

## Celibacy

*The author, who wishes to remain anonymous, wrote the following responses to a series of questions about celibacy.*

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Hi Shawn -

Before answering your questions, I would like to characterize my motivation for celibacy, what it involved, and the scenario in which it took place.

In my late teens, I began reading books on psychic phenomena. Such books, while trite in retrospect, opened a door to philosophical material that eventually became much deeper. When I encountered Richard Rose's books at the age of 21, yet another door swung open. One year later (in 1985), I personally met Rose, who considered celibacy a critical tool to improve self-analysis, thereby expediting a search for Truth. It is this backdrop that set the stage for my lengthy period of celibacy.

At the age of 23, I began an eight-year period of complete celibacy (with one exception, mentioned below). When I say "celibacy," I mean abstention from all forms of sexual behavior—coitus, masturbation, visualization and reverie. Before the celibacy, all aspects of my physical sexuality were normal. That is, I suffered no physiological impairments that would have prevented a sexual relationship.

For eight years, I practiced what I considered a sincere path of self-analysis, and the celibacy was simply one element of that path. When I was 25, I "backslid" during a single sexual encounter with a woman I knew from my college days. At the time, I did not allow this episode to become a roadblock. In other words, I could have easily rationalized that the celibacy was broken, and that discontinuing celibacy altogether was now the best course of action. Instead, I picked myself up from this momentary folly and continued on for another 5 years of total celibacy. I mention this situation for those who might rationalize that slipping up is an excuse to abandon celibacy entirely.

In retrospect, knowing what I know now, and faced with the same alternatives at age 23, I would change nothing and again engage in celibacy in a heartbeat. Now on to your questions...

*Did celibacy increase your energy?*

It did not make me Superman. It did not keep me from getting ill (e.g., common cold, flu, etc.). And I was still tired after a hard day's work. I do not recall a tremendous change in physical or mental energy levels, either after initiating the celibacy or subsequent to cessation later in life. But I must qualify my situation by stating that I have always tempered my sexual outlets, even

during my teenage years. If I were to speculate, someone who is quite active in a sexual sense may experience marked contrasts in energy levels as a result of celibacy.

*Did it increase your intuition?*

Unequivocally—yes. But here again, I was “sensitive” from the outset. The odd part of the story is that I didn’t know I was sensitive until Richard Rose pointed it out to me sometime in 1986 or 1987. During celibacy, I became acutely aware of the possibility that I may be picking up other peoples’ thoughts. More importantly, over the years, the celibacy improved clarity and focus, and it became much more apparent to me that I was engaged in spiritual activities that were truly nonsensical. In the words of Rose, I was better able to “back away from untruth” by seeing thought patterns and activities that were not expediting my attempts at self-definition. Lest the reader becomes overly enthralled with the possibilities of riding a “high horse” of celibate superiority, I do not know if engaging in celibacy will improve intuition for everyone. But I believe the odds are quite in favor of the mind’s improved capacity to intuit and reason during celibacy.

*What other benefits did you derive from celibacy?*

On the most mundane level, total abstention will disengage a seeker from distractions connected with sexual relationships. Likewise, celibacy will inhibit pursuits that grow out of odd sexual practices. The key is gaining any possible edge during a spiritual search. Celibacy helps a seeker to stay sharp and focused on a goal (Enlightenment) that the body and mind seemingly resist at all costs.

*Why did you stop being celibate?*

At the age of about 31, I broke my celibacy because I was floating adrift in spiritual doldrums, feeling like I was no longer destined to discover my Source. Soon after, I “found” my wife-to-be and married her 6 years later.

*What advice would you give to someone trying celibacy? Things to watch out for, ways to help success, etc. Any other message-in-a-bottle thoughts you would leave with people?*

- When you get into trouble, and you are tempted, pray thusly: “I wish to be free of \_\_\_\_.” For example, “I wish to be free of thoughts about sex.” This is a positive, powerful way of turning thoughts away from temptation.
- Alcohol, for me, was not a danger, but in the right circumstances a drunken state of mind will remove all inhibitions. Do not consume alcohol when you know it will weaken your resolve.

- For men, the body will protect itself (i.e., the prostate) through nocturnal emissions. This is not a conscious engagement in sexual activity and does not constitute a breach of celibacy.
- On both the mundane and spiritual levels, you should refrain from thinking that celibacy makes you superior to others.
- Work with others in a group who are of similar thinking and engaged in a compatible spiritual path. Though you may not find other celibates, it helps to talk and associate with others who are working on compatible spiritual systems of thinking.
- If you are young, start now. In my opinion, practicing celibacy while you are young will have positive effects that will last a lifetime.
- When you break the celibacy, you should continue to engage in sexual temperance. In fact, I advise that you remain especially vigilant in refraining from excessive or unusual sexual practices, as “nature” may call on you to repay your debt, perhaps in a harsh way.

As a final note, I offer the following email correspondence that will provide a different—and perhaps for some, peculiar—angle on celibacy:

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From: (name withheld)  
 Sent: Tuesday, August 31, 2004 7:46 AM  
 To: tatsociety@tatfoundation.org  
 Subject: Mr. Rose's Meditation Booklet

Hello,

Mr. Rose's writings have guided me to introspection and I have read his *Meditation* booklet, among his other writings.

In his meditation booklet, he talks about the “Thaumaturgical law of abstinence,” but nowhere else in his writings that I have read can I find further reference.

In my seeking I have found other references to entities that attach to one during meditation, and since I am celibate, I feel that without clearer knowledge I may founder.

What is the law he refers to?

I am a resident in Johannesburg, South Africa. Are there any TAT members in this area?

Regards

(name withheld)

From: TATFoundation.org [tatsociety@tatfoundation.org]  
Sent: Tuesday, August 31, 2004 10:07 PM  
Subject: RE: Mr Rose's Meditation Booklet

Hi (name withheld) -

I feel a little awkward in providing the following advice by email. Without having met you, I find it difficult to acquire a complete understanding of your perspectives on exactly what celibacy means to you. Still, I'll pass it along to you, even though email presents such hurdles.

Much of what I learned came to me directly from the teacher Richard Rose because celibacy is really the esoteric core. A word of caution is in order, as is mentioned in his books. Ideally, celibacy is initiated under the guidance of a good spiritual teacher -- one who is familiar with the Thaumaturgical Laws of protection and who is also very knowledgeable in the realm of male and female psychology.

Rose spoke a great deal about temptation, entities and getting one's life under control through the practice of observation, meditation and celibacy. Celibacy means abstention from all forms of sexual behavior -- coitus, masturbation, visualization and reverie -- all of which can disturb thoughts. Adding to that list, Rose often spoke of the trauma of childhood abuse or exposure to sexual perversity. It's not a matter of good and evil, however, and he emphasized this point by stating that he did not believe in sin. This is particularly interesting, as he studied to be a priest in the Capuchin Monastery.

Any person can certainly experiment by taking a short vacation from the sexual appetites just to see if they get a clearer state of mind. He used to advise people (and here again, age, gender and background mattered -- it's an individual thing) to abstain for at least 28 days, watching their thoughts change as they neared the end of the period. Another test involved reading a deep spiritual book, abstaining for 28 days, and then re-reading the book to gain a new perspective. Sometimes his advice involved a specified length of time, depending on the person's frequency of habit. In other words, 4 or 5 days of abstinence may be a start for some people, gradually increasing the time span until that person works out the bodily reactions. Paradoxically, for some people tied in a knot by their sexual nature, he advised marriage. So it truly is an individual matter.

The issue of frequency, however, is especially important information for men. The body, as you know, has a mind of its own and a schedule of its own. As Rose used to say, we have to make peace with it, even trick it a bit to get its cooperation. He used to call it "making a bargain with Nature." And of course, celibacy is a very mental thing anyway, so watching your thoughts and their effect on the body is part of the formula. He also advised prayer. In his words, "Before enlightenment, we put ourselves in the hands of God. After enlightenment, we put ourselves in the hands of destiny." Sometimes, fear is our biggest enemy.

Art (email address below) pointed out to me that Rose spoke of the Thaumaturgical Law as a protective mechanism before invoking entities. Individuals who were celibate for 28 days before

invocation would be protected from possession. It may have also prevented the attachment through 28 days of celibacy after-the-fact. In addition, the *Meditation* booklet may have contained Rose's advice about practicing celibacy before getting too far into meditation -- possibly because if thoughts stopped, then the mind would be subject to possession from entities.

A couple of good references on these topics (celibacy or entities) include the following books:

- *Energy Transmutation, Between-Ness and Transmission* (Richard Rose)
- *Magic, White & Black* (Franz Hartmann)
- *Think & Grow Rich* (Napolean Hill)

Two of these books are available at the following web site:

[www.rosepublications.net](http://www.rosepublications.net)

As a side note, Richard Rose published *Magic, White & Black* because of his conviction that this book had lasting value.

On a final note, you asked about TAT members in South Africa. Unfortunately, we do not have any members in Africa, but it would be very beneficial if you were able to find local friends on the path. I offer some of the following alternatives...

You may wish to post a message on this message board:

<http://spiritualteachers.proboards104.com/index.cgi>

You may also wish to look at the following web site for ideas on forming a local group:

<http://www.selfdiscoveryportal.com/psindex.htm>

You may want to use the submission form to place a listing on TAT's Spiritual Gatherings page:

[http://www.tatfoundation.org/spiritual\\_gatherings.htm](http://www.tatfoundation.org/spiritual_gatherings.htm)

Finally, you may want to correspond with Art for additional advice. His email address is

[selfinq@verizon.net](mailto:selfinq@verizon.net)

(name withheld), it sounds like you are on the right track. You basically desire Truth and understanding of yourself and others and you are a seeker and a fighter. Please contact me if you have any other questions.

Sincerely,

(anonymous)

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Visit <http://tatfoundation.org/forum2007-07.htm> for more information on celibacy.