

## Transmuting Sexual Energy



Over the years, lovely souls have come up to me to ask if I had some suggestions that might help them overcome their habit of self-sex. They may have asked me as almost twenty years ago I did a class called “Conquering Lust the Greatest Enemy” in Madhuban, and shortly thereafter in England.

Conquering lust was not a class I wanted to give, but when I accidentally fell in love with someone after 15 years as a BK, I felt it was important to share what I had learned, hoping it would help other souls navigate this difficult terrain more easily, and stay as one of Baba’s invaluable jewels. To practice celibacy while being attracted to someone was extremely difficult; it was one of the hardest years of my life. It took me a year to break the dream I had created, and return to soul conscious vision for all. While that class helped many souls have more tools to avoid and overcome sexual attraction, it did not deal with the topic of self-sex.

Each one of the BK sisters and brothers who have asked for suggestions to help them stop self-sex (masturbation) are deeply committed to this spiritual path. They love Baba and are distressed by their habit. They voiced frustration at not being able to free themselves from their compulsion. Hence, with the hope that it will be helpful, let’s explore transmuting sexual energy.

The Merriam Webster dictionary defines transmuting as: “to change or alter in form, appearance or nature and especially to a higher form”. There is a wonderful book I have been recommending for about 18 years to BKs: “Ancient Secret of the Fountain of Youth” by Peter Kelder. In it, it states that sexual energy when transmuted, rather than dissipated during masturbation or suppressed, can energized the higher chakras and result in great benefit for the body and mind. In the form of a story, which may or may not be factual, about a gentleman in England who travels to Tibet, six hatha yoga exercises are introduced. The first five exercises or “rites” are to balance the chakras and improve health and vitality. The sixth hatha yoga exercise is to eliminate sexual desire when and only when there is sexual desire. It is recommended for vegetarians who are practicing celibacy and who sincerely wish to go beyond sexual urges and achieve higher consciousness.

The above was the only tool I thought of offering previously. However, given the number of beautiful souls who are committed to BK life, and distressed by this compulsion, it is time for churning – and more tools.

### *A sanskara we've had for many births*

Many souls who come into gyan, easily adopt the practice of celibacy, others find it a little challenging. But, Baba helps all of us, in the beginning. In time, perhaps several years down the line, sexual attraction and/or energy arises for many. I remember being quite proud of myself at four years in gyan, when someone who was seven years in gyan shared a story about being sexually attracted. I got smacked by my first attack of lustful feelings a year later. My lesson: Beware of my own ego, and judgment of others. Understand that it was Baba's help that had allowed me not to experience that earlier.

Gyan: Lustful sanskaras began to develop 63 births ago. Baba is very clear that our loss of spiritual energy and impurity is not our fault. Please do not feel guilt when this sanskara pops into your mind with its emotions. There is no need for a negative tirade at the self. Be present and still. Observe and name the emotions, and lovingly accept them as part of what you are experiencing. Talk to the self. Perhaps inquire. It may sound like: I am feeling lustful. What's going on with me? Am I feeling insecure? Overwhelmed? Pressured? Use your wise nurturing voice with yourself. Then transmute.

Baba and drama seem to allow souls time to stabilize in this spiritual lifestyle before a real challenge appears. However, if the sanskara is in the soul, it will eventually pop into the mind, giving us an opportunity to transform. Denial, fear, shame and guilt do not serve us. There is great benefit in learning to be present and still when these sanskaras appear. Observe, and name the emotions, as you lovingly accept the self. Accept the emotions. What is the need? Can you take that from Baba? Then transmute.

Sexual energy can also emerge when the chakras are healthy and in harmony. It is a natural energy in this period of history, and can emerge more strongly at certain physical ages and with fluctuations of hormones.

### *Transmuting, Restoring Yoga, and Layers*

One way to transmute sexual energy is through the sixth hatha yoga rite mentioned earlier. The sixth rite does reduce sexual desire immediately. It can be done whenever there is sexual desire and can be done as often as needed. More information about this is given in a latter section.

I would like to propose a second method. I will begin by sharing some information, and then look at it through the lens of Baba's knowledge.

Many years ago I read an article by a psychiatrist, who said there was a collapsing of ego boundaries for a few seconds during orgasm. I know writing this may offend some people, but in support of those who have a habit of self-sex, I would suggest that they are in pursuit of a blissful experience that is beyond, where there is just bliss and an experience of total "being" and joy without any measurement, if even for just a few moments.

There are many, many downfalls of masturbation, but if we just look at the desire for a state of bliss, and being in an experience of joy, without the outside world measuring us, one can see that for yogis it may be a misguided pursuit of a spiritual experience. These yogis know the negative effects of this habit when it is an entrenched part of their life, of course. But sometimes it is really, really hard to extract the self from the cycle of growing sexual energy/tension and relief.

The collapsing of ego boundaries is an interesting concept. Isn't it just experiencing the real nature of the true self, the soul, that is, of love and joy, feeling that we are free, unlimited, united with the universe?

This proposed second method begins with churning and meditating on the state of bliss beyond, that is, higher than that experienced during orgasm. This may sound strange, but many BKs with this habit have difficulty experiencing a powerful, close connection with Baba. To start at a known bliss point allows one to circumvent the process, leaping into a known state and then using your yogi intellect to allow the soul to become lighter and lighter. Instantly be with Baba, and immerse yourself in His love and purity. The light of purity fuels bliss. Baba does say, after all, that it is yoga that will allow us to conquer the vices.

Explore the supersensuous joy of being completely bodiless. Be just a light. We are often covered with layers and layers of other peoples' opinions, judgments and expectations, and our own judgments, expectations, measurement and roles. During other meditations, visualize the layers lifting off the soul, one by one, until you are just a tiny star of light, in a state of bliss with Baba. Supersensuous yogic union can be far beyond the experience of a climax, and it lasts for much, much longer, with no negative effects.

There is another layer I would like to mention, and that is the layer of the pain of not being completely loved. We are completely full of love in the Golden and Silver Ages, and loved by everyone, constantly. This is possible because of our state of purity and benevolence. I think it is a shock to enter Copper Age, where because of our attachment, ego and lust, we begin to prefer some people over others, and are then less preferred, less loved. We abandon and are abandoned. The sorrow of not being loved completely, of our beauty not being seen, has accumulated in the soul. Fortunately, this sanskara of sorrow is only as deep as Copper Age. Under this layer is our beauty, love and purity.

Baba does say in one of the avyakt murlis, that if you wish to transform a negative sanskar, focus on the negative sanskar and then go into the desired sanskar. Experiment with this to transmute sexual energy. (It would be wise to use the sixth rite when there is intense desire; use this second method when it is at a low level.)

Be present and still, mindful. Observe and internally name your emotions when you experience desire, and lovingly accept yourself with your experience. Relax, be aware. Talk to the self. Perhaps inquire. It may sound like: I am feeling desire. What's underneath this? Is there an unmet need? Perhaps it is: "I'm so angry ..." or, "I'm so scared ..." or, "I'm so tired of feeling measured and unloved ..." or...? Then, relax, accept, and visualize the layers covering you the soul. Let yourself name each layer you do not want to cover you, the bodiless soul, and name what you are taking from Baba instead. Such as, "I let go of my anger and feeling of failure ... Under my anger is hurt and fear.... Baba knows I am doing the best I can. Baba chose me, Baba accepts and loves me." Or, "I let go of their expectations ... Baba wraps me in His love." Or, "I let go of the next layer, the layer of \_\_\_\_\_. My tension dissolves as I let go of these layers. I am a light, unburdened. I am free. I allow Baba to surround me with love. I am going to let myself become lighter and lighter.... I am completely loved by Baba. I move into a blissful space with Baba. I go beyond the senses. I float in love. I float in joy."

#### *Loving acceptance and a wise nurturing voice – Ban guilt and recrimination*

As yogis committed to celibacy as part of our spiritual practice, self-sex is often kept as a shameful secret. To put it into perspective, the Statistic Brain Research Institute notes 95 percent of men admit to masturbating and 89 percent of women. For many it is a very rare action, for others it is a daily practice.

I would guess that the majority of yogis never masturbate, and others occasionally. It seems that only when it is a frequent habit, if I am to gauge by the sisters and brothers who have talked to me, that the drawbacks to yogic life are quite disruptive. The inability to concentrate, feeling like a failure, frustration and anger at the self, hopelessness, feeling alone and difficulty meditating are mentioned. I know one soul who is so distressed by his own habits that he is depressed and withdrawn. It has been debilitating for him. Such a shame, for he is an incredibly beautiful soul with so many virtues.

If there are feelings of failure, unworthiness or shame, you may wish to experiment with some of Brad Yates' EFT videos on YouTube. EFT is the acronym for Emotional Freedom Technique. It is also known as tapping.

<https://www.youtube.com/results?q=Brad+Yates&sp=SHjqAwA%253D>

The hope we have for ourselves, and our ability to nurture the self when we are going through a difficult time is very, very important. Please think about reading the BK booklet on

“Taking Care of Yourself” or take the BK “True Self Esteem” course. These resources were developed to help yogis reflect on their own emotional and spiritual processes, and develop positive skills to deal with negative emotions and challenges. For example, it is important to deal with the self in an encouraging manner and give up guilt. Read perhaps on the importance of lovingly accepting emotions of hurt or fear so they lessen in intensity rather than being harshly critical of the self or suppressing the emotions. Let go of your internal critic for it is adding negative energy. Delve into your wise, nurturing self that knows how to listen to the part of you that feels insecure and can encourage and positively guide. Know you will be victorious. It is guaranteed. Baba is beside you, ready to help.

***Suggestions for becoming free from sexual compulsion***

***Step One: What is my aim?***

It may be helpful to think about the pluses and downfalls of self-sex, as it can be hard to move away from a habit that is pleasurable.

<b>Pluses of masturbation</b>	<b>Downfalls of masturbation</b>
It is pleasurable.	The pleasure of this habit lasts for a few minutes, but it affects the rest of my daily life in many ways: The quality of my peace and love is diminished. It is as though my vibrations are fuzzy. I can't feel Baba as clearly. The feeling of sexual tension grows. The more I masturbate, the more I want to. It is like an addiction, a compulsion. Sometimes I want to be fully engaged in an activity, but especially if there is any stress or conflict, my mind is moved to wanting the habit in a compulsive way. Even when I am doing something good that I used to enjoy, I start thinking that I want to get away and be by myself with my compulsion.
It releases feelings of stress and tension temporarily.	Yes, the feeling of stress and tension is removed for a short time, but it increases later. I am not using Baba's help to dissolve my tension with peace or love, but instead feel compelled to go toward this habit. I am falling back to this habit rather than using the powers of yoga. I am increasing an addictive compulsion rather than developing virtues and spiritual skills.
At least I'm not in a sexual relationship and creating karma with someone else.	True. You are only affecting your own self in terms of sexual activity. But, is this habit helpful to you? Would you like to be free? You are a powerful soul that can help heal the world with your vibrations.
	Soul consciousness positively effects health; body consciousness negatively effects health. In time, tiredness and lack of energy increases.
	Spiritual power is decreasing.

	Some souls feel bad that they are not able at this time to fully follow shrimat.
<i>Please add your own thoughts.</i>	<i>Please add your own thoughts.</i>

<b>Pluses of being able to practice purity</b>	<b>Downfalls of purity</b>
I am gaining spiritual power.	Hmm. I can't think of any.
I am learning to direct my own mind. I will become a Master Almighty Authority.	
The quality of the peace and love I experience from Baba is deepening.	
I am happy and my experience of supersensuous joy is growing.	
My health is positively affected.	
Sexual energy when transmuted, rather than dissipated during self-sex or suppressed, energizes the higher chakras and results in benefit for the body and mind.	
<i>Please add your own thoughts.</i>	

**Please journal on the following question:**

What would my life be like if I were free of this habit? What would I like to do that I feel unable to do now?

***Step Two: Start the Five Rites – Do this set of exercises daily.***

Read Part One of “Ancient Secret of the Fountain of Youth” by Peter Kelder. Do the five hatha yoga exercise three times each in the morning or evening, every day for one week. Do those four or five times each in the morning or evening, every day during the second week. If you cannot do the hatha yoga exercises more than three times each, that is fine. Do what your body will allow. Continue doing each rite daily three to five times each in the following weeks.

One of the reasons for suggesting the above is that these five hatha yoga exercises help the five chakras spin in harmony. This benefits health and vitality, and also reduces feelings of tension and anxiety.

If you do indulge, try not to give yourself a hard time, but begin to say goodbye to this habit. Notice the effect on your body and soul.

### ***Step Three: A Bit More Balance in Life***

Is there balance in your life? Are you walking or exercising daily? Is there a sport that you love that you can do with friends? Perhaps walk every day or create time for tennis, basketball or swimming or another favorite activity a couple of times a week. Do you like to paint or draw or play music? Are you enjoying nature? Are you sometimes relaxing and sharing a meal with friends? Are you taking time to just be and enjoy being you?

### ***Step Four: A Healthy Diet for the Body and Mind***

Think about a healthy diet. Please dramatically reduce or do not eat any white sugar or artificial sugars, but instead have just a little of healthier sugars. Enjoy brown rice, quinoa and fresh fruits and vegetables. Drink adequate water.

What are you feeding your mind when you feel low? Be especially careful when you are stressed, hungry, angry, lonely, sad or tired. At those times, act to do something positive to fulfill the need, that is, eat something healthy, lovingly accept your feelings, explore what is underneath and give yourself what you need in terms of good company, rest or yoga. Develop a nurturing voice inside. Connecting with friends is important.

Sometimes certain images, films or videos can act to increase sexual desire. Choose wisely what you watch. If there is an addiction to porn, consider installing porn-blocking software on your computer; create a really complex password and don't write it down. Or, only use your computer in a communal space.

### ***Step Five: Read Part Two and develop some positive affirmations***

Read Part Two of "Ancient Secret of the Fountain of Youth". Reread it for it does contain fascinating information.

Develop several affirmations to help you move toward your goal of complete purity. Please do not use the sentence: "I will not masturbate," as the subconscious mind does not process the word "not", so it will hear "I will masturbate". Instead, go for a positive affirmation such as: Baba is helping me become pure. I am an angel. I am a soul and I give light to all souls. I am powerful. I will be victorious. Victory is guaranteed. I am a master bestower. Baba surrounds me with love and light. Baba has chosen me to benefit the world. I am in a cocoon of Baba's love. I love nature; Baba and I are purifying the elements.

***Step Six: Please experiment with a state of bodiless bliss***

Please reread the section, “Transmuting, Restoring Yoga, and Layers”, at the bottom of page two. As part of that, churn and meditate on a state of bodiless bliss. Let the past be past and be free of shame. Allow Baba to be the Innocent Lord.

Experiment with being free of all layers. Try the practice of being present, and lovingly accepting your emotions. Look under the emotions and see what it is that you need. Take love from Baba and let go of anger at the self. Heal hurt and fear with further exercises that can be found in “Taking Care of Yourself” or the BK “True Self Esteem” course.

***Step Seven at Week Two or Three: Start the Sixth Rite***

Are you ready to start the sixth rite the second week? If not, no worries, continue with the five rites daily and your positive affirmations. You will be successful – one step of courage on your part will result in a million steps of Baba’s help.

When you are ready to start the Sixth Rite to transmute sexual urges, perhaps after one, two or three weeks of doing the first five rites, be aware that the Sixth Rite is only to be used when there is a sexual urge. Do not do this if there is no sexual urge as it may have a negative effect. When there is a sexual urge, do the sixth rite as soon as possible. If you wait, the intensity of the sexual urge can grow, increasing the feeling of compulsion. It is fine to do the sixth rite several times a day; do it whenever there is the sexual urge for self-sex. You may wish to experiment with doing the sixth rite and pairing it with a determined thought, such as, “I’ve had enough of this. This is over. I want to be free.”

You are likely to be successful in decreasing the frequency of this habit by week two, three or four. The longer you can stay without the habit, the easier it will be; sexual preoccupation decreases. I would guess that it is likely to take several months to feel free of high to moderate levels of sexual tension and sexual urges. As other emotions that we transform, it may occasionally re-emerge to challenge us.

If you succumb to the compulsion again, please let go of any guilt or shame. Sometimes when we are upset about things or going through a tough time, habits reoccur. As one soul shared with me, “It’s like a cold. I know it is short lasting and I don’t worry about it.” Indulging in emotions of guilt or shame only increases misery. Let the past be the past and lovingly accept the self. You are doing the best you can and you are making effort. You will be completely free in time.



Know that Baba loves you immensely. Do not think that God loves all souls anyway. Know that His love for you is personal. He has chosen you, knows you and loves you. Allow yourself to experience this.

All love and good wishes ...

**Om shanti**

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