

Meditation – Mindfulness – Tantra

BELOVED OSHO,

WOULD YOU TALK TO US ABOUT USING OUR SEXUAL ENERGY FOR GROWTH, AS IT SEEMS TO BE ONE OF OUR MAIN PREOCCUPATIONS IN THE WEST.

Sex is the energy. So I will not say sexual energy -- because there is no other energy. Sex is the only energy you have got. The energy can be transformed -- it can become a higher energy. The higher it moves, the less and less sexuality remains in it. And there is an end peak where it becomes simply love and compassion. The ultimate flowering we can call divine energy, but the base, the seat, remains sex. So sex is the first, bottom layer of energy -- and God is the top layer. But the same energy moves.

The first thing to be understood is that I don't divide energies. Once you divide, then a dualism is created. Once you divide, then conflict and struggle are created. Once you divide energies, YOU are divided -- then you will be for or against sex.

I am neither for nor against, because I don't divide. I say sex is the energy, the name of the energy; call that energy X. Sex is the name of that X energy, the unknown energy, when you are using it only as a biological reproduction force. It becomes divine once it is freed from biological bondage, once it becomes non-physical -- then it is the love of Jesus or the compassion of Buddha.

The West is much obsessed today because of Christianity. Two thousand years of Christian suppression of sex energy has made the Western mind too much obsessed with it.

First, for two thousand years the obsession was how to kill it. You cannot kill it. No energy can be killed -- energy can only be transformed. There is no way to destroy energy. Nothing can be destroyed in this world, it can only be transformed, changed, moved into a new realm and dimension. Destruction is impossible.

You cannot create a new energy, and you cannot destroy an old energy. Creation and destruction are both beyond you. They cannot be done. Now, scientists agree to this -- not even a single atom can be destroyed. For two thousand years, Christianity was trying to destroy sex energy. Religion consisted of becoming absolutely without sex. That created a madness. The more you fight, the more you suppress, the more sexual you become. And then sex moves deeper into the unconscious. It poisons your whole being.

So if you read the lives of Christian saints, you will see they are obsessed with sex. They cannot pray, they cannot meditate. Whatsoever they do, sex comes in. And they think that the devil is playing tricks. Nobody is playing tricks. If you suppress, YOU are the devil.

After two thousand years of continuous sex-repression, the West became fed up with it. It was too much. The whole wheel turned. Now, instead of repression, indulgence, to indulge in it became the new obsession. From one pole the mind moved to the other pole. The disease remained the same. Once it was repression. Now it is how to indulge more and more in it. Both are sick attitudes.

Sex has to be transformed -- neither repressed nor madly indulged. And the only possible way to transform sex is to be sexual with deep meditative awareness.

It is just the same as I was saying about anger. Move into sex, but with an alert, conscious, mindful being. Don't allow it to become an unconscious force. Don't be pulled and pushed by it. Move knowingly, understandingly, lovingly. But make sexual experience a meditative experience. Meditate in it. This is what the East has done through Tantra.

And once you are meditative in sexual experience, the quality of it starts changing. The same energy which is moving into sexual experience starts moving towards consciousness.

You can become so alert in a peak sexual orgasm, as you can otherwise never become -- because no other experience is so deep, no other experience is so absorbing, no other experience is so total. In a sexual orgasm, you are TOTALLY absorbed, root and all -- your whole being vibrating, your whole being in it. Body, mind -- both are in it. And thinking stops completely. Even for a single second, when the orgasm reaches its peak, thinking stops completely, because you are so total you cannot think.

In a sexual orgasm you ARE. Being is there without any thinking. In this moment, if you can become alert, conscious, then sex can become the door towards the divine. And if in this moment you can become alert, that alertness can be carried in other moments also, in other experiences also. It can become a part of you. Then eating, walking, doing some work, you can carry that alertness. Through sex, the alertness has touched your deepest core. It has penetrated you. Now you can carry it.

And, if you become meditative, you will come to realize a new fact. That fact is that it is not sex that gives you bliss, it is not sex that gives you the ecstasy. Rather, it is a thoughtless state of the mind and total involvement in the act that gives you a blissful feeling.

Once you understand this then sex will be needed less and less, because that thoughtless state of mind can be created without it -- that's what meditation means. And that totality of being can be created without sex. Once you know that the same phenomenon can happen without sex, sex will be needed less and less. A moment will come when sex will not be needed at all.

Remember, sex is always dependent on the other. So in sex, a bondage, a slavery remains. Once you can create this total orgasmic phenomenon without any dependence on anybody else, when it has become an inner source, you are independent, you are free.

That's what is meant when, in India, we say only a BRAHMACHARI, an absolutely celibate person, can be free -- because now he is not dependent on anybody else, his ecstasy is his own.

Sex disappears through meditation, but this is not destroying the energy. Energy is never destroyed; only the form of the energy changes. Now it is no longer sexual, and when the form is no longer sexual, then you become loving.

So, really, a person who is sexual cannot love. His love can only be a show. His love is just a means towards sex. A person who is sexual uses love just as a technique towards sex. It is a means. A sexual person cannot really love, he can only exploit the other; and love becomes just a way to approach the other.

A person who has become non-sexual, and the energy is moving within, has become auto-ecstatic. His ecstasy is his own. Such a person will be loving for the first time. His love will be a constant showering, a constant sharing, a constant giving.

But to achieve this, you are not required to be anti-sex. To achieve this, you have to accept sex as part of life, of natural life. Move with it -- only move with more consciousness.

Consciousness is the bridge, the golden bridge, from this world to the other, from hell to heaven, from the ego to the divine.