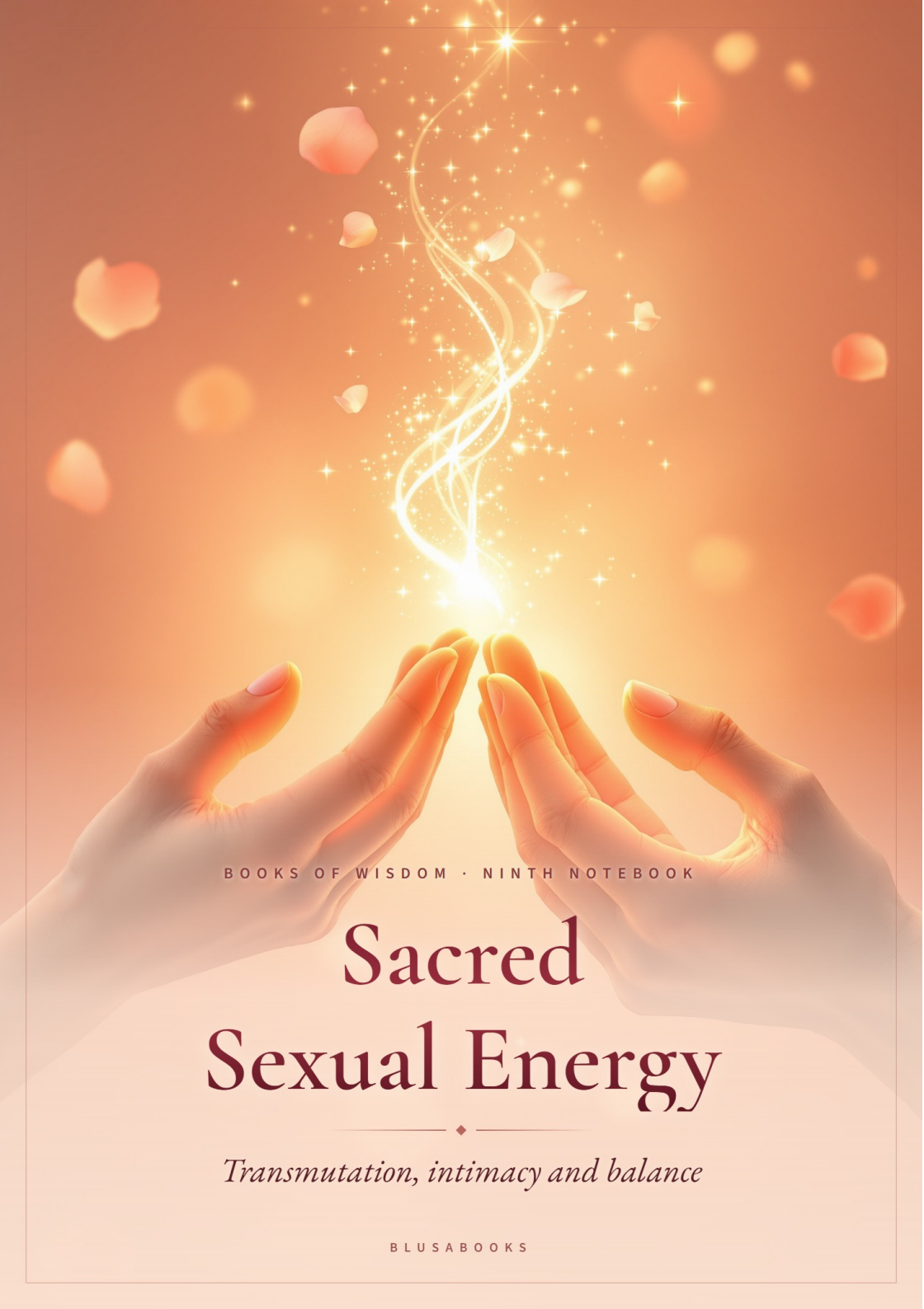


The background of the entire cover is a warm, golden-orange gradient. In the center, a pair of hands is shown from the wrists up, palms facing each other and fingers slightly curled, as if cupping something precious. Between the hands is a bright, glowing golden light. From this light, a white, ethereal musical note (a treble clef) rises and curves upwards. Scattered around the light and the note are numerous small, sparkling golden stars and several larger, soft-focus, golden-orange petals that appear to be falling. The overall atmosphere is one of magic, spirituality, and warmth.

BOOKS OF WISDOM · NINTH NOTEBOOK

Sacred Sexual Energy

Transmutation, intimacy and balance

BLUSABOOKS



Sacred Sexual Energy

TRANSMUTATION, INTIMACY AND BALANCE

Every chapter — four parts

WHAT THE TEACHING SAYS *the tradition in full, as its followers tell it*

IN PLAIN WORDS

the same in one or two sentences

TERMS

the chapter's terms and what they mean

WHAT SCIENCE SAYS

what is studied, what is tradition, what is myth

For adults. Every practice is optional. This book does not replace medical advice.

Books of Wisdom · MMXXVI

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FOREWORD

This book is for adults. It is about the force from which every one of us came, and about how four great spiritual traditions — Indian Tantra, Chinese Taoism, Western Hermeticism and Christian mysticism — have understood that force: not as something shameful or merely physical, but as a fire of life and creativity that can be squandered, suppressed, or learnt to be guided.

As in every notebook in this series, each chapter has four parts: what the teaching says — in its full voice, the way its followers tell it; the same in plain words; the terms; and what science says — what is history, what is tradition, what has been studied and what is simply a beautiful claim. At the end of the book there are three printable pages: a thirty-day journal, a map of masculine and feminine balance, and a seven-step breathing practice.

A few things need saying at the outset. Every practice in this book is voluntary — you may read all of it and do none of it, and that is perfectly fine. Intimacy belongs only between adults who both clearly want it; consent can be withdrawn at any moment, and "no" is a complete sentence. There is no single right path: neither restraint nor passion, neither a single life nor a relationship is "higher" than the others. The book is for anyone, whatever their sex, gender or orientation, and whether or not they have a partner right now. There is no room for shame here.

And one more thing: this book does not replace a doctor, a psychotherapist or a sex therapist. If something hurts, worries you or gets in the way of living, speak to a professional first — there is more about this in the final chapter.

CHAPTER I

THE LIFE FORCE

WHAT THE TEACHING SAYS

All the great spiritual traditions begin with one simple observation: the same force that creates new life also sustains the life in you. Sexual energy, the teaching says, is not merely a wish for closeness. It is the life force in its purest form — the power that made you, that makes your cells renew, your heart desire and your hands create. It is the strongest of all human emotions, and emotion, as an old saying has it, is energy in motion.

This fire is in itself neither good nor bad. It is like a river: dam it, and it bursts its banks; let it run unguided, and it vanishes into the sand; but dig it a channel, and it will turn a mill. That is why the wise traditions have never taught people to hate their sexuality. They teach us to be aware of it, to honour it and to guide it.

Tantra

In Indian Tantra the whole of creation is the dance of a divine couple. Shiva is pure consciousness, the still witness; Shakti is energy, movement and life. Without Shakti, Shiva is inert; without Shiva, Shakti is a blind storm. In a human being Shakti sleeps at the base of the spine, coiled like a serpent — she is called kundalini — and the path is to awaken her and lead her up to Shiva at the crown of the head. Tantra says: the body and its pleasures are not an obstacle to the spirit; they are a doorway.

Taoism

Taoists speak of three treasures. Jing is the essence of life, received at birth and held most densely in sexual vitality. Qi is breath and the current of life. Shen is

spirit, clear awareness. The way of inner alchemy is to refine jing into qi and qi into shen — as water turns to steam and steam to air. Whoever squanders their jing, the teaching says, ages sooner; whoever tends it keeps their strength into old age.

Hermeticism

The Hermetic teachers taught the principle of gender: in everything there is a masculine and a feminine, and nothing is created without the two meeting — not a child, not an idea, not a poem. The alchemists' "chymical wedding" — the union of King and Queen, of Sun and Moon — is an image of inner transformation: when opposites unite, gold is born.

Christian mysticism

Christian mystics read this force through love. The Song of Songs in the Bible is passionate love poetry, and Bernard of Clairvaux and Teresa of Ávila read it as the marriage of the soul and God. Eros — longing — is the same force which, raised and purified, becomes agape, self-giving love. Monastic chastity, seen this way, is not denial but a fire turned upwards.

Four languages, one thought: there is a creative power in you, and the way you handle it shapes your life.

IN PLAIN WORDS

The traditions say that sexual energy is the fire of life and creativity. Tantra, Taoism, Hermeticism and Christian mysticism each tell it in their own language, but the idea is the same: this force is nothing to be ashamed of or to suppress — it can be understood and guided.



FIGURE 1

One fire, four languages: the life force in Tantra, Taoism, Hermeticism and Christian mysticism.

TERMS

Tantra — a family of Indian spiritual traditions, with rituals, yoga and philosophy, that sees the world as a union of consciousness and energy.

Shiva and Shakti — in Tantra, the divine couple: Shiva is consciousness, Shakti is creative energy.

Jing — in Taoism, the essence of life, an inborn store of vitality linked with sexual energy.

Qi — in Chinese tradition, breath and the life energy that flows through the body.

Shen — in Taoism, spirit, clear awareness.

Principle of gender — the Hermetic idea that masculine and feminine exist in everything and that creation needs both.

Eros and agape — Greek words for love: eros is longing and passion, agape is self-giving love.

 WHAT SCIENCE SAYS

These traditions are real, but historically more complex than their popular image. Tantra in India is a broad body of ritual, yoga and philosophy that took shape from roughly the 5th to 7th centuries AD; sexual rites were only a small and often symbolic part of it. What the West calls tantra today is largely twentieth-century neo-tantra. Taoist inner alchemy is described in Chinese texts more than a thousand years old, but jing and qi are not measurable substances — they are concepts that describe experience. The Hermetic principle of gender, in this form, comes from *The Kybalion*, published in 1908, not from ancient Egypt.

Biology agrees on one point: sexual desire is among the strongest sources of human motivation, and it runs on the same reward systems in the brain that drive us towards anything we value. Hormones affect desire, energy and mood — in people of every sex. But there is no evidence for a special "sexual energy" as a physical force that can be stored or transferred. The language of the traditions is figurative, yet it describes something real: how much desire, intimacy and creation matter in our lives. And the view that sexuality is a normal, healthy part of human life is one the World Health Organization holds as well.