Conference 46 from Phase A.

CONF. 46

HOW TO CONTROL NOCTURNAL EMISSIONS AND SEXUAL FALLS

In order to be able to achieve perfect Chastity, it is necessary to study some things that make us lose it:

NOCTURNAL EMISSIONS:

An emission is a spilling or loss of Sexual Creative Energy that occurs during the hours of sleep. While the Physical Body rests in bed, the Astral Body is in activity. Through the silver cord it transmits vibrations that come to the Physical Body, originating a spilling of sexual energy in it.

When one wants to put an end to the ego of nocturnal emissions, one must work on the different facets that it presents. Now we are going to study some of them:

1. On the one hand, we have the IMPRESSIONS. In the course of the day we receive many impressions. Those impressions reach us through the senses. Therefore, we have visual, auditory, olfactory, gustatory and sensitive or tactile impressions.

Impressions can be transformed when we find ourselves in a state of vigil, when we self-observe and have remembrance of oneself. But if we let down our guard, there is no one to transform the impression, and therefore identification takes place.

All the impressions not transformed can come to produce a nocturnal emission or sexual fall.

2. There are also the IDENTIFICATIONS. We identify with many things; you yourselves are going to see, for example, that one could identify with a process of anger, lust, greed, etc. One can identify with a skirt one saw, with a pair of legs; one can identify with a pair of breasts, with a pair of eyes, with a face, with hair, with whatever it may be, drink, food in excess, etc.

Identifications can lead us to a nocturnal emission or sexual fall. If one has an impression, for example, a visual one, and at that moment one works on that visual impression and asks for death, there is no identification.

3. LASCIVIOUSNESS is the frustrated desire for sex. Through lasciviousness all the lustful egos and the sexual desire for all the persons we see enter into activity. They make dreams real in erotic dreams.

4. The different LUSTFUL DETAILS of the day.

5. There is another point that can cause losses of the Sexual Creative Energy: the ATTACK OF A WITCH. A witch can try to steal the sexual energy during the night, through the fourth dimension, and produce on the physical plane a spilling of sexual energy.

6. In those cases it is important that we learn to defend or protect ourselves for when this type of attacks take place, in order to prevent any theft of energy.

With a pair of steel scissors placed in a cross, black mustard in a circle around the scissors and a supplication to the Elemental of the mustard to defend us, we can trap the witch who attempts it.

7. ATTACKS DURING SLEEP. These attacks made by the Black Lodge imply that, when one goes to sleep, one must protect oneself and close oneself with a Belilín and Magic Circle. Hence the importance of learning to protect ourselves and to keep ourselves closed for the greatest possible part of the day. Above all when the practices of sex are going to take place. A practice of sex without the Protection and the Magic Circle is almost equivalent to a sexual fall. The student must also learn to defend himself with the protection of JUPITER.

8. Another aspect, and one of the most important to work on, is the matter of FOODS. Avoid: a) Foods that contain pig or pork (it has effects of up to fifteen days). b) Foods cooked in containers where pork was cooked. c) Eating fish without scales, catfish or swamp fish that feed on feces. d) Eating farmed fish fed with pig manure or pig feces and anabolic steroids. e) Toxic foods. f) All sausages and meats from delicatessens. g) All liquors act by preventing chastity.

Therefore it is necessary to eat fresh foods. Any of the foregoing can originate nocturnal emissions or sexual falls.

9. The LEVEL OF THE VESSEL. We all have a vessel in which the Sexual Creative Energy is deposited. You will notice that we feel more excited when the level of the vessel is full, or from the middle upward. Then anything calls us to sexual activity, because it is of an instinctive type.

This is showing that we have to learn to manage the energy levels of the body. You know very well that if it fills up, it spills over. When a person has the level of the vessel high and has no one with whom to transmute his energy, or has a partner but cannot practice for some reason of health or whatever, what must be done to prevent the vessel from spilling over? Well, learn to SUBLIMATE THE ENERGY.

So we are going to give the practice of Sublimation of Energy. What is it to sublimate the energy? It is to learn to seminize the brain through a breathing exercise. That exercise is a pranayama in which we are going to imagine our spinal column and our brain. And we are

going to sublimate the energy through the ganglionic channels of Ida and Pingala. Here we imagine the sexual glands and the nose. The important thing is to learn to imagine how the process takes place.

On one side we find Ida and on the other side Pingala. These two serpents allow the energy to be sublimated through the Vital Body, by doing this breathing exercise and using the mantram: HAM – SAH.

HAM prolonged, when inhaling. SAH short, when exhaling. The inhalation lasts about twenty seconds and the exhalation approximately two seconds. A pause is made before inhaling again.

We cover the left nostril and inhale through the right nostril. We imagine that our energy ascends and reaches the right nostril.

One starts from the left testicle, which is positive, and reaches the right nostril. Then, from the right testicle, which is negative, to the left nostril. One imagines, because to imagine is to see, that the energy is rising through these two channels of Ida and Pingala. In this way we lower the level of the vessel and always keep our energy at very suitable levels, so that it is neither lost nor spilled at any moment.

In the case of women, the polarity is reversed. The signs are changed, but it is exactly the same as in men. Ladies begin with the right ovary and go up to the left nostril, and continue with the left ovary, taking the energy to the right nostril.

The Sexual Creative Energy is produced by the brain in the Pineal Gland. It gathers the energy of the Spirit and unites it with the Sexual Hydrogen. This exercise is regenerative, and helps a great deal in matters of health.

Sublimation should be done only once a day, for ten minutes. The best hours to sublimate are from four to six in the morning, when one is getting up, when the Vital Body has restored the energy of the Physical Body.

Nothing more than this is required. By practicing it yourselves, you will realize that it is very simple and helps a great deal.

10. THE PLACES AND THE LARVAE. There are many places that one visits that are full of larvae: Theaters, cemeteries, brothels, residential hotels, motels, hotels, discotheques, churches, erotic movie theaters, etc.

If for some reason we have to attend one of these places, we must cleanse ourselves with a swastika; it is made with sulfur and burned with alcohol on a tile. Furthermore, if one puts a pinch of sulfur inside one's shoes, it prevents the larvae from climbing onto them and reaching the bedroom.

11. **THE LACK OF CONCENTRATION IN THE PRACTICE OF SEX.**

- One must always ask the Father and the Divine Mother for Assistance before beginning a sexual practice.
- One must never practice without the Protection of Belilín and the Magic Circle; otherwise one is exposed to an attack.
- The lack of concentration in the practice originates sexual falls; they take place because we allow the mind to flutter about. Where the mind is, there the Consciousness is.

1. When practicing, each one must concentrate on his own sexual organs and on his spinal column, not on those of the partner.

2. All the movements must be gentle; abrupt movements must be avoided.

3. The bedroom of the gnostic married couple must be kept in magnificent conditions of hygiene and with very good ventilation. Remember that the Masters come there to help us in the work.

4. It is recommended to couples who are beginning not to use old mattresses, nor those on which there has previously been fornication, for they are full of larvae.

- For those who are getting married, it is recommended not to go to hotels on their honeymoon, because the beds there are black beds. Even if they appear very clean from outside, they are dens of the Black Lodge.

12. MENSTRUATION: During the menstrual process of the woman, the couple must separate for several reasons:

- The energy of the woman is passing through a process of involution, and this energy draws the energy of the man toward involution as well.
- On the other hand, the menstruating woman produces many larvae. That is why it is not advisable for her to sleep in the same bed where she practices supra-sex, nor for the man to sleep with her.
- Furthermore, any caress during this week revives dead egos.

13. CARESSES WITHOUT PRACTICE. This point is very important for single persons and also for married ones. The majority do not know that on caressing, the sexual energy enters into activity; this happens with the first caress or kiss. If that energy does not evolve, then it involves. Later the person will go to bed and the nocturnal emission will come, and if he goes to practice, the sexual fall.

End of Conference 46.