of Sexual Vital Fluid**

The food we eat is transformed in to 7elements. The 7<sup>th</sup> element is the sexual vital fluid. The quantity and quality of the Sexual Vital Fluid determines the health of a person. Moreover only this fluid is producing the life force particles. So the Sexual Vital Fluid should be preserved carefully. The depletion of the same leads to many problems, both to the physical body and the mind.

### **Wastage of Sexual Vital Fluid**

The sexual vital fluid, which is originally produced in the brain cells at birth of the child, is being utilized for the formation of the physical body. Once the body is built sufficiently, around the age of 13, it starts getting collected at the sexual gland and is being stored there. This process makes the child's body into an adult i.e. physically mature. Once the sexual gland is filled up to its capacity it tends to overflows. If he is not guided properly he will indulge in wrong doings and wrong habits also develop. By this way the Sexual Vital Fluid is wasted.

### **Balancing of Sexual Vital Fluid**

Though it is natural that once the gland is filled up the liquid overflows some techniques should be available to extract the essence from it and recycling that essence within the body. This technique is taught in vethathiri maharishi's sky yoga.

### **Vethathirium in Sexual Education and Spiritual Development**

Thathuvagnani Vethathiri Maharishi has done research for 40 years and developed the Kaya Kalpa yoga which deals with the Recycling of Sexual Vital Energy there by converting it in to Spiritual force.

By the practice of Kayakalpa yoga one can understand thoroughly the body function , Life force, Mind, Sexual Vital Fluid, Bio- magnetism and the inter relationship between these.

### Kayakalpa Yoga

Kayakalpa yoga is an exercise for strengthening life force and bio-magnetism by recycling of sexual vital fluid. In Sanskrit, the term “Kaya” means “body and “Kalpa” means “immortal”. Kayakalpa yoga is a simplified exercise comprising of Aswini mudra and ojas breathe. By doing Kayakalpa yoga, the sexual vital fluid becomes denser and purer. The nervous system gets strengthened. The immunity power increases. It provides healthy body and helps longevity. In order to understand the science of Kayakalpa yoga, we have to study the functioning of the human system.

- **Body:** physical body is made up of millions of cells. These cells are held together by polar attraction created by bio-magnetism.
- **Sexual Vital Fluid:** The birth and death of a human being depend on sexual vital fluid. The originating point sexual vital fluid is brain. Up to 14 years it helps various parts of body to grow. After that the surplus fluid reaches the ‘Mooladhar’ i.e., the genetic center through the spinal cord. The life force particles are held by sexual vital fluid.
- **Life Force:** The life force particles are independently functioning having self-rotating and whirling motion.
- **Bio-Magnetism:** From each life force particle, dust particles spread out in the form of bio-magnetic waves.
- **Mind:** The extension of the life force through senses and brain as bio-magnetism is called mind.

### CONCLUSION

Thus the awareness of sexual education leads to the spiritual development and we the yogis should come forward to promote this education to the Society there by we can create a wonderful problem free society in near future.

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