



TRANSFORMATION OF SEXUAL ENERGY

Transformation of sexual energy into happiness

Extract from 7/2/03 Satsang

Om Shri Paramatmane Namaha

There are differences of opinion about many things in the world, even about the existence of God. Some people believe in Him and some do not. There are many differences of opinion, but there is no difference of opinion about one fact: that everybody wants to be permanently happy and peaceful. If you asked people if they want to be permanently happy, they would all say that they want to be. This is the common objective of all people. But the question remains of how to search for permanent happiness.

The greatest saints have said that no one can be happy simply by amassing money. No one can be permanently happy simply by enjoying the pleasures of the world through the senses, or by becoming very famous. In brief, they say that real happiness comes from inside and not from external objects, possessions or persons. Real happiness is inside every one of us, but we have to search, explore and find it. We must experience it in our own existence. This is the essence of the teachings of all the saints. But, when we start this search for permanent inner happiness, we have to change the style of our lives.

The ordinary style of human life is for the energy of the body and mind to flow from within towards the outside - the activity of the world. When we meet friends and relatives or find enjoyment in material pleasures, our energy flows towards outside objects. This is the way we enjoy the pleasures of the world. Our senses come into contact with worldly objects, and a feeling of pleasure is created in our minds due to the sensation that arises from this contact. We feel enjoyment for some time, but, when the enjoyment comes to an end, we miss it and feel weak and exhausted.

The greatest of all the pleasures of the five senses is the pleasure of the sexual relationship between male and female. It is this attraction between the male and female that continues the existence of creation - we were born on account of it. Our body came into existence due to the sexual activity of our ancestors, and our children are born due to the same activity. We all experience the great force of attraction between the male and the female. People feel pleasure when they cannot resist the instinct of having a sexual relationship. They experience a sort of relief, but later on they feel regret. The pleasure proves to be temporary and illusory, and one does not achieve permanent happiness. Temporary pleasure is not happiness, and never gives satisfaction.

A time comes when we become old and our capacity for enjoyment, and even for sex, becomes less. This is a very difficult period, when a person cannot enjoy physical sex, due to the weakness of his body in old age, even though the desire for enjoyment is undiminished. People who use Viagra say that it gives them the power of a horse, but it lasts only for a few hours! This is not the first time that such a drug has been

developed. It happened thousands of years ago in India both for males and females. However, there was no permanent peace and happiness. To achieve this, we must reverse the trend of seeking pleasure outside of ourselves and having a contact between the senses and the objects. For permanent happiness, the path is totally different - the energy is not allowed to flow outwards. We keep the energy inside us and find happiness and peace. It is only when one withdraws one's self from outside that meditation starts. It starts when you cut yourself off from your surroundings as much as you can. You cannot meditate when you are listening to music. You cannot meditate when you are sitting with your girl or boy friend. What sort of meditation would that be? You have to cut yourself off. The tendency is the opposite - of that which is present when you enjoy pleasure. When we withdraw into ourselves and the flow of energy goes inwards instead of outwards, certain changes start happening in both the body and the mind. All these changes are described in the yogic texts, and particularly in those of *Kundalini Yoga*.

Here the *chakras* are mentioned. The first chakra is the *muladhar* or 'pelvic plexus'. What happens in that *chakra* while you are experiencing pleasure? The outward flow of energy through that *chakra* brings about temporary relief. One cannot conserve energy in the body. One feels the sensation and it gives temporary relief and pleasure. In meditation the trend becomes reversed, and the energy starts going inwards and upwards.

When energy starts to flow from below upwards, greater happiness and peace are experienced. To achieve this, you have to discipline sexual activity. There is no other way, because energy is neutral and limited. When you transmit sexual energy outwards, you cause the birth of a child. If you conserve the energy within yourself and send it upwards, you will experience a re-birth of your own Self. You either give birth to a child out of your own self, or you give another birth to your own Self inside - the birth of a Divine soul.

.....