

# Semen Tuum Retenieas

## *Grimoire de Potestate*

OR

A Guide to Semen Retention and the  
Pursuit of Masculine Power



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## INTRODUCTION

This is a grimoire of power for men. It speaks to the deep masculine essence imbued in us all and hopes to guide those who have not yet discovered the intensely powerful source of energy we have buried in us: our seed.

Men are spiritual beings and have been created by God, although this very important fact is all too often completely ignored. Is it a wonder, then, that so many men are infected with weakness? This guide lays out the path to discovering *strength* and draws on powers that go beyond our understanding, but is accessible and obvious to all.

The way to unlocking your masculinity and the potentially world changing abilities you have is deep, yet also extremely simple: hold your seed and use your essence as a force that bends to your will. Without such a discipline and without such an outlook, you too will be doomed to be forever shackled to your weakness.

Know how to control the forces within you and be strong enough to subjugate the world around you and dare to be the master of your woman.

I hope that this grimoire guides you in your journey. Go forth and be a man.

## ONE

### WHAT IS SEED?

Males discover their seed when it fizzes in their loins and begs to be released for the first time. We feel it then see it and understand that it is the liquid that impregnates women, but that is usually as far as most males' appreciation stretches. The substance is therefore quickly debased into a by-product of sexual desire, or seen as an inconvenience in the pursuit of a life of hedonism.

Such an interpretation of such a powerful force is shameful. A man's seed is everything. This liquid contains *you* and the divine spark of creation. Within this liquid is your life force, your spirit, your energy and your bloodline. When you have sex you can surely feel your physical and emotional energy shaken and flowing intensely into your groin until an explosive bolt of energy is drained from you. Your seed contains this energy, it carries a part of your spirit and begs to take root.

Your seed contains your unique masculine energy and cannot be replicated. It is something divine and is the physical substance through which God chooses to bring new lives and new eternal souls into the world. Women crave it, their bodies are designed to absorb every last drop of it and they are altered by it. When it takes root it becomes a human being with its own mind, body and soul.

The path to manhood must begin at understanding this truth. Connect with the power of your seed and you connect with your soul. Without this respect for the sacred your ascent to power cannot begin.

## TWO

### WHAT SEED DOES TO BOYS SO THAT THEY CAN TRANSFORM INTO MEN

Seed creates life, but it also creates men. Without it, you are just a child. Boys and girls are different, but they are also very similar. Most boys can pass for girls and they are no more bigger or stronger than them. It is the development of the seed which changes this. Let us reflect for a moment on the powerful transformation that one's seed causes so that we can better understand its value.

It is with the arrival of seed that a boy's body completely and utterly transforms. The bones expand and become thick, muscle swells and brute strength begins. The body is given beast-like hair and the face develops the beard. The voice deepens to resonate through the earth and through the air and the mind fixates on aggression in all its forms. This transformation breaks bonds with the world of women and pushes the new man out into the world to explore and conquer. A deep thirst for flesh develops and a predator is formed. The boy no longer looks at the world in the same way and now constantly thinks about how to plunder it for his own gain.

A wild beast rises in the chest and ensnares the mind. The boy is suddenly and brutally chained to it so he can never escape. He is chased by it, coerced by it and cannot control it. He can never be the boy again, despite any desire borne out of weakness and fear to do so.

Seed provides the base ingredient for a man to develop, but does not confer manhood on its own, despite appearances and despite many thinking it does. This power *must* be latched onto the correct desire for spiritual development. Seed produces a wild beast and the masculine spirit must deign to master it for his own ends.



## THREE

### MEN AND BASE DESIRES

The physical man once complete can fool the world into thinking that he has finished his transformation. The beast within rages on but what lies within? Many men, upon thinking they have attained manhood, are dragged by the chain that links them to the beast as they are unable to control it. In their internal weakness they are dragged to and fro and indulge themselves in sexual pleasure. The world looks on and judges this creature to be a 'typical man' and no more thought is given to the matter.

Some refuse to be dragged by their chain and veritably embrace the beast and its power; they *become* the beast and enjoy a powerful transformation into a werewolf of sorts. These men embrace their strength, train their bodies and their minds and dominate all they can. They may attain riches and a harem of women and are judged with admiration by the world.

Both of these forms appear manly, but neither truly are. Men are more than animals of sexual conquest and go beyond physical strength and worldly riches. It is true that these states of being are all masculine in nature, they are not manly. Both the indulgent creature and the brute are failures and it can be difficult to accept this view for few understand that the beast must be trained by a strong will in order to achieve true greatness. The true man is not unchecked unbridled power, he is the master of it. To be a success, a man must uncover his God-given vocation and know in which direction he should travel. Thought, self-discovery and prayer will reveal all he needs to know. Once his vocation has been revealed he can then begin to master the beast within in order to achieve it.

For the man who lacks direction, it should be assumed that unless called to the religious life, his vocation lies within creating a family with a worthy wife. His role is to provide, protect and procreate.

Men cannot attain manhood until they have reconciled the physical power within with a virtuous desire to control it for a higher goal. Vocations have many forms and all are worthy if they are truly from God. Nurture the space given to you and make it better and you will be a success.

## FOUR

### VIRTAS

A man's base desires and powerful appetites are not the sum of him as men are not created to be beasts. The energy within, if nurtured, will reveal itself to be divine. All forms of life within creation are imbued with what the great saint Hildegard of Bingen calls *viriditas*, a green, life-giving force given by God. It is the essence of life and it is the essence of virtue. It flows throughout all living things and flows through them like lifeblood. Without this essence there can be no life.

In men, this *viriditas* gives birth to a masculine strain of energy called *virtas* or 'man power'. This is what is confused with 'the beast' by weaker men. It can be understood as sexual energy, although this will lead you astray for it is *masculine* energy. It is given to men by virtue of their function of seed givers. It has the potential to course through your veins to empower you in your conquests and will transform you into a warrior. It is a gift that will **never** be fully understood by those without seed nor those that choose not to tame the beast. Women and weak men will always give way to the man flowing with *virtas*.

Men were designed to create life and to plough and cultivate the field. They see earth and break it and soften it through hard labour and carefully scatter seeds into it. They provide water and protection and carefully nurture the life that slowly forms as a result. Men only sow seeds that they wish to see grow and pursue weeds and pests with unwavering harshness. If a man is not engaged in this endeavour then he is surely elsewhere being controlled by his base desires.

*Virtas* is the energy that fuels men in their honourable vocations and can not be attained without mental desire. Attaining this essence is a process of internal alchemy and will never happen without thought.

## FIVE

### DANGERS OF SPILLING YOUR SEED

Your seed transforms you and summons great power into your body. This power can be cultivated into virtas or it can run free like a beast. These different states of man all have one thing in common and that is they are fuelled by seed.

When a man spills his seed he releases energy, both spiritual and nutritional. This is always a loss of divine power and will affect you deeply. Of course, when giving your gift to your woman, this loss of life force is a necessary and beautiful thing. A man sacrifices a part of himself to bring an eternal soul into the world. He will be depleted for a time, but he has achieved the greatest thing he could ever hope for. The life force within quiets and he summons his strength to recover. We all know the deep level of fatigue we feel after losing our essence. This is not an insignificant matter.

Most men think nothing of this depletion and may not even notice it. They are controlled by a beast who leads them to indulge in the physical pleasure that is entwined with the life giving act. The divine process of life is debased to a pleasurable sensation in the groin and the lowly male is cursed with a never ending frenzy for pleasure that he pursues at all costs. As he does this he spills his life force into barren ground time and time again. He no longer sees himself as a divine being and no longer courses with power. He serves only himself and forgets his vocation.

This is a spiritual matter of grave importance and you must avoid this state of being if you wish to attain power. No man can thrive whilst he is wasting his gift on fleeting pleasure. Do not become the depleted man or you will descend into pathetic weakness and stand over a field of rocks and weeds.

In modern parlance we describe the depleted man as a 'coomer'- somebody who wastes his life in the disgusting act of masturbation and is usually spiritually fuelled by pornography or other degenerate sources of stimulation. This is not a powerful man and never will be. You can see the degenerative affects in his body. His face lacks spark, his eyes fall to the ground and his chin becomes soft. He has the air of filth and is incapable of higher levels of thought and suffers from physical and mental infirmities. He becomes the twisted goblin and is the first to buckle in the face of an enemy.

Dear man, look at these examples and choose life! You are not made to be weak and pathetic. Real degenerative change occurs each time you release your seed, so guard it more keenly than gold. It is the elixir of life and its effects are visible.

## SIX

### SUMMONING VIRTAS

You now understand the importance of your masculine energy, virtas. It is rooted in your seed and is refined by your will in pursuit of your divine vocation, but it does not simply appear by retaining your seed. The act of exerting the will requires time and practice and begins with spiritual preparedness.

First, you must turn to your creator. Without Him you will never discover your true vocation. Without your vocation you will be unable to wield the power within you to achieve that which you need to achieve. Look into your soul and face up to your weaknesses. Stand back and study your actions, your thoughts and motivations. Notice your vices, notice your wickedness. If you presume

to be free of them then you will be lost forever and will never wield power. Approach and understand God. Acknowledge that He is the way. Humble yourself before Him and root out your pride, selfishness, arrogance and fear. Pray and study the Scriptures and conform yourself, with the grace of God, to the divine hierarchy. A man who thinks himself above or apart from creation will only come to ruin. Listen to instruction and give yourself to He who knows.

Confess your sins and be released from them. They weigh you down like a demon and will drag you to hell. Be one with the Body of Christ and strive to maintain a state of grace. Do good to others and be chivalrous. Direct your senses to the light and walk towards eternity.

With the correct direction, you can now bring the beast into line and know where to whip him so that he does not run amok and destroy you. The man who wishes to subjugate his beast must then strive to cultivate viriditas within himself to add fuel to his endeavours. Viriditas is the life force of all creation and is also spiritual and virtuous in nature. It fuels all living things and can be understood as physical health plus spiritual health. To cultivate it, make sure you eat well, exercise, relax your mind, pursue virtue, fill your eyes and ears with beautiful images and sounds and connect with nature. Feel the viriditas in the trees around you and know that you are connected to it. Take note of your mind and body and feel the energy flowing through you. Combat any illnesses you have with scientific but also natural knowledge. Use herbs, diet and the earth to heal you. Doctors will assume that illness should be destroyed with chemicals or surgery so research alternatives that are right for you. Know that whilst conventional knowledge is empowering and saves lives, it is also limited in scope as it refuses to acknowledge possibilities outside the realms of 'respectable' reason. Do not be constrained by another man's decisions when it comes to your body.

With spiritual clarity and physical health, your beast should already be taking on a different form. It is now evolving into virtas, that masculine energy that can be wielded for good. Virtas grows with the spirit and the flesh and uses the energy of your seed to sustain itself. It is therefore vital that in your pursuit of power that above all, you **retain your seed**. Do not let it escape you.

After a short time of seed retention, coupled with spiritual clarity, you will feel the changes rapidly taking place within you. You will transform again just as you did when you stopped being a boy. Masculine energy will build and you will notice a growing pressure in your balls. They will start feeling bigger and you will feel virile. You will develop a deep thirst to inseminate women and will tingle with electric energy. You will have strong urges to have sex, but **do not!** This feeling within you is **not** sexual energy, it is virtas, masculine energy. You are above base desires and refuse to become the depleted man. As long as you lift your mind above the lower levels of the human condition, you can resist the trap that is sexual release. This is why a change in mindset is necessary. Without direction you will simply be conquered by your beast and remain ensnared.



Expect to feel heat within your body, especially in your chest and balls. There will develop a fire of life within you and this is a sign of the divine:

I, the highest and fiery power, have kindled every living spark and I have breathed out nothing that can die... I flame above the beauty of the fields; I shine in the waters; in the sun, the moon and the stars, I burn.

- *De Operatione Dei*, St Hildegard of Bingen

I know that this can be painfully difficult and it will be without mental clarity. Expect to fall at some point but then pick yourself back up immediately. Nocturnal emissions may happen, but allow your body to regulate itself as it sees fit and do not be dismayed. Do not touch your member for even a few moments of sexual pleasure as you will not be able to outrun the beast of base desires once you have allowed it to smell blood.

You will be bubbling with energy and this is the time when you need to learn how to wield it. Without direction, your virtas will start to manifest itself naturally in all that you do. Listen to your subconscious and follow its directions. It will ask you to exercise or to create something. You may simply go about your daily work and notice that your mental clarity and physical stamina remain all throughout the day. Give yourself a purpose and your virtas will fuel it.

At this stage you may experience what is known in the pagan realm of Hindu tradition as a kundalini awakening. The idea of pagan practices is abhorrent, but if there is anything true within them, they can be of use. 'Kundalini' is another way of expressing the idea of life force or viriditas that lies within us. Many men experience this in some form whilst pursuing the practice of seed retention so it is worth speaking of here.

A kundalini awakening is when your internal energy overflows and takes over your body. You feel a rush of power which emanates from the balls and washes over your body. It causes you to shake all over with intensity and can feel like or resemble a full body orgasm. You feel intense tingling and tidal waves of life force flow up and down you. You may start to feel like you are floating or leaving your body and will expand with strength and energy.

This can happen naturally or it can be induced. When it happens, or to attempt to induce it, focus on your energy and master it. Assume that nothing will be used for sexual pleasure and start by focussing on the fire within your balls. Breathe deeply and imagine the energy flowing into your thymus gland in your chest. Visualise a vortex of energy there absorbing all your power, tap your chest to find a spot that resonates like crystal and tap it with some force to unleash a shock wave of power throughout your body. Imagine that your body is transparent and feel the energy intensify. Command the energy to flow to various parts of your body and feel yourself expand and transform.

This experience, if you can attain it, will change you. You will feel a buzz within your body throughout the day and become more alert and more creative. You will grow in confidence and power and will feel grounded. Your voice will deepen and your energy will start to resonate with the world around you. You will be driven to achieve your goals and gain inspiration in your pursuits. When you tire, take a moment to meditate, that is to connect with your energy flow and command it to move around your body again. You will become refreshed and motivated once more. You will ascend into masculine greatness and be a wildly different creature compared to the depleted, degenerate male.

## SEVEN

### DANGERS OF VIRTAS

Beware of your ascent to power for it will not be easy, especially if you are connecting with the deep forces within you as can be described as a 'kundalini awakening'. Pagan beliefs and practices should be shunned as they will eventually lead to the demonic. Remember that power begins with setting your mind on God's truth, all other paths will lead you to ruin.

When you receive the gift of virtas remember that it needs to be safeguarded and cultivated. The first pitfall you will face is mistaking this energy for sexual energy and becoming hooked on the intense physical pleasure that it can bring. Do not practise sexual pleasure or sex magick for this will only serve to waste your seed and vital energies.

Your ascent to power can also lead you to be aware of spiritual realities and men may be tempted to pursue spirits that promise enlightenment and dominion over nature. Avoid these temptations at all costs. They will not always take the overt form of a demon, but may be the subtle promise of the unhindered fulfilment of the will. This is the same path as the debased man for true power can only happen whilst following your vocation. Do not become a slave to pleasure or pride.

Do not use your strength to dominate and control. You thereby set yourself up to be your own god and will be cast down by nature. The mistake of Satan was that in all his glory he forgot to give deference to his creator and assumed the position of the master of a world he did not create. When you are tempted to see yourself as your own high power, a god, remember the cry of St Michael: *Quis ut Deus?* (Who is like God?)

During your pursuit of power and the fulfilment of your vocation, you will be sent many trials. Do not expect to be unchallenged in your mastery of self, household and wife. The nature of Man is to be tried and tested. God wants you to use your force for good and to conform to His image. The trials of this world provoke a reaction in you which serves to reveal your soul. When you are struck with adversity what do you think? What do you do? This is what is inside you. Face it and if you are found wanting, ask your creator for the grace to grow. Do this and your power will not only thrive in your mind and body, but also in your eternal soul. Look at how you react to the world and train your virtues to face future pain with determination, hard work and faith. You can ignore your spiritual shortcomings, but do so at a cost.

We are made in the likeness of God and should, ideally, be able to withstand evil in all its forms. These temptations are the fires that prove us and leave us more like God in accordance with His designs.

Light is proved in darkness, health through sickness, strength through weakness.

- *Scivias*, St Hildegard of Bingen.

## EIGHT

### WIELDING VIRTAS

What does a powerful man look like? How does virtas affect his daily life? It is no use crackling with energy if you do not know how to live with it. Virtas must be constantly cultivated, guarded and improved. It is your responsibility to adhere to the following principles if you wish to live as a powerful man.



Being your day with prayer. Give your life to God and allow Him to guide you. Ask Him to take your weakness and doubt and free you from your base desires and sin. Then meditate and quietly channel your energy and command it to flow throughout your body. Fan the flames within you so that you are fuelled as you fulfil your day's mission. Go into your day with purpose and create or protect that which is given to you. Stand proud yet humble and do everything you do with strength. Notice your failings, fears and shortcomings and fight them with internal violence so that they are soon destroyed. Look upon your field and show no mercy to the wolves that seek to invade it. Seek out and uproot weeds and carefully prepare the ground beneath you to receive seed. Tenderly provide for the earth and take joy in watching it bear fruit. Harvest in due time and enjoy the taste of what you have brought forth.

Ensure that you fulfil your essential needs as a man: lift, read, pursue honour and pray. Remember that you do **not** need sex to thrive.

A true man understands that he is there to serve, but also to lead. Nature was made by God to follow a hierarchy. The Kingdom of God is strictly hierarchical with a King at the top. He chose men to be lords of their own patches of land and to lead others within his realms of influence. It is in your nature to govern, fight and to dispense justice within all that you are given authority. Within your household *you* are the leader and the lord, *you* are at the top of the hierarchy and it is demanded of you to assume kingship and to rule. Do not scorn a small household for this too is a kingdom worthy of treasuring and honour.

Do not descend into the lower levels of existence. Do not allow yourself to become effeminate or childish, constantly strive to grow in manliness and make no apologies. Accept your rank in God's creation as one of kingship. You may strive to rise, but never allow yourself to fall as correct hierarchy must be maintained if order is to prevail.

A person who is in a lower rank can rise up to a higher rank, but a person who is in a higher rank ought not to descend to a lower rank.

- *Scivias*, St Hildegard of Bingen

## NINE

### CULTIVATING YOUR WOMAN

The manly pursuit of power involves treasuring his seed and not becoming subsumed in the base desires of sex, except when he is ready to give the gift of his seed to fertile land and watch it grow. If a man has no wife then sex and its pleasures should not be up for discussion. A life of celibacy is the only way until you can be joined to a suitable woman. If it is in your power to wed young, do it! A youth spent on pursuing sex is a youth spent on growing the debased man who will be harder to kill later on. It is a glorious thing to have a settled mind at a young age and be man enough to wed. Use your vigour to inseminate your wife as often as you can and grow a large and happy family.

If this is not in your path then maintain continence and grow your kingdom until a fitting queen presents herself to bring warmth to it. Unless you are called to a religious life, or some other service, you must assume that you *will* find a wife who will serve you as a fertile field and bring love, warmth and joy to all that you seek to create. You are not a powerful man if you are not capable of binding one good woman to you for life. Living with a woman whilst fearing eternal commitment is weak and cowardly. No man should grow children with a woman that he does not call 'wife'. If you are not pursuing a wife you can honour for the rest of your life you are degenerate and unmanly. Powerful men commit and bind others to them. A degenerate and dishonourable man is not capable of producing virtuous seed. The quality of a man's seed determines the righteousness and virtue of this offspring. Your actions have eternal consequences.

Once a wife has been attained you will have at your feet a beautiful and fertile field. Whilst men are gifted with seed, women are gifted with earth. They have the ability to receive divine sparks and nourish them until they quicken and take root. Women feed and bring warmth to delicate saplings and enable them to grow and remain steadfast where they stand. A woman breathes warmth into everything she receives and imbibes it with love and colour. It is for this reason that a wife is a gift and should be treasured above all things. It is she who is uniquely placed to absorb your essence and bring it to life. She will naturally look to submit to you and be shaped by you. She will crave you to plough and cultivate her and will beg you to sow her with seed. During the sexual act her body is designed to absorb your manhood and your energy. She becomes wet to make it impossible not to slide into her and she begs you to go deep. Her body squeezes your member to ensure that every last drop of your seed enters her and she becomes addicted to your power.

If you are lucky to wed a virgin you will see how your masculine energy transforms her and ensnares her to you. She becomes crazed with lust for you and begins a lifetime of begging you for sex. She needs you to feel fulfilled and desires above all else to be loved by you fully.

It is the duty of the man to plough his fields and to cultivate life, but there will come a time when it is no longer propitious to do so. Your woman will most likely cease to be willing to birth more children which must be understood by us men. It is understandable that she is no longer able to live through the ordeal of growing a human within her. When this happens, however, she does not cease her deep thirst for you. It is still your duty to ensure your field remains constantly ploughed or else another man will come and do it for you. In short, if you have a wife it is your inescapable duty to provide her with regular and powerful sex.

But what then for the man who looks to retain his seed? This is the biggest challenge. You must at once engage in constant sex whilst also protecting your mind from base desires and preventing yourself from spilling your seed. You may not hold back physically or emotionally for the sake of your woman unless you wish to lose her. Besides, not fulfilling your sexual duties would be a path to weakness and failure. You must then engage in sex without ejaculation. When you enter into sex control your mind and tell it that you are not partaking to part with your seed, but to connect to your woman. Satisfy her as she demands but stop before the flow of seed begins. When you feel it dislodging then stop, breathe deeply and focus your mind. Keep thrusting and exciting, but stop yourself after some time. Notice the intense energy flow in your body and command it to seep into bones and sink into your chest. Use this energy for your pursuits and allow it to fuel your aggression and manliness. With practice you may even begin to learn how to achieve orgasm without losing your seed. Just be careful not to become enticed by the promises of sexual pleasure and become a debased man. The intensity of your experience does not mean that it is not the return of the beast. Be careful to always cultivate your virtue if you seek to maintain your virtues.

## PARTING WORDS

I hope this has helped you, fellow man, to understand the power within you and what it can achieve. Once you taste the energy that has been woven into your body and soul you will never want to lose it. Your path and your physical and spiritual experiences will be your own, but we all have the same call to virtuous manhood in common.

As a man you have the potential to be powerful and dangerous and can achieve great things. You were made to rule, protect and create, so go out and fulfil your purpose.



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