Compulsiveness, Not Sex, the Underpinning

SADHGURU JAGGI VASUDEV

Is celibacy the only way or can people in whatever is considered as normal life also have a foothold in spirituality?

Sadhguru: The whole dimension of spirituality is to grow beyond the physical, to take something beyond the physical. If your involvement with the physical is very deep then naturally your attachment to the body is very strong. It is not sex per se which can be an impediment in one's growth but if there is an addiction then it is an impediment; there is no question about that. Generality, sexuality breeds that attachment; in that context, celibacy has been talked about. But does the sexual act itself stop a person from pursuing his spiritual path?

Not at all, but what is being said is, unless your focus is strong and one pointed, the chances of progress or the progress itself will naturally become very slow because you are thinking in many directions at the same time.

For a person who wants to go all out and do things in a short time, the advice is definitely to not get entangled with these bodily aspects because then you will get involved in many things. For many people, if they start out with any kind of physical involvement with something, then the mind follows, thoughts follow, everything follows and their whole life becomes just that—they cannot keep their focus on anything else. If a person is such that one department of his life is just handled one way and it is totally absent when he sits for something else, then it is not so much of an impediment. But most people cannot deal with their lives like that. Their life must be handled at all levels. It is in that context that this has been said.

Whatever activity you do in your life has nothing to do with the spiritual process because the spiritual process is inward; action is outward. Action is either of the body, the mind, the energies or the emotion. All these things are natural proccss but they are not spiritual in any sense because all of them belong to the physical realm. So spirituality and activity have actually got nothing to do with each other if you know how to keep a clear division between the two. But that distance is not there in most people, so we say 'do not get entangled in this, do not get entangled in that.' If you also allow your body to be a part of every aspect of your life, nothing that you do in your life is an impediment. But that is a faraway thing for most people so generally this was what was said.

Though people would like to project their sexuality as a very conscious process, it is not so. It is a compulsive process. May be it is handled a little consciously by some people while others do it compulsively, but essentially the ingredient, the basic seed of sexuality, is a compulsive process. It is physiological chemical; it is the function of the hormones which is driving you like that.

Unless you are able to transcend all compulsiveness within, definitely it is an impediment in that sense. Any kind of activity, whether it is towards sex or sexuality or talking or whatever, if it is a compulsive process—if you are enslaved to it—that is an impediment. If you look at what is causing this compulsiveness, you understand that and handle that aspect, then compulsiveness goes away. That is definitely moving towards freedom. If one pursues a spiritual path, irrespective of where he is right now, he will gradually evolve out of many compulsions within himself.

The writer is a world-renowned spiritual leader www.sadhguru.org