Introduction to Gnostic Meditation – Notes 2 (Supplement)

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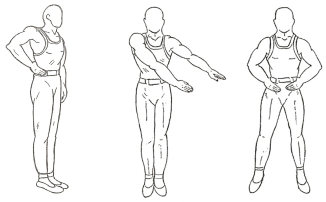
The Need for Transmutation in the Work according to a Gnostic Abbot

It is said, according to the Abbot Fernando Moya, that some Pseudo-Gnostics do not help the students learn properly about the necessity for the transmutation of the sexual energy. Some say that we should transmute "when we feel the need", doing 30-60 HAM-SAHs per day (as an example); and it is known that a woman should not transmute during the days of her menstruation (nor during pregnancy), but transmutation is something that should be done everyday otherwise.

The Abbot Moya cites an experience he had in the year 1975, when Samael Aun Weor came to visit and was interviewing the future Missionaries (who were passing through the Missionary Course that the Abbot was overseeing). One of these future Missionaries asked the Master Samael about how to resolve the problem of seminal emissions during the night. The Master then asked "How long do you spend transmuting per day?" and the response was "I do some pranayama, maybe 5-10 minutes". To this, Samael said "One must transmute 1 hour per day. Transmutation 1 hour per day is the minimum, 1.5 hours is better and 2 hours is excellent."

So how is this accomplished by an individual? Well, there are a number of ways this can be done combining different practices:

- Egyptian Pranayama for 10-15 minutes (20 or so *long* pranayamas)
- HAM-SAHs for 10-15 minutes (200-300 HAM-SAHs)
- Passive Transmutation [see below]
- The Runes THORN and OS/OTHIL.



Remember that while doing these exercises we should be contracting the sphincters (as if one is blocking the urine from escaping) in the following way:

- Inhale deeply
- Contract the sphincters (bringing them slightly upward)
- Visualize golden light rising up the spinal column

This will fortify the sphincters, making them very strong.

Passive Transmutation: Abbot Moya learned how to do "Passive Transmutation" from the Master Samael, which is the following:

- Contract the sphincters (bringing them upward slightly)
- Visualize golden light rising up the spinal column
- Vocalize the sounds:
    - I.A.O.
    - I, E, O, U, A, M, S
    - INRI, ENRE, ONRO, UNRU, ANRA
    - Any series of Mantrams given by the Master in *El Quinto Evangelio*

What this means is not just vocalization to vocalize, but vocalization in order to transmute. Why? This is because the food we eat & the air we breathe is converted into hormones & sexual energy (also called the Sexual Hydrogen SI-12). Thus, it is criminal to eat properly, to eat well and to preserve the semen without transmuting it.

According to Abbot Moya, Master Samael said that those who call themselves Gnostics, but do not transmute everyday, do not love the Christ in Substance. If we love the Christ in substance, then we transmute everyday. Otherwise, that energy is wasted and never reaches the Christ.

Regarding couples transmutation, there are those who say that it would be better to do it "properly" once a month, than "improperly" 5-10 times per month. But the Master Samael says in all his works to do the most Alchemy possibly. But this is, of course, according to the Sexual Force of the couple, according to their rhythm, it can be 5, 10, 15 or even up to 20 times per month (for those who are able to handle it).

All of this, as long as they are able to accomplish this without violence, without obliging themselves or their partner, and if it comes naturally, praying to the Elemental Intercessor, to the Divine Mother, to give them this sexual power in order to work every day transmuting, in order kill 1,2,3 egos per day. Of course one would have had to meditate on these egos beforehand. This is not something necessarily for a beginner, but implies an enormous amount of work.

Master Samael told Abbot Moya that the ideal would be to meditate on 1, 2, or 3 egos each day, starting with one of lust (each day) and then adding another related to anger, to pride, to gluttony, etc. But meditating and working on an ego of lust everyday. In this way 1, 2 or 3 egos per day (but everyday just one of lust) we will do a great work, and advance properly. And then working in the Forge of Vulcan according to the Force & Rhythm of the couple in order to annihilate them.

What is important to understand is that there are some egos that are very, very strong, that are very resistant, that we have difficulty vanquishing and difficulty meditating on, and thus we need the most sexual transmutation possible (either alone or with our partner). If our partner is not able, then we need to transmute alone and meditate on the ego, but if our partner is able, then we need to do as much Alchemy as possible.

In *Mystery of the Golden Blossom*, the Master says 2-3 times per week is already a good Rhythm for those who are beginning, once every 2 or 3 days, that is to say 1 or 2 times per week even... This is up to the couple, this Rhythm can not be forced, but we can pray to the Holy Spirit and to our Divine Mother, to have an intense Alchemical life, we can also ask the Law (Anubis), to permit us to have the Alchemical practice (because this is something that we earn, that we merit, in order to be able to practice it).

Most important of all, if we do not transmute everyday, then this energy is lost. This energy will eventually come out during dreams or from a sexual fall, or the wrong working of the centers; especially if we have not been doing our singles transmutation. Most of the time, sex problems, nocturnal pollutions, lust, etc., are related to not having a good regiment of transmutation. Master Samael gave a method to eliminate nocturnal pollutions, which is to practice Alchemy everyday. But if the couple is not able, then we must transmute alone.

Samael Aun Weor's Work with the Prostatic or Uterine Chakra

Immediately after finishing the daily Work with the Arcanum A.Z.F., the Alchemist should lie down face-up and work with the Prostatic or Uterine Chakra. This Chakra is a very important for high magic. The Alchemist must inhale the vital air, then retain the breath and direct the nervous currents towards the Prostate or Uterus with the intention of <u>closing the sphincters</u> that exist there (between the seminal vesicles and the urethra or within the vagina).

The effort of sending the electro-magnetic currents must be similar to the supreme effort that a woman does when giving birth. The woman moans in those moments and her larynx emits the moaning sound of the letter "M". Huiracocha states that initiation must start with the letters "M" and "S". If we want to be born in the internal worlds, then we must also utter the sound of the letter "M" (as when one moans). It is about being born and we must be Born. Thereafter we slowly exhale, we wait for the breath to naturally return and we inhale, we mentally pump up the creative energy and make it rise through the two channels Ida & Pingala into the Chalice (the Brain). We repeat the effort and we continue.