

Conquest of Sex is a Challenge

By Shri Dattabal

Sex has become a keyword of present generation. It is no more treated as a hellfire but as a necessary biological function. Coituous, no doubt, a biological function does not remain so if present discoveries in psychology are considered. Dr. Freud believed in libido, the matrix of sex, as the creative impulse in human beings. Libido motivation became the primal force in human life. Dr. Freud was a changed man in his old days when he regarded " death instinct" as one of the primal forces too.

Dr. Freud was the prophet who preached the gospel of naturality of sexual function. His novel views on complexes and abnormal behavior are no doubt, of pathological value but not spiritual.

As far as I am concerned, I don't differentiate between the temporal, the spiritual and the perennial. To me the existence is the whole existence, either spiritual or temporal.

If we have to understand sex and explore the possibility of sublimation or divinization of sex we will have to travel within the interior cave of subconscious mind and find out the matrix of sex where suppressed

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desires and serpents of passion and carnal instincts are stored.

I would like to explain the sexual love by taking a different analogy altogether. Imagine a lake consisting three layers. The first layer is of water, below the water there is oil and below that jelly. Now you know that when a ray of light passes from a rarer to a denser medium, it is refracted. So when a ray of light passes through these three layers it will be refracted at each layer, making a great deviation between the original ray and the final refracted ray. An exactly identical phenomenon is observed in our own case.

As Divine Love passes through different regions of our mind, it is refracted. There is a refraction in the subconscious mind which we call the libido, another refraction in the conscious mind, which is known as the ego, and the final refraction in the body layer which we call sex. Sex is not a hostile force to be fought with, for sex is but a shadow and its chase does not bring about any sublimation. Nature has endowed this force for the dual purpose of procreation and transformation.

Obsession : The present-day obsession with sex is practically exploiting the nature's beautiful gift. Psychologists also talk about sublimation. Even Freud believed that this energy if sublimated could be utilised for literary and creative pursuits. I call this utilisation of the sublimated energy as 'channelisation of the turbulent power' ! In this process the rushing force is

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harnessed but it is not completely transformed. We want not the channelisation of the turbulent flow of the water but the transformation of the complete flow of the water into vapour; into steam. We want the complete transformation of the sex-force into a different form altogether.

But, how can this transformation be brought about? Can it be brought about by the pressure of society, or by some ethical virtues? Remember even the people of Vedic times with all their ethical virtues were not free from the psychological complexes. Then, can it be brought about by repression, resistance or channelisation? All these methods have been tried and are being tried and the results are quite disappointing, at times disastrous. So is there any method which can help to transform this vital force? Is there any system which can throw light on this perennial darkness? And I think that the only way out is to originalise and fundamentalise this dynamic sex-force and all this demands a sustained effort on your part. It is a long journey and it begins when you go within yourself by crossing the threshold of the conscious and the subconscious mind and by crossing the region of the unconscious portion.

This journey ends when you return to the original realm. The moment this destination is reached sex is sublimated, it is transformed into Ojas (energy), then into Tejas (light) and ultimately it becomes a Universal

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force. It is this universal force alone which will make you realise the basic unity behind the organic and inorganic world. It is this universal force alone which has the power of transformation.

Now let us see what is the actual meaning of Sexual, Platonic and Divine love. As I define, space is the conceptual distance between two objects. So if two people represent the two points, then the grossest attraction between them, which brings them together for the purpose of procreations is sexual love. But the subtle attraction between two people, which makes them interpenetrate into the light and brilliance of each other is called the platonic Love. This love is of a higher order, yet it is not the complete transformation. But imagine the simultaneous attraction between myriads of points in this universe, from the smallest atom of the human organism to the interstellar system, attraction between the atoms of stones, trees and flowers, attraction of a point having a centre every where and circumference nowhere, attraction amongst all these points, all these flame-souls is called Divine Love.

So the nature demands a total transformation of the sexual energy which is being misused these days. Mind has become a victim to the tremendous suggestibility of the TVs, cinemas, magazines and newspapers. This victimisation involves the dissipation by entering into a temporary phase of cacoonisation, so that all these heinous stimuli can be effectively

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retaliated. I disagree with the philosophers who demand the unconditional state of mind even from a novice. It is my conviction that cocoonisation, though temporary, is an important phase during the complete metamorphosis of mind, so it is very important to understand that a caterpillar can never become a butterfly until it receives the warmth and the protection of the cocoon and the moment the caterpillar matures it immediately breaks open the cocoon and flies free as a butterfly.

A psychological cocoon for a novice is therefore very essential. Modern age is not threatened by the atomic or nuclear weapons, nor by the bacterial warfare, But it is precisely threatened by revolting and rapacious mind. It is threatened by the impact made by the aggressive and provoking stimuli on the human reasoning.

So it is this psychological warfare which must be instantaneously stopped. Only then can man merge within himself, only then can he fundamentalise his vital force. The primitive man was guided by his instincts, the modern man is guided more by his intelligence and the future man will be guided more by his intuition. A time has now come when man will have to shatter his cocoon of intelligence and take flight with the wings of intuition. So, if you want to soar like a free bird with these intuitive wings you must utilise your entire energy for the projection of love. And

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during this phase transformation is brought about spontaneously.

So, Divine Love is universal. It is the realisation of the universal force and when one is aware of this innermost flame, the capacity of transformation is spontaneously achieved. So when a cosmic ray touches the earth's hemisphere it produces an evolutionary change, a cosmo-chemical change, bringing about mutation. This cosmic ray has definite frequency. It affects the earth molecules, accelerates their frequency. The ray of Divine Love has the highest rate of vibrations. It can, therefore, penetrate anything in this universe. This vibratory rate can be infused into the organic and inorganic molecules of the earth to bring about the transformation. So, when you become aware of the Divine Love, everything around you changes structurally and organically.

The fundamental force has to be transformed into a higher form of energy and this can be only achieved by directing the entire energy towards the innermost nucleus of our existence. Divine Love can never be created, it is not an ethical image or a beautiful thought of the seers, expressed for the integration of society. But Divine Love is to be manifested because basically it is within you.

Universal : So, one must realise that the same Divine Love when manifested through different media of the conscious, the subconscious mind or the body

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gets distorted. The first distortion is the ego, second the libido and finally the carnal instinct. Unfortunately the psychologists accept the power of sex because they do not know the art of transforming it. They never had the opportunity to study a Yogi's mind. And once transformation takes place into Divine Love, every cell in the body becomes a mind in itself. Every cell in body then becomes a heart, passionately listening to the music of Divine Love.

In this process whatever comes in contact with it gets transformed spontaneously. For it receives the highest possible vibrations in the universe, so it is only when you turn yourself to the innermost nucleus of your existence that you accelerate the cosmic evolution. But in order to begin with this process sex should not be regarded as a foe. Sex should not be fought with, for one cannot be an enemy of the fish while staying in water. So, while staying in the domain of space and time, do not chase sex-it's only a shadow. Do not run after the mirage, for that will bring only agony and despair. Remember, sex should not be the ruling master but should only be an obedient slave. You can master sex only when the carnal instincts are completely transformed into Divine Love.

The urge, for such transformation should be as intense as the heat that transforms water into vapour. So in the transformed condition, love is all-pervading force.



Smt. Kumudtai, Shri Dattabal and Shri M. N. Desai
On Indira Gandhi International Air Port, Mumbai
before proceeding to USA in May 1982



The Unconventional mystic Saint Shri Dattabal with his
disciple and secretary Shri. M. N. Desai in KYOTO, Japan
for World Conference, 22nd October 1970