

LOVE SEEKS CONNECTION

Interviewer: Torsten Schwick
An interview with Armin Heining on queer spirituality, sensuality, and inner transformation

How does a former Catholic priest end up guiding naked men through meditation? Armin Heining was a Benedictine monk, theologian, and spiritual counselor – until he left the Church to explore a more embodied, queer, and radically sensual path of spirituality. With his GAY-TANTRA® approach, he has spent over 30 years helping men connect – with themselves, with others, and with something greater. We spoke with him about his extraordinary journey – and about the power of ritual, desire, and brotherhood in a world that still often frames queerness as purely political.

Armin, you used to be a Catholic priest. Now you stand for a spiritual form of masculinity beyond religion. What triggered this change?

Even as a child, I had a deep connection to my feelings and inner vitality. That made some people uncomfortable – my father, for instance, tried to break that light in me. But even in the monastery, I kept that connection alive through silence and meditation. Eventually, though, the Church couldn't accept my growing clarity. We parted ways, peacefully. After that, I explored many paths: meditation, tantra, body work. It served me well – until I realized I needed to go deeper, beyond systems, into the essence: love itself. The real shift came when I began following that inner voice with no compromise. There was resistance, but each headwind brought me closer to myself.

In your book, you describe eroticism as a gateway to transcendence. What does that mean for queer men?

It means you are okay, just as you are – including your erotic energy. The heart says: 'I love you unconditionally.' Eroticism is not an obstacle to spiritual growth – it can be a path. Through it, we can dissolve the illusion of separation between self and the greater whole. Love doesn't discriminate by identity. It seeks connection.

TRANSFORMATION – WITHOUT DOGMA.

Looking back at your time in the Church – what would you tell queer people who grew up with religious shame?

My time in the Church shaped my spiritual depth. But eventually, I realized I was disregarding parts of myself. Around 1992, I began including my sexuality on my spiritual path. At the same time, I got lost in external temptations – money, power, status, drugs. I had to face that honestly and say: this isn't the life I want. Through therapy, I let go of old patterns and regained trust – in my inner truth, which I now see as a source of love, clarity, and vitality. I don't belong to any institution anymore, but I feel connected to everything – Church, state, family, the queer scene. I just don't define myself by them. Shame is learned. It's not truth. Joy, peace, and love are our essence. When we see that, we reconnect with real vitality.

You speak about ritual, bodywork, and brotherhood. Where does the spiritual end and the political begin?

That's a false separation. From a spiritual view, everything is connected: private, political, physical. When I change myself, the world around me shifts too. The greatest impact I can make is by facing my own patterns and surrendering them to love. That's transformation – without dogma.

What would you like to see more of in today's queer discourse – beyond labels and categories?

I'd love to see more courage to go inward. Through my books and my work, I try to encourage especially queer men to trust themselves. Our stories, identities, and histories are unique – but our hearts know the way. And if you follow the heart, you're already on the right path.



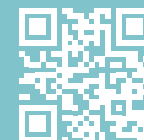
Du bist individuell und verdienst eine HIV-Therapie, die das auch ist.

PILLE? SPRITZE?



WAS PASST ZU DIR?

Sprich mit deinem/r Ärzt*in
über deine Möglichkeiten.



Erfahre mehr
auf www.livlife.de

NP-DE-HVU-JRNA-230001

Viiv
Healthcare