

Sex Matters

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One of the greatest spiritual thinkers of the twentieth century explores the physical and emotional intimacies of men and women in *Sex Matters: Sex to Superconsciousness*.

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 humans. Throughout the book—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.

Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the *Sunday Times* of London as one of the "1000 Makers of the 20th Century" and by *Sunday Mid-Day* (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Osho is one of the most provocative and inspiring spiritual teachers of the twentieth century. Known for his revolutionary contribution to the science of inner transformation, the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country of the world. He is the author of many books, including *Love, Freedom, Aloneness; The Book of Secrets; and Innocence, Knowledge, and Wonder*.

"Sex is your only energy, it is life energy."

"[*Sex Matters*] links sexuality to transcendence, insisting that sex is important for both physical and mental well-being."

"*Sex Matters* rediscovers the human and rewards rather than punishes one for being in that state. It is a wondrous revelation that will give peace, confidence and courage all at the same time."

Other Books

Sex Hormones and Immunity to Infection, Why sex matters Among human and nonhuman

animals, the prevalence and intensity of infection typically is higher in males than females and may reflect differences in exposure as well as susceptibility to pathogens. Elevated immunity among females is a double-edged sword in which it is beneficial against infectious diseases but is detrimental in terms of increased development of autoimmune diseases. The present book critically reviews the evolutionary origin and the functional mechanisms responsible for sexual dimorphism in response to infection. It emphasizes the value of examining responses in both males and females to improve our understanding about host-pathogen interactions in both sexes. The contributors are experts in their specific disciplines which range from microbiology and immunology to genetics, pathology, and evolutionary biology. The book aims at bringing insight to the treatment and management of infectious diseases; it delineates areas where knowledge is lacking and highlights future avenues of research.

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