

# Tantra Tempel – Training

## Meditative Sex Transforms Energy Awareness

Another device to make you alert is

**kundalini practice.**

**It is a system to transform sex energy for meditation and awareness.**

**It is useful to a person whose sex energy can be easily and naturally channeled for meditation purposes.**

In the days of the Vedas and Upanishads, in ancient India, the people were simple and natural and they could easily convert their sex energy. For them sex was not a mental problem at all, it was not at all a problem.

**Once it is a problem, it becomes mental.**

Whenever you suffer, next time don't complain, don't create an anguish out of it.

**Rather, watch it, feel it, see it, look at it from all possible angles.**

**Make it a meditation and see what happens:**

the energy that was moving into the disease, the energy that was creating suffering, is transformed, the quality changes.

**The same energy becomes your awareness,  
because there are not two energies in you, the energy is one.  
You can make it sex, you can transform it and make it into love;  
you can transform it still higher and make it into prayer,  
and you can transform it still higher and make it into awareness –  
the energy is the same.**

Tantra says try to melt. Do not become like icebergs: melt and become one with the river. Becoming one with the river, feeling one with the river, merging in the river,

be aware and there will be transformation. There IS transformation.

**Transformation is not through conflict; it is through awareness.**

**These three techniques are very, very scientific,**

**but then sex becomes something other than what you know.**

**Then it is not a temporary relief; then it is not throwing energy out.**

**Then there is no end to it. It becomes a meditative circle.**

Never be lukewarm. That is the only stupidity you can go on committing. Because when you are boiling one hundred percent, only then does the evaporation happen. Lukewarm, you can remain lukewarm for many, many lives and nothing will happen. Move to the extreme.

**If you are in sex, move into it totally.**

**Don't create any conflict, don't withhold anything.**

**And meanwhile go on working.**

**Let sex be there on its own.**

**You go on working for awareness.**

**Meditate more and more and by and by you will see  
that the same energy is changing, transforming.**

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## Love.

Your Letter has arrived.  
You ask me about sex.  
That energy too belongs to God  
and through meditation it too can be transformed.

No energy is bad but there can, of course,  
be wrong use of energy.

When sex energy flows upwards it turns into brahmacharya (celibacy).  
It is good that you are becoming detached from it  
but that isn't enough.  
You have to go through it to transform it,  
rejection just leaves you arid and dry!

It is true you are not alone in your sex life  
but sex is not essentially of the body at all  
but a modification of the mind.  
If the mind is completely transformed  
it affects the other person too,  
and one who is related so intimately  
is quickly affected.

Until we meet, keep in mind that:

there should be no calculated ill-will towards sex –  
cultivated detachment is useless:

stay aware whilst making love,  
be a witness in this situation;  
if one can stay in a state of meditation and right-mindfulness  
then the sex energy can be successfully transformed.

We shall talk more about this when we meet.  
Brahmacharya is a complete science in itself  
and many doors to bliss open on that path.

Still, the very first thing is  
a friendly attitude towards all one's energies.  
Enmity towards them does not lead to spiritual revolution  
but to self-destruction.

Give my regards to all there.  
You are not coming to Poona -- I shall miss you.