



# Sex and Spiritual Development

*John Godolphin Bennett*

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## **Sex and Spiritual Development** John Godolphin Bennett

Compiled from conversations between John (J.G.) Bennett and his students at the International Academy for Continuous Education in England from 1971 to 1974. Next to survival, sex is one of the most powerful forces in our lives, yet many people don't understand it. It is used for procreation and for pleasure, but it also has an impact on personal transformation. In this lucid exposition, JG Bennett deals with questions that are being asked by spiritual seekers and provides answers to the following: What effects can men and women have on each other because of sexual relationship? Is there any connection between sexuality and spirituality? Are there essential differences, not just physical ones between men and women? What can sexual activity do for a relationship in terms of spiritual unity? Should sexual activity be regulated when a couple aspires to develop spiritually? This edition also contains an in-depth analysis of sex energy, in its new foreword in 2006 by Anthony Blake.

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