

Sexual Excesses

Geoffrey D. Wilson



The Sage's Legacy

Ekiken once said that before reaching the age of 50 the vital energy is unstable. He was right of course but those under the age of 50 may not quite appreciate the wisdom implied by his observation.

So what did he actually mean?

Preoccupation

Ekiken was talking about the preoccupation those under the age of 50 have with sex and the problems associated with lust. Young men in their 20s, for example, can think of nothing else for the most part.

The welling of the vital energy within (the feeling commonly linked to the desire for sex) is an uncomfortable but nonetheless urgent sensation that can only be relieved through sex (or so many think).

The more the merrier - most will in fact jump for joy and then shout about the delights of their adventures!

Depletion

Unfortunately, the thinking behind 'the more the merrier' philosophy is delusional and destined to invite energy deficiencies of the kidney predominantly. In other words, long ago it was established by the ancients that sexual excesses lead to depletion and compromise longevity.

According to Oriental Medicine, when the energy of the kidney and the vital energy in particular (stored in the kidney) becomes depleted, general stability is compromised because of the connection shared between the vital energy, the mind, and the body.

Instability

Instability of the kidney energy can be measured in many different ways but basically it is recognisable as wavering determination, distracted focus, lack of consistency, lower back pain, knee problems, tinnitus, thinning hair and fundamental insecurity. These all ride on the back of fear and cannot engender the kind of foundation that is necessary for the cultivation of real spiritual growth.

You don't have to be celibate but it helps if the energy is used appropriately. How do you use this energy?

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