

# ANCIENT EGYPTIAN SEXUAL ANKHING

By Drunvalo Melchizedek

Sex, and specifically the orgasm, is more than just something that feels good and allows procreation. There are many other functions, such as the release of dysfunctional energy within the body, which can help to keep one from becoming diseased. There is the function that opens the higher chakras, and under the right conditions allows a person to begin the process of enlightenment. And further, if two people, lovers, practice sacred sex, the entire experience can lead them together into higher consciousness and into worlds beyond this plane.

In relationships, a simple sexual principle, as taught by the ancient Egyptians, can change the energy level within your body and help to bring strength and vitality into your bodies and your relationship.

The full subject in detail of Egyptian Tantra is incredibly complex, and cannot be completed in an article of this scope. But we can speak of the heart of the matter - the human ankhing experience as practiced by the ancient Egyptians.

And so, adapted for our readers from *The Ancient Secret of the Flower of Life*, Volume II, I offer this insight to assist two lovers - or even yourself, alone - to begin to find the higher path. This practice will not directly show you the true path. But it will increase your life-force energy, making you stronger, more alive, and more conscious. And perhaps - if you believe the Ancient Egyptians - it may lead you into eternal life.  
-Drunvalo

## Egyptian Sexual Energy and the Orgasm

It was believed in ancient Egypt that the orgasm was the key to eternal life, and that it was intimately connected with the chakra system. A chakra is an energy vortex connected to the entire human energy field, and the Universal Heart Chakra is the fifth of thirteen chakras. (There is also a system of eight chakras; in that system, the heart chakra is number four.) The Egyptian system held that the orgasm was intimately connected to this fifth, or Universal Heart Chakra.

First, we will explain the connection to eternal life.

Most people in the world are ignorant about what happens to their sexual energy after they have an orgasm. Usually, the energy moves up the spine and out the top of the head directly into the eighth or thirteenth chakra (same chakra, different system). In a few rare cases, the sexual energy is released down the spine into the hidden center below the feet, the point opposite the one above the head. In either case, the sexual energy - the concentrated life-force energy called prana in Hinduism - is dissipated and lost. It is similar to discharging a battery into a ground wire. It is no longer in the battery and so it is gone forever. This is what all the world's Tantric systems that I am aware of believe, that orgasm brings one a little closer to death because a person loses his or her life-force energy in the orgasm and is made weaker. But the Egyptians found long ago that it does not have to be this way.

It is for this reason that the Hindu and Tibetan Tantra systems ask the male to avoid ejaculating. Instead, they speak of these tiny invisible tubes where, when a student learns to control the orgasm and the flow of their sexual energy, the sperm migrates up to the higher centers.

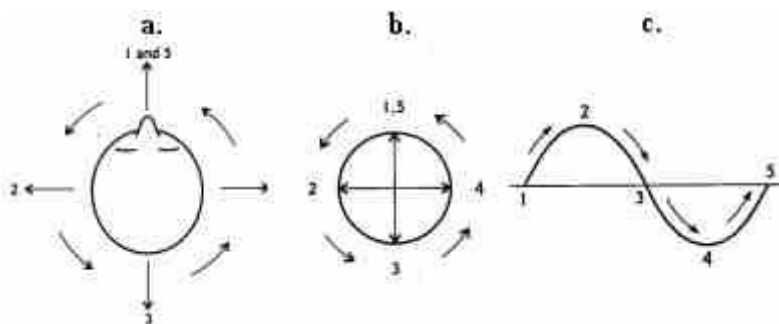
Both of these systems, and also the Chinese Taoist Tantra system, are all primarily concerned with the sexual energy flow, sometimes referred to as "sexual currents." They are primarily concerned with what happens as the sexual energy is moved before the orgasm, but they all have entirely different views of this energy compared to the Egyptians.

The Egyptians believed that orgasm is healthy and necessary, including the release of sperm in males, but that the sexual energy currents must be controlled in a deeply esoteric procedure that is unlike any other system. They believed that if this energy is controlled, the human orgasm becomes a source of infinite pranic energy that is not lost. They believe that the entire Mer-Ka-Ba or lightbody (the field of energy surrounding and interpenetrating the body) benefits from this sexual release. They even believe that under the right conditions the orgasm will directly lead to eternal life, and that the ankh is the key.

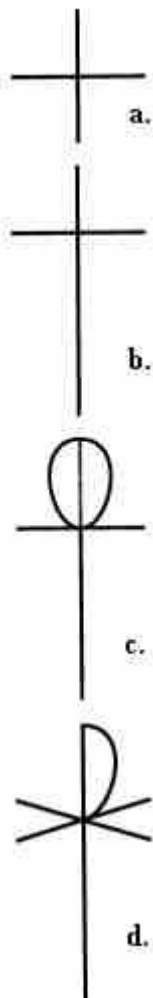
What is the *ankh*, and what has the *ankh* to do with sexual energy? It is complicated to explain, but we will simplify. First the *ankh* itself is a shape that looks like the figure at right.



In order to see and understand what took thousands of years for the Egyptians to grasp, we will begin with the fifth, Universal Heart Chakra. This lower heart chakra, the chakra of Unconditional Universal Love, is the first place where the energy completes itself. Each chakra has a "direction" associated with it, as the life-force energy rotates its way up the body in a pattern similar to the DNA molecule. In the lower heart chakra, the fifth place of a thirteen chakra system, the energy is facing the same direction as it began, and thus the circle is complete.



In the three views above, you can see how the rotation of energy either around the body, as in (a), around a circle, as in (b), or in a sine wave, as in (c), all complete themselves in five steps.



The fifth or heart chakra is the first chakra that completes itself and has the energies of both front-to-back and left-to-right. If you could see these energies — and the Egyptians could — from above the head, as in (a), at left, they would appear as this symbol. It needs to be understood that these are actual energy lines around the body coming from the fifth chakra.

If you were to see these energies from the front view of a human, they would appear as in (b) at left. In the center of the cross there is a hidden energy line coming straight off the page and also moving in the opposite direction away from the reader.

Notice that both of the above examples are Christian symbols that come from the heart chakra. However, if you could see the same energies from the side of a human being, they would appear different than you would expect. There is another energy-flow "tube" there (in Chinese medicine it's called a "meridian") that the Egyptians discovered long ago. It looks like (c).

I find it very interesting that the Christians must have understood what we are talking about here, for on the robes of many Christian priests, at certain times of the year that are usually associated with resurrection, you will see the following symbol.

This symbol (d) shows all three views — the top, front, and side simultaneously. I believe the Christians omitted the complete loop of the *ankh* so that they would not directly show a connection with the old Egyptian religion, since they were breaking away from that tradition. But it is obvious that they knew.

Now that you know that this *ankh* energy conduit is located in the human energy

field and where, you will be able to understand the reason for the Egyptians' sexual conduct, which we are about to explain.

First let me explain something about the *ankh* before I speak about its relationship to sexual energy. When I toured the museums in Egypt, I personally observed over 200 Egyptian rods.

These rods (pictured at right) were mostly made of wood, although other materials were sometimes used. They had a tuning fork on the bottom end, and the top end had four different types of devices that could be attached. One of these devices was in the shape of the *ankh*. What we found is that if you put the *ankh* on the top of the rod, which is like the human spine, the vibration from the tuning fork lasts a great deal longer. The energy seems to wrap around back into the rod along the curve of the *ankh*, moving downward as it returns, thereby sustaining the energy.



I was in Holland a couple of years ago, and there some people had made some rods out of copper with a high-quality tuning fork at the bottom and a threaded end at the top, so that different end pieces could be screwed on. I experimented with this rod. Using it without a top piece, I struck the tuning fork and timed how long it would vibrate. Then I screwed on the ankh and struck the tuning fork again. With the ankh on top, the rod vibrated almost three times longer. If you apply this idea to the human spine, you can see why the energy of the orgasm enhances the entire human system and the energy wraps itself back around and back into the human meridians.

This is the key to why the Egyptians performed the particular sexual practices we are about to explain. They found that if they had an orgasm and let it go out the top or bottom of the spine, the sexual energy was lost. But if the sexual energy was guided by consciousness to move into the ankh conduit, it would come back into the spine and continue to resonate and vibrate. The life-force energy was not lost. In actual experience, it seems to increase the energy. One does not feel depleted after sex, but rather recharged.

You can talk about it all day, but if you try it one time, you will understand. However, it is not easy to do in one test. For the first few times, the sexual energy will often shoot past the point of the fifth chakra and continue on up and out of the body. So it takes practice. Once it is learned, I doubt seriously if you would ever have an orgasm any other way. It's too powerful and feels too good. Once your body remembers this experience, it is not likely to revert back to the old way.

## Instructions for the Egyptian Orgasm

Here is exactly how to achieve the ankhing associated with the human orgasm. Whatever you do sexually before the orgasm is completely up to you. I am not here to judge you - and definitely the Egyptians would not, since they believe in knowing all sixty-four sexual modes before you enter the King's Chamber to ascend to the next level of consciousness. This is their idea, but it is important to know that it is not necessary. You can reach the next level of consciousness without knowing this information. However, from their point of view, the idea of ankhing is of paramount importance in achieving eternal life. You will have to decide for yourself if it is something you wish to practice.

1. The moment you feel the sexual energy about to rise up your spine, take a very deep breath, filling your lungs about 9/10th full, then hold your breath.

2. Allow the sexual energy of the orgasm to come up your spine. But at the moment it reaches the fifth chakra (located just a couple of finger-widths above the sternum), with your willpower you must turn the flow of sexual energy 90 degrees out the back of the body. It will then automatically continue inside the ankh tube. It will slowly turn until it passes exactly through the eighth (or thirteenth) chakra, one hand-length above the head at 90 degrees to the vertical. It will then continue to curve around until it returns to the fifth chakra, where it began, only this time in the front of the body.

Even if you don't understand what was just said, it will happen automatically if you get it started out the back of the body at the fifth chakra, and it will automatically come back around to the front of the body and reconnect at the fifth chakra. You just have to make it turn 90 degrees so that it begins.

3. It will often slow down as it approaches its point of origin, the fifth chakra. If you can see the

energy, it comes to a sharp point. When it approaches the fifth chakra from the front of the body, there is sometimes a tremendous jolt as it reconnects with this chakra again. All this takes place while you are holding your first breath.

4. The instant the sexual energy reconnects with its source, the fifth chakra, take in the full breath. You had filled your lungs only 9/10th full, so now you fill your lungs as completely as you can.

5. Now exhale very, very slowly. The sexual energy will continue on around the ankh channel as long as you are exhaling. When you reach the bottom of this breath, you will continue to breathe very deeply, but a change happens here.

6. It is here that, if you know the Lightbody work of the Mer-Ka-Ba, you would begin to breathe from the two poles using Mer-Ka-Ba breathing. But if you are like most people and don't know this work, then continue to breathe deeply until you feel the relaxation begin to spread throughout your body. Then relax your breath to your normal rate. Feel every cell becoming rejuvenated by this life-force energy. Let this energy reach down into the deepest physical levels of your body structure even past the cellular level. Feel how this beautiful energy surrounds your very being and brings health to your body, mind and heart.

7. Once the relaxation begins, slow your breath down to a normal shallow breathing.

8. If possible, allow yourself to completely relax or even sleep for a while afterward.

If you practice this for even one week, I believe you will more than understand. If you practice it continually, it will begin to give health and strength to your mental, emotional, and physical bodies. It will give great strength and power to your Lightbody, as well.

If for any reason this practice does not feel right, stop and return to normal. It just is not time.

It was this discovery of the secret tube that fostered the Ancient Egyptians' belief that eternal life was intimately connected to this particular energy-flow. It is this ankhing of their sexual energy through this tube, in an extremely deliberate procedure, that I have been taught to emulate.

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**Drunvalo Melchizedek**, spiritual leader of the Melchizedek Order and noted for his teachings about the Mer-Ka-Ba, is also a scientist and author of four books: *The Ancient Secret of the Flower of Life, Volumes 1 and 2; Living in the Heart*; his latest being, *The Serpent of Light*.

Drunvalo was sent to this planet with several specific missions, one of which was to help shift the Kundalini of the planet from the White Pyramid of Tibet to its new home high in the mountains of Chile.

His DVD, "*Call of the Condor*", documents his journey to Peru in 2004 with several of his followers, during which they were part of a ceremony when the power of the planet transferred from the male to the female.

Drunvalo organizes and conducts group journeys to sacred spots around the globe, speaks publicly about his work, as well as sponsors the site: <http://www.spiritofmaat.com>