

DEEPAK and Homosexuality



Homosexuality has been part of human nature for as long as recorded history, but social pressures and religious superstition have stigmatized it. As a result, there are few, if any, traditional scriptures that help a modern gay person to grow spiritually. To fill the gap, a host of books have sprung up talking about faith and God in terms that allow gay people to feel spiritually worthy. I'd urge you to read such a book in order to settle your own doubts, for every parent of a gay child has them.

As to the balance of male and female, both aspects exist inside ourselves. A straight person doesn't reach balance simply by finding someone of the opposite sex. The work happens inside, and if it's successful, a balance is reached outside as well, since outer and inner reflect each other. In the straight world, there are common, but mistaken, assumptions that gay couples mimic the roles of husband and wife, one playing at being feminine, the other masculine.

Such a rigid division is actually far from the norm. The challenge in any relationship is how to find completeness while relating to another person. This is true in all relationships that are mature, loving and serious about personal growth. Some straight relationships fail the test; some gay ones pass it. Nobody gets a free ride just by falling in love with someone of the opposite gender.

Love,
Deepak

Read more: http://www.oprah.com/spirit/Ask-Deepak-Homosexuality-and-Spirituality_1#ixzz3MhmBfmII

It sounds as if this relationship is new territory for you and you are in the midst of discovering aspects of yourself that you have been unaware of previously. Given the newness and the uncertainty of your feelings it may make more sense to not burden and bias your exploration with the judgments of your family and friends. Their reactions toward you may cloud your real emotions and prevent you coming to a truer insight about your nature. So I recommend that you wait on telling them until you have a clearer sense of where your feelings lie. If it turns out this gay relationship is a short-lived episode in your otherwise straight life, then you can spare yourself the explanations by waiting. If on the other hand if this relationship is the start of something long term, then you will have plenty of time later on to let everyone know.

Ask Deepak: How to Accept Your Sexuality

By Deepak Chopra

Q: I'm doubtful about my sexuality. Since I was about 6 years old, I somehow knew I was different inside. I'm 21 now, and more or less able to recognize that "it's" part of me. By "it," I'm referring to having a queer interest in members of the same gender (I was born Christian, by the way, so you can definitely imagine the turmoil inside of me). So, when I actually realized that it's not going to go away (these thoughts and feelings), it just shook my world. Sadly, I have been struggling to "kill" this part of me since I was a kid. By playing "me" down, I could actually fit in and seem like a normal guy. So what I would want to know is: What is this condition (if it considers itself as a condition) that I have? I'm sure I'm genetically programmed to think and feel the way I do. I have even tried going against it, but it simply felt forced, and even fake. Extremely confused, and this is actually the first time I'm asking. Oh. I had my first feelings of depression in 2004. Now, I am on medication (fluvoxamine), which is preventing any further relapses. Hopefully, you do have some sort of direction for me. And honestly, I do detest myself for being queer and odd. Get back to me? Thanks a million.

— *Jo K., Singapore*

Dear Jo,

The problem here isn't sexual orientation, but judgment against the self. Instead of being gay, let's say you were bald. Most men are self-conscious about being bald, and it can serve as a focus for loss of self-esteem and a sense of not being masculine enough. I hope you see that it isn't baldness that is causing such self-judgments, which can become quite obsessive and overpowering.

Being gay is more difficult to come to terms with than baldness, of course, because of society's attitudes. You don't actually detest yourself; you have passively absorbed other people's negative attitudes. Religion is part of society, and when it enters the situation, one winds up with yet another layer of disapproval—perhaps the most

severe of all—because to be gay, according to Christian fundamentalists, is to put your soul in jeopardy.

In your position, I would list the problems you feel inside, putting them down in order of severity and then writing down a specific remedy for each. For example:

- **Feeling lonely and different**

Remedies: Meet other gay people who have good self-esteem, join a gay social club, make one good gay friend, make one good straight friend who is fine with homosexuality

- **Self-judgment and insecurity**

Remedies: Find one thing I am good at, join with people who value my accomplishments, find a confidant to share my feelings with, make friends with somebody who can serve as a model or mentor

- **Religious guilt**

Remedies: Read a book on modern faith and gay tolerance, find a gay friend who is also Christian, seek out a gay pastor

- **Sexual dissatisfaction**

Remedies: Join a gay group that is about something besides sex (hiking, movies, dancing, hobbies), read about heroes and pioneers of gay liberation, identify with strong role models who have successfully combined sex and love

There are many more issues I could have included, but the point is to first get you out of yourself so that you can form less self-destructive beliefs about being gay. And second, use these outside contacts to build up your sense of self. You are a unique person with unique value in this world. It doesn't matter whether genes, upbringing, predisposition or early behavior contributed to having a gay identity. This is your main life challenge, here and now. A lot depends on confronting the challenge head-on with a positive outcome in mind.

Love,
Deepak

Read more: <http://www.oprah.com/spirit/How-to-Accept-Your-Sexuality-Ask-Deepak#ixzz3Mhn56dBz>

February 10 2014

Next for the Gay Rights Movement - Filling the Spiritual Dimension

By Deepak Chopra, MD, FACP

It's taken decades for gay activists to achieve the most basic right that every minority deserves: equality under the law. In principle one might say that the battle has been won, even if some states are dragging their heels and some groups mount fierce resistance. Thirty years ago it took mass protests to push for major funding of AIDS research, and the overturning of antiquated, prejudiced sodomy laws wasn't a sure thing when the Supreme Court took up the issue in 2003.

The fact that the court did invalidate state laws against homosexuality was the bellwether for a shift in public acceptance that will only accelerate in the future. It's time, then, to consider another dimension that has been masked by the headlines over legal battles. That's the dimension of spirituality, where religious intolerance has been the norm and finding the way to self-acceptance has been a poignant personal struggle for every gay man and woman.

The issues are framed by questions that millions ask every day without being gay, since they pertain to the loss of faith that society has been wrestling with for decades:

Does God love me?

Does He (or She) know that I exist?

Can God relieve my suffering?

Where was God when I endured my darkest hours?

It would be easy, and probably correct, to say that these questions are more pointed for gay people, because they are burdened by social disapproval, hidden prejudices, and long-held dogmas about God's condemnation of homosexuality. Spirituality is a larger dimension of life, however, based on real personal needs. For gay people to realize their place in a living kind of spirituality, seven needs must be filled:

1. The need to safety and security.
2. The need to be recognized for achievement and success.
3. The need to belong to a community.
4. The need to be listened to and understood.
5. The need to express oneself through creativity and self-exploration.
6. The need for higher moral worth.
7. The need to feel at one with God or other depiction of highest Being.

I hate to announce it to accepted prejudice (both inside and outside the gay community), but in my experience, gay people have done more to fulfill these needs than society as a whole. They may have been forced to face themselves by hostile circumstances; they may be more compassionate and accepting of differences in general; it could be that feeling like outsiders has increased their self-awareness. I can't point to an exact cause - no doubt there is a mixture of many causes - but the result has been an open kind of seeking that is one of the most valuable aspects of modern gay life.

Which of us has had to pay constant attention to being safe and secure when we walk down the street? Who feels automatically that their achievements will be undermined or their acceptance put into question simply because of who they are? Gay people confront both obstacles to the first two needs on the list, which are taken for granted by the majority population. The higher needs are just as tinged with self-doubt and negative social attitudes. What this means is that your gay friends and those happy gay couples kissing on their wedding day have gone through personal struggles you probably have only a little awareness of. Seeking for God comes down to seeking oneself in the grand scheme of things, and every gay person knows what that feels like.

Spiritual seeking is a huge topic, naturally. On one front most gay people have to come to terms with the religion they were brought up in. For Christians, a landmark is *The Good Book* by the late Peter Gomes, who held the position of Preacher to Harvard College. Gomes, who came out fairly late in life, devotes considerable space to the condemnation of homosexuality in the Bible, and his approach in the face of these condemnations is summarized in the book's subtitle, "Reading the Bible with Mind and Heart."

In other words, bringing a modern mindset and an open heart unfolds a new path, one that isn't literally tied to the attitudes of Jewish culture thousands of years ago, or the extension of those attitudes by the early Christian fathers. For gay people who want to remain among the faithful, there are churches in every large city that will welcome them. Even the Catholic Church shows signs of softening its strictures under a new, more compassionate Pope.

Not having the church door slammed in your face is barely the first step in filling the spiritual dimension in a person's life. The seven needs I've listed take a lifetime to fulfill, attended by inner work and a desire to keep evolving every day. At the very least the straight and gay world can agree on that, because seeking is a common human project. To fill the spiritual dimension requires a shift in attitudes in all of us. Gay people need to realize that they deserve to be fulfilled spiritually. Straight people need to agree.

Deepak Chopra, MD, FACP, Founder of The Chopra Foundation, Co-Founder of The Chopra Center for Wellbeing, coauthor of [Super Brain](#) with Rudolph Tanzi. Join the weightlessproject.org to eradicate obesity and malnutrition. For more interesting articles visit [The Universe Within](#)

CHOPRA FOUNDATION NEWS

• NORMALCY OF BEING GAY

Posted on: January 29, 2010

Is being Gay normal? Or it is a kind of mind miscue? Is this trait related to person's last life or his childhood memorabilia & parents or others behaviors in those ages? Please answer me, I really need your answer.

Answer:

Yes, being gay is normal. Homosexuality has been a part of human society throughout the ages and in every culture. It is not a mental miscue. In some traditions, such as certain Native American tribes, it is even associated with special spiritual knowledge. Sexual orientation is part of the package that the soul comes into this life with. It is not something that one adopts through circumstances during childhood.

FIGHTING HOMOSEXUAL URGES

Posted on: November 12, 2008

I have a hard time fighting temptations especially homosexuality. I know that it is a sin. What tools do I have available to fight this situation. I do pray about it and ask God to give me strength to fight these feelings but feel at times that it is hopeless. I want my life according to God's plan and his will but feel at times I will always struggle with this situation. Please give me some insight on how to deal with this situation.

Answer:

Instead of praying for the strength to fight your natural impulses, why not pray for clarity about your life? I assume your urges do not involve harm or coercion, so ask yourself, who told you homosexuality was a sin? Why do you believe them? If you want to live according to God's plan, you must be able to know that from within your own heart. There is no point in living according to the plan of a religious figure who doesn't know your divine purpose. Make a serious commitment to knowing yourself from the inside out and don't give credence to messages that don't resonant with who you are. You'll eventually discover that those who try to make you feel bad and sinful are just trying to compensate for their own fears, insecurities and guilt. Don't give them a moment of your attention, they have nothing but confusion to offer you on your spiritual quest.

Gay Affirmations

- I am gay for a powerful and purposeful reason.
- I accept my personal responsibility for being a healing force in my life, the gay community, and the world.
- I release shame and internalized homophobia from every level of my being.
- Mentally, emotionally, physically and spiritually I am tuned into the vibration of deep self-love and acceptance.
- In this alignment my thoughts, words and deeds are filled with grace, clarity and power.
- How great it is to be gay! I am FABULOUS . . . it's just true!

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