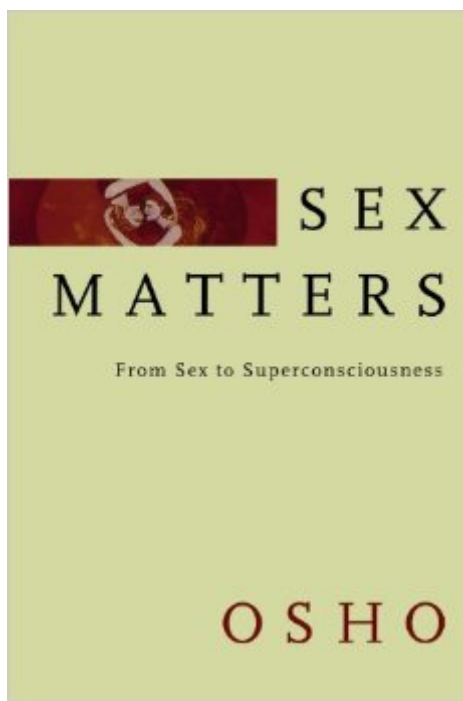


The book was found

Sex Matters



Synopsis

Sex matters to us all. The Osho approach to sex begins with an understanding of how important love is in our lives, while at the same time acknowledges that the journey into love cannot exclude our innate biological energies. With this perspective, it becomes clear that the tendency for religions, and for society in general, to associate sex with sin and morality has been a great misfortune. Sex Matters begins by deconstructing the layers of sexual repression that the condemnation of sex has inflicted on human. Throughout Sex Matters - in response to questions about everything from jealousy to premature ejaculation, the role of intimacy and the differences between men and women - Osho proposes a vision that embraces sex as a fundamental gift from nature. We learn how orgasm offers a glimpse of timelessness, thoughtlessness, and pure awareness -- biology's way of pointing toward the consciousness that helps us to understand ourselves. Finally, we are presented with a clear choice: a repressed sexuality that leads to pornography, perversion, and a stunted humanity or a playful, respectful, and relaxed innocence that supports us in becoming fulfilled and whole, as nature intended.

Book Information

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Customer Reviews

This is the first book I have read from Osho, and I will say that he did a very good job in explaining important things, using few words and pages. It is a little book that will not take you much time to read. What will take longer is thinking about the important points the book makes. One thing that is important to understand is that this is not a book about sex, at least not in the usual way. So if you are looking for tricks about how to improve your sex life, you are in the wrong place. Instead, this is

a work that will give you a different perspective of what sex should be and mean. Is it only for people who believe in the spirit and spiritual evolution. It will also tell you that the lessons that religion and church sometimes teach -- that sex is sinful, etc. -- is completely mistaken. The book states that it is this teaching we received while young that made this society depraved. Osho considers that our contemporary society completely forgot about the sacramental and fundamental role mankind once gave to sex. From his point of view, a sexual experience should be a thoughtful act, an experience of love, a means to reach what is beyond our consciousness. The journey to from sex to to what Osho calls Samadhi (the divine ecstasy) is long, but this should be our final goal. The kind of love that we all know and desire is only the first step. But people who refuse even this first step will never be able to reach the second and from this point of view they will never evolve spiritually. The main point is that sex is not a end to itself, it is only the beginning, it is only a means through which people who understand the subject correctly can reach the final goal - the "super consciousness.

I was watching Oprah Winfrey the other day and she had this couple on and it was a man and a woman, married with children, but the guy was all dressed and made himself up to look like a woman so it looked like a pair of women. And they were going to stick it out, blah, blah... but in the two minutes I watched it the man who looked like a woman said: "Sex is between the legs and gender is in the head," which obviously was a rationalizing definition. Oprah nodded somberly, repeated the definition, and then she said, "I get it." My point here is that a lot of people say a lot of stupid things about sex and a lot of people go along with it. The point is made throughout Osho's work that religion and culture is more to blame for violent sex and deviant attitudes about sex than pornographers by repression and shame. This book is about psychology and spirituality and the sexual experience. That is Osho's point; get rid of your conditioning; you have been conditioned by thousands of years of culture which has poisoned your perceptions. He also makes the point that love is rare, that most people don't love and they don't know they don't love. He states that while most marriages are composed of ugliness, painted faces and everything dead inside, the point of marriage is a deep spiritual communion, a training ground for egolessness (149): "There are many things you can never develop alone. Even your own growth needs someone to respond-someone so intimate that you open yourself to him or her." Osho makes the point that a marriage which is a spiritual communion is vastly different than a marriage with simply a physical or psychological basis, that their offspring will be radically evolved humans, hopefully the future of mankind.

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