

brahmacarya:
Sex, Education and Human Life

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Preface

Whether and what kind of sex education should be given to young kids at school and/or at home is a question that has been hotly debated all over the world in recent times. Proponents argue that more damage is caused by ignorance and hence it is better to educate middle school and high school kids on sex. Others feel that we may actually be confusing and diverting the minds of lots of kids who would otherwise be blissfully unaware of matters that are yet to make sense for them. Why spoil everybody because a few are getting spoiled?

It is interesting to note that in the ancient system of education perfected and practiced in India for thousands of years, great care was taken to ensure that student-hood was kept completely disjoint from all aspects of sex and family life. Forget about having sex, even dating, kissing or embracing was unthinkable during student-hood. Talking to, seeing or playing with members of the other sex were disallowed. Even the thought of sensual indulgences was considered bad. May look strange to many people today.

When iMdra, the king of Gods, came to prajaapati seeking knowledge, prajaapati first sent him off asking him to practice brahmacarya for 32 years and then come. iMdra bowed and set off as instructed. After 32 long years of strict celibacy, when he returned, prajaapati sent him off again for a second round of 32 years of brahmacarya. A third installment of 32 years of strict brahmacarya had to be undergone before iMdra finally got instructions from the guru (saama veeda - chaaMdoogya upaniSat - VIII, 7-12) Why were our ancestors so strict? Did they not understand human life properly? Or did they not really know how to enjoy life? Or is there some virtue and wisdom in their ways? What is the relationship between education and sex?

Here in this booklet we analyze with a cool mind this important question in a scientific spirit instead of getting into emotionally charged arguments one way or the other. We start by analyzing human needs. We pay special attention to sex, education and the relationship between the two. This leads us to broader discussions on the nature of true education and human life as a whole. We hope the readers will find this both interesting and useful.

The book should be of general interest to everybody. In particular, parents, teachers, educationists, policy makers and senior students may find this more relevant and useful.

brahmacarya

Human Needs

- brahmacarya means a life of continence and celibacy, where the student never even thinks of sensual pleasures, let alone indulging in carnal passions. He keeps his senses, Body and Mind far away from all of these. He cannot see, hear or touch anything erotic. Even thoughts and imaginations are disallowed. The Body, Mind and speech must all be completely free from sexual indulgences.
- All Indian scriptures repeatedly assert that brahmacarya is absolutely essential for a spiritual student in pursuit of brahma-jnyaana. Let us understand why brahmacarya is so important, whatever may be the nature of education, spiritual or secular.
- Today the world, especially the west, considers sex as a basic human necessity, on par with hunger and thirst. It is argued that school kids should all be educated in sex and that is the only way to avoid the accidents arising out of ignorance and consequent suffering and misery. Is this the correct approach? We need to understand human life properly first. Only then can we understand the nature of the problem and hence find a good solution. Let us therefore start by analyzing human needs.
- There is life on earth, not on other planets, because earth has the right environment - water, a non-toxic atmosphere with plenty of oxygen, moderate temperature, etc. If there is no air to breathe or if the temperatures go to extremes, we cannot survive. Air to breathe, suitable temperature etc. are essential for life per se. There is not much that we can do about these basic physical needs. Let us take them for granted.

Let us therefore focus on other needs, especially for mankind.

- Food and Water are the most basic needs. Without them the human Body suffers and dies. Hunger and thirst are the signals the Body uses to request for food and water respectively. When faced with hunger or thirst, we look out for food or water respectively.
- Then comes clothing and shelter. Without these the Body becomes uncomfortable. Clothing and shelter help us to shield ourselves from the vagaries of nature such as direct sunlight, rain or cold winds.
- Food, water, clothing and shelter are all required by all human beings everyday. Their importance is felt in their absence. When so felt, we try to satiate the specific desires. These are all simple, basic requirements for physical survival and minimal comforts.
- Now let us look at health-care. As long as your Body is fit and healthy, you will not even remember doctors or medicines. If and when a weak and vulnerable Body succumbs to external attacks and internal disturbances, the Body falls ill and needs medical care to bring it back to normal. Ill-health and disease is an abnormal condition. Health is felt only in its absence. We need medical care only as and when the need arises, not on a regular, daily basis. Unlike food, water, clothing and shelter, health-care is not for everybody, everyday. There is no need to gulp a couple of tablets everyday as a matter of daily ritual.
- Hunger, Thirst, Discomfort etc. are not voluntary actions of our Mind. We never want to feel hungry or thirsty. Even if we want, we cannot feel hunger, thirst, cold, warmth etc. at our will and wish. You cannot be on top of mount Everest and feel extreme heat at the command of your Mind. We never aspire for hunger or thirst. We never aspire for disease either. Ill-health is undesirable, we wish to avoid it altogether and if and when that is not possible, we wish to get out of it at the earliest. Food, water, clothing, shelter, good health are all needs of the Body, not the wish or desire of the Mind.
- If you look at food, water, clothing, shelter and health-care simply as basic human needs, it is clear that these needs do not arise from any wish, desire or ambition of the Mind. However, people eat not just for satisfying hunger but also because they love the taste and they love the

very act of eating. Similarly, people have desires and ambitions about clothing and shelter. People want to wear special kinds of dresses and build, own or live in big and luxurious houses. Let us separate the issues of basic needs which are required to survive with minimal comforts, whether your Mind goes after them or not, from the added luxuries arising out of ambitions of the human Mind. One should not confuse between these two very different aspects.

- In animals, sex is also largely governed by instincts, just like hunger and thirst. They get excited when a mate is seen. They are not thinking of sex all the time. They do not imagine a mate, draw pictures, listen to 'non-veg' jokes, read erotic literature and excite themselves at the command and control of their Mind. Sex is merely an instinct whose purpose is reproduction. It is not a pleasure. In fact in some species of spiders, the male simply dies after mating. If it were not for mere instincts as opposed to deliberative thinking of an intelligent human-like Mind, the male spider would have never even considered mating. Animals are easily satisfied. They do not long and crave for more and more of it. Animals do not masturbate. Males do not go after breasts of the females. They do not use artifacts or drugs to enhance pleasure. In sharp contrast, sex is largely a mental phenomenon in man. It is 95% mental and 5% physical. We write, read, talk, listen, see, smell, think sex all the time. It is a pleasure for us and we go after it. In recent times, man has taken great effort to increase the frequency and length of sexual excitement. Sex in animals is very different from sex in human beings. Let there be no doubts in this.
- We cannot consider sex on par with food or water because we never want hunger or thirst but we want to feel sexy and we want to get sexually excited. It is absurd to consider sex on par with basic needs like food and water. Sex is very different. It is entirely possible to live without it. You cannot live without food and water. Carnal pleasures, sensual desires are vastly different from basic necessities of life. Let there be no confusion.
- Now let us get to the final need of man - education. Man is unique in his quest for knowledge. Food and water are common requirements for all animals but education is unique to human beings. We do not feel satisfied even if we have good food, water, shelter and clothing -

an urge to explore, to learn, to know more remains within us. We wish to grow beyond basic animal instincts, we want to learn to live like human beings. Education is a must for realizing the full potential of the human form. What exactly do we mean by education? There is more to it than meets the eye. We need to understand this properly.

- If you do not eat you feel hungry but nothing of that sort happens if you are not educated. Education is not necessary for physical existence - we can live without education. Millions of uneducated and illiterate people live on planet earth even today. Education is not for the Body, it is not necessary for us to exit but it is very much essential to realize the full potential and glory of human form. When we feel hungry, we eat and we are quickly satisfied. We forget about food until the food we have eaten is digested and we feel hungry again. Quenching our thirst with water is also very similar. But quenching our thirst for knowledge is very different. Our urge for knowing more knows no bounds. The more we know, the more we discover our ignorance and limitations of our knowledge and our thirst for knowledge only increases. Learning is a life long process. We keep our eyes and ears open, we keep our brains sharp and active, we keep learning till the end. Education is a part and parcel of our very life, it is what gives meaning to our life. Schooling may be dictated by constraints of place and time but education is a continuous, on-going process that has no beginning or end. Education is a very important human need, yet very different from other basic human needs such as food and water.
- Education is not the same as schooling. In fact the two can be quite different. Mark Twain once remarked that he did not let his schooling interfere with his education! Today we produce degree holders in millions. But how many of them are educated in the true sense of the word? Just count the number of BSc and MSc degree holders we produce in our country and compare with the number of scientists we produce. Education is not schooling. What exactly is education then?
- There are several kinds of education. Education includes the knowledge of our Body, of the world we live in, of food and agriculture, of water and the environment, of diseases and medicine, of cotton and textiles, of housing and architecture, and so on. This kind of education helps us to get better control over food, water, clothing, shelter, health-care

- things required for us to exist in this physical world with bodily comforts. Nothing more. A vast majority of our current academic energy, of education and research, has limited itself to these physical needs of man. Why should every kid learn algebra, calculus, physics or chemistry? How often have you used the expansion of 'a plus b whole squared' in your life? What we are taught in school, we never find it useful in our lives and what is useful in life is never taught. Life is out of syllabus! Is this education? Is this all? How far does this kind of education help us to grow from mere animals to full blown human beings? After all, animals also eat, drink, sleep and reproduce. There should be something more.

Human Life

- A human being, an individual, is not merely a physical Body. He is much more than that. He has a heart and a head. A heart which feels and a head which thinks. Apart from the physical existence in the form of a Body, a human being has a mental existence in the form of feelings, emotions and experiences of the Mind. He also has an intellectual level of existence with all the logic, reasoning, thinking and decision making in his Intellect. Let us not reduce ourselves to mere lumps of flesh and bone!
- Music, Dance, Drama, Literature, Sculpture and other Arts satisfy the Mind. Education in the arts is now getting a secondary treatment, it is at best an extra stuff, not considered an essential part of education. Arts are for those who have lots of money, lots of time and nothing better to do. You cannot take up arts for a living today, that would be a very big risk. Without education in the arts, we are not much different from animals. It is said of a man who has no inclination for the arts, that he is like cattle, only without horns and tails, fortunately not competing with cattle and demanding grass! Let us not reduce ourselves to the level of cattle!
- Most of what we teach kids in schools today is of no direct relevance to them in their lives. We all know that the sky is blue and that is sufficient. Only the truly curious few who wish to dig deeper into the question need to understand light, dispersion of light and why the sky

appears blue and not violet. We all need to understand the importance of water in our lives, we all need to know about safe drinking water, we all need to understand the importance of conserving and protecting sources of drinking water. How many of us really need to know atomic theory or that water molecules are made up of two atoms of Hydrogen and one atom of Oxygen? We all need to understand basic arithmetic but how often have you found a use for trigonometry or calculus in your daily life? How does it matter if the radius of the Sun is so much or the length of our intestine is so many meters? Why should we know that like poles repel and unlike poles attract? (without of course knowing why!) Why do we push algebra and calculus down the throat of every kid held in captivity in schools? History is full of lessons for policy makers but why should young kids be forced to remember dry facts and figures of dead civilizations? Why do we teach kids all that we teach them today? How does this help mould them into good and useful citizens? How does it help them lead good life? What is real education?

- It appears that we teach kids physics or chemistry today just because that is what we know, that is what we do for our own living. Science has become a profession and to earn one's bread, one has to be, or pretend to be, a scientist. The whole world has put the spot-light on science, technology, research. Humanities, arts, social sciences have also become the same kind. In fact every discipline takes pride in asserting that it is a scientific discipline and even changes its name to reflect this new found fancy for science. Why? What is so great about science? Why do we lay so much of emphasis on logic and reasoning? Why do we attach so much of importance to intelligence? Why so much of competition?
- A vast majority of our current systems of education and research is geared up towards satisfying the curiosity of the human Intellect. Small kids play with spoons, cups and lids and are so happy. They are easily satisfied with simple pleasures of the Mind and the budding Intellect. As we grow older, we feel the urge to satisfy our Intellect more and more. Our logic, our reasoning, our thinking dominates us and we develop an urge to satisfy our intellectual curiosity. From this comes all our modern science, technology and our modern system of education

which directs the spot light onto the Intellect. Controlled curiosity can be useful when well directed and used appropriately but it appears that we have slowly become slaves of our uncontrollable and insatiable curiosity. Why should we know everything? Can we? Is this not a kind of weakness? Is this not a sort of slavery? Why this slavery to insatiable curiosity about every trivial thing?

- Nobody can deny the usefulness of science and technology - they have changed the face of the whole earth in so short a time. Science is useful to professional scientists because it gives them their bread and satisfies their intellectual curiosity. Technology is useful to engineers who design artifacts and to businessmen who sell and make money. Of what use is science and technology to lay people in their daily life? The meager amounts of knowledge actually required to properly use technological gadgets at home or at work can be easily acquired by anybody - that is just training, not education. Car drivers do not need to be experts in automobile engineering. Science and technology, logic and reasoning, intelligence and IQ, now held in great esteem, almost eulogized, is merely the games people play with their Intellect. In fact this amounts to subordination and slavery to one's own uncontrolled curiosity. There is nothing so great about being intelligent. All human beings, highly intelligent or not so much, have a right to live and live well. Everybody can lead a good, purposeful, meaningful life. Education need not be and should not be restricted to the level of the Intellect.
- Modern system of education and research is motivated by physical needs of the human Body and driven by curiosity of the Intellect. Agriculture or architecture, mechanical engineering or medicine, chemistry or computers, almost all of modern science and technology aims at satisfying the physical needs of man. For the scientists themselves, it also provides intellectual satisfaction. For the few of the kind who can see the beauty and music of a mathematical equation, there may also be some degree of satisfaction for the Mind. Even mathematics and logic, linguistics and philosophy, practically all branches of secular knowledge, aim at satisfying the primary needs at the physical, mental and intellectual levels. Is this all? Or is there something more?
- Man is not just a material Body of flesh and bones. He is not even a Body with a Mind and an Intellect. He is more than all these. He has

a silent voice, coming from deep inside, that is always on the look out for deeper knowledge, greater vision, greater wisdom. He is not easily satisfied with food, water, clothing and shelter. He is not satisfied with music and dance. He is not even satisfied with all the scientific achievements of the Intellect. Even after getting all the physical, emotional and intellectual needs fully satisfied, man feels restless, like a fish out of water. He wants to know who he is, where he has come from, what he is expected to do here, where he will go from here and so on. He is looking for the Ultimate Truth, The Absolute Reality, that knowledge knowing which there remains nothing more to be known. Man has a spiritual plane of existence too. Engrossed in trying to satisfy endless needs of the Body and desires of the Mind, most people, especially youngsters, never even get to think along these deeper, subtler, more profound planes. Nonetheless, either towards the fag end of their life, or when extremes of life push them to a corner, people do start thinking. Spiritual plane is real and cannot be simply brushed aside.

- Man's life is therefore like a car running on four wheels. His Body, Mind, Intellect and the Spirit inside are the four wheels. Unless the four wheels are all inflated and made to turn in perfect synchronism and harmony, this animal called man will be in eternal turmoil and chaos, in a state of utter disturbance and instability, in a state of worry, anxiety and feeling out of control, in a dangerously unstable and risky state. Man's needs cannot be compared with animal needs. Dogs do not commit suicide and donkeys do not suffer from depression. Let us not confuse man with animals.
- Our current system of education is motivated by the needs of the physical Body and driven by the curiosity of the human Intellect. The Mind is largely neglected and the Spirit is completely ignored. That is why the chariot of life has tilted on one side and is unable to move. Life is crippled. We have all become lame. We cannot walk, let alone run. We can at best limp.
- Intellectual satisfaction is achieved by the few scientists who lead but when you look at the society as a whole, the entire system is almost exclusively aimed at the physical level of existence and bodily comforts. We cannot run the chariot of human life on one wheel, with the other three deflated, punctured, or even completely missing! This is why

materialism has failed. If we restrict education to secular subjects, we will remain ignorant as ever. We will not even know who we are. This is not real education.

- Education must cater to the needs of the Body, Mind as well as Intellect - an act of delicate balance. It is a big challenge. How do we ensure a strong Mind and a wise Intellect in a healthy Body? Not easy! How many of us can claim this perfect balance today? Have you seen a man in perfect health, free from all kinds of illness? With so much of research going on in chemistry, biology, biotechnology, bio-informatics, bio-medical engineering, medicine, chemical engineering, pharmaceuticals, drug discovery, and what not, every other building being a clinic or a hospital or a medical store, you can hardly find a single man or woman in perfect health. Everybody has some problem or the other - obesity, diabetes, blood pressure, dental problems, gastric problems, at least hair loss and baldness, something or the other. Who has a Mind free from Anger and Greed, Lust and Pride? Who never feels restless? When you are at home, you feel like going out. When you go out, you feel like getting back home! Our Mind is ever restless, troubled and disturbed. How many of us can claim that we never tell a lie? Or cheat? We are all trying to run the chariot of our lives on partly or wholly deflated tyres and imbalance that results is the cause of all human suffering and misery. The purpose of education is to help us understand this, overcome our enemies - both external and internal, and to learn to live like human beings, nay, humane beings.
- Today educationists are fancying about technology - eLearning and what not. Multi-media, hyper-text, web search are supposed to make learning easier. How can you think that distractions are the best tools for education? Education requires thinking. Thinking requires concentration. Thinking can only be done by a calm, cool, tranquil, peaceful Mind, totally devoid of all confusions, agitations, turmoil, commotion. And that requires saying 'no' to all fancy gadgets that only keep pumping in mountains of raw data through your sense organs. To see reality you must close your eyes. Technology is not the solution. Is it not so very clear that kids are becoming dumber and dumber as we keep revising and "improving" our systems of modern education? Many would have long stopped thinking by the time they complete their education.

What is education then? Give up your attractions for fancy gadgets. There is no better computer than your own Mind. Education cannot be improved by introducing computers, multi-media and Internet. Technology only adds to the distractions.

Real Education

- Life is a delicate balance. Even if we finally succeed in balancing our lives at the physical, mental and intellectual levels, sincere and hard-working as we are, we will have still inflated only three of the four tyres and our chariot of life would still not run. At most it will drag on helplessly. At most you can pull it along till you reach the mechanic shop. You cannot run. Let alone fly. We need the fourth tyre up and running, the wheel of spiritual knowledge and wisdom. Without this we would not be much different from animals. It is the spiritual plane of existence that makes man a man, and elevates him to levels far higher than any other creature in this world. No wonder, this last and final level of education is considered to be the real education. This is called 'vidyaa' and the rest are all 'avidyaa' - on non-knowledge. 'avidyaa' is essential but not sufficient. It helps you to survive and exist, not live. All the branches of secular knowledge in the world help you to drag on life like a dying donkey, not run or fly, full of life and vitality. It is only vidyaa which can make a man a man. Spiritual education not only gives the fourth wheel to the chariot of life, it also helps us to properly understand the other three dimensions and the true nature of the delicate balance amongst them. 'vidyaa', or Real Knowledge, is essential to understand human life holistically and in the right perspective. 'vidyaa' is the recipe for realizing the full potential of human form. 'vidyaa' is real education. 'vidyaa' leads. Others follow. Automatically.
- Real education is therefore spiritual education, education which tells you what is life and how to live. Spiritual education is not about non existing imaginary objects called spirits, ghosts or goblins. It is all about understanding the true nature of ourselves and the true nature of this world. What else could be the goal of education? No scientist knows who he or she is. How can we consider science as real knowledge? Science and all the knowledge of secular subjects is being created, dis-

ussed, debated and taught by people who do not even know who they are. How do we trust a proof when we are not sure if the prover exists? It is only through spiritual enquiry can one get to understand his/her true nature and the true nature of the world. Do not be carried away by trivial matters.

- Education today is restricted to 'avidyaa'. Modern Science and Technology and our modern system of education are not based on in-depth understanding of human life. Naturally there is all round failure. We may find it difficult to accept our failures but just look around and think with an unbiased mind and you will clearly see failure everywhere. After a few Million years of experience, man is still struggling to find drinking water on a planet that is two thirds covered with water! After many thousands of years of experimentation and experience in agriculture, this modern scientific man is still struggling to ensure food security. Millions are still dying out of hunger on planet earth today. We may feel we have conquered outer space but we have not conquered mosquitoes. Many are suffering and dying everyday from malaria and yellow fever. When man was using fire-wood for cooking, earth was flush with greenery. Now with electricity and natural gas available in abundance, whole regions are threatening to become deserts. We built dams to control floods and provide for irrigation. Rains have failed, rivers have dried up, forests have vanished. If and when it rains, thousands die in flash floods. Farmers are committing suicide now. What more proof do we want to accept that we have failed in every one of our attempts? Clearly, all this fancy with science, technology, research, education has been a failure for mankind as a whole. All over the world. The Modern Man has failed. No doubt at all. But why?
- We have failed because we confuse cleverness for intelligence. Intelligence has many levels and being clever is the most basic, lowest layer of intelligence. At its highest level, intelligence must border with wisdom. We have used all our intelligence in water management and at the end we have poisoned all sources of drinking water. In what way is this different from the story of a fool who was cutting off the branch of a tree on which he was sitting? Modern education has failed to tell us anything clearly about true nature of human life, its needs, and intelligent and wise ways of realizing the goals and ambitions of hu-

man life. Education, research, academics, science and technology have all been reduced to obsessive and often foolish indulgences in clever games of the human Intellect. It is natural for the human Intellect to get curious. Curiosity, when used appropriately on real problems and issues, gives us knowledge, realization and enlightenment. But submitting ourselves to obsessive curiosity of trivial details is actually a clear sign of weakness. We become slaves of our own brains.

- Uncontrollable curiosity has spoiled man today. Instead of understanding this as a sign of weakness and slavery, man has started evangelizing this as great achievement. The world has become highly competitive and all competition is only about cleverness, smartness. And the cleverest, the smartest people are not necessarily the wisest. In fact they are often foolish, idiotic. Instead of understanding the fundamental fact that man is a social animal and to live is to let live, we have all started trying to outsmart each other, taking 'success' to be the goal of life. If each man cheats all others, what will we finally achieve? What is the meaning of success? We have come to attach too much of importance to superficial smartness. This is the cause of all round failure. Let us understand this.
- The goal of life is not success, earning money, name or fame. The purpose of life is to live well. We are human beings. Let us first learn to be humane. We cannot be outsmarting others, cheating others all the time and be humane at the same time. We must aim for a proper, balanced view of life. We must bring in a system of education that helps us achieve this. We must balance between the needs of the Body, Mind and Intellect. Then, when we finally get the fourth wheel of spiritual knowledge, we suddenly feel that we were sitting all the time and now we can stand, walk, even run. The full glory of human life is realized. The full potential of the divine being called man is brought out. Education would have served its purpose. Man no longer runs, he realizes that he can even fly. Fly to glorious heights. Man is elevated. This is upliftment. This is development. This is advancement. This is progress. This is the purpose of education.
- But how to realize this delicate balance of life? How to cater to the needs of the Body, Mind, Intellect and Self all at once? How to live a full, meaningful, purposeful life? How to get the chariot of life up

and running? The answer to this question comes, surprisingly, from an auto-mechanic. Only a car mechanic knows how to get the car up and running! He knows it very well. When he tightens the four nuts holding a wheel of the car, he knows that he has to tighten all the four nuts together, taking turns, little by little, until all of them are fully tightened. Instead, if he starts by tightening one nut fully and then takes up the second nut and so on, the four nuts will not share the load equally, and the nuts will fail serially, starting from the one which takes maximum load. In the same way, the weight of the chariot of life, the burden of life, must be carried equally by the four wheels, the four foundations of human existence. Taken together, the four wheels have the ability to take the full burden of life and still not feel burdened at all. But none of them can carry the whole load individually on their own, and if one or the other is overloaded, it yields, and the chariot of life collapses. Life comes to a grinding halt. Physical, Emotional, Intellectual and Spiritual planes of existence need to be nurtured and developed synchronously. In fact each aids in the development of the other. All our attempts at providing for physical needs have failed because we have neglected the spiritual wheel, we have brushed aside human values. We have struggled to cure the diseases of the Body but we have ignored the diseases of the Mind - greed, lust, anger, hatred, jealousy, pride and ego. These are more serious diseases because they corrode the man from inside and you will not even recognize the symptoms easily, until it is quite late.

- In fact if we are able to develop our four wheels in tandem, if we come to value human values, if we learn to live like human beings, if we learn to be humane, if we overcome the diseases of the Mind, physical needs will automatically get solved. God has provided enough for man's needs but not enough for man's greed. There is plenty of good food, water and even medicinal herbs on planet earth. We need not struggle so much and go after money just to survive. We are attacking the wrong problem. The solution to one problem lies in solving other problems first. We need to develop all dimensions of human personality simultaneously. For, although we have been talking of these four dimensions as if they are independent, the four are closely, in fact inseparably tied up with one another. We need to understand human life as a whole. This is the call of the day. This is the kind

of education we need. This is the solution to all of human problems. This is the only solution. We cannot prioritize. Hunger is not more important than greed. Thirst does not take a priority over lust. We have to tighten all the nuts together. Otherwise we will remain nuts!

Sex and Education

- Let us now come back to our basic question - why brahmacharya? We have seen that sex and education have certain unique characteristics that distinguish them from other basic human needs. That is not all. They compete with one another. Education and Sex cannot go on at the same time - they are mutually exclusive. Let us see why.
- Sex is largely a mental activity in man. Sex satisfies the Mind. The Intellect of man works hand-in-glove to promote sex. It is the Intellect which writes, reads, thinks, plans. All of our Mental and Intellectual energies, not just the physical energy of the Body, is involved in sex in man. This is very different from the story of the animal. If we do not understand this fundamental difference we will be no better than animals. In fact we will be far worse. Because we do have our Mind to suffer and Intellect to worry!
- Education also requires the full involvement, cooperation, coordination and full energy of the Body, Mind and the Intellect. None of these can be spared for any other activity. It is only through the total involvement of all these three, in fact to the total exclusion of all other distractions, that it is possible to gain real, spiritual education and get the chariot of life ready for the grand show. Spiritual education is all about the deepest, most subtle, most delicate aspect of the human being, safely protected inside the three tier fort of the Body, Mind and Intellect. Even to enter this temple of the spirit, one must necessarily pass through the outer layers of the Body, Mind and Intellect. Unless all the three fully cooperate, you will only find a no-entry board wherever you go. 99% of spiritual education is learning and mastering the art of getting the Body, Mind and Intellect to cooperate, come together, synchronize, and lead us through the right path deep into our own self.

- We do not have to look out anywhere, the truth is inside us. Our sense organs, all the time looking for external sensory inputs, are of no help. No scientific instrument will help. Neither the telescope nor the microscope is of any use. We do not need laboratories, computers or other equipment. Our own Body, Mind and Intellect are the instruments. They are the laboratory. They are the equipment. They are the scientists and laboratory assistants. They are the measuring devices. They are the command and control stations. They are everything we need. Even if any one of them is slightly non-cooperative, the mission fails. This is the critical mission of life. No chances can be taken. Risks of failures are very high. But the reward for success is even greater. Once you have mastered the art of controlling your Body, Mind and Intellect, once you are the controller and no longer controlled by our Mind, once you are no longer a slave of your own passions, once you have conquered yourself, the last step is easy. It is almost automatic. All you will have to do is to enter the temple whose gates are now wide open right in front of you. The Truth will manifest itself before you. You really do not have to do anything. It is done. You have become a full man, a glorious being with infinite potential. No limitations whatever. You can soar high and enjoy unalloyed and infinite bliss of life.
- Now we are ready to answer our basic question - why brahmacharya? Unlike food, water, clothing, shelter and medical care, sex and education both demand the full energy and full involvement of the Body, Mind and Intellect. This is where the clash of interests lie. There are two separate processes demanding the same resources. The resources are limited. We have only one Body, one Mind and one Intellect. How can we share the same resources between these two competing processes? Both cannot go on simultaneously, since neither would then get the full supply of the necessary resources and both would fail. Education and Sex cannot go on parallelly. One at a time, not both. Either we must first complete our education and then, only then, think of sex or we must wait till our carnal pleasures die a natural death at old age and start our education then. No wonder so many people become serious of spirituality after retirement! But by then the Body, Mind and Intellect will have all become weak. Even if you try sincerely and work hard, there is only so much you can achieve. And even if you achieve spiritual knowledge and get your fourth tyre up, your other three tyres

have already become weak and leaky. There is no question of running, let alone flying to glory. Spiritual education tells you what is life and how to live. What is the use of knowing this after retirement, when you have already lived most part of your life like a donkey ignorant of the meaning of life?

- So the one and the only solution is to focus on education at a young age, when your Body, Mind and Intellect are all strong, healthy and in perfect shape. Forget about Sex. Keep away from even the thoughts of such things. Thinking consumes a lot of energy, much more than we tend to think. Mere thinking of sex burns away your energies. Do not waste your energies. Go to a forest, far removed from the hustle-bustle of city life, live in the midst of nature, read, listen, think, discuss, learn. Have nothing else to do. Forget about all other things. Within a few years your education will be complete and you have already become a full man, a human being fully evolved and ready for life. Your Body, Mind and Intellect are all still strong and healthy. Go now, fly, enjoy life to its fullest glory. Get married, have children, have fun, do what you wish. You have gained everything you can ask for in life. And you have lost nothing. What more can you ask for?
- Sex is not a basic need like food or water. Sex is for reproduction and reproduction is best taken up at a later stage in life. Everybody automatically feels hungry when we need food, by instinct. Hunger and thirst need not be taught, they are automatically felt by the Body. Sex, on the other hand, is largely mental. When you feel hungry, you eat and the hunger is satisfied. You will forget about food until the food is digested and you feel hungry again. Sex is not like that. Sex is like fire. And satisfying sex is like trying to put off the fire by pouring fuel over it. The fire only becomes bigger and more demanding with each attempt to satisfy it. And fire is all consuming - it can reduce everything to ashes. Sex burns away all our physical, mental and intellectual energies, like a devastating fire. When you are very young and strong you may not understand how much of your energies are going up in smoke. You will know when you become old, you will know when you are ill and extremely weak.
- So the best and the only solution is not to allow the fire to start at all. If the surroundings are provocative, the need is felt more. If the whole

atmosphere is completely free of all suggestions, hints and clues, the natural urge of the Body and Mind can still show up but the chances, degree and frequency could be limited to a very great extent. When the need itself is not felt so much, you will not feel limited, constrained, bound, controlled. So your fears that brahmacharya would be a very difficult life, like the life in a prison is not well founded. Students will not feel that they are losing anything. It is up to we elders to ensure that the overall atmosphere is one of joy and happiness and learning becomes a pleasure in itself, not a burden. And the students will only be ever thankful to you for your wisdom in guiding them along the right path when they were still young and immature.

- The need for brahmacharya is not understood today and hence even the elders and teachers are unable to provide the right direction and guidance. The first step is to understand the need for absolute abstinence from sensual pleasures during student-hood. Then we need to provide congenial atmosphere for education, devoid of all distractions and disturbances. Educational institutions must be far away from the distractions of TV, cinema, even book stores where they sell books and magazines that may corrupt and spoil young Minds. Internet, emails, even phone calls and letters must be avoided or used under strict controls. No visitors, no holidays, no going home until your education is one hundred percent complete. Education is not merely counting numbers or mugging up equations or memorizing dates and trivial facts of history and geography. Education must teach us what is life and how to live. Education must develop all the four planes of human existence simultaneously and in perfect harmony with one another. And this requires concentration, single-pointed attention, devoid of all distractions.
- To wind up, let us summarize and assert that brahmacharya is absolutely essential for proper education and without education we are crippled and we cannot live a full human life. Education and Sex demand the same resources and both cannot go on together. One or the other must come first and the other later. It is best to let education take priority at an young age when your Body, Mind and Intellect are all in perfect health, uncorrupted and ready to be moulded. Once your education is completed, you are a complete man and the rest of the life is before you

to enjoy. This is the wisdom of our ancient RSi-s and sages. This is the wisdom of India. This is the only proven, time tested, guaranteed solution. It has worked for thousands of years. Why not now? Other ideas are barely a few hundred years old, hardly tested, already shown to be weak, fragile and unreliable.

- brahmacharya makes your Body strong and healthy, sharpens your Intellect. It helps you to concentrate your Mind, think deeply and realize fundamental and profound truths of life. It makes you resplendent and wiser. We cannot waste all our energies and hope to become strong and wise. Practice brahmacharya.
- Of course this would sound difficult. But do not give up so easily. Is an open-heart surgery easy? But it may be essential for you to survive. Real education is exactly like that. Either you get ready to undergo all the difficulties, get true education, become a perfect man, and live happily in all glory and grandeur of human life throughout the rest of your life, or take the easy short cut and somehow drag on life like a dead dog. These are the only two paths. There is no middle path. Both the paths have been well tested. The results are clear. There is no easy solution that does not compromise on the very purpose of education. The choice is now yours.
- This is no new proposal. This has been tested, practiced, certified and vouched for by every great soul born on mother earth over thousands of years. hanumaan, the 'monkey' friend of Lord raama, the quintessential brahmachari, is known for thunderbolt-like strength and courage, as also unmatched wisdom. Mother earth has not seen another bhiiSma. He could even conquer time, thanks to his unswerving brahmacharya. naarada could know everything in the whole world, past, present and future. All because of his steadfast brahmacharya. s'iva, the Lord of the Universe, even in his ardha-naariis'vara form (united with his consort, half-and-half), remains greater than the greatest saints when it comes to Mind-control. Not just these, whom you may tend to brush aside as mere mythological characters. Millions of ordinary people have practiced brahmacharya over thousands of years and they have all tested it and certified. brahmacharya works. It is proven. Not a single voice against it. No alternative views expressed anywhere. Why not give it a

sincere try? Why give up proven methods and embrace hollow, fancy, fashions and fads of a weak and crumbling foreign society?

Let us Lead

- The so called developed countries are in fact the least developed, they have not even understood the true nature of man, they still think the chariot of life has only one wheel. No wonder all the developed countries are still stuck up with elementary problems of life. The so called underdeveloped and developing countries are actually often more developed in the true sense. India is one of the most highly developed countries in the world. It has always been, even tens of thousands of years ago. That is why Indians are generally happier, peace loving and contented. We understand life. We appreciate human values. We know how to be happy and at peace with ourselves. We are not restless. We know the difference between fleeting glow and glitter of hollow hallucination and charm of money and materials from the solid foundations of a lasting human society, a humane society.
- Unfortunately, the hollow glamour and glitter of the west has come to influence our people more and more in recent times. All our problems today are in a large measure because of this. It is argued that spiritual discourses make no sense for a man in an empty stomach. It is argued that we must first focus on the physical needs like food, water, clothing, shelter and only then think of human life in full. Without questioning the validity of this argument, we have simply taken this for granted and given too much of importance to physical plane of existence and neglected the other dimensions of human personality. Hence all our problems.
- A strong foundation built over thousands of years cannot be shaken by a few hundred years of foreign rule and attractions of the superficial glow and glitter of a hollow stuff-less, weak world. Many have already realized this and there is now a general reawakening already happening in India. India will surely emerge as the world leader and the guru of the world. India is going to be on top of the world, not in the sense of colonialism, imperialism or military or economic domination. India is going to show the world the right path. India will be the torch light

that guides the rest of the world. Let us get over the aberrations and distortions created over the last few hundred years of confusion and get back to heights of glory and human excellence in every field. This is the call of the hour. It is up to you to take it or lose the opportunity knocking at your door. Just think.

- Only a person who practices good personal hygiene and all round cleanliness understands and appreciates cleanliness. Only he can see the difference between a clean place and a dirty place. How can a dirty fellow see dirtiness from cleanliness? Education is very much like this. Education, unlike other human needs, is felt, understood and appreciated in its presence, not in its absence. Only an educated man knows the true value of education. An uneducated person cannot fathom the depth of an educated man. That is why it is so very difficult for us to get a clear picture of what education really is. That is why it was our traditional wisdom to respect a wise man without questioning. This is not unscientific, in fact this is the most scientific view one can have about education. An expert can gauge the knowledge and understanding of an ordinary person but ignorant men cannot be expected to properly judge the expertise of an expert. Only those who know what is True and what is False, what is Good and what is Bad, what is Right and what is Wrong, should be allowed to take decisions - for themselves as also for others. This gem of traditional wisdom has been questioned and criticized more and more in modern times and many argue for equality in an unequal situation. Ignorant men are making policy decisions. Let us wake up. Let us respect the wisdom of our ancient wise RSi-s. Let us bring back real education.

Disclaimer

The term "man" means the same thing as the Sanskrit terms "manuja", "maanava", and "manushya". "manu-ja" is "born from manu, the patriarch". Manu is the progenitor from whom have come all men and women. Thus the terms "man", "man-kind" etc. refer to whole of humanity and there is absolutely no gender bias. Do not fight over non-existent problems.

About the Author

Kavi Narayana Murthy obtained his bachelors degree in Mechanical Engineering from Bangalore University in the year 1983, Master of Technology in Artificial Intelligence and Robotics from University of Hyderabad in the year 1988, and PhD in Computer Science from University of Hyderabad in the year 1996. He has over 5 years of experience in reputed private and public industries and over 15 years of post graduate teaching and research experience at the department of computer and information sciences, University of Hyderabad. His research interests include Natural Language Processing and Speech Recognition. He has over 40 publications. He has traveled widely and delivered lectures in many prestigious academic institutions as well as industry. He knows several languages. His general interests include Sanskrit and Indian traditional knowledge systems.

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