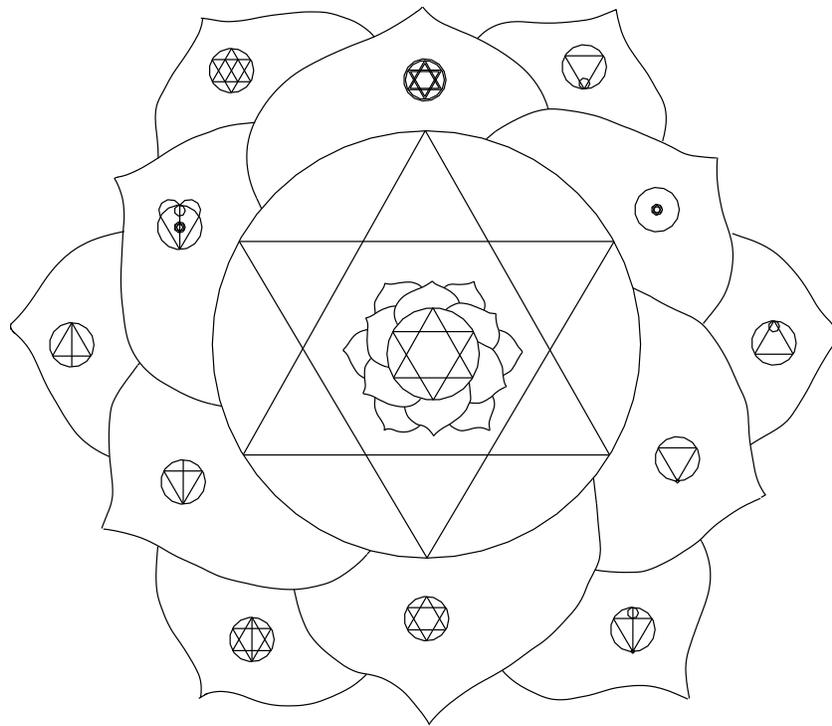


Anahat Meditation Lessons Workbook and Audio Recordings

THE ANAHAT TEACHINGS



Lesson Four – Meditations Number Four and Five –
Sexual Energy and Circulation

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CHECKLIST

Remember to write into your checklist the Starting Date of these Lessons that you are now working on. This you will find in your first set of workbook lessons on the 5th page right before the Table of Contents.

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RECORDING CONTENTS

- Introductory Talk on Lesson Four's Meditations
- Guided Twelve-Minute Session incorporating the preceding meditations

INTRODUCTION

Welcome to Lesson Four—Meditation Numbers Four and Five—Sexual Energy and Circulation. This begins a dramatic shift in the way that the meditation system is practiced, for now what seem like vastly differing energies will be integrated. From bringing your attention all the way to the heights of Ascending, now you will be asked to radically descend once again. Instead of working with a level of being that is perfect peace, now you will begin working with energies that seldom are at peace. Here we begin the sublimation of sexual energy—which anyone who has attempted this will tell you is no easy path.

Working with the sexual energy requires an enormous amount of patience. It is a form of Descending that requires an even deeper maturity than did Lesson Number One. Just as you were asked to deal with your humanness when this meditation course began, now you are asked to do so again, yet in an even more intimate and vulnerable way.

Most of us are quite uncomfortable with our sexuality. Many spiritual people simply attempt to deny this part of them or work to transcend and forget about it altogether. However, as soon as we take the time to look, it is still there reminding us of the human condition. While we so thoroughly enjoyed Ascending and not having to deal with that energy, there comes an inevitable time when we realize that all of who we are has to be integrated and no energy can be left unloved or ignored.

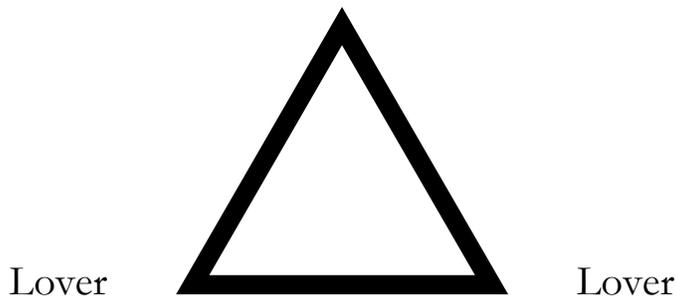
The opposite extreme is also true. Many of us have given in to our sexuality and just let that energy be free do to whatever it wants to do. All the sexual energy goes “down and out” into the world. We use it for procreation, pleasure and quite often as an attempt to get love. The energy remains undisciplined and unfulfilled, and its immense power is left untapped.

The Anahat Meditation System works to integrate the Spiritual and the sexual energies in a way that becomes truly ecstatic. While still being just as human as anyone else and just as capable of enjoying our sexuality, we also learn about healing all sexual energy issues, cultivating this power and then gradually working with it so that our energies can once again be directed toward God wholeheartedly. Here the sexual energy is honored and embraced, and then gently it is directed back toward the Divine.

My personal experience of Divinity is that She is immensely sexual. Some of my deepest mystical experiences with God have been extremely orgasmic. My experience of Creation from God Beyond the Beyond is that of an explosion of Being where God wanted to make love to Herself. The entire creation is simply that—God wanted to make love with God. This is the state of the mature mystic. A true lover of God is not a dry yogi who eats twigs and sits alone in silent contemplation. To the contrary, he becomes drunk on God as the Beloved. The mystic becomes a lover who only wants to make love with God. In this way, the sexual energy becomes cultivated within and pulled up through the heart so that all of one’s being gets directed to God in love.

There are two movements of this energy—the vertical and the horizontal:

God as the Beloved



The vertical connection is what we are most concerned with here. This involves the individual practitioner becoming a true lover of God. He or she then begins to direct all of his being, sexuality included, up the chakra system and toward the Divine. He opens his heart and Ascends a wild and passionate longing for union toward the Beloved. Here a mystical dance of the direct experience of truly marrying and making love to God begins. Whole and complete within itself, it is the very essence of true Creation.

The horizontal connection involves a spiritual partnership with another person, yet also can involve the celibate life as well. In the partnership model, each lover honors the vertical connection as the most important as they each work to cultivate it within themselves. Then they come together to share in that love. This leads into the Tantric fields of sexuality, which will be discussed later in this workbook. As for the celibate, this becomes a life of true service where one's love goes out to relieve the suffering of all beings. Here the sexual energy is contained, cultivated, sublimated and ascended, while the life is lived solely for service and not sense gratification. Each must choose his or her own path. The truth is that neither path is mutually exclusive of the other. We can still be in relationship and live a deeply spiritual life of service. There is not a right or wrong here, and each person is simply asked to follow his or her own inner guidance at each stage of life.

In Anahat Meditation we are far more concerned with an inner vertical path, yet also remember that these are just the beginnings of our work with the sexual energy. We will revisit this theme again in Level Two and especially in Level Three. An entire Lesson (13) is dedicated to much more in-depth teachings about working with the sexual energy. Therefore, a distinction can be made between what we are doing now and what will happen in Level Three's more advanced practices. In Levels One and Two we are working with "unexcited" sexual energy. This is the sexual energy that is not stimulated, whereas in Level Three we actually do work with the sexual energy in a much more direct way where the energy is actually "excited" and transformed with much more intensity. Lesson Four is just an introduction to honoring this energy in meditation and working to open a pathway for its Ascension.

It is very important to be patient at these earlier stages, and during this time a teacher can be very important. A Certified Anahat Meditation Teacher, who has gone through Levels One through Four, is qualified to assist you in a safe and respectful way as you begin to embrace this energy in meditation.

It is never appropriate to suppress or deny the sexual energy. Attempting to avoid ejaculation or to be "perfectly celibate" is often a fatal mistake, leading to guilt, blocked energy and distorted sexual impulses. Consider this month to be an energetic practice that works with sexual energy and not with sexual fluid. Trying to conserve sexual fluid is often impossible, especially for the uninitiated; and therefore no major changes need to be made at all during this stage of working with this energy. Simply follow the meditation practice as instructed and live the same sexual life as you had been living before.

During this stage you may want to begin looking more intimately at your sexual energies and the expression of those energies. You might want to consider therapy for healing repressed memories of sexual abuse or learn to become more loving and accepting of your body. Just as Lessons One and Two asked you to heal issues of the human and the heart, so too does this month ask you to heal issues of human sexuality. If there are undesirable expressions of this energy, then now is the time to address them.

Just remember to be gentle with yourself and do not expect any radical shifts during this stage. If anything, you will notice an increase in sexual energy if you have not already noticed it. This is fine. Simply practice the meditation and live as you normally would. This is a month of once again embracing one's humanness rather than transcending it—even though you will be introduced to that also as we progress.

SEXUAL ENERGY AND CIRCULATION

This month's practice is the first time that you will learn two meditations at once. Lesson Four actually consists of Meditation Number Four – Sexual Energy and Meditation Number Five – Circulation. Here we will review both meditations individually and then explain how to work with them during this month.

Meditation Number Four begins with a descent back down from the space of pure consciousness and into the sexual organs. Here we take the perfectly non-judgmental presence of pure awareness and place it on the region where we find our sexual energy. For men, this is the region of the testicles and penis. For women, it is the vagina and the clitoris. The attention is also brought to any other place where we are capable of feeling sexual stimulation. However, as we trace the descending triangle to its pointed base, we find it goes right down to the perineum—therefore, true Descending must also work to incorporate the sexual energy as well.

The first movement after Ascending, Meditation Number Three, is to simply bring one's energy, breath and awareness down to the region of the sexual organs. Inhalations pull the energy there, and exhalations keep the energy there. Just as we cultivated *joriki* in the Hara, so too will we now begin to cultivate it even lower. Here we will feel our sexual energy as our awareness moves to these locations, and it is here that we will cultivate it. This has an obvious effect of increasing one's sexual arousal, and that is perfectly fine. Part of why these meditations are shared is because not long after Meditation Number Four is practiced you will immediately pull the attention away from the sexual organs and bring it right back to Spirit.

After spending only a few minutes at most with Meditation Four, you will then begin Meditation Number Five and pull the energy back up to where it was when Ascending. This movement takes the sexual energy and integrates it with Spirit. The movement is from the sexual organs and up the back central channel. This energy meridian is considered the Du (Governing) Meridian in the Chinese meridian system, running from the perineum up the spine, over the crown of the head and down the forehead and nose to end at the upper gums. For our purposes, this meridian will be felt to begin at the sexual organs and end at the forehead. The inhalations will pull the energy up the spine through this meridian, and the exhalations will circulate the energy in the region of the brain.

Meditation Number Five is therefore called Circulation, because first we cultivate the sexual energy and then we circulate it into the brain and, even more importantly, into the higher energy centers. This process will be explained more throughout this workbook lesson. For now, it is important to know that the movement to Spirit is our highest priority, and that the movement away from higher consciousness that Meditation Number Four entails is reversed the moment Meditation Number Five is engaged. This is also your first introduction to integrating Ascending and Descending energies that will be dealt with in the next meditation on the Six-Pointed Star. Lesson Number Five, dealing with Meditation Number Six, is the real essence of the entire Anahat System. Simply practice this lesson for one month or more and feel free to contact a teacher with any questions or difficulties that may arise.

MEDITATION NUMBER FOUR – SEXUAL ENERGY

- ❖ Inhalations and exhalations into the sexual organs with a focus on cultivation.

Meditation Number Four – Sexual Energy offers the practitioner an introduction into the concept of cultivating sexual energy for spiritual purposes. Here we learn of the immense value of sexual energy and how it can be used in ways that are conducive to spiritual growth. Once we have moved through Meditations One, Two and Three, then we should have a focused mind, a heart that is beginning to love God and an awareness of the Divine Presence Itself. From the Third Eye we descend these higher energies and begin to infuse them with the sexual essence, thus beginning the process of sexual energy sublimation.

SEXUAL ENERGY

In Anahat Meditation, the sexual energy plays a very big role in the practice. An interesting dynamic occurs after Meditation Number Three – Ascending: the awareness is moved all the way back down to the very base of the chakra system, even below that of Meditation Number One at the hara. Here we plunge once again even deeper into our humanness, but this time with a much deeper sense of our Divinity. In this way we infuse our sexual energy with the immense Love of our Divine Self. This process slowly begins to transform the more base energies of the human organism into those truly worthy of being called Divine.

The sexual organs are as far from the crown as they can be on the cerebral-spinal axis, which makes for a huge separation of spirituality and sexuality in most people. In Anahat Meditation, this separation is resolved as one's sexuality and one's spirituality become intimately one. There then becomes no difference at all between sexual energy and Divine energy, because in Truth it is only one energy. The Love of God is immensely sexual if we understand sex to be none other than union. The Divine Love is the most orgasmic existence that there is, and there is every reason why this Love should be a part of all that we do—including sex.

Meditation Number Four cultivates the power of joriki within the sexual organs and helps to prepare to bring this energy into the flows of the entire system. For men, the awareness is held at the testicles; for women, at the vagina and especially the clitoris.

It is interesting to note the anatomy of the sexual organs in relationship to the Six-Pointed Star. A male's erect penis forms an Ascending Triangle from the testes to the head of the penis, while a women's ovaries form a Descending Triangle down to the vagina. When these two triangles are joined, a Six-Pointed Star is formed. Through this union, another Six-Pointed Star is born. Is it no wonder then that the Tibetans have the Star as the symbol for the cervix?

MEDITATION NUMBER FIVE – CIRCULATION

- ❖ Inhalations from the sexual organs to the Third Eye up the back central channel with exhalations that circulate the energy in the head, with a focus on transforming the sexual energy into love and consciousness.

Meditation Number Five – Circulation takes the energy cultivated in the sexual organs and pulls it up the back central channel to unite with the higher spiritual energies. Here the sexual energy that usually goes out into the world is brought up toward God. This is a symbolic and energetic expression that the individual is longing for a deeper relationship with the Divine Beloved. As this meditation unfolds through the system and over the years, a profoundly passionate love for God develops and worldly pleasures become less and less appealing.

CIRCULATION

After energy is sufficiently cultivated in Meditation Number Four, then it is circulated into the higher energy centers, and more importantly into higher consciousness. This is a very blissful meditation that takes concentrated sexual energy and raises it through the back central channel and into the region of the head. Here, the sexual energy is circulated in the brain, in the higher chakras and into the Divine consciousness itself. This begins the process of sexual energy sublimation and gives only a hint as to how powerful the Anahat System will eventually become.

This meditation is the first step of moving the sexual energy throughout the body and the body's meridian systems. From this point on in Anahat Meditation, there will inevitably be some degree of sexual energy within every meditation that occurs. The energy of the sexual organs will be acknowledged often during the other meditations. Yet it is only when the practitioner is engaging the more advanced Anahat practices that things really become intense. Level Three's practices may involve stimulating the sexual energy to the point of release, but not quite. This is considered excited sexual energy, whereas Meditations Four and Five deal with sexual energy that is not yet aroused. It is safer for a beginning practitioner to gradually become intimate with working with the sexual energy and not to rush things. Level Three should only be learned through a Certified Teacher who feels comfortable with sharing such information. Including the sexual energy within the system brings Anahat Meditation to an entire realm of practice requiring a real sense of maturity and sincerity. For those who are ready, the results will be exceptionally obvious in practice.

SEXUAL ENERGY AND CIRCULATION



Meditation Number Four – Sexual Energy - The Descending Triangle of this meditation is the same as Meditation Number One. However, it also indicates that the higher energies of the Third Eye region are also brought down into the sexual organs. The small circle at the base of this triangle represents the penis and testes in men and the vagina and clitoris in women. Higher energies are brought down to the sexual organs and cultivated there, thus infusing the sexual energy with the energy of higher consciousness.

Meditation Number Five – Circulation – The Descending Triangle is the same as in Meditation Number One and Four and represents that the higher energies have been brought down into the sexual organs. This symbol is not a breath in and of itself. The small circle at the base is the sexual organs and is the first inhalation that begins there and goes up the back central channel, which is represented by the line bisecting the circle. The small but larger circle at the top represents the Third Eye region. More importantly, it also represents the space of the entire head and brain. The exhalation circulated the sexual energy that was pulled up the spine here in the higher chakras.

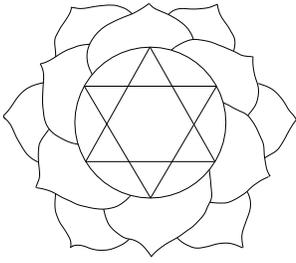
RECOMMENDATIONS FOR LESSON NUMBER FOUR

Review *The Sacred Geometry of Meditation*

The Journals of Myckal Divane

The Works of the Taoist and Tantric Masters

Working with Sexual Energy



Congratulations...

Thank you for taking the time to have come this far in the training. If you have practiced Lesson Four–Meditation Numbers Four and Five – Sexual Energy and Circulation for at least one month and feel proficient in its practice, then you are ready to order your next set of lessons. However, you may be asking, “How will I know if I am ready or not?” The following points should be used as a checklist:

- You simply feel that you are ready and want to continue.
- You have been practicing morning and evening for at least 12 minutes on a regular basis.
- You have a good proficiency of Lessons 1-3 and have a relatively solid sense of what it means to cultivate and transform sexual energy.
- You feel that you understand what it means to pull sexual energy to the higher chakras and to energetically turn this energy toward Source
- You have spent some time during this month making peace with your sexuality and considering how it can integrate into your spirituality, and vice versa.
- You have some sense of what it means to Ascend into the Space of Pure Consciousness and to merge the sexual energy there as well.

You will know in your heart if you are ready or if you have any doubts. If you are not ready, then do not worry, just keep practicing and move on when you are.