



SEX AND SPIRITUALITY

Naveya Y. N.¹ and Dr. G. R. Valliammal²

¹Ph.D. Scholar, Bharathiar University, Coimbatore, Tamil Nadu.

²Assistant Professor, Department of Yoga for Human Excellence, WCSC Vision, SKY Research Centre, Aliyar, Pollachi, Coimbatore, Tamil Nadu.

ABSTRACT

According to Tantra Yoga, sex is the sacred act of two souls merging and blending into one. This is an experience out of the ordinary, where the subtle bodies transcend and merge into one. It is one of the closer physical experiences to the union with infinity. The link between sex and spirituality is strong. The great life force, the relentless drive to creation, has a universal, spiritual quality. The sexual drive to reproduction in humans is called 'libido', a word which also translates as 'life force'. In this sense, the sex drive responsible for producing each of us connects us seamlessly with nature, with the whole universe, and with each other. The teachings of Patanjali (the third Yama) explain how sexual energy is one of the most potent energies. When redirected to the higher Chakras, this can lead to a more enlightened state of being. Shri Vethathiri Maharishi, considered as 19th Siddhar has explained about Sex and Spiritual development and importance of Vital Fluid. Maharishi explains that, birth and death both are due to the exit of Sexual Vital Fluid. He also emphasizes the importance of Vital Fluid by limit and method of food, work, sleep, sexual act and thoughts. Vethathirium explain us that being in family one can attain the enlightenment and achieve the purpose of life.

KEYWORDS: physical experiences , Sex and Spiritual development , method of food.

INTRODUCTION

The importance of Vital Fluid and sexual desire need to be understood clearly. It is closely related to the individual and social welfare, healthy body and healthy mind. When people have realized the importance of varieties of education no one seems to worry about the importance of sex education.

The power of the vital fluid is used in the growth of the body and organs till one attains the age of fourteen or fifteen. Then the excess secretion tries to force out from the body. Only the excess need to be spent. Excessive spending will result to worries.

At the same time at a proper age the excess fluid need to be spent acceptably. Otherwise the body will suffer. Starting from kidney all parts-vital ones-will get affected.

Sex and Spirituality are inter twined with each other. Different teachings have different aspects on Sex and Spirituality but leads to the same destination. In olden days like tantric practices there was a technique which takes sex to spirituality which leads to higher levels of Spiritual practices.

HISTORY OF SPIRITUALITY AND SEX

Throughout history, sex and spirituality have existed hand-in-hand. Tantra (an ancient belief system linked to Hinduism and Buddhism) is based on the idea that we can feel closer to divine beings by having sex. And they weren't the only ones who saw the benefits of



sex in terms of spirituality - Aboriginal Australians and Persians had belief systems that were much the same, and a similar type of sexual symbolism was seen in early forms of Islam and Christianity. Kabbalah (an ancient way of thinking that originated in Judaism) also sees sex as a spiritual event that represents the male and female elements of God merging together and the age-old Chinese spiritual practice of Qigong believes that sexual energy is one of the cornerstones of happiness. These ancient cultures all believed that sex was a great way to connect with another person, as well as any higher beings that they believed in.

VIEWS OF MAHAN'S ON SEX AND SPIRITUALITY

Yogiraj Vethathiri Maharishi

In Simplified Kundalini Yoga, Maharishi explains the importance of Sexual Vital Fluid and the way to preserve it by the practice of Kayakalpa yoga. He also emphasizes that one can attain moksha/salvation being in the family.

Siva Vakya Siddhar

"If one can bring up the sexual vital fluid through various stages upto the Thuriya (at top of the head) aged people also will look younger and brighter".

Osho

Osho's views on sex and spirituality were radically different from the view of others. In reality, he showed his followers the beautiful connect between sex and spirituality, by emphasizing how beautiful sex could become if it received the right dose of spirituality.

Sadguru

"When you are young and your hormones hijack your intelligence, physical sex will be the way. When you are middle aged, when your intelligence is hijacked by your emotion, then love will be the way. Only when you transcend all of this, when you seek this union on a much higher level of awareness, then we will say it is yoga or a Divine". - Sadguru (The Navhind Times, Nov 29, 2009)

Spiritual process means that you are seeking tools to go beyond the limitations of five sense perceptions and experience the union beyond the separation and isolation caused by physicality.

BENEFITS

1. Sex and Spiritual education both should be the part of the educational curriculum for the maximum benefits.
2. Proper education in sex reduces the unusual sexual behaviors/activities in youth.
3. If proper guidance is given at the right age about the Sex and Spirituality, one can reach good level professionally, physically, mentally and spiritually as one will be able to use the life force energy in the right way.
4. Crime rates (rapes) can be reduced.
5. One can attain sound body and sound mind.
6. Everyone can realize the purpose of life.

CONCLUSION

Sex is the most alive thing in everyone because life comes through it, all are born through it, can give birth through it. Wherever there is life, aliveness and sex is the source. Different Mahan's have explained Sex and Spirituality in different ways according to their time and environment they were living. Some Siddhar's like Tirumular says not to waste Vital Fluid. Osho says "Sex can lead to the higher level of Consciousness", Sadhguru says it is beyond all sensory perception to realize Divine and Vethathiri Maharishi says it can be used in limit and method as it should not lead to any disturbances for the Spiritual growth. Hence we can say

that Sex and Spirituality are the two inter twined process which leads to the realization of self and attain salvation.

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