

APPENDIX

Introduction

In the literature list 'Selected speeches' at the end of the previous article 'Osho on heterosexuality, homosexuality and transcendence of both', the book 'The Last Testament' is mentioned, part 1. After publication of this article it became clear that the parts 2 to 6 of The Last Testament are also available, albeit not in book form, but in digital form. See the Osho All Books collection for that. This is the complete series of interviews that Osho gave to the World Press and to sannyasin journalists from the Rajneesh Times, mainly in 1985 in Rajneeshpuram.

In all those interviews Osho regularly answers journalists' questions on countless subjects, including sexuality. In addition to the article, some of Osho's answers on this subject are presented in this Appendix. Among other things, this concerns topics that have already been touched upon by Osho, which were (briefly) mentioned in the article, such as the emergence of Aids, and the strict precautionary measures that Osho announced for his sannyasins to prevent the spread of HIV.

In addition, he repeatedly denounces the role of organized religions in these interviews. They have been responsible for, through the propagation of celibacy through the ages, the countless misconceptions that have beset the human mind.

That corrupted mind has led to the emergence of 'perversities', that is, deviations from the naturally flowing mainstream of sexual energy. He mentions homosexuality, bestiality, pornography, child abuse, sadism, masochism and so on. According to Osho, everything related to sexuality has been treated by the clergy everywhere as 'sin', which has created a profound sense of guilt in people.

I am happy to trust that the texts in this APPENDIX contribute to a further understanding of Osho's vision of human sexuality.

Nandan Bosma
nanbos@ziggo.nl
Nieuw-Vennep, The Netherlands
Autumn 2019

1. Sex and love.

The question is posed by a journalist as to whether Osho's theory of free sex, which was not accepted at the time, is still relevant, given the values and culture of India. If not, isn't it time to take a fresh look at the basic theme of Osho's philosophy?

Osho replies that he has never proclaimed free sex. *What I have been teaching is the sacredness of sex. I have been teaching that the sex should not be degraded from the status of love to the status of law. The moment you have to love to your woman because she is your wife - not that you love her, it is prostitution, legalized prostitution. I have been against prostitution, whether it has been legalized or illegalized.*

Osho emphasizes that he believes in love. *If two persons love each other they can live as long as they love. The moment love is gone, they should gratefully separate.*

1.1. Transformation of energy.

Free sex, Osho continues, *this is the idiotic Indian yellow journalism that has made my whole philosophy confined to two words. I have written four hundred books. Only one book is concerned about sex, three hundred ninety-nine books nobody bothers; only one book that is concerned about sex, and that too is not for sex, that too is how to transform sex energy into spiritual energy. It is really anti-sex.*

Osho says he will continue to propagate his vision. *It does not matter whether Indian people, or any people, or the whole world believes in it or not. They don't have any argument against me. Their belief is not an argument. They have to prove what they say. I have proved what I am saying, and I will continue to say it. What the press has constantly done is misinforming people and condemning that misinformation. They have never represented me fairly.*

In this regard, Osho notes that he does not think that India is so unintelligent. *A country which has produced the philosophy of Tantra, a country which has made temples like Khajuraho, Konarak, cannot be so stupid that it will not understand what I am saying. Khajuraho is my proof. All the literature of Tantra is my proof.* India, according to Osho, is the only country where something like Tantra has existed. *Nowhere in the world any effort has been made to transform sexual energy into spiritual energy. And that's what I was doing, but the journalists are not interested in reality; they are interested in sensationalism. I have been misinformed.*

Elsewhere, Osho says that the suppression of sex never leads to its destruction. But sex can be poisoned. *Sex naturally is a beautiful phenomenon between two persons who love each other. And by simply condemning sex you cannot destroy it, it is existential. But you can poison it, and the whole humanity is living with that poison. I want sex to be a natural, beautiful phenomenon. But that is not my basic teaching, it is simply a part of accepting the whole of life. But those sex maniacs who have repressed it, their minds are sick.*

1.2. Unlimited sex?

A journalist asks Osho about the claim that unlimited sexual activity takes place in the commune: Is that true? And what is sex and what is love?

Osho answers: (...) *It is absolutely absurd that in my community there is limitless sexual activity. In fact, there are so many activities going on that nobody has time for sexual activity. And I am not for repression; that does not mean that I am telling you to be licentious.*

When I say, don't repress, I simply mean listen to the body. It has a wisdom of its own. When you are eating, can you eat limitlessly? You know perfectly well that your body gives you clear-cut indications when to stop. And if you listen to the body, you will be healthier. (...) In my commune, sex is a natural thing as everything else. Neither too much nor the other extreme. Just the middle way, the golden middle.

1.3. What is sex? What is love?

And you asking me about what is sex, and what is love? Sex is something biological. All animals are sexual beings. Only man has the privilege to have something higher than sex. Not just the meeting of the bodies but the meeting of two souls. That's what love is.

Love can contain sex. Sex cannot contain love. Sex is a small thing. Love is vast and tremendous. It can be without sex too; it is not necessary that a love relationship should have sex.

In fact, my experience is, the more you go higher than sex, and you start enjoying a spiritual communion with a friend, with a woman, with a man; from that state of communion sex seems to be so far away, so much in the hands of blind biology, love seems such a freedom, and such a growth that it goes on growing; that you may not like even to get down to the dark valleys of sexuality.

But I am not preventing. I am simply saying that as love grows deeper, sex becomes shallower. When love reaches to its optimum, sex disappears. It seems so childish; just think of yourself, just putting yourself a little far away, and looking yourself making love. And you will be surprised - is it you doing all these gymnastics - stupid, idiotic.

1.4. Lack of love.

'The real transformation of sexual energy is love. But it happens only if you allow sex a natural acceptance. It does not happen to the monks of all the religions. They are the loveless people.

They cannot love, because they have not even gone into sex. They have avoided the basic energy which can be transformed into love, so they may talk about love but their talk is just bullshit. They don't understand anything about love and they cannot understand. You have to go step by step; and your body is your first step.

Osho continues: *Ignoring it means perversion. So all the monks of all the religions, all the nuns of all the religions are perverted as far as sex is concerned. They will have to find some way. They will become homosexuals, they will become lesbians. And that is an ugly state. Nobody can be celibate, because that is against nature. You have to learn acceptance of nature, and through that acceptance is transcendence. By being in a sexual relationship, perhaps the relationship and the intimacy will create something new, which is love.*

1.5. True celibacy.

And as love grows, according to Osho, sex starts sinking, because it is the same energy that is changing, it is moving into a higher form. When love comes to its maturity, sex disappears. That is true celibacy. But you have not done anything for it. It has come to you as a gift from nature. When celibacy comes as a gift from existence, it is tremendously beautiful; but when you impose it upon yourself you create homosexuality, and then you will create one day AIDS. (...) I simply teach acceptance of your nature. And through acceptance, immense transformations happen. But they come on their own accord. You don't have to force them.

Love has a beauty. Sex is ugly. Sex is something like the roots of a rose bush. Those roots are going to be ugly. Love is like the roses; although those roots are continuously sending energy to the roses, it is the roots and their energy that is becoming roses, so I will not say to you, cut your roots because they are ugly. Do not cut the roots, help them to be strong, nourish them; and you will have thousands of roses blossoming. And that will be what I call love.

2. Becoming really grown-up starts with the sexual education of children.

Can you, Osho was asked, describe the different qualities of a real mature man and a real mature woman?

Osho answers: *The first thing for both man and woman to be mature is to have as many sexual experiences as possible between the ages of fourteen to twenty-one. And that is the age at which children are taught by every society to repress sexuality. And this is something of immense importance: if sexuality is repressed, intelligence is repressed automatically. They grow together.*

Osho then tells how during the First World War the mental age of soldiers was tested for the first time. The surprising fact was that in every nation the average mental age of a soldier was thirteen years, even though he was physically perhaps about thirty years old.

2.1. Sexuality and intelligence.

Osho continues: *'What happened at thirteen years? That is the time, between thirteen and fourteen somewhere, that a man becomes sexually mature. If you repress his sexuality, you also repress his intelligence.*

'The second thing to remember, Osho says, is that at the age of eighteen the man and the woman are both at the prime of their sexual power. They can have the best orgasmic experience as they will never experience afterwards. And every culture and society goes on forcing their children - up to twenty-five, you have to remain celibate. That is very destructive. On the one hand, it keeps the mind at the age of only thirteen, stuck, retarded.

The man who has not had an orgasmic experience at the age of eighteen will never experience it. Whatever he does is of no use. And to miss that experience is to miss something immensely valuable, the most pleasant, the most blissful, the most ecstatic possibility that biology makes available.

People are miserable, suffering, tense, in anguish, searching for the meaning of life, but they never find it. They have lost something which would have helped them to find the meaning of life.

2.2. This is where meditation comes in.

The journalist asks if it is really true that after the age of eighteen you no longer have a chance for such an orgasmic experience. Osho replies that there is a possibility, but not only through nature.

He will have to do something. That's where meditation comes in. If he had it biologically, it was natural. He was not doing anything, it happened on its own. If it happened naturally, then meditation is very easy, because he knows the experience already. He need not believe in meditation, he knows that there is such an experience. It was attained through sex.

But, Osho says, it is also achieved through meditation. Regardless of which meditation method he uses, he begins to feel that he is getting close to that experience. He knows he's going in the right direction. He can see that the flame is there, just a little bit, and he will arrive. But even if someone has missed - and most people have missed - then meditation can give him that experience. But it is somewhat difficult, difficult just because they have no past experience to support them.

That's why I have created communes around the world, Osho continues, where so many people are meditating. Somebody is ahead of you, somebody is behind you, somebody is far ahead. That gives you a tremendous encouragement, that there is no need to be worried: people are going, people are reaching to the point.

2.3. A guide who has arrived.

And if, Osho continues, you happen to have a guide, who has arrived, then just his presence, his love, will keep you encouraged. There will be moment when you will think that it is futile, but he will go on encouraging you: Don't be worried, just a little more.

The orgasmic experience, Osho concludes, is the basic quality of maturity. That's why there are very few mature men and women on the earth.

3. Sexual energy and meditation: a sacred experience.

Is there a simple method of meditation for couples who love each other? Osho addresses this question as follows.

'The simplest method for lovers is, while they are making love they should make it a sacred experience. All the religions have destroyed the sacredness of love. They have condemned it as sin. And the conditioning has gone so deep in the human mind that people are making love in such a hurry, as if they want to finish it as quickly as possible. Naturally, if it is a sin it is better finished soon. Their hearts are guilt-ridden, their minds completely full of sin.

Osho says that the first thing to do is let go of the idea that it is something wrong, sin, if you want to come to a meditative experience. *It is something immensely beautiful, a tremendous gift of nature, of existence, for which you should not be guilty, you should be grateful.*

3.1. A special place.

And to show your gratefulness, according to Osho, you have to make a special place for it. Every house and every couple which can afford it should have a separate room just for love: no other vibe there - no fight, no argument, no throwing of pillows. They should enter the room after taking a bath, as if they are going into a temple.

There should be beautiful burning incense, Osho continues, and candles, and dim light. *And they should not be in a hurry, because the foreplay is immensely important, for the simple reason that the woman's whole body is erotic. Man's whole body is not erotic; his sexuality is local, just limited to his genitalia. But the woman's whole body is erotic, and unless her whole body starts throbbing with joy, with ecstasy, she will not have any orgasmic experience.*

If the man plays enough with the woman's body, the woman plays enough with the man's body... and the meditation technique is: while you are playing with each other's body, remain a witness, don't get identified.

So there are four people present, Osho explains. *The woman and the witness inside, the man and the witness inside. The witness is simply watching what the man is doing to the woman, what the woman is doing to the man. The witness has no judgment of good and bad; it is simply like a mirror, showing what is happening. This witnessing is nothing but awareness, alertness, consciousness.*

Osho continues: *And particularly in the foreplay, if you are conscious, alert, then there is a possibility you both will know the exact time when your bodies are ready to make love. You will feel the bio-electricity of each other's body.*

3.2. The missionary posture: the worst posture in the whole world.

Osho emphasizes: when you start making love, don't be in a hurry. *Let the woman be always on top. The missionary posture is the worst posture in the whole world. (...) In the East*

nobody knew before the Christians reached there that the man can be on top of the woman. It is so brutal, it is so ugly. The woman is delicate, and a huge animal is doing pushups over her! (...) And scientifically it is right that the woman should be on top, because then she can be more active and the man can be less active. If the man is on the top, the woman cannot be more active, the man is more active.

If he is more active, Osho continues, he comes to his ejaculation very soon, and the woman has not yet come to the point where she can have an orgasm. If the woman is on top and she is active, and the man remains inactive, there is every possibility that by the time the woman comes to orgasm the man will be coming to orgasm. And if both come to orgasm at the same time, then there is a tremendous meeting and merging, as if bodies disappear and two souls are no longer two souls, two beings are no longer two beings. And the witnessing continues. That is your inner work of meditation that goes on: you are witnessing.

After your orgasm has settled, slowly slowly disappearing, watch it. Watch as it is coming up, watch as it explodes, watch as it starts settling back again to the normal state of your bodies. Then don't be in a hurry to separate from each other; remain together for a while.

3.3. The valley orgasm.

In Tantra, Osho explains, that is called valley orgasm. That is not known to millions of people. The first orgasm was peak orgasm. You had met together on a peak of your energy, now the peak has disappeared. But every peak has a valley by its side; without a valley there can be no peak. So if you can remain silently watching together, you will be amazed: there is another orgasm with a totally different beauty, a different depth, a different joy - the valley orgasm.

Osho continues: Until the valley orgasm disappears and you come back again to normal, don't separate. Meanwhile, all the time the witnessing continues. When you separate, don't just start going to sleep. Something very essential is still there, and that is the afterplay. You have made such a turmoil in the whole energy of each other's bodies, minds, that it is needed. You massage each other's bodies, play with each other's body, and have beautiful incense, flowers, candlelight, music... if you feel like dancing, you dance. But the witnessing continues.

3.4. The witnessing continues.

Why, Osho says, am I insisting that witnessing continues? I am emphasizing it because if you do it many times, then one day you can try just witnessing, without your man, without your woman - alone. In the same room, in the same atmosphere, with the same incense which creates the same memories, the same light, the same milieu, you start simply witnessing, sitting there. And you are in for a great surprise.

All that has been happening with the woman starts happening just inside you, without the woman or without the man. You start moving slowly to the peak orgasm - the same experience with no physical, no biological expression - and you reach to the valley orgasm,

the same experience. You have learned meditation through love, and you have also learned love through meditation; they will go on enriching each other.

This will bring maturity to both the persons, and the maturity will release their repressed intelligence, awareness, lovingness, compassion. And it will destroy jealousy, anger, hatred. It will bring tremendous changes in you. Those changes will be the proof that you are on the right track.

3.5. The combination of meditation and sexual energy.

Osho therefore emphasizes that suppression of sex has brought humanity into a very schizophrenic position. *You cannot destroy your sexuality. You are born out of it. Your every cell is sexual, and your biology does not understand your principles and theologies and your religions. You may go on talking about celibacy, but your body goes on creating male sperms. What you are going to do with them?*

So either it will take some repressive form - it will become homosexuality, it will be lesbianism, it can become even sodomy - you may make love to animals, which looks so ugly. But the whole responsibility goes to religions. (...) Somehow those sperms have to get out because new sperms are being created. And you have only a small space, they have to vacate it for the new ones to come.

So when I spoke on sex and I told that there is no sin in it, it is a normal, natural thing - like anything - eating, sleeping, walking. It is just part of you, and the most important part because it reproduces, it is creative. If anything in you is most important, it is your sexuality. So rather than condemning it, there are ways to transform it. My book on sex is not in support of sex. It is against repression, and it is in support of bringing meditation and sexual energy together. (...) It is possible. That is what has happened in India; only in India, a school for thousands of years has been here called Tantra.

3.6. Make Tantra known to the whole world.

That is the whole effort, and I think Tantra is something that has to be brought to the whole world again, to every individual - because it teaches you that while making love you can also meditate, and if meditation and love-making mix into each other your sexuality starts changing its quality, it starts moving upwards.

'Then it is no more interested in women or men; now it is finding far more juicier spaces, more luminous spaces. It can reach to the ultimate point of illumination, what we call Enlightenment. The book is about Enlightenment. The name of the book is "From Sex to Superconsciousness" but nobody bothers about superconsciousness. The interest of the people simply shows their mind.

And you will be surprised that Christian priests, Hindu monks, Jaina monks, Buddhist monks, nuns - they have all been reading the book. Nobody is interested in the other books; they are all reading. That book has been sold the most, has been translated in almost all the languages; and the purchasers are the religious people.

One more thing, Osho concludes, about this book is, *that it was condemned by the religious leaders, and strangely it was also condemned by the people who create pornographic literature. And this is something to be understood - because if I am right, then there will be no pornography. If I am right then there will be no monks and no nuns, and with them the pornography also disappears. Pornography exists only because of repression. It is such a simple truth to see - that 'Playboy' is against me.*

Elsewhere, Osho says on the subject of sex as a sacred experience: *And before you make love dance, sing, let your energy vibrate your whole body. Love should be the climax of your dance otherwise you will never achieve those orgasmic moments I am talking about. Millions of people live and die, give birth to children, but have never experienced any orgasmic phenomenon. The reason is because it can happen only at a climax so you have to bring your energy at a climax.*

Don't make love while you are tired, don't make love just as a sleeping pill so that you can sleep. Don't make love out of duty, that she's your wife and you have to make love. Make love only when you are full of energy and when you would like to dance, when you would like to explode. And make the situation as sacred and as aesthetic as possible. To me sex is sacred and the first step towards religiousness. I have immense respect for it.

4. Meditation through masturbation.

In the foregoing, there is mention about what Osho says regarding the power of sexual energy in growing children. He also speaks about masturbation in children and - in general - about meditation through masturbation.

4.1. Children and masturbation.

Osho tells about all these things *for your benefit*. And do not make the same mistakes as previous generations, says Osho. *If a child is found masturbating, just tell him: This is perfectly good. You meditate with it also and you will get more juice out of it. And there is nothing wrong in it, so you don't need to hide.* Be careful not to allow all those stupid ideas about masturbating in your mind when your children masturbate, Osho warns.

And they will masturbate. What do you expect when nature makes the child fully capable of making love at the age of fourteen? Will you prevent him for ten, twelve years? Has he to be celibate until the time he is out of the university with a master's degree or Ph.D.? (...)

4.2. Teach children to handle their sexual energy.

It is better to teach him how to tackle his sexual energy, and if perhaps girls are available for these times, then keep the girls and boys in the same hostel. Make them aware of birth control methods. Teach them: Go on changing your partners each month so you don't become addicted and you don't feel jealous, because this is the time of your experiencing. Experience as many men, as many women as possible before you decide.

It is strange, according to Osho, when people go to purchase the cheapest thing in the market - a mud pot - they tap even that all over to check that it is without any crack. What about marriage? They want two persons, both inexperienced.... In fact, the girl's qualification is that she should be virgin. What do you mean by virgin? She should be inexperienced - a strange qualification for any job.

This is not right. That girl is inexperienced and the same is expected of the boy, that he will not be experienced. He should really be a bachelor, celibate. Two inexperienced people put together, and you think that there is going to be a beautiful life out of this meeting? They are going to spoil everything because they don't have any experience.

So for our children in the commune, Osho continues, girls and boys should be staying in the same hostel. And it is the duty of the superintendent to see that their partners are changed each month so there is no question of jealousy. In ten years' time they will have changed so many partners that being jealous will simply drop from their minds. If their wife changes the partner, or if they want to change, it will be simply easy. They both have changed so many times and they are so much experienced that even your ninety-year-old man is not so much experienced. And experience is always good. It brings wisdom to you.

4.3. Love and meditation.

These children should be taught that their love should be joined with meditation. If they masturbate, there is no harm in it. Medically it is healthy, hygienic, more hygienic than making love to a girl, more natural than making love to a man. You can join meditation with it very easily and it is the greatest joy. If meditation becomes associated with your great joy, then your whole life will be a different life.

All the religions have done just the opposite. They have destroyed your joy and they have been teaching you meditation - so the meditation does not succeed. It can succeed only if it is a joyous experience, so why not join it with a biological joy which is available? But because I have been saying such things, Osho concludes, people want to kill me, assassinate me, even though I am simply stating absolutely scientific facts.

4.4. Masturbation as an aid to meditation.

In the foregoing, quotes about Osho's vision of masturbation in children were shown. But masturbation can also serve as an aid to meditation in adults. He is not joking here, Osho emphasizes.

For women there are electric vibrators - more hygienic, more scientific, more patient, not in a hurry, not afraid of anybody - and their button is in your hand. So take as long as you want, and only an electric vibrator can give a woman complete satisfaction.' And Osho adds: 'Now, this will shock people, what can I do about it?

This is true, Osho adds, because the woman has suffered for centuries without orgasm and that's why she is so ugly in her behaviour. There is no problem. You use everything scientific for everything else, so what is the problem? If a woman can have orgasmic joy through an electric vibrator, let her enjoy it.

4.5. Plastic dolls resembling women or resembling men for gays.

Osho continues by noting that such aids should also be available to men. *Why not give them plastic ladies - or plastic men if they prefer? If they don't like ladies at all, they can have plastic men. Plastic has no grudge against being a man or any preference, priority, to be a woman. Plastic is plastic.*

And Osho says further: *And in fact it can be more satisfying to men, too, because the wife is nagging, fighting, angry. To make love to a woman whom you hate from your guts, what kind of love is this? It is simply a way of masturbating, and an ugly way. So what is the need to force this woman unnecessarily?*

4.6. Preventing masturbation.

Osho then talks about how medical science in India is unclear about masturbation and how the Hindus think that masturbation causes craziness. But that is only used by them to

prevent masturbation. *And when from childhood on you hear again and again that masturbation leads to madness, naturally you become afraid that this is not good.*

According to Osho, a second thing is that religions repeat time and again that too much masturbation destroys all your intelligence. And it is also claimed that you will die sooner. But it's impossible for someone to masturbate too much: *You can masturbate only so much - you have a certain quantity of semen in your body, you can release that much semen - more than that is beyond you. Whatever you do, you cannot suddenly produce semen. It will take time. So there is a natural prevention against doing it too much.*

4.7. Meditation and masturbation.

And if the monks of all the religions listen to me, I will tell them, 'Masturbate and meditate'. I can even give a title to a book: 'MEDITATION THROUGH MASTURBATION'.

And Osho asks the question: *If superconsciousness is possible through sex, then why is meditation not possible through masturbation? And certainly it is possible. People just have to look at things with new eyes.*

Osho explains: *As a person who is masturbating starts feeling he is coming to an orgasmic state, his thoughts disappear. He is in the same orgasmic state as while he is making love to a woman. There is no difference. His biology knows no difference. Whether the semen is released in some mechanism, in some body or somewhere else, it does not matter. It is just bringing your sexual tension to its ultimate, which is more easily possible in masturbation because with a woman the other is also there.*

In masturbation you are a master. You can go slow, you can go fast, you can bring the orgasmic state very slowly. And that orgasmic state is meditation, be aware. It will be easier, because there is nobody else to disturb. You are alone.

Osho continues: *So make it known to the whole world that masturbation does not lead to madness; celibacy can lead to madness but not masturbation. And if homosexuals are not interested in women, then perhaps masturbation will be closer to nature than homosexuality. And masturbation can be joined with meditation.*

0 -- 0 -- 0 -- 0 -- 0