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## 1

# Sex & Sexuality

*“The conquest of lesser truths leads to higher truths.  
The conquest of higher truths leads to the ultimate truth.  
The realization of ultimate truth leads to Enlightenment.”*

Daduzen

Let us commence our journey from the most ancient and perennial adage of Delphi “Know Thy Self and thou shalt know the universe and the gods.” Knowing the body is the first step. Once we are able to understand the physical undercurrents in our being, we will be able to grasp the subtler aspects of our personality in stages to our progressive advantage.

At the root of all existence in its basic structure, there are four primitive desires and our conscious efforts to satisfy them. A human being is born with four innate urges. First and foremost is the urge for survival or self-preservation. The second is sleep. The third is hunger and thirst - the need for food and water. The fourth is sex. All living species are born with such urges; the difference is that a human being has the will to control or regulate these four instinctive stimulations, whereas in animals, the responses are, to a large extent, controlled by instinct, as programed by nature, particularly in context to the urge for sex.

The urge of self-survival is the greatest compulsion of all life. In a human being, it is inherent, instinctive and strive for greatness

## 5

# Sex & Emotions

*“If all misfortunes were laid in one common heap  
whence everyone must take an equal position,  
most people would be contented to take their own and depart. ”*

Socrates

The entire world is consciously or unconsciously immersed in an endless array of emotional reactions and responses amidst its social and ecological environment. Seemingly, most of us are caught in a web of high voltage emotions with very few rescue boats in sight. Many of us remain marooned in the islands of emotional upheavals due to the fact that the in-depth ‘knowledge of emotions’ has not been factored in our lives.

Therefore, what we see in the world, much to our dismay and despair, is the constant eruption of emotional lava leading to a range of violence in various segments of society.

As a result of such iniquitous surroundings, our lives are in a state of constant restlessness due to lack of emotional harmony that can trigger human minds at a moment’s notice into live spark plugs.

However, to alleviate the physical sufferings of mankind due to the backlashes of negative emotions, merciful nature has provided an internal relief package so that mankind does not experience a runaway spate of restlessness and unhappiness. This provision that serves as a safeguard measure, safety valve or a vent to release

## 6

# Sex & Lust

*“The tragedy is when you’ve got sex in the head  
instead of down where it belongs. ”*

DH Lawrence

The word ‘Lust’ has been echoing down the ages with connotations of sin and synonymous with ‘Sex’ in a provocative manner. This enigmatic word with an eclectic nuance has been a source of stigma to many, guilt inducing to several, a spiritual hindrance to the so-called chosen few and a tool of exploitation in the hands of pseudo-clerics.

It is imperative that a distinction be made between sex and lust so that societies may function more effectively and creatively. It is necessary that the stigma of sin and guilt configurations around sex be dispelled swiftly so that the issue of lust can be addressed in an objective manner.

In order to achieve such an objective vision, it becomes essential for us to understand some important issues, and namely the following:

- 1) The confusing thoughts surrounding sex and lust
- 2) Defining and understanding lust
- 3) Formation of lust
- 4) How to alleviate lust by systematic and coherent means instead of seeking reliance on dogma or kneeling to peer pressure individually and collectively
- 5) The difference between lust and love

## 8

# Sex Attraction & Skills

*“People are like stained glass windows.  
They sparkle and shine when the sun is out,  
but when the darkness sets in;  
their true beauty is revealed only if there is light from within. ”*

Elisabeth Kubler Ross

**S**exual instinct, an all pervading urge, is the physical urge and the basis of creation and mankind's evolution. Sex is the cosmic union of opposites from which everything and every being arises; therefore, its importance demands its natural and timely fulfillment.

## Esoteric Secret of Sex Attraction

As Meher Baba puts it: “Sex is therefore a specific kind of bodily attraction which presupposes differentiation of forms, a specific kind of psychic entanglement with forms and a specific expression of life and energy”.<sup>40</sup>

In order to divulge the esoteric secret of how we all get entangled in sex relationships for better or worse, we will have to take temporary refuge in the accomplished conviction of the mystics in regards to the law of karma and the law of reincarnation.

<sup>40</sup> C.B.Purton-Sheriar Press. God to Man and Man to God. The discourses of Meher Babay.



## 11

# Sex, Spirituality & the World

*“It was the boast of Augustus that  
he found Rome of brick and left it of marble,  
But how much nobler will be the sovereign’s boast  
when he shall have it to say that he found law;  
a sealed book and left it a living letter,  
found it the patrimony of the rich  
and left it the inheritance of the poor,  
found it the two-edged sword of craft and oppression  
and left it the staff of honesty and the shield of innocence. ”*

Henry Brougham

**I**t is a matter of utter fascination and curiosity to know if a exists  
a correlation between sex and economics and sex and politics. It  
is also intriguing to know to what extent sexual urges influence  
the way we interact with each other as individuals, as a society  
and as a nation, especially when observed through the medium of  
politics and economics.

## Economics and Politics

Let us begin our ‘enthraling’ journey with economics.

The word economics originates from the ancient Greek  
Oikonomia or Oikumene meaning ‘household’. Every housewife

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# Sex & Morality

*“The greatest immorality is hypocrisy  
and to bask in the shades of self deception. ”*

Daduzen

*“True religion is real living, living with all one’s soul,  
with all one’s goodness and righteousness. ”*

Albert Einstein (1879 - 1955)

**M**orality is a word that has remained a focal point of debate in intellectual, religious and secular society. Many of us are languishing with a desire for impunity from the dilemmas that are caused by a lack of clarity concerning this controversial word. In order to elicit relief from the vagaries arising from this word, it would be expedient for all of us to absolve ourselves of all aberrations in our understanding for applying ‘morality’ in our daily lives in an effective and practical manner.

## Morality Defined

Morality takes its derivation from the Latin word ‘moralitas’ meaning manner, character or proper behavior. The word implies differentiation in the intention, decisions and actions of a person. Moreover, a system of morality forms the moral code that is engendered by a particular philosophy, religion or culture.

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# Sex & Spirituality

*“Spiritual life is not anti sexual; nor is sexual life anti spiritual. ”*

The Mystic

*“Sex is a savoury sell, but spirituality is a salvation’s well  
Sex is the highest pleasure, but spirituality is the greatest treasure  
With sex you fall in love, but with spirituality you rise in love  
In sex there is a penchant to fall;  
with spirituality there is potential to stand tall. ”*

Daduzen

Since time immemorial, there has been only one call of spirituality, a call that has been echoing in the wilderness of our mundane existence, a call that simply asserts, ‘Know Thyself’.

This is the first and final call of spirituality.

Down the ages, all evolved souls have transmitted the same message but in different words. For example, Greek philosophers said, “Know thyself and thou shall know the universe.” Christ said, “The kingdom of God is within you.” Paramahansa Ramakrishna said: “The fabled musk deer searches the whole world over for the source of the scent which comes from within.”

Spirituality is in its quest, and the first step is a journey, an inner pilgrimage that commences with the aspect of self inquiry.

## Testimonials

*It was a delight to read this chapter on sex and morality.*

*The author sheds light on a universal topic of debate  
and assists the reader to evolve in their open-mindedness.*

*More specifically, each person who reads it  
will realize their own conceptions about  
sex and morality may need to be redefined.*

*Why?*

*Because we learn here about how morality  
has been shaped throughout the ages and how we each need to  
question our assumptions and the dictates we have learned,  
rather seeking wisdom from our own conscience.*

**Samuel A. Beatson**

Ph.D Candidate

The University of Hong Kong

Visiting Scholar from the University of Nottingham

\*

*Chapter 7 (Sex & Health) is a testament  
on how to achieve the delicate balance between internal vitality  
and external consumption and its effect on health.*

*I attest to the accuracy of the objective  
medical information in this chapter.*

**Doctor Sam Bastani DO, MA**

General Surgeon / Cardiothoracic Surgeon

UCLA Medical Centre, Los Angeles, CA, USA

*The word sex is a taboo  
in the minds of many from the older generation.*

*The author has given full respectability  
and dealt with the topic of Sex and Prana  
with care and intellectual honesty.*

*He has demonstrated the depth of his knowledge of scriptures  
and skills of thorough research into medical science.*

*He has well expounded the topic of Tantric Yoga  
and raising the Kundalini to a higher level of awareness.*

*Readers will enjoy and benefit  
from this excellent and concise chapter of Sex and Prana.*

**N. G. Labori**

Past Professor of Dept. of Mathematics, Jai Hind College, Bombay

President, American Seminars Inc., USA

Founder President, Chinmaya Mission Washington Regional Center

Director, Interfaith Conference of Metropolitan, Washington

\*

*After 20 years of healing practices which included  
manual lymph drainage and Cranio-Sacral therapy.*

*I read this chapter on Sex & Lymph with great interest  
as it was so wholesome in its content*

*from the Eastern as well as the Western viewpoint.*

*The information is so complete  
that readers need not look for further or any more information.*

**Suresh Dagur N. D.**

C.B.P. (Certified Body Talk Practitioner)

Mindscape, Aura scans, Kinesiology, Iridology, Radionics

[www.bodytalksystem.com](http://www.bodytalksystem.com)



*The topic of sex and orgasm is one for the brave and forthright.  
 Cultural, familial, societal, moral and religious influences  
 affect each of us individually and differently,  
 yet what remains is that we all carry  
 our own conditioning and baggage in the area of sex.  
 Our current humanity is starting on the exhilarating  
 and urgent journey of releasing itself  
 from the inherited dysfunction and suppression  
 that have inhibited the natural,  
 free flow of our sexual energies for far too long now.  
 Using a well balanced, grounded and factual approach,  
 the author recognizes that a deep and experiential understanding  
 of sex and orgasm holds the key to individual freedom  
 and ultimately our spiritual enlightenment.  
 I commend this work,  
 the deep courage it takes to write on this subject,  
 and the thoroughly researched  
 and assimilated knowledge that has been provided.  
 This subject is of pivotal importance to our evolution  
 into conscious and healthy humanity.*

**Sushma Z. Gidwani**

Bachelors in Law, London School of Economics & Political Science

Postgraduate in Law, University of Hong Kong

Hypnotherapist

Reiki Master

Sekhem Practitioner

I AM University Course Facilitator

Dear Dadu:

I have looked to the contents of your book on Sex and Spirituality and it looks amazingly complete. I think you are looking at it facet by facet like a jeweller examining a diamond and with your final words putting it together so that each ray of light reflecting through the stone is traced back to its root. This wonderful art that you have is like in Zen Buddhism when something is taken apart strand by strand and then put together to see the complete whole (a great book on this is a strangely titled book by Robert Pirsig called 'Zen And the Art of Motorcycle Maintenance').

Your subconscious must be working on a wonderful title for this work. It will come to you shortly and it will be powerful.

Affectionately, Dadu, you have written a scholarly book and I think the beauty is how it all comes together. Man lives on a low level of consciousness and it is a fairly brutish life. Casting off the yoke only happens through breaking out of one's ego and being united with the Primal force which is love. The closest an unenlightened person can come to this is through sex for in this brief moment of ecstasy the self is forgotten and there is a complete merging. In the end, one moves beyond sex which is the briefest sensation of enlightenment to true enlightenment which is a state of ecstasy. That is when being and not being are the same. That is when it is not a brief moment of love but the all-encompassing web of the Primal force in which one is the feeler and the feeling. All distinctions fade away between the observed and the observer and between love and the lover.

Warmly,

***Chandru Mahtani***

CEO of Campus Camel of Dubai

Ph.D. in Literature