

Celibacy by Paul Constant

Paul wrote the following responses to a series of questions about his own experience with celibacy and Richard Rose's teachings:

What exactly does celibacy mean to you?

When I say "celibacy," I mean abstention from all forms of sexual behavior—coitus, masturbation, and reverie.

How did you decide that celibacy would help your spiritual path?

Much of what I learned came to me directly from Richard Rose. When I encountered Rose's books at the age of 21, a door opened, and one year later (in 1985) I personally met Rose. He considered celibacy a core aspect of his teachings because it provided a critical tool to improve self-analysis and build tension, thereby expediting the search for Truth. This backdrop set the stage for my lengthy period of celibacy.

What did Rose say?

Often, Rose gave advice that was very specific to the individual—their sexual appetites, habits, gender, and age. He knew that celibacy is most propitious when a teacher is available to answer questions and guide the student. He also thoroughly understood the protection of Thaumaturgical Laws, and knew male and female psychology better than anyone I have ever met. He advised people to undertake a simple test by reading a profound spiritual book, abstaining from sex for 28 days, and then re-reading the book to gain a fresh perspective. During personal discussions and while talking among smaller groups, he frequently offered his perspectives on entities and getting our life under control.

My notes contain, among many others, the following quotes from Rose:

"Celibacy develops creative genius and intuition—items needed to carry a man where there are no railroad tracks."

"I have taught a moral system of philosophy that helps a person survive life by maintaining the highest physical and mental strength."

"Some people are immediately offended with the idea of celibacy because they cannot achieve it."

"Fulfilling nature's plans [i.e., sex] is not a sin, but I say resist the plans."

"A true virgin is not someone who has never indulged in sex, but rather someone who chooses prolonged abstinence over indulgence. This decision gives real power."



"Everybody has governing agents which build forces around them and lead them around. Celibacy is the only way to escape this. If you are not celibate, you get bounced back and forth until you get bounced down a narrow channel that has been picked for you."

What happened next?

At the age of 23, I began an eight-year period of complete celibacy. 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. 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.

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 beforehand 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. More importantly, over the years, the celibacy improved clarity and focus, and it became much more apparent to me that I was engaged in some spiritual activities that were nonsensical. In the words of Rose, I was better able to "back away from untruth" by seeing thought patterns, feelings, emotions, 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 use discernment during celibacy.

What other benefits did you derive from celibacy?

On the most mundane level, total abstinence will disengage a seeker from distractions or pitfalls 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. In my case, I sought the Source of my awareness, which the mind seemingly resists at all costs. Ultimately, the path—the backing away from untruth—led me to a final conundrum that dissolved in Self-realization. At the age of 43, I found—or rather became—my Source.

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 later married her.

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." In contrast to a negative statement, 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 or drugs when you know they will weaken your resolve.
- For men, the body will protect itself (i.e., avoid prostate problems) though 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 with principles aligned with yours.
- If you are young, start now. 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, you should 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.

What did Richard Rose say about celibacy in his book, "Energy Transmutation, Between-ness and Transmission"?

"The aim should be temporary, total abstinence from the conscious sex act."

In the subsequent paragraphs, Rose further defines each segment of this sentence. He states that *temporary* means we should not set a deadline. For example, a self-defeating approach involves thinking that you might try celibacy for [number of weeks/months/years], but give up if it doesn't work.

Total abstinence means refraining from reverie, coitus, self-indulgence, and all other forms of sex.

Conscious sex act means having an attitude of truly not identifying with the act, and this doesn't simply mean indifference. Many people will falsely latch on to this last phrase, thinking they are not conscious during the act. He provides more wisdom on this topic in the book.

History is replete with ascetics who believed that the act was evil, and that God would only smile kindly on the holy celibates. Rose disagreed, saying he did not believe in sin, and advised anyone who undertook a period of celibacy to consider it a temporary holiday from the energy expenditure. At some point in the future, we may return our debt to nature in the form of normal reproduction.

One final but important note: in the book, Rose offers a caveat that is especially worthy of consideration: "Celibacy is a science. It can kill you if you are not a skilled master of it."