



Sex Matters

By Osho

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Sex Matters By Osho

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 human. Throughout *Sex Matters* - 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.

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Sex Matters By Osho Bibliography

- Sales Rank: #209688 in Books
- Brand: St Martin s Griffin
- Published on: 2003-07-11
- Released on: 2003-07-11
- Original language: English
- Number of items: 1
- Dimensions: 8.26" h x .85" w x 5.54" l, .55 pounds
- Binding: Paperback
- 336 pages

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Editorial Review

Review

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

"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."

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

About the Author

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*.

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