



Die Komaja Stiftung hat am 26. Weltkongress für sexuelle Gesundheit folgende Arbeit vorgestellt:

Category : 7. Education

1076 - THE POLYAMOROUS MANIFESTO PRINCIPLES OF SUCCESSFUL CONSENSUAL NON MONOGAMOUS PARTNERSHIPS

Franjo Milicevic Makaja¹

Komaja Foundation, Chair, Gersau-Switzerland¹

Consensual non-monogamous partnerships, particularly polyamory, have recently been subject of a great deal of psychological and sociological research. Studies primarily analyse the existing structures and models but do not include programs that would aim to empower the individual to establish successful non-monogamous partnerships, such as sexuality education and training programs. 'The Polyamorous Manifesto' and the related courses by Franjo Milićević, spiritual name Aba Aziz Makaja, intend to fill this vacuum.

Based on Makaja's 40 years of leading tantric (love-erotic) circles for the realisation of the sexual, personal, and spiritual potential of the individual, as well as 40 years of counselling monogamous and polyamorous clients, he defines the following principles for a successful polyamorous partnership in his 'Polyamorous Manifesto': 1) raising one's consciousness and alignment with one's Ultimate Wholeness to develop self-sufficiency as well as understanding and respect for the partners; 2) a partnership contract; 3) clear regulations regarding freedoms, rights, and obligations; 4) a supportive (polyamorous) social environment; 5) a support structure (e. g. a professional mentor); 6) training and culture of love and of being in love; 7) a holistic, creative use of sex rather than its destructive misuse.

For the realisation of the first and the sixth principle Makaja created the Komaja Meditation. The methods for the realisation of the seventh principle are presented in his ground-breaking sexology book, 'Divine Sex - A Path to Higher Consciousness'.

The results are: a) stable and dynamic polyamorous partnerships, b) a stable and dynamic polyamorous community, c) a high level of social and sexual health, pleasure and respect.

Conclusion: Empowerment and "EnLoveMent", comprehensive sexual and love-erotic education and training, as well as a successful integration of the needs for sexual freedom and commitment, are preconditions for happy and lasting polyamorous partnerships.



Oliver Heil, dipl. Psychologe, **Zvonimira Jutriša**, Vertreterin der *Komaja Gesellschaft* Kroatien und **Franjo Milićević Makaja**, Präsident der *Komaja Stiftung*, in Antalya am Weltkongress für sexuelle Gesundheit



Franjo Milićević Makaja überreicht **Eli Coleman** sein neues Buch zum Thema sexuelle Gesundheit. Eli Coleman ist einer der weltweit führenden Wissenschaftler im Bereich sexuelle Gesundheit. 2004, damals noch Präsident der WAS, bot er der *Komaja Stiftung* die Mitgliedschaft bei WAS an.