

# THE 8 MEANS TO UNION: THE COMMANDMENTS

## 5: ABSTAIN FROM INCONTINENCE - THE WASTING OF ENERGY ON LOWER DESIRES!

### Thoughts to Ponder Prior to Meditation

#### THE THOUGHT CONTRARY TO YOGA: INCONTINENCE

(The actual wording of this sutra 2.38 is) “by abstention from incontinence, energy is acquired.” Abstention from incontinence is literally desirelessness and governs the out-going tendencies to that which is not the self, which finds physical plane expression in the relation between the sexes. But any impulse which concerns the forms and the real man and which tends to link him to a form and to the physical plane is regarded as a, form of incontinence. There is physical plane incontinence and this should have been left behind by the disciple long ago. But there are also many tendencies towards pleasure seeking with consequent satisfaction of the desire nature and this, to the true aspirant, is likewise regarded as incontinence. (LOS 185,186)

When a proper recognition of the place the sex life should play in the daily life is paralleled by the concentration of thought anent the throat centre, that centre becomes automatically magnetic and attracts the forces of the sacral centre upward through the spine into "the place of creative building"; the normal sex life is then regulated and not atrophied, and is relegated to its rightful place as one of the usual faculties or appetites with which man is endowed; it is brought under control through the lack of directed interest.. To the aspirant it becomes mainly the agent for the creation of the vehicles needed for reincarnating souls. Thus by force of example, by the avoiding of all extremes, by the dedication of the bodily energies to the higher uses, and by the acceptance of the law of the land in any given country and at any given time, the present disorder and the current misuse of the sex principle will give way to orderly living and to the right use of this major bodily function. (RI 670).

#### THE COUNTERBALANCING THOUGHT: CLEAN THINKING

There is a close connection between the organs of generation and the throat centre. Through the true conservation of energy and abstention from incontinence, the yogi becomes a creator on the mental plane.. This is done through continence, pure living and clean thinking, and not through any perversions of occult truth such as sex magic. (LOS 199,200) The right use of the sex principle along with entire conformity to the law of the land is characteristic of every true aspirant. A true celibate possesses tremendous energy, a clear brain, gigantic willpower, bold understanding and retentive memory. (2-38)

### MEDITATION

#### **1. Basic Meditation Alignment**

1. Sit comfortably with spine erect.
2. Breathe easily and relax your physical.. emotional.. and mental fields.. OM
3. Focus high within your head.
4. Visualize the light, love and power of the soul pouring into your three personality vehicles. OM
5. Pause for assimilation.
6. Imagine yourself as the thinker focused within the soul-illuminated mind. OM
7. Say the Gayatri.

**“Oh Thou, Who givest sustenance to the universe.  
From Whom all things proceed, to Whom all things return,  
Unveil to me the face of the true spiritual Sun, hidden by a disk of golden light.  
That I may know the truth and do my whole duty, as I journey to Thy sacred feet.” OM.**

#### **2. Meditation:**

Follow the Raja Yoga Meditation Method.

1. *Meditation*: analyse the seed thought, using “Sequential Thinking”, until you gain a synthetic understanding.
2. *Contemplation*: hold your consciousness high, above mind, and open it to Divine inspiration. Expect a soul inspired thought or symbol to drop into your consciousness.
3. *Illumination*: recall any insights and summarise and ground them in your memory.

---

Meditate upon the following “seed-thoughts”, seeking to gain a deeper understanding of the meaning behind each thought.

**‘Abstention from incontinence’ is desirelessness, and governs the out-going tendencies to that which is not the self, which finds physical plane expression in the relation between the sexes. What is the proper place for the sex life, in the daily life of aspirants and disciples?**

**There is physical plane incontinence. But there are also many tendencies towards pleasure seeking with consequent satisfaction of the desire nature, likewise regarded as incontinence.**

**When the proper place that sex should play in the daily life is recognised, and this is paralleled by a concentration of thought in the throat centre, that centre becomes automatically magnetic and attracts the forces of the sacral centre upward. The normal sex life is then relegated to its rightful place as one of the usual appetites with which man is endowed, and is brought under control through the lack of directed interest.**

**By abstention from incontinence, energy and power, is acquired.**

Exercise: Visualise the Counterbalancing Thought - Harmlessness:

1. Examine the way you use your sexual energy, and the type of sexual thoughts you generate.
2. Do you think that the term “incontinent” applies to you, or not?
3. If it does, then visualise energy flowing upwards from your sacral centre to the throat centre, and you using this force creatively. OM
4. Endeavour to take up more creative work, and to think more cleanly and live more purely.

**3. Lower Interlude:** With deliberation bring the meditation to a close, and imaginatively reaffirm your focus in your mind, and then your brain. Quietly review and interpret any insights you received during meditation, summarising with clarity, what these insights were, and what they mean to you.

**4. Distribution:** Sound the Great Invocation followed by the Sacred Word OM, three times, visualizing as you do so, the redemption or upliftment of humanity and the Earth.

#### **THE GREAT INVOCATION**

**From the point of Light within the Mind of God,  
Let light stream forth into the minds of men.  
Let Light descend on Earth.**

**From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.**

**From the centre where the Will of God is known  
Let purpose guide the little wills of men—  
The purpose which the Masters know and serve.**

**From the centre which we call the race of men  
Let the Plan of Love and Light work out.  
And may it seal the door where evil dwells.**

**Let Light and Love and Power restore the Plan on Earth**

**OM, OM, OM**

Throughout the month, endeavour to be balanced and healthy in your sexual desires, or with any lower cravings.