

Chapter V

Mysticism and Sex

The subject of the relationship between sex and the birth of mystical states of consciousness is one which need not detain us for long. Western psychologists, including Leuba, have devoted a good deal of time in showing that a connection exists. Well, there is undoubtedly a connection, and a very important one at that. The oriental proficients on the subject have not tried to hide this fact. Anyone who has even a casual familiarity with the literature on Kundala Yoga is bound to be impressed with the fact that sexual factors are viewed as highly important. In all Yogic training the predominant insistence upon asceticism, during at least the preparation for the transformation, is equivalent to saying that sexual factors are highly significant. But the sense in which sexual energy enters into the picture may be quite falsely conceived, and the way of interpretation may greatly affect the valuation of the total significance. Thus reductive interpretation tends to result in the judgment that it is only sex in an abnormal development and, consequently, has the effect of depreciation. But the meaning of the relationship may be so understood as to exalt our understanding of the nature of sexual energy, rather than resulting in a depreciation of mystical consciousness.