

Buddhism and Sex

I still remember thinking at the beginning that my partner was looking for the same things that I was looking for – so there was an assumption that there was no need to communicate about sex, or that sex in itself was not communication. You just got on with it. When I discovered that this was simply not the case and tried to communicate, to talk about sex, this immediately cooled me off rather than getting me excited. In some way my mind was simply not interested in discussing the whole thing. It seemed to just interrupt a momentum. Once engaged, it seemed, there was less a sense of active interest than that it was all just hard to resist.

Beginning to want to escape from this pull and therefore thinking negatively about sex it seemed, curiously, that this was as exciting as thinking positively about it. It was not possible, it seemed, to negate or refuse desire; desire instead needed to be questioned. When sufficiently questioned the pleasure of the senses appeared as low, coarse and unprofitable; and celibacy not as a path of self-denial but of peace and freedom from the desire for pleasure. This turned my life around, no longer was I searching for pleasure but for a way out of suffering. This was universal in its scope so the mind could enter into it fully, with complete dedication and without wavering positive or negative, without turning towards or away.

More significantly, when the mind was fully involved in this path, there was not the greater suffering of craving or hope.

Aha.....

I offer this for your reflection.

Ajahn Kalyāno
<http://www.openthesky.co.uk>