

## On Mating

*Alova*

*Abstract:* Mating is Nature's way for sexual species to reproduce. For humans, mating has become mixed up with pleasure, emotion, relationships, social restrictions, religion, and laws. When mating, a merging occurs on physical, emotional and mental levels, and the effects are permanent. If we have thoughts, desires or imagination about others, it affects them. Souls that inhabit bodies are not created by the body or by the minds or souls of the parents. Everyone has a right to refuse to mate in a given situation, and to set conditions. Nature encourages monogamy. When procreation occurs, both parents have responsibility for the child. To heal the collective split between male and female, we need to value truth and virtue over ego, pride and domination. By merging and separating, Creation is fulfilled.

### 1. Physical Reproduction

Mating is one of Nature's methods of reproduction, allowing the millions of species here on Planet Earth to live on. Mating is the method for species that reproduce sexually. An adult male and an adult female mate one-to-one, and if successful, progeny result.

Sex is a characteristic of a **physical body**. Not of a mind or a soul! Sexual reproduction is for creating **physical** offspring.

#### Attraction

At certain times and seasons, females of sexually reproducing species are fertile. During these periods, the female's hormones cause physical changes and the body secretes certain chemicals (pheromones) that affect the female's behavior, attract males, and encourage reproduction.

Males also secrete pheromones and exhibit behavior indicating their viability for reproduction.



Male peacocks fan their beautiful tails only when seeking to mate with a female peahen for reproduction.



In the fertilization process, the egg is actually in charge, selectively “deciding” which sperm to allow. Male-dominant bias had led scientists to presume that the visibly active sperm competed for a passive egg, but research has shown that eggs reject the majority of sperm with a mutant cancer gene while accepting sperm without the mutant gene.<sup>1</sup> The adage “the male proposes, the female disposes” reflects our biology, as well as the psychology that follows it.

### Affection

Affection is part of the mating behavior of all species, for an important reason. Affection and pleasure relax and open the energy fields, the mind and energetic bodies as well as the physical body. Dissolution of boundaries is essential for physical union, and thus for reproduction. Affection and pleasure thus facilitate fertilization and reproduction.



### Pleasure

Pleasure has become the primary reason for many people to engage in reproductive activity, using numerous artificial means to thwart procreation. There is a sacred, spiritual aspect to human procreation, and when it is relegated to the level of bodily sensation only, humans degrade to an animal level and utilize their precious energy for fleeting sensations alone. They then have less energy for pursuits that make humans human.

One spiritual teacher used to say that if a someone wants to engage in lots of sexual activity, he or she should take incarnation as a bird, and then when that desire is exhausted, they can incarnate as a human again.<sup>2</sup>

### The Magic of Union

When mating is successful, two fundamentally different cells dissolve portions of the boundaries that define them as individuals, and merge their identities to become one cell. An entirely new and unique creature of the same species comes into being.

1 Joseph H. Nadeau, Do Gametes Woo? Evidence for Their Nonrandom Union at Fertilization, [https://www.researchgate.net/publication/320432756\\_Do\\_Gametes\\_Woo\\_Evidence\\_for\\_Their\\_Nonrandom\\_Union\\_at\\_Fertilization](https://www.researchgate.net/publication/320432756_Do_Gametes_Woo_Evidence_for_Their_Nonrandom_Union_at_Fertilization).

2 Robert Svoboda quoted his teacher “Vimalananda,” *Aghora: At the Left Hand of God* (1986, C W Daniel).



Nature has had a system of reproduction in place for millions of years that obviously works quite well. We exist here precisely because it works well. We can only reproduce naturally when fertile, by mating with a fertile adult of the opposite sex.

Merging to become one is euphoric. Nature provides for the survival of species in part by arranging for procreation to be extremely pleasurable. As human beings mature in awareness from physical pleasure to mental and spiritual pleasure,<sup>3</sup> they naturally seek oneness mentally and spiritually. It is delightful to encounter people with the same ideas, the same emotions, and similar spiritual experiences. We resonate with similar energies and their harmonics. Resonance feels pleasant, relaxing, validating, strengthening, stimulating.

The temporary euphoria of procreation eventually augments the desire of every soul to merge with its Creator, its Source. This merging is described by mystics of all major religions.

Successful mating is a process of **Nature** that creates **physical bodies**. It does not create the souls that can inhabit physical bodies. Souls choose to inhabit physical bodies according to their wishes and inclinations. Souls are not created by the body, or by the minds or souls of the parents. It is possible to create a body that is without a soul, but this is not a Natural process.

### **Merging**



When people engage in reproduction, their boundaries as individuals open and they physically merge momentarily. They exchange physical fluids and their auras and subtle fields also open and merge. There is sharing of physical, vital, mental and emotional essence, and a meeting of soul and spirit.

Research has shown that when a female absorbs sperm, it becomes part of her body forever.<sup>4</sup> Male DNA sequences are found in women's DNA, brains, blood, and other organs, even fifty years later. A previous sexual partner's DNA can affect a future child

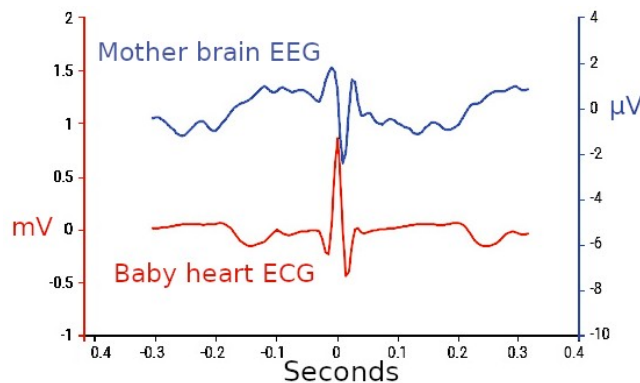
3 For a more detailed discussion, see *About Love*, Part 4 Pleasure → Affection → Love, [https://wisdom2joy.com/About\\_Love](https://wisdom2joy.com/About_Love), p. 8-11 or video 4.

4 Men may also absorb DNA from sexual partners, but it is difficult to study since males all have x chromosomes, whereas females do not have y chromosomes.

with a different father.<sup>5</sup> This is one of Nature's reasons for both men and women to be extremely selective regarding whom they mate with. A miscarriage, abortion or separation does not destroy these effects of sexual union.

Many people who have a sexual partner detect it when the partner has sexual relations with someone else, and science has now substantiated that this knowledge may have a physical basis.

Blending of mental characteristics is seen in recipients of organ transplants, who find themselves desiring or liking what the donor liked, which the recipients never desired or liked before. It is also seen in some couples who start to look like each other over time. Extensive "Heart Math" research has shown that if one person thinks strongly about someone else, the first person's brain waves synchronize with the heartbeat of the recipient. Here is an example of a mother thinking about her baby while separated physically; her brain wave is mirrored in her baby's heart wave.<sup>6</sup>



This effect is found over and over again, between people and their loved ones, between people and their pets, with various emotions, with and without conscious intent. People who know each other are much more likely to establish this energetic communication, a resonance between the brain waves of one and heart waves of another. When two people engage in sexual activity, exchanging physical and energetic substance, this effect is certainly even more pronounced.

Heart Math researchers found that people with a high degree of heart coherence can even alter the configuration of DNA by their conscious intent, while people without such heart coherence cannot.



- 5 William Chan *et al.*, Male Microchimerism in the Human Female Brain (<https://doi.org/10.1371/journal.pone.0045592>, 2012); Zhen Yan *et al.*, Male Microchimerism in women without sons, *American Journal of Medicine* (118:8, p. 899-906, 2005) <https://pubmed.ncbi.nlm.nih.gov/16084184/>. Research at the University of New South Wales showed that the size of young flies was determined by the size of the first male the mother mated with, not the father of the offspring; Angela J. Crean *et al.*, Revisiting telegony: offspring inherit an acquired characteristic of their mother's previous mate. *Ecology Letters* (2014), <https://onlinelibrary.wiley.com/doi/10.1111/ele.12373>.
- 6 Heart Math Institute, Science of the Heart, Ch. 6 Energetic Communication <https://www.heartmath.org/research/science-of-the-heart/energetic-communication/>.



The sharing of physical and energetic essence causes confusion and hardship when someone engages in sex with more than one partner, especially if one of them doesn't know about it. If Bob has sex with his wife Alice, he carries some of Alice's essence in his field, in his aura. If he then has sex with Carla, Carla will absorb some of Alice's essence, but she may not know Alice or consent to union with Alice. Alice's energy may be discordant or antagonistic to her own. It is like having an incompatible organ inside one's body—it can cause great disruption, and it is very difficult to diagnose since it is not physical.

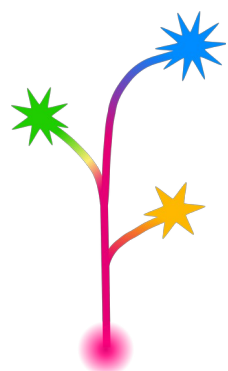
One man had a wife who had never liked jewelry. He had a sexual relationship with a woman who was very fond of jewelry, and after a few months his wife suddenly wanted jewelry!



The effect of the merging of mental and emotional essence lasts for several months, even years, after sexual activity has occurred. It is wise to pause reproductive activity for a time before engaging with another partner. One author recommended waiting nine months.

The physical, mental and spiritual effects of union are permanent!

## 2. Energetic Union



Raw, undifferentiated energy resides in the human body at the base of the spine, largely dormant. It is not “sexual energy” or “physical energy” or “mental energy” or “spiritual energy.” When motivated, this energy is propelled upward and we move, speak, think, resolve, act. At this point the energy adopts specific qualities.

Each of us has a right and a responsibility to channel our energy in ways and at times that fulfill our purposes in life, support life, and pursue desires without doing harm. There are times and conditions when an activity is appropriate, and other times and conditions when it is unwise or inappropriate.

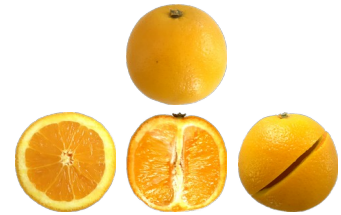
When our energy moves, we have control over how it expresses. We can allow it to express in physical activity, in sexual activity, in speech, music or art, in learning or investigating, in building or repairing, in resolve, in delving inward, in meditation. As children, we learn to utilize our will to refrain from hitting people, to refrain from excreting except into the toilet, and to refrain from yelling or talking in various situations. The process of controlling how we express our energy is exactly the same throughout life.

Reproductive activity is inappropriate when someone is too young or too irresponsible to fulfill the duties of parenthood. It is very important that children be taught to channel their energies in many constructive ways so that when they start to mature sexually, they are able to channel their energy in directions that are appropriate for their level of responsibility.

## Souls and Minds Do Not Have a Sex

Sex is a characteristic of a **physical** body.<sup>7</sup> Our minds and souls do not have a sex. There is no such thing as a “male soul” or a “female soul.” Souls have certain qualities and certain preferences; a soul may strongly prefer and resonate with a male body or a female body, and may have usually chosen one sex or the other in the past; but all souls and minds can exhibit any qualities.

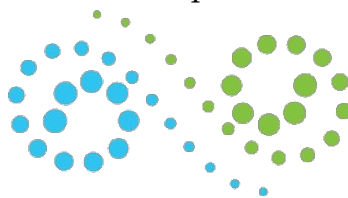
There is a clear biological distinction between a male and a female organism, but there is no clear distinction between qualities that are more prevalent in males or females. There are an infinite number of ways to cut a sphere in half, and similarly an infinite number of ways to divide qualities into two categories. The distinction between what qualities are masculine and what are feminine is not rigid or well-defined, and even varies somewhat with time and culture.



Confusion exists because certain qualities and inclinations, such as aggression, courage, domination, and physical strength, are more prevalent among people in male bodies, while other qualities and inclinations, such as nurturing, gentleness, emotionality, and flexibility are more prevalent among people in female bodies. However, females can be extremely aggressive, courageous, dominating, and strong, and males can be extremely nurturing, gentle, emotional and flexible. ***There is not a one-to-one correspondence between a male body and what we think of as “male” qualities, or between a female body and what we think of as “female” qualities.***

## Balance

We associate balance and symmetry with beauty, harmony and comfort. When we are out of balance, we instinctively seek experiences to help us become more balanced. A long-term intimate relationship serves to foster greater internal balance in the partners, as each merges with the physical and subtle bodies of the other, and learns to appreciate and value the ways in which the partner is different.



When we are balanced internally between qualities considered masculine and feminine, we have a broader range of possibilities and can choose which to use in a given situation. We are more flexible and adaptable. Advanced souls sometimes seek to become more balanced and whole by alternating between male and female incarnations.<sup>8</sup>

<sup>7</sup> There is a subtle replica of the physical body, sometimes called the “etheric double,” which plants also have, which disintegrates soon after the physical body dies.

<sup>8</sup> Autobiographical account of Western initiate Mark Hedsel (Fred Gettings), *The Zelator*, David Ovason (also Fred Gettings), ed., (London: Century Books, 1998).

Overall balance between partners in a relationship is beneficial for individual growth. When one person is inherently more powerful than the other, that person dominates, and sometimes ought to dominate in certain ways, even without a desire to do so.<sup>9</sup>

A special type of relationship is a “soul mate,” which occurs when two souls have a series of close relationships in numerous incarnations and come to inner-stand, appreciate, and love one another deeply. This type of relationship takes time and effort over lifetimes to develop. It does not come “free.” It requires difficult decisions, sacrificing one’s personal desires and lower ego for the happiness and welfare of the other person, time after time. Trust and love grow, and when the two meet again, albeit in different bodies, they recognize each other at the soul level and gravitate toward the closeness they already experienced.

Another idea is that we each have a “twin soul” who was created as the perfect mate just for us, matching and balancing us in all ways. This theory does not consider that each soul chooses incarnations and has different experiences, learns different things and acquires different preferences and inclinations. Two souls may have been very close in their origin, but they do not necessarily grow in the same directions and may have significant differences if they meet later on; they may no longer be like twins.

Some teachings claim we can only achieve oneness with our Source by means of a perfect union in body, mind, and spirit with a partner of the opposite sex. This would render each soul dependent on another soul for its own spiritual development, closeness to God, and ultimate happiness. Such a god would be cruel indeed, placing a barrier between us and Itself that is under someone else’s control, rendering us powerless. A loving Creator does not mandate such separation or helplessness. Our Source is eternally available, when we approach with love, like a child.

When we are unbalanced or unfulfilled, we seek to find what we want from another person, from outside ourselves. In a relationship, if our ultimate goal is to achieve inner balance and union with our Source, we are likely to be more content and tolerant, and our relationships are more likely to be harmonious and contribute to our growth.

### Union



When an organism accepts and embraces another at any level, a blending occurs. Neither individual will ever be exactly the same again—each has experienced oneness with the other, and we change. We do not un-see, un-learn, or un-experience it even if we want to.

This merging, this union on any level, can be either beneficial or harmful. Mixing pure drinking water with pure nutrients is beneficial; mixing it with toxic sludge is harmful. Some thoughts and philosophies uplift our lives and spirits, and some are untrue or harmful. Some people have clean energies, and some have dirty energies.

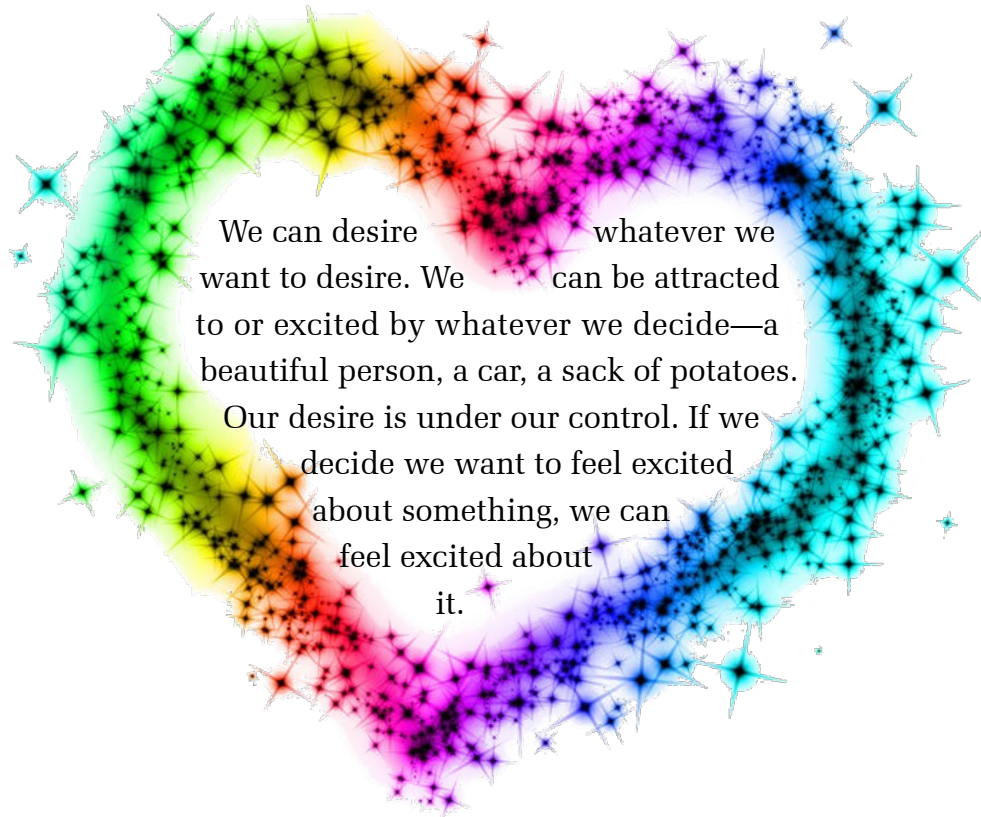


9 For a more detailed discussion, see *To Give or Not to Give*, Surprise 4 “Personal Power”, p. 8-9 or video 4, [https://wisdom2joy.com/To\\_Give\\_or\\_Not\\_To\\_Give](https://wisdom2joy.com/To_Give_or_Not_To_Give).



We are unavoidably affected by the people with whom we associate. The company we keep reflects our values and who we are. The company others keep reflects who they are. We can benefit or harm each other without realizing it. People are not the same. This fact is not an excuse to reject or condemn based on prejudice, but rather a reason to love all, some from a distance and some closely, and to choose our company—and especially a mating partner—wisely.

### **3. Thought, Desire and Imagination**



We can desire whatever we want to desire. We can be attracted to or excited by whatever we decide—a beautiful person, a car, a sack of potatoes.

Our desire is under our control. If we decide we want to feel excited about something, we can feel excited about it.

Thoughts and emotions influence people subconsciously. Strong thoughts and emotions influence people strongly, and sometimes consciously. Sexual thoughts influence people very strongly. We are responsible for our thoughts, and they do have effects on other people and the world.

Just as it violates someone to enter their home without consent, it also violates someone to intrude into their mental “space” without their consent. There is a



difference between simply having a thought **about** a person, and **projecting** our thoughts or presence into the mental equivalent of his or her private home. It violates people to intrude or invade, such as trying to detect their private thoughts and wishes, their past history, or their private plans. Remote viewing a person is not dharmic unless there is a real danger and the person is known to be an adversary.

We respect people's right to their physical space and privacy: if we visit, we knock at the door and wait for them to open it. We need to do the same before entering someone's private mental space. It is not our right to enter without permission.

If we have sexual desires or fantasies about another person, the other person will likely experience sexual thoughts or inclinations—about someone they are involved with or whom they desire, not necessarily about us. Since thoughts about other people reach their energy fields, it is unwise to have sexual thoughts or fantasies about another person, unless she has answered our knock and allowed us to enter, or unless he has knocked and we have accepted.

We learn to control and channel our thought, just like we learn to control our actions. If we feel a desire to experience union with another person, we can channel our desire toward mental or spiritual union and not toward physical union, until such time and place when a physical mating might be accepted and appropriate.

If we feel a strong desire to mate with someone, we have likely mated with that person during a previous incarnation. It may be that we or the other person felt unfulfilled previously. Desire of all kinds follows us from life-time to lifetime! In such a case, fulfillment can be achieved in the realm of thought and imagination. Physical mating may often be undesired or inappropriate, especially if one or both are on a spiritual path.

Although thought itself is not physical, it does have real, physical effects. It affects our own physiology and even the physiology of those whom we think about, as evidenced by extensive research. It affects our language, our group intentions, and our culture.<sup>10</sup> Human imagination is very powerful. Research has even shown that consciously focusing thought can alter physical systems.<sup>11</sup> Magicians have known and practiced this for millennia.

The reason-for-being of mating behavior is physical reproduction, survival and propagation of a species. Our thought and imagination Naturally flow in this direction at times. When mating is proposed, thought flows Naturally toward procreation.

Human beings have choices about how we use our energy, our thought, and our imagination. We can direct them toward mating, or toward an infinite variety of other activities. As we grow in strength, awareness and maturity, we are less likely to spend our time, energy and thought on mating behavior when reproduction is not our goal.

10 Language, Form and the Subconscious, [https://wisdom2joy.com/Language\\_Form\\_and\\_the\\_Subconscious](https://wisdom2joy.com/Language_Form_and_the_Subconscious).

11 William Tiller, The Tiller Foundation, <https://www.tillerfoundation.org/white-papers>.

As we grow, we make wiser choices about how we spend our time and energy.

#### 4. Mating and Morality

Reproduction is not immoral! We are a direct product of it, and so are all the creatures on the Earth. It is inherently good. It is Natural.

##### Choice

Mating is not obligatory, and is not obligatory with anyone who approaches or proposes it. Every human being has a right to refuse a mating, and a right to set conditions. Plants do not have that ability; they open and attract pollinators according to Nature's chemistry and timing. Animals also mate according to Nature's chemistry and timing. Some primates exercise a degree of choice about whom they mate with. Humans always have choice, and hopefully the intelligence to choose wisely.



For humans, choice of **both** mating partners in reproduction is essential for morality, for dharma.<sup>12</sup> This means choice freely given, without coercion, threat, deceit, or domination of any kind including mental.

The male proposes, the female disposes. In Nature, except in cases of force, the female ultimately makes the choice to allow or not allow. In dominance-hierarchical species wherein one male has superior reproductive rights, females devise ways to mate with whom they want. Men do not have a right to force themselves on women, and women do not have a right to demand sexual interaction with men. A woman has a right to refuse, and a man has a right to not offer.

##### Marriage

A committed, monogamous, lifelong partnership is most likely to provide a healthy and stable environment for children to grow up and for the human species to survive. It also happens to be the single most important factor in longevity.<sup>13</sup> Nature also encourages monogamy through sexually transmitted diseases (STDs). Since these can be fatal, they provide a powerful incentive to limit simultaneous sexual partners to one.



For these reasons, and others, social structures have often mandated marriage prior to procreation, with numerous enforcement mechanisms. Laws, religions, taboos and social ostracism have far overstepped their purpose, however. The purpose of mating is reproduction, and the purpose of social limitations is to preserve and propagate our societies and our species.

<sup>12</sup> "Dharma" is a Sanskrit word with no English equivalent. See *Dharma Upholds*, [https://wisdom2joy.com/Dharma\\_Upholds](https://wisdom2joy.com/Dharma_Upholds), The Meaning of Dharma, p. 1-3 or video 1.

<sup>13</sup> Harvard Longevity Study. <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>.

There is no reason to place restrictions on sexual activity, or any other activity, if it does not harm anyone in any way.



There **is** good reason to hold people socially, economically, and emotionally responsible for raising their children. There is good reason to hold people responsible for knowingly transmitting sexual diseases. There is good reason to hold people responsible for keeping their commitments. There is good reason to hold people responsible for doing harm, to anyone.

Marriage entails rights and duties—both benefits and obligations—of both partners. Although it obligates them to have good will toward one another, it does not and cannot obligate them to “give” love or “make” each other happy. This would be an impossible assignment, as it is not possible to “give” love,<sup>14</sup> and no one can be responsible for anyone else’s happiness. If someone is unhappy, we can attempt to encourage them to feel happy, but if someone is bound and determined to be unhappy, they have that right and no one else has the ability to change them.

Unreasonable expectations are responsible for much unhappiness, broken families, broken societies, and resentment and condemnation that can last lifetimes. Societies may strive to provide equal opportunity for prosperity or liberty or legal treatment, but it is impossible to provide equal happiness. Happiness arises from inside us, and permanent joy arises only from union with our Source.<sup>15</sup>

### **Responsibilities of Procreation**

All actions have natural consequences. The natural consequence of procreative activity is that sometimes procreation occurs. However we attempt to prevent it, procreation still happens. Most of us know wonderful people who were supposedly “accidents” or “surprises.”

When human mating results in procreation, both parents have a responsibility for the next twenty-seven years<sup>16</sup> to care for and teach their child so that she or he can live happily and responsibly. Both parents are fully responsible for feeding, clothing, providing shelter, teaching, and spending time and heart with their child. Procreating changes our lives, and us.



### **Commitments**

Breaking commitments is hurtful and can be harmful. It violates the person to whom the commitment was made.<sup>17</sup>

14 See *About Love*, [https://wisdom2joy.com/About\\_Love](https://wisdom2joy.com/About_Love), 1 What is Love? p. 1-4, video 1.

15 For a more detailed discussion, see *Joy*, <https://wisdom2joy.com/Joy>.

16 The human conscience is fully developed only at age twenty-five.

17 See *Dharma Upholds*, [https://wisdom2joy.com/Dharma\\_Upholds](https://wisdom2joy.com/Dharma_Upholds), Pledges p. 13-15 or video 6.

There are many reasons to keep commitments, especially those with a sexual partner, since breaking them is **so** hurtful—emotionally, physically, economically, and socially. Millions of adults and children require psychological assistance as a result of broken families, and millions more need help but never receive it. A healthy society requires psychologically strong and healthy individuals. Our choices have far-reaching effects on our communities.

If a child or anyone else is being harmed as a result of keeping a commitment, it is imperative to remove the injured from harm's way, even if it means breaking the commitment.

### Renunciation

Some people and religions espouse or recommend celibacy, often with disastrous results, especially to innocent children and young monks and nuns.

A married man once claimed to be a renunciate. Since he had children, he was challenged by some of his peers. He took a vow according to their religious custom and successfully proved that he was telling the truth. This mystified many, who did not realize that it is possible to perform actions without a sense of self, without a sense of personal doing.

True renunciation is not forcefully gripping oneself to refrain from physical activity. True renunciation is an energetic process in which one remains focused on the ineffable Oneness alone, without any other desire. The physical body may act, but the mind and soul are not drawn into the action. Renunciation is not evidenced by not owning possessions, or not engaging in sexual activity—it is a way of life of some strong souls.

### Misuse

The sexual act can be perverted and used to control someone completely, to take over and possess the victim's mind and will. This misuse of life force is totally immoral because choice is a fundamental right of every soul. It is contrary to Natural law and has extremely dire consequences to one who does it, but it is possible. This is yet another reason to be extremely selective in choosing whom to mate with.

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Every human society has had rules for mating. Total disregard of reason or principles, as has occurred in recent history, leads to degradation of society itself, degradation of the family, gradual degradation of the individual, and great unhappiness, dissatisfaction, and confusion. When dispensing with unwarranted restrictions and taboos, we need to preserve the underlying principles that reflect truth, goodness, and life.



## 5. No Forgiveness for Rama

### Rama Avatar

Rama was a warrior and king in ancient India with great nobility of character. He was loved by his people and respected by all. In those days, men considered themselves superior to women. It is said that when Rama married, his beloved Sita was too short to garland him during the ceremony, and he would not bend down for a woman. Finally his brother knelt at his feet so that Rama would bend down, and Sita quickly garlanded him.



### The Abduction

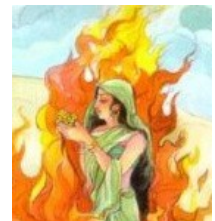
One day, a very powerful demon kidnapped the beautiful Sita and carried her away to his island. This demon was well schooled in the scriptures and knew that forcing himself on a woman had very dire consequences, so he tried to get Sita to mate with him voluntarily. He promised her everything and told her that Rama would never come to rescue her. But Sita had Rama alone in her heart and mind and refused all his advances, pining away for Rama during her year-long captivity.

### Rescue

Rama was totally distraught at the loss of his beloved Sita and conducted a major campaign to rescue her from the demon on his well-guarded island. With great heroism and assistance from warriors, Nature, and even monkeys, he rescued Sita and returned to his kingdom.

### Proof of Purity

To prove her loyalty and chastity, Sita endured a trial by fire, calling upon the god of fire to consume her if she had been disloyal in any way. She passed through the fire successfully, and was accepted back into the palace and the kingdom as Rama's queen.



### Accusation

One day, one of Rama's informants overheard an angry washerman berating his wife, saying that he was not like Rama who took his wife back after she had been touched by another man. The washerman apparently did not believe that Sita was pure and chaste.<sup>18</sup>

18 Valmiki, *Ramayana*, Manmatha Nath Dutt, tr., <https://holybooks-lichtenbergpress.netdna-ssl.com/wp-content/uploads/Ramayana-VOL-4-Uttara-Kanda.pdf>, §LIII-LIX, p. 1718-1730.

## **Banishment**

Rama knew that Sita was pure and the accusation was untrue, but he could not bear this insult to himself and to the throne. He convinced himself that sending Sita away would set a good example to his people. He renounced her, despite knowing that she was without any sin or fault. He thus put the arrogance and selfishness of men of the day above truth and righteousness. Without informing her, Rama ordered that Sita be taken away to the forest in another kingdom.

## **Shelter**

Sita was pregnant. She was found by a holy sage who took care of her in his ashram. She gave birth to twin sons, and they grew up to be intelligent and skilful warriors.

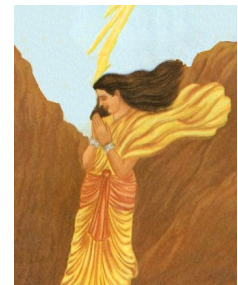


## **Last Chance**

One day Rama's sons surpassed him during a ritual conquest, and they were identified as his own sons. The great sage Valmiki testified to Sita's purity and advised Rama to accept both Sita and his sons. Rama accepted his sons, but he was worried about what his subjects would think, and demanded yet another test of Sita's purity.

## **Final Vow**

Sita came forward. She prayed to Mother Earth to swallow her up, to take her back as a sign of her virtue—and Mother Earth did! The Earth split apart, engulfing Sita.<sup>19</sup> She passed from this world by the strength of her purity. To this day, Sita is still enfolded by Mother Earth, protected from the untrue, unjust opinions and slander of the world.



## **Grief**

Rama was overwhelmed with grief at the loss of Sita, even though he had brought it about himself. He had no mental peace. He performed sacrifices to a golden image of the virtuous Sita, and did not marry again.

This part of Rama and Sita's story is heartbreaking to read. A scholarly pundit who translated it could not believe it really happened.<sup>20</sup>

<sup>19</sup> *Ramayana*, §CIX-CXII, p. 1908-1914.

<sup>20</sup> C. Rajagopalachari, *Ramayana Retold*, <https://lifeintegrity.com/Ramayana.pdf>, Ch. 76 Epilogue, p. 199. He decided that when Rama killed the demon, Rama ceased being an avatar. Other authors have claimed that Rama sent Sita to the heaven world before her suffering began so she didn't really go through it—a rather dubious explanation. Still others claim she was a daughter of the demon, literally demonizing the victim.

## Unforgiven

To this day, there is no mating possible for Rama with his beloved. To this day, there is no forgiveness for Rama, or for the men who accused Sita. To this day, dharma alone has protected Sita in the womb of Mother Earth,<sup>21</sup> while arrogant, male-dominant opinions and sense of ownership have predominated over truth, purity and virtue on the surface of the Earth.

As Rajagopalacharya wrote, “Sita’s sorrows have not ended with the [Story of Rama] (*Ramayana*). They go on, still, in the lives of our women.”



Rama is believed to be an avatar, a descent of Divinity, whose purpose was to destroy the demons that had been disturbing human life and spirituality. He accomplished this mission. However, great beings affect humanity far beyond their territories and for thousands of years. Rama’s treatment of Sita—more importantly, his failure to uphold truth or virtue in her case—has fostered paradigms that continue to uphold what is called “male ego” and selfishness over truth and virtue in human societies. These paradigms also promote the ideal female role as one of accepting unlimited suffering, humiliation, injustice, and deprivation, even at the hands of one’s own husband and the public. Is it any wonder that human beings sorrow, and that women especially sorrow?



To heal the collective split in relationship between men and women, to restore trust and openness, it is necessary for human beings to place truth and virtue higher in value—over human ego, opinions, pride, selfishness, and domination—whether that truth and virtue are manifest in a male or female.

## 6. The Dance of Life

We learn collectively, as a species, as individuals merge and separate, share and create. We progress along individual and collective paths toward our aspirations, toward what we admire, toward what we focus on.



As we merge, we learn and grow.  
As we separate, we learn and grow.  
In all, we are fulfilled.



<sup>21</sup> An ancient maxim states, “Dharma protects those who protect it” (dharmorakṣhati rakṣhitah).

Life is a dance of separation and union with one another, with other creatures of Nature, with our Creator, our Source. As seasons turn, as waves flow in and out, we experience the ebb and flow of individuality and of unity, individuality and of



Life is a giant love affair of our Creator with Itself,  
with facets of Itself—including all of us.  
In all, Creation is fulfilled.

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