

Possibilities of the Libido - The Art of Sexual Transmutation Explained

The process of using "sex energy" for a purpose other than sex is called Sex transmutation by most people who are aware of it, or more-often "sexual sublimation" in the psychological field. Basically, instead of releasing sexual tension through natural (sexual) release, a person focuses their feelings of desire on a more productive task, namely the primary goal in their life. **Sex Energy** The energy that drives our need for sex is commonly referred to as "sex energy," but that is perhaps an inappropriate label. The energy should be perceived as the essence of energy, the most pure and potent source of energy that humans possess. This is most commonly known as "libido," and much work has been done on the topic of libido by psychologists such as Freud and Kensey, who also discussed the energy and focusing-ability of libido. Immediate expression of this energy is always available to us, no matter where we are or what we're doing. The expression of this energy through sexual means is the most simple and most immediately gratifying method of release, but the results obtained through sexual expression are generally short term. The energy is simply expelled and gone for ever. **Controlling Your Destiny with Your Sex Energy** When this energy is expressed through other means, the results are often much longer lasting, and, over time, are appreciated much more than the results gained through sexual gratification. The human mind can only focus on one idea at a time, while sex energy can be felt regardless of what those thoughts are. The sex energy is natural and not easily controlled, though we do control the thoughts in our mind. It is our responsibility to ourselves and those who are important to us to control those thoughts as much as possible, using all techniques available, such as sublimation. It should be noted that sublimation does not have to be redirected from the desire for sex, but that particular desire is the most powerful energy to transmute. Perhaps a rotation of desires through our sublimation efforts would be beneficial and help us experience "flow" or "OLS" on a much more consistent basis. Some of the other desires for sublimation, as quoted from Napoleon Hill's Think and Grow Rich: - Desire for love - Desire for fame, power, money - Desire for a companion **Do I Have to Practice Celibacy?** Does transmuting sexual energy mean that you can never enjoy sexual release again, or must go without it for very long periods of time? No! In fact, results can be obtained the very first time you attempt the technique. There are, however, methods of keeping yourself in a state of semi-arousal the majority of the time; there are also methods of obtaining more and more control over your sexual energy, while still enjoying sex. **How to Get Started With Sexual Transmutation** Stop wasting your energy and start propelling yourself toward your goals! Change your energy-related thoughts from "I have to have sexual release" to "I have to [any goal]!" An added bonus that you'll experience from learning this technique is the influx of new ideas that your creative conscious sends you, related to what you choose to focus on while in a state of arousal (even very subtle arousal). All of your fantasy creativity will focus on creative ways to overcome obstacles. You'll even find yourself illuminated with all the new doors your creativity opens. One source for learning more about [the art of sexual transmutation](http://www.article-zine.com). Learning the art of sexual transmutation will provide you with more energy, focus, desire, and drive for accomplishing tasks that you've been putting off, either because you don't want to do them or you don't believe that they are realistic goals or options.

About the Author

Bentley Fitch is an expert on **goal setting** and has written *self help material* for numerous publications.

Source: <http://www.article-zine.com>