

Sex and the Distraction of Sex

Gourasana talking to Ginny

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Note: In this document, Gourasana talks about two different spiritual groups. When He originally spoke these words, He referred to these groups by name. Later, He asked The Lady to remove the specific names so that these groups weren't being spoken about negatively. This document has been edited with His request in mind.

- Meditation is not a place to come and experience sexual relationships unless it is helping you go to God. Many are not doing it to go to God, but just to be together. Some relationships start with being close in the meditation room – even ending in a romance.
- Even though this Path is about moving with sex – and sex is an important way to move – one can also move forward without sex, and without a partner.
- Be single. Many people are not giving themselves that opportunity to practice this work alone. Kalindi and Gayle, while getting free, spent the whole time alone, without a partner. It is not necessary for everyone to have a partner and can even be detrimental – a distraction that takes you away from your real needs to get free.
- There are things going on. A lot of the people from a certain spiritual path were used to having different partners and haven't learned the maturity that it takes to stay with one partner. They always had multiple partners and a lot of sex. They don't know what it takes to really be with one another. Some people may need to be monogamous.
- You don't have to have a sexual partner in order to get free. In fact, it can be dangerous to have a partner when it is incorrect. Too distracting! They should look thoroughly and ask, "Is there a desperation in me? A neediness to be with another?" The real need to be with a mate should be based on, "Will this help me go to God?" The ones that can't stand to be alone should pursue being alone for a period of time – one month, two months, three months, even five months. Sexual energy will flow without a mate just as well as with a mate.

- There are several examples in the Mission of relationships just staying together, but no movement towards God – even distracting them from God. Then there are other people who need to be in a relationship to grow and have their sexual energy flow.
- People can think and use their intelligence. Do they need a partner right now? What are their needs? Or, is it that they just can't stand to be alone, or without sex? Do they need a constant sexual partner to tolerate the longing and aloneness that they need to go feel to turn to God?
- Single people can work to raise up the sexual energy – visualize it rising up the spine and out the top of the head, and back down again, and up again. That will help raise the sexual energy. It will start moving up – it won't be in the genital area trying to come out. They can work like a yogi to raise the energy.
- They should not worry about sexual energy too much. Masturbate when you feel the need to. Don't repress the feeling, but use that opportunity to go to God – free from all guilt while masturbating. To facilitate the “no guilt,” take a holy picture from the altar – it can be Gourasana, or Kalindi, or Jesus, or Buddha, someone they respect and honor. Masturbate in front of this picture, free from guilt while they have an orgasm. Knowing that God is enjoying their orgasm. And even, during their orgasm, call out to God and thank Him for this pleasure from Him. They can think of things that help them take their energy to God. Church music, an altar, Bagwan, Yogananda, etc.
- For some people, doing this will not work. It will distract them from the sexual feeling. They need just purely a sexual experience – lusty, raw masturbation. While they are doing this, they can know that God approves of that too, and let go of the guilt that you feel around this and know that God approves 100% of what they are doing.
- And, if you are alone and there is unusual sexual desires that you've never been able to act out – maybe too embarrassed, or whatever reason. For instance, some men want to dress up in women's clothes and be anally stimulated. They can do this all on their own. Cross-dressing they can do themselves.

- While doing these unusual sexual practices they can begin to lose the guilt about them. There is nothing wrong with them. So, that when they finally get with a partner, they can do these things without guilt or fear. Then, they can help each other come out sexually
- In these sexual practices they can never involve children, or animals, or hurt anybody else.
- These private sexual practices can be done alone, even if you are in a relationship. If their partner is too embarrassed, or afraid, they can arrange a time alone to do these things.
- The main thing they should remember: they do not have to have a sexual partner to do this work, to get free. Of course, many can go for even years before they have a sexual partner, and they can do it without ever having a sexual partner ever, and still succeed in this process.
- Some of the sexual philosophy from one of the groups people have been involved in is in some ways true, but in many ways, not true. That “a woman needs to be sexually fulfilled to be OK”, or even “the more sex you get, the more advanced or open you are.”
- This is brainwashing because it is not true for someone on a Path to God. It is important to realize through their intelligence what part of their consciousness is propaganda from different philosophies, and what is the Truth which will actually help them. Or, look at their past: what part of their constant sexual play that went on was the Truth and helped them go towards God? And what was meaningless materialistic sex that took them away from God?
- One of the reasons people are having so much trouble in their relationships is because it’s not time for them to have that relationship. It can even be hurtful if it is not the right time.
- When in the meditation room and someone is connecting in a sexual way with you, and if it doesn’t feel good, you should stop it. Just say, “I don’t want to do this.” And don’t do it.

- There will be men and women coming that just want the sexual contact with the opposite sex. You shouldn't allow it if you don't feel that it is right. You should stop it. Just coming to the meditation to seek out sexual pleasures, or to find a relationship can be a setback for the person with this consciousness.
- The bottom line is simply one must start using their intelligence to decide when, where and how to incorporate sexual play in their lives, on this Path. Because sometimes it will help, and sometimes it will hurt them. The loveless sex, which is mainly lust, has to be looked at because this will not help you.
- The loneliness one feels from not having a sexual partner is the best opportunity to take this loneliness to God and let Him fill you. Rather than letting a temporary relationship fill the emptiness, better to fill it with the Love of God. One can move very fast by not having a mate, by putting all their desire for being held and caressed on God. Call upon God to fill that emptiness, that loneliness, that longing.
- People have to understand all the options. They shouldn't feel as if they have to get a mate and feel sexually satisfied in order to do this work. This is part of the teachings that haven't been given to the people. So, I am giving it to them. You don't have to have sex, or a relationship, to do this work. And I'm not saying that people shouldn't have sex, or to do this without a partner.
- When they are out there on Let Go Day, they can let that sexual energy flow and move them in every way. They don't need a sexual partner, or relationship, to stay open.
- Young people will feel a natural desire to have a family. When involved in this natural desire they should avoid outside sex. They should be supporting the family situation and practice monogamy. Later, when the kids are older, the parents can venture outside the relationship.
- It's very important if you are having a sexual connection with someone, always make sure this person wants this and is responding sexually.
- And, also be aware when that feeling stops. Be sensitive to them and stop when they stop. This all comes from intelligence, and the mind and the senses.
- You are not at the meditation to have sexual pleasure. You are there to go to God, to get closer to God.