

Sexual Energy, Celibacy, No Fap November

HP. Hoodedcobra666

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In the NoFap scene there are many endless lies and there is this Xian tint of things which has to do with self guilt in regards to masturbating, and it's no wonder the NoFap movement is sort of like a jewish movement of jewish celibacy, one of the many.

Celibacy, in people who actually have a sex drive and aren't sexually drive dead, can cause endless problems ranging from mental turmoil, complete inability to focus the mind, depression, and in even worse cases, can make one a rapist, or a sexually assaulting deviant. Any man with a normal and healthy sex drive cannot maintain this state for very long, and even if one tries, the body will try on it's own to either get the emissions to come out, or dispose the sex drive altogether, or a constant pressure will be maintain until relieved, or somehow is suppressed.

Celibacy practiced for very long periods of time can create all sorts of permanent insanity, that stays lingering within the soul, and this can last lifetimes. The intense bindings and fears on human sexuality are meant to create a shatter into the mind. Forced sexual celibacy and sexual deviancy can be easily observed of it's results in places like the Vatican. To lay off for a while shouldn't be considered going celibate or sexual repression. Sometimes this is a necessity to re-balance the system, especially in men.

Now in contrast to extreme celibacy, we have promotion of extreme and constant bombardment of sexuality, creating imbalances in some people same as the above. Because of a social background such as the above, we are on the entirely other end. Sexuality is everywhere, extremely pronounced, and bottomless desires are constantly generated on the populace, sexual addictions, and an overinsanity over sex has emerged. Porn is also a part of this.

The situation with both of the above is that none of these states are balanced states, and therefore, come with intense problems. A common situation is porn addiction, and yes, this thing does actually exist. Men who watch porn, masturbating numerous times a day in total addiction, unable to anymore perform with women or even relate to women, or have a relationship whatsoever. Distancing men and women in society creates a situation where there is openness for further imbalances between the gender and sexuality.

The "Seed Conservation" people are talking about how supposedly celibacy is going to give you superhuman powers and other things like that. But this is a lie. You will not feel better from celibacy nor grow any superpowers in particular, unless you so fondly believe this to be the case, a case of which the effect of selfbelief and amending for one's guilt comes into play, which most people suffer from. Obviously amending strange guilt isn't the way to spiritual superpower, if even emotional relief at all. Many of these people have extremely sexually guilty backgrounds and feel relieved when they do not sexually engage].

For strange marketing reasons what should be commonsense is now made into movements that demand money and for people to buy books, and people behaving like a church, where the moment one faps once, they are sent again to Hell and must do penances in order to stop masturbating. Jews also own all porn Websites and push pornification of every level of life, and at the same time push the unnatural extremes of sexual celibacy - both making people insane. So I will inform about actual seed conservation and when it actually matters.

First of these strange and insane amounts of days people give to no masturbation are just absurd, and can make one very sick. People with low sex drive many actually manage to go the prescribed long periods like 60 days without an orgasm, only by ending up in a mental hospital, but people who have high sex drive, if this is done, they will wreck themselves and become highly neurotic or insane, possibly even murderous.

Some idiots also advise 365 days and more of sexual repression, which is clearly a pathway into insanity, or depravity. I can see a jew rubbing his hands really nicely behind the keyboard when they advise anyone on this world to take a 365 days break from orgasm all together, it must make them feel really well. After all it's this tribe that criminalized orgasm in the first place as a punishable offence liable to the death penalty [See Middle Ages and Judaism]. None of that is also in anyway healing or necessary. Maybe if one has a completely dead sexual drive in the first place, some of this could work, but still one is stacking the mental health deck against themselves even if they could theoretically do this, without going to prison or something midway.

On the other hand, if one knows their limit is to masturbate once a day or every two days, or so without problems, and they masturbate four times everyday until their willy starts to be totally unresponsive, and this is done over many extended periods of time, one is bound to end up having problems, and the more this is maintained, the more problems may emerge. Generally women respond to this way different than men, and having many orgasms a day doesn't really affect them in the same way it does to men.

There are metaphysical reasons to this as the traditional ejaculatory orgasm has connotations from the male energy, while women have more of the female energy type of orgasm. As such their orgasms last for more time, can have a lot of intensity, and can reach many high numbers, while with men it's drastically different.

Most people especially males who look in a solution and hop on NoFap are broken from masturbation or they won't be looking into the de-addiction things like NoFap in the first place. The ranges of broken range from "The body is in dismay", to "Medium problems when it starts bleeding into life", to "So overmasturbated one's eyeballs are about to pop out and the whole life is going downhill cause of this". To make this easier let's divide this on three levels. There is also no general consensus of what over masturbation means to one person and what to another, this is up to one's system to decide.

Typically one knows they are past limits when they start feeling broken, completely agitated, have aggressive erectile dysfunction, and generally life starts going downhill or one becomes severely limited because of porn. What I write below is for when masturbation starts becoming a problem, and not general advice or consensus for sexuality.

The first level shouldn't be a really big deal, one is just over-masturbating for a given period of time, and one has some losses, such as feeling a bit weak, or a bit gloomy, which when they stop with masturbation for a couple of days, they return back to normal and optimal function. At the worst, and with prolonged issues here, it may take anywhere from 72 hours to a maximum of a week [7 days] to just come off fine from this. Any so called problems can be alleviated within this period and there won't be any further need to retain anything. Meditation and good nutrition will have someone back and running in no time.

Most people are normal cases, so a couple of days off are going to be sufficient to balance things out when one feels masturbation is becoming an issue.

On a second level the above is just increased, and one starts to having life problems from their masturbation habit. Except of extremely low energy after the masturbation buzz ends, the health may start to slightly suffer from this, mentally and spiritually. Strong erectile dysfunction may start kicking in at this point, one may feel very anti-social, and depressive undertones exist all over this behavior. Many people who over-masturbate in the first place do so because they are bored, or because energy is not spent elsewhere. Older generations may not understand this, people below the age of 30 will understand this triangle better, it's called Masturbation - Videogames - Junkfood is also a disastrous triangle that many people especially newer generations are lost into, which can drive a brain

and overall system into weakness. One also may feel too fried to engage any other activity. If one finds themselves on this state, one can abstain from 8 to 14 days. Supplementation such a multi-vitamin may also be required.

Lastly, there is a level where it's the totally broken level, this is rarely solved by some abstinence, but requires a life overhaul. This is a situation where one has lost control of masturbatory habit to the point it is running their life, I have read on such cases online. It's no wonder that these people are so desperately looking for help as by this time it's a total pathology and not just some "I was overly sexual" or "Need of relief". Hardly any relief is gained at this stage from masturbation, one is entirely broken and masturbates not to feel good, but rather out of mere extreme habit, or like a crack addict that takes more crack only to create the need for more crack, eventually leading to demise. Erectile dysfunction here can be a given, and most of the time this thing can emerge from a greater failure in life in general. There can be psychological damage such as deep feelings of inferiority, incompetence, or even other mental turmoil heaped upon someone, challenging their very identity in a way. This is not a given, as many people secretly suffer from this. In order for the body to get a grip and heal physically, up to 21 days of abstinence may be required. However nothing really past this point is going to do anything more, and even 21 days should be considered a maximum. And lifestyle changes so that one doesn't engage into the imbalance anymore and learns to maintain a balance with themselves. The days should be linked with proper diet and even supplementation so one can come even, as the above is always related to general loss physically.

The above three circles are decided over the number 7 which, among other things, from ancient medicine to today, to the diagnosis and treating of illnesses. 7 days, or a week, is how much in a time even the most serious illnesses and the fate of one's life can and is decided, when one drops ill. It's also a recuperation period, so the above is a reflection of this circle of 7 into three levels, 7, 14, 21. And clearly for one to have to go down this road, one has to first assess that one may actually be ill in some way. It's no shame to admit this anymore than it is to suffer by one's own admission.

Likewise, one in accordance to their nature, one should observe their own flows, and follow a relative harmony to sexual expression. One's harmony may be someone else's absolute limit in this case. The same is the case with diet and food.

In regards to seed conservation, the above doesn't play a major role. Just conserving one's seed and going celibate is deeply problematic. It creates more problems than it does create. It does not create any special psychic or spiritual abilities, and depending on how it's done, it may actually create blockages on the

lower chakras, creating energy directional confusion, which can create other problems by itself, that it would take a book to rectify.

Within the context of keeping a balance in the system, balancing out your sexual expression may be required. But this doesn't have to be called anything fancy other than what it is, a balance of things.

A key point to keep in mind in regards to sexual energy, conservation and it's use in spiritual power, is that there is a point past which one will feel empty, and not recharged or good. This shows that one is at a limit and needs to wait to recharge. The body may be able to go past this point frequently, but after this the feeling of emptiness will increase. Naturally one needs to lay off for a while in order to recharge.

Now in regards to the lie that going celibate is somehow going to turn you from a Nerdlord into Superman, this is a lie. This is not going to do in particular nothing to develop you, and the best case scenario is that people who are entirely broken from masturbation will only go through a normalization phase when they lay off, that will make them think [because they are only balanced to an extent again] that this was due to celibacy or some magical art related to celibacy.

Without spiritual practice none of that matters. The with-holding from extreme addiction only creates a positive effect because of the re-balancing factor, nothing else, similar to closing an open wound. This is why when celibacy is practiced past a point, it can create a mental wreckage, and not only it does not produce any positive effects, let alone any spiritual effects, but a person can break down. People become psychotic, anxious, extremely nervous, and so forth.

Within the context of a spiritual advancement routine, it's just sensible use of the sexual energy [including both going the far end with orgasms and knowing when to hold back] you can have benefits from understanding your own flows. But just not touching your willy isn't the key to dolphin like telepathy, or hawk eyesight, or intuitive abilities that are seemingly supernatural.

The other end is also observed in the focus on many superficial matters such as people do in the east, thinking that if you eat as much as one piece of beef, your soul is going to go to Hell and burn for all eternity for it. None of these things have implications or should pose any issues unless one goes over into severe imbalance.

It's just that people who have no idea about spirituality and are also very guilty like to create these extreme excuses in order to lie to themselves in order to cross the lake. But when you lie to yourself and you cross the lake and nothing

happens, you'll be demotivated as fuck. This is why I ass beat people who try to create false and humongous expectations in other people, as this works in the short term, and in the longterm people develop nihilism and quit. If the truth was stated to begin with, one wouldn't quit but rather positively know what to expect.

In regards to another circulating myth that girls will become more attracted to you, this is half or less than half a truth. The people who may experience more interest from women simply because they did a few days without masturbation are most of the time people who have been completely broken in in masturbation. If you're an over-masturbator chances are you don't engage women all that much.

When one has nothing to give in regards to sexual energy [depletion] this can create a situation in rare cases where one may not engage partners in the same way, as one who has overly eaten does not approach food. A severe masturbatory mindset also can become so deeply ingrained in some people that they completely forget the opposite gender, and any actual sensation or relation to the opposite gender ceases completely, which can create for awkwardness, that is naturally going to cause problems when it comes to women.

And let the porn lawyer people tell you it won't happen, but to most people it will. Humans aren't only attracted by visual appearances, and even in an unconscious level, some people make judgement on others based on things metaphysically observed. If one walks around smelling of lube and unwashed hair, this isn't going to in particular attract hardly anybody. A severe imbalance in someone shows itself in more than one areas of their life. Decent guys that you see everyday and you wouldn't expect this to ever be the case. So naturally, being a totally empty dam isn't a good strategy here, and it can make you issues where it comes to the opposite gender.

On the other hand maximum celibate mode isn't going to turn you into a woman magnet, or women would find the rat christian pastors attractive, which they clearly do not, as all these can do is rape women or men, or molest children. Another blatant symptom of what extensive celibacy can cause.

Lastly, people may have another question as in how one has to stop the imbalance. There are many ways to do this depending on your personal level of willpower. If you want to develop your willpower, just face the problem and stop doing it until you come even. Taking a decision and following it will build your willpower.

Alternatively what you can do is distance the object through which your addiction flares up, such as adding a porn blocker to your computer, or somehow blocking

yourself from contacting the object of addiction. This is not the best way to do this. The only safeguarding way is that of Willpower, but in order for Willpower to develop, you may have to throw the object which saps it in away first.

Due to the extremely extensive topic, I'll stop at this for now, and I hope at least a few of you benefit.

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