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The Transformation of Energy

Transformation and transmutation, and the three fundamental nourishments: impressions, air and food.

THE TRANSFORMATION OF ENERGY

TRANSFORMATION
(Physical Concept)

Change from one form of energy to another, like solar to electrical. Dynamic correspondence is maintained.

TRANSMUTATION
(Alchemical/Internal Concept)

Change of one substance to another, more subtle one. The four elements (earth, water, air, fire) mutate.

THE THREE FUNDAMENTAL NOURISHMENTS



- **IMPRESSIONS** — Quality of thought
- **AIR** — Quality of breath
- **FOODS** — Quality of nutrition

'Sexual energy is the final result of multiple transformations of foods... Its quality depends on the 3 nourishments.'

CONSCIOUS TRANSMUTATION

A voluntary and conscious process of sublimating our energy.
Does not interfere with imbalances.

Benefits of Transmutation

- Solar Bodies are created
- Unifies marriage
- Allows deep Love to be born
- Willpower is developed
- Greater health and vitality is achieved
- Sensitivity is awakened
- Internal senses are activated
- Body control is achieved
- Helps us in the death of the Ego
- Among others...

PRACTICE: Egyptian Christic Pranayama

mantrams: **TOM - SA - HAM** and **TOM - RA - HAM**