

Girding for Health

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The ancient world was in agreement that before facing a battle, you should gird on your sword and then gird your loins. The ancient world also stated that girding the loins was necessary for obtaining true health, namely, the inner power to fulfill the desires of the heart. I grew up hearing about the power of girding the loins, but when I finally tried to find out about it, I could find no existing Western writing which described either how to gird or what precisely it would do for you. That led me to assume that it really was powerful and that anyone could learn to gird their loins, but that it was so dangerous to rulers or the people in charge that all records had to be hidden or destroyed to keep the people subject to rulers.²

With that assumption I started with considering the actual meaning of the word loins. The plural word loins³ is located in the groin, which is defined as the area connected between the thighs which contains the perineum⁴ or center of control. Similarly, the word gird has the meaning of binding or endowing some attribute. This definition then leads quickly to writings of other cultures which also consider the perineum to be the seat of vitality and control and often allegorized as containing a soul or a god. It is in this lower depth of the body, also called the heart, that you place a desire, need or goal and kindle an inner fire to make it all come true.

But again, how do you gird your loins to increase inner vitality and what would that do to satisfy the need or desire of the heart? I already knew that the answer involved the perineum which rulers in the West had redefined as the dirty, shameful area of secretions. With sufficient knowledge of Sanskrit to know that the popular English translations were highly distorted, I started my own translations and quickly found a wealth of material.

The ancient Indian method of increasing health and power called *bandha*⁵ began with sitting with pressure on the perineum and physically stimulating it to release a powerful inner nectar called *amrita* or *soma*. The described results of this simple method convinced me that it was the equivalent of what the West was calling girding, and *amrita* and *soma* were the ancient Western equivalent of *living waters*.

This insight about girding/*bandha* which stimulated an inner nectar reminded me of the early Mithraic warriors who performed secret rites sitting in small underground rooms. The health-giving powers obtained from those secret rites were claimed to result from a nectar called *haoma* or *ambrosia*, which was able to produce a well defined state of health or existence as defined in military terms. With my scientific background I became convinced that the ancient

¹ Credit must be given to my two colleagues, Leslie M. Cassinari and Christine S. Gavlick, who contributed heavily to this work and also coauthored with me on the extensive book on inner energies, [Controlling Your Hormones](#).

² See Ch. 10 and 11 in Peck, R. Cassinari, L. & Gavlick, C. [Joy and Evolution](#). Lebanon, CT: Personal Development Center, 2004.

³ Hebrew: *chawlats*

⁴ Greek, *peri*: “center,” *neuma*: “control”

⁵ Sanskrit, *bandha*: “to bind, join, unite, bring together”

transformational nectar was hormonal and that this hormonal elixir was the source of the changes within the body and mind which occur somehow during the activated sitting process.⁶

I quickly discerned the existence of a large difference in the concept of sitting and health between the ancient world and the modern world. This difference I attributed to the modern world's emphasis on the brain and thinking and external powers versus the ancient world's emphasis on the groin and knowing⁷ and the inner powers of the lower gut. The modern world views the act of just sitting as relaxing and escaping from the trials of life; whereas, the ancient world described sitting as girding the loins as preparing for action. This state of "prepped" sitting is perhaps exemplified by a hunter sitting on a game trail with the expectation of gaining increased awareness, knowledge, and strength.⁸

In terms of health, the ancient writings describe health as the state of being able to manifest the desires of the heart; whereas, the modern concept of health is the state of experiencing pleasure and the lack of pain or suffering. In other words, to the ancients, the main criteria for health was not feeling pleasure, but rather having the ability to perform what had to be done.

The concept of any form of sitting causing an individual to become vitalized, knowledgeable, and productive sounds ridiculous and radical in our modern society where personal feelings are now considered to be the cause of many forms of illness requiring medication to suppress feelings such as those resulting from hypertension. Further, any stimulation of the perineum is labeled immediately as erotic since the perineum is only associated with sex and elimination. In general, anything that stimulates subconscious feelings and powers instead of the conscious, conditioned judgments and thoughts is almost anathema to modern society.

In the West, most references to obtaining an inner vitality have been lost with one notable embarrassing exception, the teachings in the Book of Job. Job refuses to bow down to external powers including those of friends, authorities and even Heaven and suffers to prove that he relies upon his own inner powers. Finally, after near devastation, his path is made easier with the basic recognition that his salvation lies with the power of his own arm and that by girding his loins he finds strength that stimulates the conquering force in his belly.⁹

Job's story then concludes that he is twice as powerful as before his enforced misery and lives to be 140 years old. Needless to say, his method of girding the loins has long been lost and no one teaches about the conquering power in the belly, since what leader or ruler wants inspired, vitalized individuals such as Job as their controlled subjects?

The East has managed to hide the very clear descriptions of how to activate the lower body through very distorted translations, exemplified by the ancient Sanskrit translations which state that the powers are only obtained from nectar prepared by priests rather than from an self-generated nectar. Today in the West, the average person's general impressions of the teachings in the Book of Job as well as those in the Garden of Eden¹⁰ are nearly antithetical to their literal

⁶ See Peck, R. Cassinari, L. & Gavlick, C. [Controlling Your Hormones](#). Lebanon, CT: Personal Development Center, 2008.

⁷ "knowing" as *gnosis*

⁸ See Ch. 1 in Peck, R. [Power for Change](#). Lebanon, CT: Personal Development Center, 1999.

⁹ Hebrew, *own*: "successful ability and power"

¹⁰ See Ch. 3 section VI in Peck, R. Cassinari, L. & Gavlick, C. [Controlling Your Hormones](#). Lebanon, CT: Personal Development Center, 2008.

readings. However, the barriers to the contained Truth drop quickly away if at least a small portion of the Truth has been experienced.

Accordingly, I found that the literal translations of verses in the ancient Indian Sanskrit *RigVeda*¹¹ describing the vitalizing method of sitting are quite clear and unambiguous.¹² The method is repeated frequently in the *RigVeda* and appears in other ancient writings with the same promised results. The inner powers are certainly known in the West but generally only as the powers of heroes or truly great leaders and not of the average person. Nonetheless, there is the common implication that the heroes could only find their inner powers after finding liberation from the dogma of society and from the conditioned belief in their own inner weakness. But again, how is this to be done? The answer from the ancient world is: Learn to sit with expectancy!

Learning to gird the loins is actually quite simple and starts with sitting on a cushion that is able to provide pressure to the perineum. You then concentrate on the perineum and rock slowly to and fro looking for good feelings and a sense of swelling in the middle of the perineum. The writings do not fully describe the good feelings in the perineum since the initial feeling may be very faint, and you may require a number of sessions to become fully convinced that they exist. Surprisingly, the good feelings will gradually continue to increase session after session. As far as I know they will increase forever, as the good feelings seem to continually expand into unknown spaces.

As a result of using this method of vitalized sitting, you will experience the desire to increase the pleasant sensations and eventually will find the benefits of some other more advanced methods, but initially the writings assist by suggesting the usage of a strong exhalation to press down and massage the perineum from the inside. As you note the increased swelling in the middle of the stimulated perineum,¹³ you will also feel the activation of other muscles in the perineum as well as in the lower abdomen.¹⁴ It is at this stage that girding the loins can begin or what the East calls “churning” of the guts. With the churning of the guts you will finally start to experience a very pleasant squeezing or clenching sensation in the perineal area and the sense of a warm, vibrant, upward flow. The ancient writings describe this sensation as an actual inner flow of nectar, now known to be due to the generation of steroid hormones.

The training in girding the loins not only introduces you to the inner powers, but it also develops the muscles and organs necessary to control hormones and organs. Once the method of vitalizing the body and mind is found, the resulting power can be observed in many situations and in many people preparing to perform some difficult task such as heroes, performers, athletes or a parent frantic to save a child from danger. However, very few people are able to explain the source of their unexpected power and generally do not have the developed muscles and control to maintain the powers.

The power found by people facing trauma, danger etc. can be explained as resulting from the stimulation of the perineum and lower muscles with the same results as girding that then furnishes the steroid hormones which energize the body and mind. Sustained strong emotions

¹¹ *RigVeda* 1:28:1-7

¹² See Peck, R. Cassinari, L. & Gavlick, C. [Directing Life](#). Lebanon, CT: Personal Development Center, 2006.

¹³ The bulbospongiosus muscle, named for its ability to swell and to be deformed.

¹⁴ See the research of [Dr. Ahmed Shafik](#) and his associates about the interconnections of muscles in the lower abdomen and perineum.

such as fear, anger and desire are generally directed by the judgmental brain rather than from need or by the heart. Such emotions further stimulate the inner vitality without control, resulting in the now common symptoms of stress and hypertension. Such stress or tension is experienced as the uncontrolled, continual tension of perineal muscles that results in the continuous production of steroid hormones which becomes unhealthy instead of healthy.

After being able to compare the ancient concepts and methods with the modern views, I believed that I could understand girding and its power. But as a scientist, the next step was to verify the ancient claims that girding could in fact produce measureable increased powers within individuals.

In searching for some method to confirm the ancient claims, I thought of proving that girding the loins would increase the awareness and speed of response attributed to the early Mithraic soldiers. Those renowned ancient warriors certainly proved the existence of inner powers at least to themselves and their enemies with their ability to win battles against far greater numbers of soldiers. Two important traits necessary for hand-to-hand combat certainly would be awareness and speed of response and these could be readily measured.

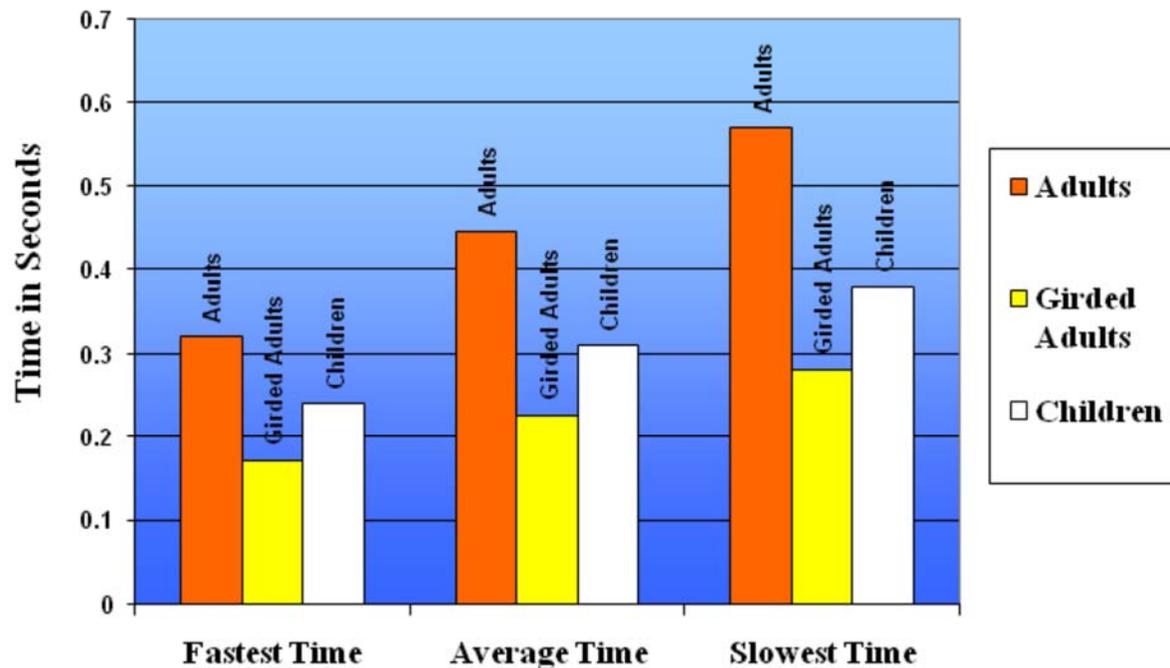
I had a ready-made test group to whom I had been teaching ancient self development methods, and their awareness and response time could be compared against untrained adults as well as children who are accepted as having an inherent faster response time to stimuli.

This resulted in a designed test with the goal of measuring the time it took for people from the trained group to respond to the sound of a clap and then compare that time with that of a control group of about the same average age and a final comparison with a control group of children. The test required that the test subjects sit with the eyes closed (to avoid any visual clues), keep their hands at their side (to equalize the required distance to move the hands), and then to clap their hands as soon as possible following the sound of a clap. An engineer working in a sound lab analyzed the recordings of the claps to evaluate the actual time of response.

The test group consisted of fifteen men and women from middle age to a seventy-year-old, all of whom had been “sitting” for at least a month. The two control groups consisted of a group of eighteen children, 12 to 13 years old, and an untrained group of fourteen middle-aged men and women. Two times were calculated, one for the fastest individual response and the second for the time between the first and the last clap or the time interval of the groups response which gave an indication of the uniformity of the group’s response.

Response Times (in seconds)	Adults	Girded Adults	Children 12-13 yrs.
Fastest Time	0.320	0.170	0.240
Time Interval	0.250	0.110	0.140
Average Time	0.445	0.225	0.310
Slowest Time	0.570	0.280	0.380

Increased Response Time With Girding



In conclusion, the experimental results verified the actual increase in health or response of the body following girding the loins or churning the guts which were universally prescribed for vitality in the ancient world. Further support for the ancient method of sitting was the ability of the trained adults, including a 70-year-old to respond even faster than the averaged time of the children. The spectacular results are evidenced in the attached graph.

The test results certainly suggest even more related powers such as the ability to anticipate, finding union with others, and the ability to discriminate the forces in the surrounding world as well as those within the body. It at least provides a basis to believe other ancient statements about the development of the inner powers of individuals and the power of similar active sitting such as in deep crying or laughter known to reset the system to counter such problems as hypertension and depression.¹⁵ There is also the strong possibility that girding and churning are able to strengthen the entire immune system as well as to increase the general efficiency of the organs of the body, as implied by ancient writings.

It should also be noted that girding the loins is far from becoming a popular discipline. Most of the trained adults in my experiment failed to continue beyond the beginning steps of the ancient method of sitting and certainly less than 1% of the general populace is even willing to learn how to gird their loins. I finally had to accept the fact that most people are fearful of change of both their bodies and minds. Our modern culture seems to have optimized the world of the teenager, where looks, conformance, and acceptability are far more important than seeking individual

¹⁵ See Peck, R. L. Cassinari, L. & Gavlick, C. *Controlling Your Hormones*. Lebanon, CT: Personal Development Center, 2008.

power, fulfillment, or ecstasy. Certainly very few people envy or would attempt to emulate Job, even with his final attainment of power and wealth. I therefore agree with the wisdom of Abraham Maslow's Hierarchy of Needs¹⁶ which was expressed variously in ancient philosophies as describing that individual evolution must start with mastery of one's own given world.

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¹⁶ I recommend Goble, F. G., [*The Third Force*](#). New York, NY: Grossman Publishers, 1970.