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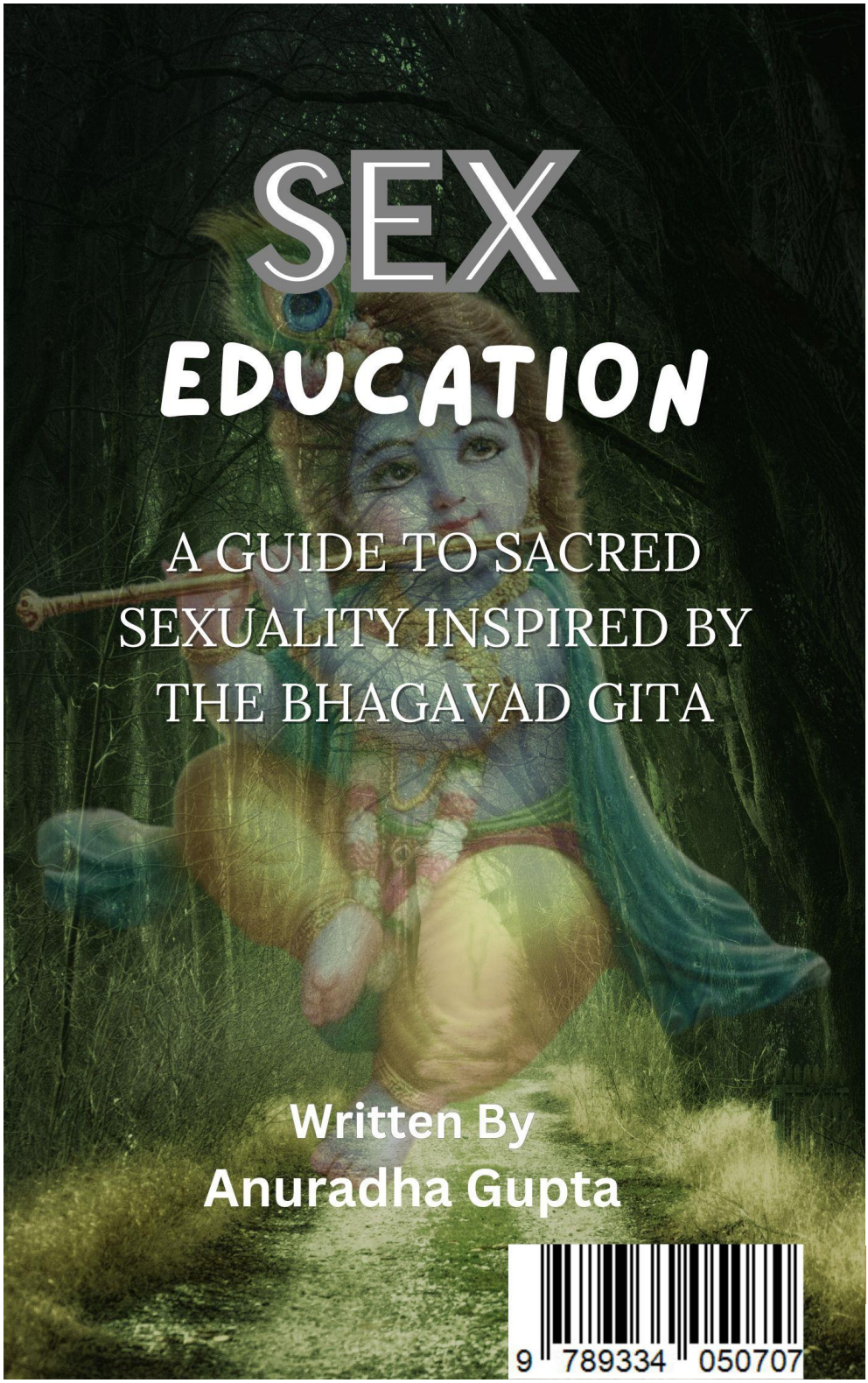
SEX EDUCATION



Sex Education

A Guide to Sacred Sexuality Inspired by the Bhagavad Gita

Written by

Anuradha Gupta

Love

Love flows from the soul and is selfless and unconditional

Lust

Lust stems from desires and attachments, leading to temporary pleasure and suffering.

Author

Anuradha Gupta, a devoted soul of Lord Radha Krishna and Goddess Durga, ventures into the realm of writing with a sacred mission: to impart the timeless wisdom of the Bhagavad Gita to the younger generation. Driven by her profound reverence for these divine entities and inspired by the cherished memory of her father, the late Dr. Avadhesh Kumar Gupta, Anuradha Gupta embarks on this literary journey.

Anuradha Gupta, armed with a background in BSc and MBA in Finance, not only inherits her father's reverence for spirituality but also a passion for sharing profound knowledge through the written word. With the blessings of Lord Radha Krishna and the cherished memories of her father's spiritual devotion, she endeavors to bridge the generational gap by elucidating the timeless teachings of the Bhagavad Gita in a manner relatable to the younger audience in the form of Books on Moral stories, Rhymes, Study Guidance, Suggestions for future success
This book, dedicated to my father's memory, stands as a testament to her love, respect, and gratitude towards his invaluable guidance and the spiritual foundation he instilled in her life. My heartfelt dedication to teaching the Bhagavad Gita to the younger generation echoes my commitment to preserving and sharing the rich spiritual heritage bestowed upon me by my father's profound devotion and teachings

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By exploring the profound wisdom of the Bhagavad Gita, this article aims to shed light on sex education, uncovering its timeless insights and guiding principles.

Introduction

Sex education is an integral part of modern society, providing individuals with knowledge and guidance to navigate their sexual lives responsibly. However, in our quest for comprehensive sex education, we often overlook the profound wisdom offered by ancient texts. The Bhagavad Gita, a sacred Hindu scripture, contains valuable teachings on various aspects of life, including relationships and sexuality. This blog post aims to explore the Bhagavad Gita's perspective on sex education, uncovering its timeless insights and guiding principles.

Understanding the Bhagavad Gita

The Bhagavad Gita, often referred to as the Gita, is a 700-verse text that forms part of the Indian epic Mahabharata. It is a dialogue between Prince Arjuna and the God Krishna, who serves as his charioteer and spiritual guide. The Gita offers profound teachings on philosophy, morality, and spirituality, providing a comprehensive guide to leading a meaningful and fulfilling life.

The relevance of sex education in modern society

Sex education is crucial in today's society, where misconceptions and lack of knowledge can lead to unhealthy relationships, sexual violence, and the spread of sexually transmitted diseases. By

incorporating the Bhagavad Gita's perspective on sex education, we can gain insights that promote healthy attitudes, ethical conduct, and spiritual growth in intimate relationships.

Setting the stage for exploring the Bhagavad Gita's insights

Before delving into the Gita's teachings on sex education, it's important to establish its foundational principles. The Gita emphasizes the concepts of Dharma, the path to self-realization, and the importance of balance and moderation. These principles provide a solid framework for understanding the Gita's perspective on sex education.

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