

CELIBACY

“I am practicing to be a celibate monk and I was wondering if there is any technique you know of that might help me in that regard.”

The most powerful technique for celibacy is that you have made your own decision. No one should have to convince you to be celibate and no one should be pushing you. It is not a requirement that comes from outside. This is a very important decision having implementations that are not to be taken lightly. Your sexuality is the most powerful energy you have and it should be used wisely, abuse brings consequences.

Unfortunately many people abuse their sexuality by becoming celibate. If you are often thinking about sex and telling yourself that you cannot, must not engage in it, that's abuse. If someone else is telling you not to have sex, they may be abusing you, or they may themselves be confused. Sex is important, a decision one-way or the other will have consequence.

If you're thinking about sex, wishing for sex, attracted to people and now you think that a technique will

solve the problem, beware. We can distract the mind from its desires and that is what yoga and meditation can do. However, yoga practice can also develop our deeper desires opening our highest joy overriding the destructive, weaker desires that ultimately lead us into pain and suffering. Upon reaching a certain level of practice sexual attractions may fall off like rain on a lotus leaf, if it is right for you. Until that time, how could you be ready for such a powerful decision in your life?

When you can clearly decide the movement of your own pranic forces at all times, then you are ready for celibacy. If you become celibate first, expecting to move this energy in other ways when you actually desire sexual expression, then you are putting the cart before the horse. Learning techniques to overcast this powerful desire is only another form of denial. Denial has nothing to do with spirituality other than many spiritual seekers, at all levels, fall into the denial trap.

This is an internal process. If you're celibate, recognize that you have made your own decision from deep within yourself. Be certain that no

one is going to convince you or say that you cannot be a member of his or her clan unless you are celibate. No one should ask this of you and it should not be a requirement for anything. This is such a personal thing, no one has any business trying to sway you one-way or the other.

Just as putting on colorful robes may impress the public without assurance of changing a weak mind, so proclaiming celibacy does not mean that the mind is pure. In the same regard, having no interest in celibacy does not mean the mind is impure. Allow genuine purity, by accepting celibacy as a natural flow of the life process, if at all.

Your celibacy may not happen for yet several years down the road, these things take time. Yoga takes



time, believe me that there is no quick fix to enlightenment. Take it easy.

Spiritual development does not depend on celibacy nor does celibacy equal spirituality. People are realizing themselves without practicing celibacy while many

practicing celibacy only fool themselves and others.

Be vigilant your spiritually comes from within you. No one outside of yourself can do the work for you. Your decisions must come from within you. A good trusted teacher and satsanga would be indispensable in your quest, but your going to walk

alone.

YOGA for ALL

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