



*Celibacy  
and  
Spiritual Life*

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# **Celibacy and Spiritual Life**

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## **Introduction**

Celibacy is a very important criterion for spiritual development. Many spiritual organizations emphasize this, but fail to give proper instructions on what celibacy is, in spiritual sense. Sexual instinct is a strong force in a human being. Without proper guidance, staying a celibate with just the power of will is very tough. It is a very powerful energy. It has to be properly utilized. This proper utilization is what I consider as spiritual celibacy and not just refraining from sex. If not properly utilized, it may bring mental disturbance, which would be a barrier for spiritual development.

## **Importance of Sexual Vital Fluid**

Sexual vital fluid is a highly refined physical substance present in our body. Wasting it would drain your energy, badly. Utilizing it properly would bring a fast spiritual progress and one enjoys a good health and a healthy aging.

There are a few esoteric practices by which it could be properly utilized to boost the spiritual evolution. It has to be transmuted and allowed to move up along the sushumna channel as subtler form of energy. Sexual fluid can immediately be converted to subtler form of energy. That is why I mentioned that it is the highly refined form of physical substance present in our body.

Sexual energy and spiritual energy are not different. Both are one and the same. One cannot progress without understanding this. When the sexual fluid is present near the muladhara chakra, it

feeds the basic instinct. When it is properly transmuted, it brings divine qualities. So, one cannot condemn the sexual energy and attain spiritual progress. A proper understanding and proper transmutation of the sexual energy would bring wonders.

### **Esoteric Techniques**

Transmutation of the sexual vital fluid is very easy when the mind is sharp enough. When the mind becomes sharp and subtle, moving the sexual vital fluid is possible at will. If one is completely new to meditation, it takes some time to get mastery over this art.

The transmutation of the sexual vital fluid happens naturally, even if you do nothing. But, this is not sufficient enough to bring transformation in an individual, to transcend the basic instincts and attain divine qualities. Because, our energy channels are not open enough to make that happen. For an advanced student of yoga, the energy channels are without any blocks and this transmutation happens without any effort.

In the kriya yoga, there is a technique called kriya pranayama. It is the process in which the energy is moved in the sushumna channel, in a specific manner. It naturally results in the transmutation of the sexual fluid. But, it happens only when one is able to master the art of doing kriya pranayama. When the mind is able to sense the subtler reality, the etheric body, it becomes a very easy task. Just moving the mind or pulling the energy from the region of muladhara towards sahasrara, transmutes the sexual fluid into subtler form of energy, feeding the higher chakras. The movement of the mind when coupled

with the breath becomes powerful. So, if the breath is pulled from the region of muladhara, it simply results in the transmutation. It sounds very simple. This technique works when you have mastery over your mind-matter complex. Just taking a mechanical breath from muladhara to sahasrara will not bring any benefits. When the transmutation happens, you can actually feel it. You either feel the warmth or the coolness. Or you would feel energized.

So, what should the beginner do? A beginner has to meditate properly to develop awareness over the subtler energy. The technique of directly working with the etheric body is a good way to progress. It helps a beginner and old student of meditation alike. In my book 'Zen Mind, Empty Mind', I have shared the way to work with the etheric body.

When one works with the etheric body, the energy channels naturally gets opened up and the sexual vital fluid is effectively transmuted.

The hatha yoga poses like sarvangasana and sirisasana will also help in the transmutation of the sexual energy. The effect of these poses is very good when the energy channels are open enough to allow the proper energy flow.

When one is directly working with the sushumna, one should also know how to rotate the energy in a proper manner. If all the energy is moved to the ajna or sahasrara, it will end up in a headache. It is not the right place to store the subtler energy. The energy has to be moved down and stored in solar plexus. It is the store house of energy.

## **Should One Abstain From Sex?**

This is the basic question. In my opinion, abstaining from sex is not the real goal. Conserving and proper utilization of the sexual vital fluid is the main goal. When one has a proper control over the pubococcygeus muscle or the PC muscle and is able to move the sexual vital fluid at will, one can have sex without wasting the sexual fluid. It is even easier to transmute the sexual fluid, when it is in excited state. The natural transmutation also happens effortlessly, in such a state. When the transmutation happens, it sweats. Doing kriya pranayama also, one would sweat. It is an indicator showing that the energy is moving up. One could learn more on this technique from the books of Mantak Chia:

[Taoist Secrets of Love: Cultivating Male Sexual Energy](#) and  
[Healing Love through the Tao: Cultivating Female Sexual Energy](#).

Moving the energy with our will, working directly in the sushumna channel, is a powerful technique. Direct guidance of a master is preferred to practice such techniques. If you are already into meditation and know how to play with the energy, there is no harm.

Working with the etheric body is very safe. Once the channels are open, the energy moves on its own without our interference.

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My books

[Zen Mind, Empty Mind](#)

[Attracting Pure Love - The Esoteric Way](#)

My blog

[Meditation and Self Realization](#)