

A MODEL OF A SEXUALLY HEALTHY SOCIETY

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Initial Social & Political Position
Many societies profess to be the model of a healthy society, which would therefore also mean sexually healthy; but let us only consider the examples of communist China, the Islamic world and the USA with its

"sexual abstinence only" education. Nearly all attempts (monogamous or polygamous) at the same time restrict and taboo sexuality, neither consider the scientific insights of today nor the individual and social experiences and statistics. The "Declaration of Sexual Rights" of WAS,

which postulates among others "the right to sexual information based upon scientific inquiry" and "the right to comprehensive sexuality education", is unfortunately far from being realised even in the so-called sexually enlightened countries of the West.

25 YEARS OF THE KOMAJA MICRO-SOCIETY:

We are building a model of a healthy society paying special attention to the aspect of sexual wellbeing; in order to do this we use the following methods:

LOVE-EROTIC EDUCATION



physical aspects psychic aspects spiritual aspects

SPECIFIC SEXUAL TECHNOLOGY

on the basis of prolonged coitus and the development of love:

- basic principles of managing the sexual drive and of making love
- Polytherapy
- Theatre of Truth; - etc.

Ref.: Makaja, A. A. (2003). Eros & Logos. The Book for Saints and Sinners. Brighton: Komaja



During KOMAJA MEDITATION

the meditator practices consciously increasing, deepening and prolonging the state of pure, unselfish love, which is free from jealousy, envy and competition, and which the majority of people experience only during short periods of their highest falling in love.

Ref.: Makaja, A. A. (1998). Komaja - Die geistige Liebes- und Lebenskunst. Zurich: Komaja

POLYTHERAPY

- a spiritual, manifold therapeutic method. It enables one to have deep insights into the unconscious layers of the psyche. At the same time it helps to transform those psychic blocks, complexes and other difficulties which have been brought into consciousness, into positive and creative manifestations of life.



CONTEMPORARY

LOVE-EROTIC RULES between individuals, couples and groups on the basis of natural ethics.

In general: UN Declaration of Human Rights; Declaration of Sexual Rights (WAS)

Specific to Komaja: *Komaja's Polyamorous Manifesto*; Love-erotic etiquette; Love-erotic contracts; etc.



METHODS FOR BUILDING A SEXUALLY HEALTHY SOCIETY



LOVE MEDITATION OR LOVING

- similar to Komaja Meditation, but
- designed for couples and also used as a group exercise
- it is practised using eye-contact, while physical touch is strictly forbidden



ZAJEDNA

The use of ZAJEDNA (a form of group marriage) instead of the classical monogamous partnership: The *zajedna* is the closest permanent life community composed of at least two human beings. All members of the *zajedna* are open to receiving new members at any time, under the same conditions, if love happens between one of the existing members and a new person. In contradistinction to the

community of marriage which is based on satisfying the sex drive and the bearing and raising of children, the *zajedna* is primarily based on satisfying the spiritual and psychic needs of its members. By this very definition, sexual intercourse between the members is not a compulsory element of the *zajedna*. Yet, a member of the *zajedna* who does not have sexual intercourse with any other member, has no

right to sexual intercourse outside the *zajedna*. In the situation where a particular woman and a particular man living in a bigger *zajedna* have children, all the other men and women have the duty to treat the children as if they were their own. They have to bring them up, however, in line with the will and instructions of their blood parents. Leaving a *zajedna* is treated as serious divergence from one's spiritual focus.

RESULTS

A STABLE AND DYNAMIC POLYAMOROUS COMMUNITY

Founded in 1978, 3 years spent as an experimental community, and now KOMAJA has systematically used the above methods for 25 years. The membership remains stable, moreover it regularly attracts new members.

CONFIRMATION OF THE IMPORTANCE OF TANTRIC CIRCLES

for the realisation of the full sexual potential of the individual through:

- the long period of existence of the largest tantric circles (see above)
- the steadily growing number of members
- long term membership: In 2007 average membership in *Cherry Blossom* - 11 years, *Little Door* - 7.5 years, and *Rhythm of Love* - 8.5 years



A HIGH LEVEL OF SOCIAL AND SEXUAL HEALTH, PLEASURE AND RESPECT

- see the papers "Three and more in love: group marriage as a possibility to unite the need for commitment and sexual freedom" and "Which psychological tendencies associated with sexuality are dominant in people dealing with tantra?", both by A. Sartorius/CH, as well as "The mental health of people practising tantra" by O. Heil/DE, all presented at the 15th and 16th World Congress of Sexology and the new long-term studies of O. Heil/DE, prepared for the 18th congress in Sydney 2007.

THIS MICRO-SOCIETY HAS A STRONG INFLUENCE in disseminating sexual health and sexual rights in approximately 10 European countries through regular participation in broadcasts from various state-owned and private TV companies, radio stations, magazines and newspapers, scientific journals and congresses, as well as through other activities.

See: www.komaja.org/en/media.php

CONCLUSION

A healthy society can be established only by a profound sexual education which includes the human need for sexual freedom and love-erotic commitment, as well as the spiritual aspects of human sexuality. Komaja should therefore be seriously considered as a role model of a sexually healthy society.