Definitely Orgasmic, Not Merely Sexual

Sadhguru

The human mechanism is a composite of the physical body which is accumulation of food consumed; the mental body which is software and memory that makes individuals function in specific ways; and the energy body that houses the other two bodies. What is beyond this is non-physical.

Compulsive and cyclical nature of body and mind pose barriers for higher possibilities. Tantra is to go beyond so that this compulsiveness does not keep us trapped in limitations. Tantra essentially means ‘technique’ or ‘technology.’ Tantra is about learning to use the body, not as oneself, but as a stepping-stone to deliver this Being to the highest possible dimension.

Tantra is not about unbridled sexuality, as many assume. Sexuality is a fundamental instinct instilled in our bodies to ensure perpetuation of the species, a basic requirement. At the same time, one must recognise the limitations beyond which it will not carry us. Only then a longing to touch other dimensions enters and yoga and tantra become relevant.

Unlike sexuality which tends to find release at the lower level of the energy system, Tantra is about building our energies to the fountainhead, of the energy system, so that they spill from the top. Of the 114 chakras or energy manifestations in the body — spilling from the top — three are considered the highest. To do this, every basic instinct, including the sexual instinct, emotions, intellect and survival process must be used to build and hype the energy system. If one goes into an actual sexual act, the build-up and the purpose of it will be lost.

Sexual needs can be fulfilled by forming relationships for that purpose, either within or outside the fold. But using spiritual process to fulfil sexual compulsions is reprehensible and irresponsible. It can lead to various levels of loss because the tantric process is not only used for the individual’s spiritual growth, but also to create an energetic space to support other possibilities that bring wellbeing to many.

The guru-sishya relationship is to deliver the sishya to a higher dimension of consciousness, not trap one into the compulsive nature of sexuality. Above all, this sacred relationship is definitely orgasmic, but not sexual. I am talking about upgrading your technology. You don’t have to huff and puff to get into an orgasmic state. If you sit with your eyes closed, you can drip with orgasm in every cell of your body. Those who have failed to achieve an orgasmic state of existence associate an ecstatic state with sexuality because that’s probably the highest level of experience they have ever known.

People always try to take recourse in the Krishna-gopi relationship. As the legend goes, Krishna gave orgasmic experience to 16,000 women simultaneously. This cannot happen with sexual union. A sishya can establish a very intimate relationship with a guru. Intimacy is generally understood only as two bodies touching. The body is not intimate enough for one who is on the spiritual path. The physical body is an accumulation from outside, so in the tantric and yogic systems, body is never considered an intimate part of you. Only when energies meet and mingle and a guru’s energies overwhelm and override the sishya’s energies, it leads to an orgasmic experience–a union, but not of the sexual kind.

To do meditation or spiritual practice, you don’t really need a guru. The guru is here essentially to overwhelm you with nameless ecstasies. Tantra is a technology of liberation, not enslavement. Go to speakingtree.in