

SEXUAL EDUCATION THROUGH SPIRITUALITY

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Abstract

Chastity, in the case of both the males and the females, is considered important in the Indian subcontinent. Rules, with regard to chastity and a proper behaviour before entering into a family life, were designed and implemented strictly by our ancestors. Chastity is regarded as an important aspect of life by people from all the religions. The purpose of this essay is to spread awareness regarding the chemical and hormonal changes that occur at the time of puberty and the means and practices that can be adopted to live comfortably with them, besides maintaining the sexual vital fluid in a pure and refined form.

Key Phrases : Chastity, morality, sexual vital fluid, celibacy, Kaya Kalpam.

Purpose of the Research

This essay has been prepared with the primary intent of making the younger generation aware of the importance of leading a chaste life for the sake of physical and mental health.

Introduction

Man, ever since he evolved from the beasts, has been attempting to live in harmony with nature – in fact living as a part of nature. Nature, as well as its pristine beauty, has always remained as a backdrop to human existence. Virtue, love and morality are all an inevitable part of life. Chastity is an important part of our ethos – it is the very symbol or characteristic of the Indian culture. It has always acted as a guiding light to people all over the world. Chastity, primarily, revolves around the noble sentiment of “*one man and one woman*” and never allows a person to stray from the path of righteousness, under any circumstances. Every man or woman, who adheres firmly to this principle, remains a role-model for all the others.

Chastity – An Explanation

The Tamil word for chastity ‘**Karpu**’ also denotes correctness, honesty, integrity and truth. It is considered an imperishable quality – pure and pristine, besides being free of blemishes. Purity also means a virgin state of existence – uncontaminated by any source. Besides individuals, it also represents the state of the society as a whole. (Why the girl became addicted,P.No-10)

Chastity and the Individual

Morality is regarded as the most important one amongst the qualities of virtue. Morality consists of certain ‘dos and don’ts’ as advised by the wise men and which have been accepted as a part of the social norms – social behaviour, as such. Straying from the path of virtue and chastity affects the physical and mental health of not only the individual but the society, as well as the future generations, for which reason chastity has to be looked upon as more valuable than life.

*“ For man, whether as an individual or a group
Important to live well and prosper,
Morality, according to the advice of the sages
Is inevitable, as can verily be observed.
Chastity remains at the crest of all the virtues
A fact which has to be realised by all,
Let us treat morality as worthier than life
Under a common governance for peace”* (Gnana Kalangiyam, P.No-346)

Chastity symbolises the greatest form of virtue and moral standards. The noble sentiment is applicable to both men and women in equal measures. It is the result of a study of the behaviour and attitude of the individuals, man or woman. This noble sentiment, one of the greatest among the ideals to be accepted in life, signifies qualities that are more important than one's attitude towards life.

*“Discipline sustains dignity; it is like life
To the body; to cultivate and [protect].”(Tirukural,P.No-86)*

The principles of morality have to be safeguarded with greater care than one's own life. They should not be abandoned under any circumstances. A life devoid of morality will be replete with problems and misery; and chastity is one of the greatest virtues to be practised in life.

Chastity, according to Vethathiri Maharishi

*“Morality should be a part of the relations between a man and a woman”
(Gnana Kalanjyam,P.No-168)*

The pressing need to excrete the sexual vital fluid remains the reason behind the sexual urge; and children are the outcome of a sexual relationship between a man and a woman. It is important to indulge in a relationship only with a clear understanding, between the partners, regarding the children born of it. This understanding is signified, accepted and sanctified through a ritual called marriage, which serves to safeguard the principles of chastity. An individual, society or nation, which pays scant regard for the principles of chastity, is headed towards ruin. It is a noble principle that helps preserve individual and social wellbeing. Seeking sexual gratification from within the bounds of the rules of chastity is ideal, according to Vethathiri Maharishi.

*“Greatness, like chastity in humans,
Has to be guarded by self-discipline and veracity”(Tirukural, P.No-672)*

Childbirth

Reproduction, for the sake of propagation of the species, is an important aspect of life. The ability to create new life is truly a gift of the divine. But for the ability to procreate, evolution would not have progressed to the level of man. God, himself, exists as the ability to procreate in the living beings. As Krishna states in the Bhagwad Gita, *“I exist as Kama, the God of love, within every living being”*.(Bhagwad Gita, P.No-41). The divine power to procreate, for the continued existence of the living forms, is extolled in the above words.

Every seed carries, within itself, all the physical and genetic qualities of the parent tree; this is the case with the reproductive cells in humans also. Reproductive cells form the basis for procreation. The qualities of the offspring, as well as the length of its lifespan, is decided even at the time of fertilisation. Man, who fails to realise this fact, continues to live an illusory existence, nurtured by dreams of his own.

Sex Desire

The need for the excretion of the excess sexual vital fluid transforms into the sex urge. As the need increases, it drives the individual to seek release through the sex act. The desire for sex, called **Moham**, is one of the six basic temperaments in man.


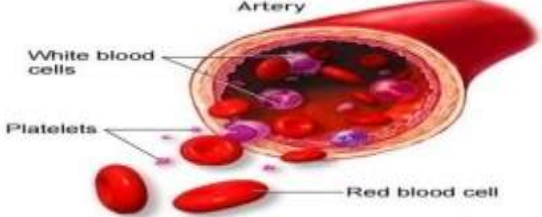



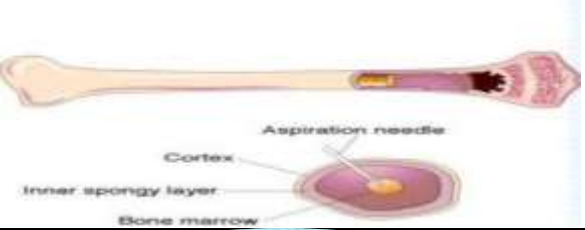

According to Swami Ashuthoshananda, uncontrolled or inordinate sex desire stands in the way of noble thoughts and intents. Evil desires, which have their roots in immoral sexual passion, tend to affect the physical and mental health of the person. Life turns into a veritable hell for the individual whose brain cells are affected by the thoughts. He acts in a despicable manner and fails to progress or enjoy his life. He remains prone to all manner of ailments and mistakes. Life turns miserable.

Greatness of the Sexual Vital Fluid

Birth and death depend on the quality and quantity of the sexual vital fluid; excretion of the sexual vital fluid plays an important role during birth and death. The sexual vital fluid acts as the

storehouse for the life energy particles in the body. A person can live to the ripe old age of 120 only if the quantity of sexual vital fluid remains sufficient.

Food transforms into the seven components that make a body as mentioned below:

1	Juice	
2	Blood	
3	Flesh	
4	Fat	
5	Bones	
6	Bone marrow	
7	Sexual vital fluid	

The final product, the sexual vital fluid, contains the life energy particles. Circulation of the life energy particles within the body produces biomagnetism, which transforms into pleasure or pain,

in keeping with the circumstances. A good stock of the sexual vital fluid serves to improve memory and mental acuity. It, therefore, becomes important to safeguard the sexual vital fluid zealously, all through one's lifetime.

Food transforms into the body and the mind, as well as waste materials, which have to be excreted periodically. The pressing need to excrete the wastes affects the body and mind. Food helps the body and the mind to develop and grow. Attempts to suppress any of the following essential functions, viz. **sleep, thirst, urination, sneeze, cough, vomit, belch, sexual ejaculation, tears, break wind (release gas), and breathe**, has to be avoided. The need has to be taken care of immediately, and in a proper manner. The quantity of sexual vital fluid, which retains the life energy, should always be sufficient.

Power of the Sexual Vital Fluid

Sexual excretion is a natural function as in the case of the other excretions. The need has to be balanced even as one takes care to see that only the excess quantity is excreted through proper means. Over-indulgence leads to a reduction in the quantity of the sexual vital fluid which leads to a shortfall in the quantity of the life energy particles; this, in turn, leads to a reduction in the level of biomagnetism, which affects the polarity that binds the cells together.

Regulating sexual activities to actual needs and excretion of only the excess quantity of fluid is ideal for physical and mental wellbeing. Excessive indulgence, merely for the sake of pleasure, can lead to nervous weakness and other forms of ailment, on account of a reduction of the iron contents in the body. Awareness to ward off pain and problems, more than pursuit of pleasure, is important.

“ The quantity and purity of the sexual vital fluid

Decide the qualities that make a man;

The inability to realise its true worth

And non-observance of measure and method,

Leads to wastage and loss of life energy

And ailments being born of cause and effect.

Sexual vital fluid, life energy, biomagnetism and mind,

Should all be safeguarded with awareness”(Gnana Kalangiyam, P.No-566)

Sexual vital fluid should be conserved and utilised with care.

Man-Woman Relationship

There existed a time in our country when men and women were not permitted to meet or interact freely and rules regarding the mixing of the sexes were very strict. Elders constantly advised the people regarding proper behaviour, with the outcome of wrong conduct being made clear.

Only husbands and wives were allowed to meet or remain together, and social interactions were permitted only in the presence of elders. According to Vethathiri Maharishi:

“Men and women, not married to one another

Were not permitted to remain together.

There were no problems in life

For strict boundaries were laid;

In the midst of a crowd of people

Men and women were permitted to interact;

And exchange their personal views

It was the height of morality”(Gnana Kalangiyam, P.No-344)

It symbolises the highest form of moral behaviour. Maharishi emphasises that a man and woman should take care to foster a healthy relationship, which serves to promote good health, besides paving the way for healthy future generations. There exists no need to go to the forests for a celibate life; it is enough if certain rules and practices are observed even while staying with the family.

“When both the man and the woman

*Fail to observe the rules of chastity,
The unfailing laws of natural justice
Makes the woman a clear example.
As he pretends to be above blame
The woman is vilified by the society;
The noble quality of chastity, by women*

To be safeguarded even more than life”(Gnana Kalangiyam, P.No-346)

It can never be denied that women have a great responsibility in safeguarding chastity for the simple reason nature has endowed them with the onus of carrying, delivering and nurturing the next generation. They have to be on the vigil, at all times.

Women, according to Vethathiri Maharishi, can sacrifice anything for the sake of the others, but not their chastity. There is no denying the fact that chastity has to be protected even at the cost of one's own life. Unchaste behaviour becomes evident only in the case of a woman, and it brings her a bad name in the society; in the absence of all external evidence, the man escapes blame and blemish.

There prevails a notion that chastity is the responsibility of the woman, which is wrong. Men feel that they can live as they please, yet a woman who enters their lives should be chaste and a virgin. Mental maturity to overcome this sort of a prejudice has become essential.

“Chastity is equally applicable to both the partners in life”

(Mahakavi Bharathiyar Poem, P.No-241)

Chastity, according to Bharathiyar is equally important to both men and women. The principles of chastity are a treasure handed down to us by our ancestors. Both the great poet and our own Vethathiri Maharishi have extolled the virtues of chastity.

In the words of Durai Dandapani, *“Crawling ants wear out even the stones, over time; similarly frequent interaction between a man and a woman can break down the bastions of chastity”*.(Judicial Texts,P.No-200) Ill Effects of Violating Chastity.

Passion mounts in keeping with the age as well as the forces of blood circulation and chemical changes in the body. Ignorance regarding worldly matters, as well as improper guidance from friends and elders, results in raw passion being mistaken for love. Mistakes are committed and matters go beyond corrective measures. An entire lifetime is ruined.

It is also inadvisable to avoid sexual relations totally for it can also lead to ailments. Sexual activities should be restricted to actual needs and with one's own life partner. Measure and method has to be necessarily observed. Maharishi advises that over-indulgence in sex can affect both mental and physical health. Total celibacy, which can also lead to problems, is also inadvisable. Sexual relations, within certain limits, is always advised. Certain days like the full moon or new moon days, along with the first day of the month and Ekadasi can be set aside for fasting and prayers when sexual relations are best avoided. Fasting, which improves the digestive process, besides adding to general wellbeing, is considered ideal on such days.

*“The jewelled arms of belles, outside of family bonds,
Drown the demented in a mire of slush”*(Tirukural,P.No-636)

Lives of immoral women are bound to be miserable; they remain prone to a variety of viral diseases on account of excessive sexual activities, which they also pass onto the men who visit their places. Men and women, who are obsessed with sex, often fail to remain chaste or loyal to their life partners.

Kaya Kalpa Yoga

Kaya Kalpa Yoga is a practice which regulates the sexual vital fluid besides improving the physical appearance and qualities of the individual. Just as all the qualities of a tree or plant are contained in the form of magnetic waves within its seeds, the sexual vital fluid contains all the qualities, physical and mental, of the individual. Vethathiri Maharishi had designed the system of Kaya Kalpa Yoga, for the benefit of the people, only after practicing it himself, for nearly 40 years.

Maharishi advises that the practice of Kaya Kalpa improves physical and mental health, besides increasing the life-span of the practitioner.

*“Practicing Kaya Kalpa, with serenity,
Thickens the sexual vital fluid.
Toning the nerves and Ojus breath,
Under the guidance of a learned guru
Sin imprints are eradicated, and problems resolved
As the body gets rejuvenated and divine grace
The sexual vital fluid becomes ambrosia
To provide a deathless existence”*(Gnana Kalanjiyam,P.No-568)

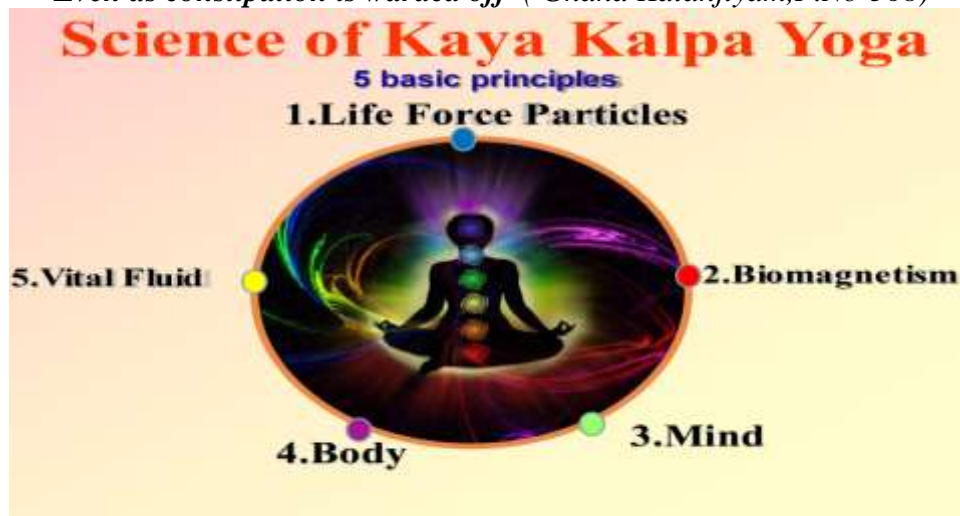
Kaya Kalpa Yoga helps establish mastery over the sex urge and conserve the sexual vital fluid. The nervous system is strengthened and immunity increases. A long and healthy life becomes possible. According to the Siddha sages, the entire body begins to glow through the regular practice of Kaya Kalpa. Health improves, chronic ailments are cured and the life-span increases. It also helps ward off unwanted thoughts in the case of unmarried men and women.

According to Sri P. S. Acharya, **“people who practice celibacy gain extraordinary powers and strength. Their brains become very powerful. Yoga practitioners were often advised to remain celibate”**. (Pathanjali Yoga Sutras,P.No-158)

He becomes capable of guiding the others spiritually – in fact, leading an entire society and implementing suitable changes. Safeguarding the life energy and practicing celibacy improves physical and mental wellbeing. The brain cells, nervous system and mind become stronger in the case of both men and women.it lies with the women to practice this esoteric art and strengthen themselves alongside the men in the family.

Benefits of Kaya Kalpa Yoga

*“The eyes turn bright as –
The sex urge is regulated to family needs;
Feelings of love and affection increase
Along with duty consciousness and piety.
It acts as a remedy for piles and ulcers,
Besides reducing fat and slimming the body;
Heart ailments, bile and blood pressure are cured
Even as constipation is warded off”*(Gnana Kalanjiyam,P.No-568)



Kaya Kalpa Practice and Spiritual Advancement

It is important that the younger generation understand the greatness of celibacy through a proper system of sex education; it will help improve their mental powers and memory. People should

begin to understand the value of culture and morality, which stands far above the base desires; likewise, they should learn to foster love more than the sex desire. Children born to such people will be well-behaved and disciplined.

Old age does not necessarily bring everything to a close; it is the period in life when many individuals seek refuge in spiritual practices and pursuits. Making spirituality an inevitable part of life enables them with an opportunity to rise above themselves. The relationship between a husband and wife becomes complete and sacrosanct only when they remain on the path of virtue and chastity. It helps stabilise their minds and emotions. There will be no room for misunderstandings or petty quarrels in their lives. They will also be blessed with good children.

Mistakes on the part of any one of the partners can affect the entire family; both the partners should share the responsibility of the children from the time of their birth. Youth is the stage in life when important things happen; the stage when he begins to mature mentally and spiritually. This fact should be made known to all, especially the younger generation.

Family Life

A family remains the backdrop for the growth and wellbeing of a person. Society grows, and prospers, on the strength of individual families for which reason morality and discipline are important. Marriage is but a ritual that permits a young couple to live together with the approval and blessings of the parents and society. Cooperation and sacrifice should be the hallmarks in the life of the partners. Chastity, which can ensure peace and progress, plays an important part in family life. The relationship between a husband and wife is very important in a family. In the words of Vethathiri Maharishi “a husband or wife can sacrifice anything but their own chastity for the sake of one another; the responsibility is mutual”.

*“A family bound by love and virtues,
Is the purpose and essence of life”*(Tirukural,P.No-29)

Every husband or wife, who has the wellbeing of the family at heart, should necessarily follow the tenets of virtue.

*“The supreme valour of not looking at another’s wife
Is the virtue found in a disciplined life”*(Tirukural,P.No-96)

Greatness lies in not looking at another’s wife with lustful eyes. Those who abide by this principle are prone to a virtuous life.

Society and Awareness

Despite the quality of education having progressed by leaps and bounds, sex education, essential for the knowledge and wellbeing of the younger generation, lags behind. Books on the subject, as sold in the market, often contain only materials that titillate the young minds rather than disseminating knowledge; they serve only to enrich the publishers. All matters regarding sex have been dealt with, in a suitable manner, only in the books written by the exponents of Ayurveda of an earlier era. The books sold in the shops and other commercial establishments only serve to stir up baser emotions in the youngsters, dealing with the subject in a crude and unpleasant manner, which tends to poison the young minds. Awareness is called for.

Conclusion

Changing the culture under the guise of civilisation can lead to ill-effects. The importance of sex and its role in everyday life has to be explained to the students by the parents and teachers for the sake of progress in the society. The advice of the sages and the learned persons has to be fully understood, accepted and implemented in life. Children born to immoral parents are bound to be a burden to the society. Only a virtuous life, embellished by noble thoughts, can produce healthy offspring who turn to be assets for the society.

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