

To indulge or not to indulge

Some spiritual traditions suggest that adherents lessen activities that diffuse their energies and take them away from higher spiritual goals. One of the biggies that apparently causes difficulty for some swamis, monks, and priests is the practice of *celibacy* — which basically means to refrain from sexual activity.

Many reasons are given for practicing celibacy. For Buddhists and Hindus, the goal may be elimination of desires or the preserving of spiritual energies. Some Christian monks have wanted to imitate the life of Jesus by taking on vows of abstinence, poverty, and obedience.

Different traditions also have different rules about this topic. Some advocate total abstinence from sex for dedicated practitioners, priests, and monks. Some suggest general abstinence except for the purpose of conceiving children. A few obscure spiritual traditions actually turn the sexual act into a spiritual practice with the intention of lifting it from the lower levels of usual animal instincts into an expression of higher spiritual energies.

Be Careful

Asceticism is not for everyone! This universe has created a wide variety of flavors because it likes to taste all these different flavors through its experience in and as each unique form. Trust your inner wise