

BRAHMCHARYA

Today's outline

- Meaning of Brahmacharya
- Theory behind Male to Female attraction.
 - The most Powerful force in the world
- Benefits
- Scripture outline for Youth Brahmachariya
- Scripture outline for Grahst Brahmacharya
- What to take from today...

Meaning of Brahmacya

- This is the first of the Four Ashrams
- According to Vedic Principles, the first part of life should be utilized in Brahmacharya for the development of character and Spiritual qualities.
- The term Naisthika- Brahmachari refers to someone who never wastes his semen at any time.

Bhramchariya outline

Full Brahmacharya is when one doesn't

1. Think about women
2. Speak about sex life
3. Dally with women
4. Look lustfully at women
5. Talk intimately with women
6. Decide to engage in intercourse
7. Endeavor for sex life
8. Engage in sex life

Why are we telling you this, we are probably not going to practise any of them but its worth appreciating one who does.

During Youth - Brahmcharya

One must not wear perfume, one must not look in a mirror, one must not massage their body with oils, one must not listen to sansaari music, one must not eat improper foods, one must not watch natakas i.e. films or serials and there are many many more rules for brahmcharis (See Satsangi Jeevan prakran 5 for more detail).

Once you follow the basic dharmas then comes abiding by the brahmcharya vrat before and after marriage. If you cannot do the basics then following brahmcharya will be difficult or merely impossible.

Theory behind Male to Female attraction.

The most Powerful force in the world

- Bhagwan Explains in the Vachanamrut(G.P.34) He has put so much energy of attraction into the world that he will never have to come back to start the creation again
- What ever this force is that is keeping the world running is the most powerful force acting on humans.

Why is this force so powerfull

- The world is made up of material, due to the power of Bhagwan is becomes Maya. E.g money is just paper but Bhagwan puts the power of attraction in it.
- When on becomes beyond Maya he realises that a women is nothing more then flesh and blood.
- Bhagwan had to make this the most powerful force otherwise people would realise, intercourse is a dirty act and stop doing it.
- This force is of such power that it can override the clearest person of his logic, sanity and bring that persons intelligence to that on an animal.

What is this force

- Scripture explain and Bhagwan in the Vachnamrut explains the source of this attraction is in it material substance is Semen.
- Scientists and Psychologist have almost come to an agreement on this (but not yet because they are slow)

The Sperm cell

- Very complex, and overall is a living Organism. The soul to make it living normally comes from the food you eat.
- This is the last Dhatu (substance) created out of food.
 - First comes chyle(a form of fat)
 - Then from that come blood
 - Blood makes flesh
 - From flesh comes fat
 - Then bone
 - Marrow is made from bone
 - And semen is made from Marrow (overall the seventh dhatu)
- It takes in essence 60 drops of blood to make one drop of *Virya* (sperm).

The Sperm cell

- There are 3 types of sperm cell's:
 - Cold
 - All cells start of cold, and these cells are very good for the mind and body overall. The power of the cell can be utilized.
 - Hot
 - They become hot after the churning of it due to sexual thought's. Once the cells are made hot they will act against the mind and cause frustration.
 - It is said they will find their way out of the body one way or another.
 - And the one used for body power.
 - If sustained this with bring out "Ojus Shakti"
 - The Mind, Pran and Virya are link and if one is controled so are the others

- The greatest myth in reality is that Sex cause's happiness.

But is that the case

Aristotle said:

“every animal is sad after sex”

- Was is “happiness” or “satisfaction”

In the Youth age..

- Age of 12/13 onwards.
- The ideal situation is what Scripture state
- Soon as that isn't happening one must look to keep them self as Physically legit as possible.
- Desire's; root cause is the level of input

Bhramcharya during after Marriage

Some of the dharmas during youth still apply after marriage now you need to follow the brahmcharya for grahastha

- Just because you are married does not mean you can satisfy your kaam and not follow brahmcharya
- Even after marriage bhramcharya must be kept, there are the different levels of brahmcharya that can be kept
- One must choose one of these otherwise you are going against Maharaj's agna.

1. Keeping brahmcharya through your entire life i.e. no sexual contact – Jeram Brahmchari and his wife followed this even though married.
2. Only performing intercourse for the attainment of a child
3. Performing intercourse on the days specified in Satsangi Jeevan, prakran 5 (**NOTE: ONE CANNOT JUST CHOOSE ANY RANDOM DAY**)

**Being married does not give one the right to act
how they wish**

What to take from Today

- Understand the reality of Brahmacharya for how great it actually is.
- Control the second look
- Today wasn't about getting you to stop doing anything, but help you avoid the blindness Sex brings with it.
- Swaminarayan Bhagwan is our only saviour!..