



***May we stand in Light and
Perform our obligations and duties
To the surrounding Life to be enlightened.***

***May we float in Love and
Share such Love and Compassion
With the fellow beings to be fulfilled.***

***May we tune up to the Will and
Thereby alert our wills to gaze the Plan
And cause the work of Goodwill.***

***May the Light, Love and Will
Synthesize our lives into the One Life.***

Dr. K. Parvathi Kumar

A refined culture demands a delicate handling of everything in creation. Though man is intellectually advancing, there is a very perceptible loss of sensitivity in his handling of life: Economic considerations decide the trend, power and money manipulate morality and values.

We must be aware of the state of affairs on the planet. We must defend against aggression and unethical actions with thoughts and deeds of good will. Especially through groups, the power of the soul can express itself in society and thus counteract the global crisis of character. On the basis of the teachings of the Eternal Wisdom, "Good Will in Action" gives encouragement in this direction.

DEALING WITH SEXUALITY

Rhythm and Timing

Creation is a cyclic activity of the subtler planes and reproduction is an imitation of that activity to produce the grosser planes. The processes of procreation of the physical body are a copy of the higher processes of creation, of the drive of the absolute to descend as creation. If we understand and equate these two levels, we can arrive at the right attitude towards the creative planes and the sexual urge. If the connecting thread between the planes breaks, the reproductive activity becomes an indulgence and an end in itself.

The natural instinct toward sexual activity is common to the animal and human kingdoms. However, man has possibilities available to him, which an animal doesn't have. The animal is guided and protected by the instinct. It obeys a rhythm and a periodicity. According to the law of nature, it will seek out a member of the opposite sex in order to generate offspring. Man has an animal aspect because he possesses a body, but he is also given a mind and discrimination. We are souls that express themselves through a body. The soul itself has no sex, and therefore no sexual urge. We are given self-awareness and thus we feel that we exist. However, we thereby experience ourselves as separate from the One and feel ourselves to be independent individuals with free wills. Thus, we are no longer integrated with nature.

But women, as well as men, also have periods and seasons. Disregarding these rhythms leads to distur-

bances and diseases. Sexuality is a sacred energy; it holds a place of importance in life. Through sexuality, nature causes us to fulfil our duty to provide bodies for souls to incarnate into. Sexuality has its own time: the suitable age for the sex-life is between 21 and 49. If the senses weren't properly regulated between the ages of 7 and 21, problems will arise later. Thinking of sex at inappropriate times or indulging in pornographic materials will cause difficulties in controlling the body. Prevailing unhealthy and unnatural thoughts can be overpowering and lead to adultery and crime. Impure sexual contact leads to the proliferation of venereal diseases. Marriage rituals and pure, faithful behaviour amongst husband and wife are intended to maintain the purity of the procreative instruments, so that the soul descending into a body is prevented from suffering from contamination.

Sexual Attraction and Consciousness

When we are not operating in accord with the law of nature and let ourselves be pulled into an unregulated life by sexual impulses, our consciousness is drawn down toward the lower centres. We lose our facility of discrimination and end up imprisoned in the material. Every sexual impulse leads to a downward movement of consciousness; every meditation provides for an upward movement. If there isn't a solid foundation of purity, meditation brings confusion and problems. The centres which support the sexual instincts in us are

also responsible for stimulating the energies of ascent. If we allow the energies to flow out, there aren't any available for the ascent. The sexual impulse shouldn't be stimulated each time we encounter a person of the opposite sex. A higher order and rhythm must be found.

Together, a man and woman are two counterparts that make up one whole. Sexual attraction is a type of magnetism that manifests through the physical cells of the male and female body. It projects itself upon the mind, which, as a result, is excited. During the sexual act, this excitement produces an intoxicating feeling of bliss. The mind is absorbed and man is cut off from his inner consciousness. This is also called the "fall" of consciousness, which causes entanglement. If we can observe the sexual experience from a position of inner tranquillity, like a theatrical performance, the mind and senses are allowed to enjoy through the instrument of the body without attachment. In this state of liberation, the consciousness is stable and calm in relationship to itself. When we have gained mastery over the mind and the senses, we can experience sexuality in accord with the necessity of nature, and without losing touch with the higher consciousness.

It is an important work of goodwill to shed light on this subject, which has been highly distorted, and to inform people about the consequences of indiscriminate action, if we are asked about it. We should live in the right way and let others live. Society (culture, fashion, media, and behaviour) is oversexed today and the discriminative facility is clouded. People believe that they can turn the signs at the crossroads from left to right and change the law to suit them, but the road will not change. We must attune to the larger plan and choose the right way.

Suppression and Regulation

Over centuries, sexual suppression was cultivated in the name of religion. The killing of the urge was insisted upon. The woman was even considered to be the source of all evil. People who did not follow the moral precepts were called sinners and condemned to the deepest abyss. Since the beginning of the Aquarian age however, authority has been questioned and enforced moral prescriptions have been rejected around the globe. All this is an opposition to the excessive suppression of the past. The new age demands that people are allowed their own free will. From the standpoint of spirituality, no sin and nothing that needs to

be judged exists. There is only the ignorance of man in dealing with free will. If in their ignorance people break marriages, take drugs, nourish themselves improperly or drink, they will experience the consequences. It is through suffering in this or a future life that they will slowly learn to subordinate their will to the law. A new age doesn't mean that the laws and rules of the wisdom teachings have become invalid.

The teachings explain how we can regulate our lives and thus live with sexuality and without suppression. They recommend the magnetization of the throat centre through regular and systematic utterance of the Holy Word OM and other mantrams. The Holy Word should be uttered in units of seven, i.e. 7, 14, 21 etc. Then slow, soft and uniform breathing should follow. During this breathing, listen carefully and observe the pulsation. Through a daily practice, best enacted during the twilight hours, a rhythm is established in the throat centre, whereby the energies are directed upwards from the sacral centre and the sex organs to the throat centre. When the mind is touched by soul consciousness, it is much more strongly attracted to the soul than to sex. In the soul, man and woman are well integrated. There is no longer the feeling that something is missing, since polarity has been transcended. Thus, one becomes a source of a higher type of attraction.

Choosing a Partner

When choosing a partner, we should look for good qualities and not for a beautiful outer form. It is an important prerequisite that attitudes are compatible and life goals are similar. If it is the goal of our lives to walk the spiritual path and to serve, we should look for a partner who has the same values. Little differences add colour to life, but if there is no emotional, mental, intellectual, and spiritual congruence, a marriage cannot survive. In spiritual life chasteness until marriage and lifelong monogamy are the ideals. It is also important that, before marriage, the economic situation is stable enough. You should only plan for a child when you are able to provide the proper care. By living together harmoniously, we can work effectively for the general welfare.

Sources used: K.P. Kumar: Mithila / The Aquarian Cross / Venus / seminar notes. E. Krishnamacharya: The Book of Rituals / Music of the Soul. The World Teacher Trust / Dhanishta, Visakhapatnam, India (booklist: www.good-will.ch/pdf/wtt-publications.pdf)



Good Will is Love in Action

*Our newsletter is published in German, English, French and Spanish. On request we include you in our e-mail list (guter-wille@good-will.ch). You also find the text as well as other informations on our website (www.good-will.ch).
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