

APPENDIX

Introduction

1. Sex and love

- 1.1. Transformation of energy.
- 1.2. Unlimited sex?
- 1.3. What is sex? What is love?
- 1.4. Lack of love.
- 1.5. True celibacy.

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

- 2.1. Sexuality and intelligence.
- 2.2. This is where meditation comes in.
- 2.3. A guide who has arrived at home.

3. Sexual energy and meditation: a sacred experience

- 3.1. A special place.
- 3.2. The missionary posture: the worst posture in the whole world.
- 3.3. The valley orgasm.
- 3.4. The witnessing continues.
- 3.5. The combination of meditation and sexual energy.
- 3.6. Make Tantra known to the whole world.

4. Meditation through masturbation

- 4.1. Children and masturbation.
- 4.2. Teach children to handle their sexual energy.
- 4.3. Love and meditation.
- 4.4. Masturbation as an aid to meditation.
- 4.5. Plastic dolls resembling women, or resembling men for gays.
- 4.6. Preventing masturbation.
- 4.7. Meditation and masturbation.