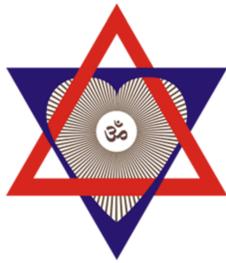


# Sexuality and Spirituality

Aba Aziz Makaja



Consciousness of Oneness

Devotion to the Supreme

Freedom from desires and drives

Setting the energy free

Transformation of desires and drives

Controlling of desires and drives

Consciousness of desires and drives

## God-living

A specific stricter version of sexual asceticism in Komaja  
A God-liver, due to Komaja's specific approach to sexuality ("sex is the holiest, the most Divine activity of human beings") may, in his meditations, even use the images of sexual union. In this way the organic manifestations, which are caused by the action of the sexual hormones, and its reflections in the field of the soul, are accepted and consciously, with will-into higher life-manifestations.



## God-giving

A specific lighter version of sexual asceticism in Komaja  
Giving, i.e. surrendering one's self completely, including one's sexuality, to God. Sexual caressing in this method is allowed but under strictly defined conditions. The God-giver should not masturbate, should not have coitus and should not experience an orgasm under any circumstances.



## Brahmacarya

Control of the tendency of the senses and the spirit to become superficial. Sexual abstinence in thoughts, words and deeds, but also the transformation of the sexual energy into Ojas Shakti ("big spiritual power").



## Celibacy

Temporary or permanent way of living in sexual abstinence.  
Also official documents of the Church testify "the knowledge regarding the harsh manifold human suffering which arises from the duty of celibacy and its canonical sanctions and consequences." (Wörterbuch des Christentums/Dictionary of Christianity, Zürich 1988).



## The Theatre of Truth

A love-erotic drama in which the spirit, the soul and the body of the woman and the spirit, the soul and the body of the man are at the same time the only observers, listeners, "actors" and authors.  
Through such an "artistic" love-play (primarily through speech, but also through grimaces, movements, etc.) the essential needs of the soul and body, and the suppressed negative and positive contents, are expressed.  
Achieved through the *theatre of truth* is: perfect naturalness and spontaneity, real enjoyment, strengthening and deepening of love, complete truthfulness, complete harmony of one's thoughts, feelings, words and deeds, highest ecstasy and enlightenment with the help of the sexual act.

## Polytherapy

A spiritual psychotherapy, a specific kind of collective confession, incorporating the five following fundamental aspects: *truth-therapy, therapy of witnesses, role-therapy, pressure-therapy and love-therapy.*

## Love Meditation and Komaja Meditation

The techniques for developing the abilities of falling in love, being in love, feeling elation, devotion, etc. (which are the same for couples and individuals).

## Permanent Ecstasy and Bliss

The natural fruit of the realized mastery of the previous three phases



## Serial and Prolonged Orgasms

As a rule for serial orgasms: 40-60% less contractions are experienced than with usual orgasms but, in the same way as prolonged orgasms, they intensify the feeling of satisfaction and healthy physical and psychic "tension" (this is also valid for the time after coitus).



## Coitus Prolongatus

As a rule: 60-90 minutes  
Includes "being in love" as the prevailing state of consciousness.



## Being in Love

According to the spiritual teaching of Komaja - one of the most important virtues for psychic health as well as for spiritual development.



Developmental phases of Asceticism

Methods of Realization

Developmental phases of Hedonism