

Control Nocturnal Pollutions

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How to Control Nocturnal Pollutions

To be able to attain perfect Chastity, it is necessary to study some things that make us lose it:

Nocturnal Pollutions

A pollution is a spilling or loss of Creative Sexual Energy that takes place 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 the same.

When one wants to put an end to the I of nocturnal pollutions, he must work on the different facets it presents. We are now going to study some of them:

1. 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 are in a state of vigil, when we self-observe and have remembrance of self. But if

we lower our guard, there is no one to transform the impression, and therefore identification takes place.

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

2. IDENTIFICATIONS

We identify with many things. You yourselves will see, for example, that one could identify with a process of anger, lust, greed, etc. One can identify with a skirt seen, with legs, with breasts, with eyes, with a face, with hair, with whatever it may be — drink, food in excess, etc.

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

3. LASCIVIOUSNESS

It is the frustrated desire for sex. Through lasciviousness all the lustful I-s enter into activity, and the sexual desire with all the persons we see. Dreams turn into reality in erotic dreams.

4. The diverse LUSTFUL DETAILS of the day.

5. The ATTACK OF A WITCH

There is another point that can cause losses of the Creative Sexual Energy: the attack of a witch. A witch can attempt to steal the sexual energy during the night, through the fourth dimension, and produce in the physical plane a spilling of sexual energy. In those cases it is important to learn to defend or protect ourselves for when these types of attacks take place, to impede any robbery 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 so that it defend us, we can trap the witch who attempts it.

6. ATTACKS DURING SLEEP

These attacks that the Black Lodge makes imply that when one is going to sleep, one must conjure and close oneself with a Belilín and Magic Circle. From this comes the importance of learning to conjure and to keep ourselves closed for the greatest possible time of the day. Above all when the sex practices are going to take place. A sex practice without the Conjunction and the Magic Circle equals almost a sexual fall. The student must also learn to defend himself with the conjuration of JUPITER.

7. FOODS

Another aspect, and one of the most important to work on, is the question of FOODS. Avoid:

- Foods that contain pork or hog (effects of up to fifteen days).
- Foods cooked in vessels where pork was cooked.
- Eating fish without scales, catfish, or marsh fish that feed on excrement.
- Eating farm-raised fish fed with hog mash or pig excrement and anabolic substances.
- Toxic foods.
- All sausages and processed meats.
- All liquors act by impeding chastity.

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

8. THE LEVEL OF THE VESSEL

We all have a vessel where the Creative Sexual Energy is deposited. You will notice that we feel more excited when the level of the vessel is full or from middle upward. Then anything demands of us sexual activity, because it is of 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 becomes full, it spills. When a person has a high level of the vessel 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 is to be done to avoid the vessel spilling? Why, learn to **SUBLIMATE THE ENERGY**.

Practice of Sublimation of the 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 permit the sublimation of the energy through the Vital Body, doing this breathing exercise and using the mantram: HAM — SAH.

Inhale: Ham. **Exhale:** Sah.

Path: Eyebrow center — Larynx — Heart — Sacrum — Sexual glands.

HAM prolonged, on inhaling. SAH short, on exhaling. The inhalation lasts about twenty seconds, and the exhalation about 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 arrives at the right nostril.

One begins from the left testicle, which is positive, and arrives at 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 conduits of Ida and Pingala. In this form we lower the level of the vessel and always maintain our energy at very adequate levels, so that it is not lost or spilled at any moment.

In the case of women, the polarity is inverted. The signs are changed but it is exactly the same as in men. The 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 Creative Sexual Energy is produced by the brain in the Pineal Gland. It gathers the energy of the Spirit and unites it to the Sexual Hydrogen. This exercise is regenerating, and helps much in matters of health.

The Sublimation should not be done more than 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. Practicing it, you yourselves will realize that it is very simple and helps much.

9. THE PLACES AND THE LARVAE

There are many places that one visits that are full of larvae: theaters, cemeteries, brothels, residences, motels, hotels, discotheques, churches, erotic cinema halls, 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 over a tile. Moreover, if one puts a pinch of sulfur inside the shoes, it impedes the larvae from getting onto them and arriving at the bedroom.

10. LACK OF CONCENTRATION IN THE SEX PRACTICE

- One must always ask for Assistance from the Father and the Divine Mother before initiating a sexual practice.
- One must never practice without the Conjunction 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 permit the mind to flutter about. Where the mind is, there is the Consciousness.
- 1. When practicing, each one is to concentrate on his/her own sexual organs and on his/her spinal column — not on those of the partner.
 2. All movements must be gentle; one must avoid brusque movements.
 3. The Gnostic marriage chamber must be maintained 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 that beginning couples do not use old mattresses, nor those on which they have previously fornicated, for they are full of larvae.

For those who marry, it is recommended not to go on the honeymoon to hotels, because their beds are black beds. Although on the outside they may seem very clean, they are dens of the Black Lodge.

11. MENSTRUATION

During the menstrual process of the woman, the couple must separate for several motives:

- The woman's energy is passing through a process of involution, and this energy attracts the man's energy toward involution also.
- On the other hand, the woman in menstruation produces many larvae. For this reason 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.
- Moreover, any caress during this week revives dead I-s.

12. CARESSES WITHOUT PRACTICE

This point is very important for single ones and also for the married. 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 lie down, and the nocturnal pollution will come; and if he is going to practice, the sexual fall.

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