

Sexuality and the Divine

BLISS

SADHGURU

Existence happens in two different dimensions. One is the non-dual, the oneness. And there are many manifestations of the dual. All manifestations of life are fundamentally rooted in duality: like light and darkness, male and female, life and death. Because the two are there, everything happens. If there were only one, there would be no game. There would be just existence.

And always the two try to meet, because what was one has manifested itself as two. This longing to become one finds expression in many ways. 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 say it is yoga or the Divine.

These two energies, which we call male and female, are constantly trying to come together. And in this process there are certain functions nature wants to fulfil, like procreation and survival of the species. Sex is just two opposites attempting to become one. The intention is good, but the method is hopeless.

If you are seeking oneness through the physical you may have a few moments of make-believe unity, but physical bodies can never become one. Unless you transcend the physical there is no question of oneness.

"I don't want any oneness. I am just seeking pleasure," - that is also okay, but you will see it is not enough. A human being will not be satisfied with it. He wants something more. Something more than what he is right now.

People enter into sex-based relationships not for love, not for joy, but because they feel lost and insecure by themselves. The more you identify with your physical body, the more insecure you become because this body is never safe; in the next moment, anything could happen. When people are insecure the need for sex increases dramatically.

Physically, there is just a small difference between a man and a woman. But people made such a big issue out of it. This is where the whole exploitation of women started. If you had no problem with the biology you would not make a distinction between man and woman. What this person is worth, that is all that should matter.

To make a simple physical act beautiful people are always adding emotions to it, because without emotion you would feel like an animal. Sex is a natural thing; it is there in the body. But sexuality is something that you created; it is psychological. If sex is in the body, it is fine. The moment it enters your mind, it becomes perversion. Sex is just a small aspect of life, but in today's world, it has become a huge aspect. That is not healthy.

This need between two biological entities of the same species is fine as a survival process; but if you are seeking anything beyond survival, it will

never be enough. Only when a person transcends the limitations of duality does the Divine manifest itself. If there is something that you can refer to as the Divine, where can it be? It has to be everywhere. What faculty do you have to experience something that is everywhere? Right now, the only faculties of experience within you are the five senses.

The five sense organs cannot experience anything if there is no comparison. Only because there is darkness you know what light is. Only because there is silence you know what sound is. Your sense organs always perceive everything in comparison; they cannot perceive anything in its totality. The same situation is happening with the Divine. When there is nothing to compare, how will you recognise it? How will you experience it? Within the limitations of the five sense organs there is no possibility. Seeking the Divine is not something that you have to start on as a project. From the moment of your birth the seeking has been happening, but unconsciously. If you are seeking oneness beyond all the limitations of your body, emotion and thought, then we call it yoga. A spiritual process does not mean going to the temple, does not mean believing what your father said, does not mean believing what your priest said, does not mean believing what the books say. It simply 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.

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