

## WISHING WELL 2

Wednesday, October 6, 2019

### Gene's Notes

Agni = fire which is heat and light -- sanskrit -- and the basis of the English igni - tion; igni-te, igne-ous

- but not ign-ore
- a jnani - sanskrit -- not thinking
- jnana yoga -- yoga of reason
- agni fuels digestion –
- digestion takes food, etc., breaks it down into rasa (essence) + ama (impurity)
- digestive angi

41.0 in video: Before rasa as rasa is created it also makes ojas (the oil of being) -- the vital -- 8 drops in the heart that fuel the spirit of the body

Under the influence of the ojas of each of the tissues it creates from rasa

- raka (blood),
- then muscle,
- then fat (fascia),
- then bone (asta)
- from asta comes marrow (bone marrow and the nervous system)
- shukri (the ultimate essence of vitality that covers the reproductive fluids)

In this conception of physiology, the use of your reproduction is the deployment of your most precious commodity—the most pure of you

- it takes of the moral arena and puts into the energy and spirit arena
- for most it loses during orgasms
- for a rishi, meaning an advanced yogi, then it is another matter but they are few and far between

Tonal of the times

### Session Notes Taken From Skype Recording

**Meditation:** Ray of Light; We are not this body, our mind, we are not..., we are not the space between the stars. But, we are the thing that can notice; Allow discharge from the body's organs.

Primary Topic: The Energy of Sex

- Some choose not to have sex because they can use their shukri to reach their personal power to reach their final goal. Similar to Toltec belief that we work to recover our personal power so that we can make a second attention.
- Advanced rishis developed tantric yoga so they could reproduce themselves without contaminating the energy during the sex act.

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- Daoist (spelling?)/Yogic philosophy: Sex can give a jolt of energy. Withhold semen so woman doesn't take on impurities of the semen when it is ejaculated into her.
- An advanced yogi can make the sex act into an elating experience for the partner but the women that Gene has observed over the years haven't necessarily benefited from it.
- This is what Gene agrees with Amma on:
  - o An advanced, unattached being can offer an advancing sexual experience to their partner.
- Gene has given us a tool—the heart/womb meditation. This meditation can clear up old sexual ama which is in the residue of the shukri of people we have had sex with. An exchange of ama takes place in the sex act and our ama may not be able to process someone else's ama.

Gene has seen friends who have had sex and their personality has been distorted. They get fogged up and derailed. Some never get this back.

In the tonal of the times, one of the worst things we can do is to express our moral principles. Morality is replaced by ethics, which have been decided upon by professors and committees about how we should behave. When people have no moral compass, they need to be told how to behave by a set of ethics. When people have no morals then we have legality. In the West, we have gone from a system of law to a system of lawyers. When this collapses, we worry about etiquette or political correctness. This is where we are now. This is a low society. Political correctness has been being used to abuse people and so we elected someone that has none which puts us at the bottom of the heap.

In general, regarding sex, the woman is taking a bigger risk—they are taking something into them from someone else. So, unless they have training, it is proper to help somebody be aware of their sex life.

Sex is not one-dimensional. It is complex. Can't make generalizations.

For men, there are some that are more sensitive. They can brood about things. They may have an energetic womb or their sex is operating from a higher center so they have given more of themselves to a woman so feel a tug. Other men operate from a low center so are not moved so much by the sex act.

Gene, interestingly, has noticed that often women with higher energy are attracted to men that have a lower center. Can't say what this is about...only theories.

We have been talking about sexual consummation, not about sexual attraction and libido.

Can we stand to have this libido in us, moving kundalini, without having to discharge it before it has done its work?

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What happens downstream? Two people can get together and be intimate and it may be wonderful for a time. Then what happens later? The sex act doesn't end there. It's akin to the ayurvedic point of view regarding eating: Eating begins and there is taste. Then there is digestion which then leads to absorption. And then there is elimination. These are phases within a process. Well, it is the same with the sex act. This is due to energy. When energy dips below a certain point, we can't hold our luminous sphere together. Miguel Ruiz says "If you can't handle it, don't do it."

Some relationships are karmic or Layla and we just have to go through it. These relationships have a different texture to them.

If we are having trouble with the heart/womb meditation and the releasing of cords, look back to the 40,000 Grandfathers and Grandmothers because usually there is a connection there and then the cords can be allowed to release.