

Very often when you hear that someone says after the first night 'It was really a good night, I had wonderful sex', then they did not necessarily do anything special. It is amazing because sex itself is such a great thing. It is not the quality of the woman and the man, it is the quality of sex itself. And if the physical relation continues, the emotional relation will also develop.

But also many times you see that sex is used like a weapon. This I would also call organized crime. They made a date and organized the situation, make a whole setup so that the evening ends in the bedroom. And then they use it as a weapon by saying that after that night there has to be a relationship. Now we had sex, now you are my partner!

Actually sex is a sweet thing. When this energy flows in a natural way, without conditions and expectations, it can create a wonderful emotional relation, too. But if it is used like this it makes it dirty and people cannot even enjoy this sweetness anymore. The expectations lead to disappointment and after a few days you can hear them say 'It did not work out'. They are ready to do a new experiment but they use the same pattern and don't learn from the past. But sex itself can be a wonderful spiritual experience.

Today we will take our flight back to Germany again. Of course we, the family and the Ashram members are all sad that we leave. The winter started here and the temperature is a bit lower but we will have to face much more cold when we land in Germany. Thomas already told me on phone that it is snowing there. So tomorrow's diary I will write from Wiesbaden, packed in a warm shawl and maybe socks.

