

# HOW TO REGULATE THE CREATIVE IMPULSE

*SEX-FORCE TRANSMUTATION*



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### **A METHOD NEEDS TO BE TAUGHT**

Creative impulse is Nature-born and as such is not man's own fault. People who are unable to control this Nature's most powerful force for propagating the human species are blamed by society, but are not TAUGHT THE METHOD of governing this instinct instead of being governed by it. The practical method of controlling it must be taught. Even a life-long intellectual or medical study will not enable the student to control this instinct. The practical method of control must be given.

### **DIET AND PHYSICAL EXERCISE**

Exercise and Dieting. Eat little or no meat; use more raw vegetables, fruits, nuts, and proper substitutes for meat.

### **WHAT TO DO DURING PASSION**

One should know that during passion there are four courses open to the individual:

- 1) Dissipation of creative energy: the usual method, which is unnecessary, weakening, and the cause of much disease and old age.
- 2) Using the creative energy for the physical creation of a child.
- 3) Using the energy for creating spiritual children of wisdom and genius, which is done by converting the creative energy into thought-power by sublimation and transmutation. One does not have to dissipate the creative energy, but *should immediately at that moment engage his mind in the work of creative art, or inventive, business, or literary work*, whatever is most interesting to him. To follow this plan is to convert the creative energy into brain channels.
- 4) Using the creative energy in sports or strenuous physical exercise, eg. the running exercise [of the *energization exercises*].

## TECHNIQUE FOR TRANSMUTING THE SEX FORCE

Withdrawing the energy  
from the creative-region upward  
into the region of the medulla oblongata,  
through breath.

- **Put your mind on that area in the body.**
- **Draw a deep breath slowly, thinking it to start from the particular area.**
- **Then imagine that you are taking the downward-flowing life energy upward, simultaneously with the inhaling breath, which must be imagined to flow in from the particular area through the coccyx and spine to the spot in between the eyebrows.**
- **Hold breath and mind in between the eyebrows, mentally counting one to twenty-five or more, and think of yourself as absorbing the passion and Life Current into the reservoir of Life Energy present in between the eyebrows and medulla.**
- **Then exhale and relax, freeing yourself from the bondage of passion.**

Repeat the above method three times with eyes closed. During relaxation, always think of the physical instinct as having been expelled out of the body. Do not seek solitude. This is the teaching of the great Scriptures of India.