1) A man without power is looked down upon by family, society, and nation, because he has lost his sexual fluids by secret cohabitation. To avoid this humiliation, protect your sexual fluids and become celibate. This is the path of dharma and the shortcut to success.

2) The weak men who have lost their power lament night and day, trying in vain to find a path out of the forest of despair. On the other hand, the powerful men who have mastered their sexual fluids enjoy infinite bliss on the great mountain of hope.

3) People drive away a guard dog, but if a lion comes and sleeps in place of the dog, they do not have the courage to drive it away; they themselves run away.

4) When wind blows on a forest fire, thinking it to be strong, it makes the fire even more intense. The same wind, however, puts out a small light burning inside the house, thinking it to be weak.

5) The skin and seed of the mango are kicked about on the road after the juice has been sucked away. In the same way, weak men are insulted by strong men.

6) Dear brothers and sisters, a single drop of sexual fluid is more valuable than all the wealth in the world. Those who are attracted by sensual pleasure waste it, but a yogi who knows its true value carefully protects it.

7) Protecting the sexual fluids makes the body lustrous. Just as the lamp without fuel burns down, so also that luster fades when the individual becomes sensual, loses control, and wastes his sexual fluids.

8) When sensual pleasures increase, strength is lost; so many diseases make their home in the body. On the other hand, a celibate individual protects his sexual fluids, so strength increases and not a single disease remains in his body.

9) A single drop of sexual fluid creates a complete child. Everyone knows this, yet one who is tempted by sensuality and destroys innumerable drops of sexual fluid murders countless unborn children. Is it right to enjoy life by murdering children?

10) The seed is a part of the tree and there is a tree hidden in every seed. In the same way, the soul is a part of God, and God is within the soul of every individual. To experience this truth, resort to the scientific practice of niskama karma yoga and become and Urdhvareta, who is not distinct from God.

11) Dear practitioner, if you wish to glimpse this great truth, you should believe the beautiful female body to be a hidden fire that burns onlookers and those who attempt to touch it.

12) Dear practitioner, remember that you can never tread the path of yoga as long as you have the image of a beautiful woman engraved in your heart. No one can say when you will give in to temptation and pursue her.

13) Death is imminent when sexual fluids are lost, and life is preserved when sexual fluids are protected. Therefore, make all efforts to prevent the loss of sexual fluids.

14) It does not matter whether you know your country or your religion. But it matters whether you observe Brahmacharya. If you wish to delve into the truth that lies secret in your body, if you wish to see the great Lord who dwells within; you must practice Brahmacharya. Without Brahmacharya, your efforts to attain truth will be in vain. This is point of utmost importance.

15) Brahmacharya is our childhood companion, and we should not fear that this companionship will be lost. One should fear sexual desire, because it is the enemy of youth.

16) You will fail at Brahmacharya unless you build a fortress to protect your determination. Only the sadhaka(practitioner) who eats moderate and wholesome food and digests it with necessary exercises can practice Brahmacharya. The sadhaka who eat immoderately or who fails to exercise never succeeds in Brahmacharya.

17) Prakrti(nature) comprises three qualities: sattvaguna, rajoguna, and tamoguna. Sattvaguna is the best of the three. If you cannot increase sattvaguna, you cannot practice niskama karma yoga to become an Urdhvareta, and you cannot become a complete devotee of God.

18) Prakrti itself is Radhika Rani. She is the great power. Partake of her sattvaguna, and she will give you the gift of matchless personality.

19) O unlucky ones, take care. How long will you stumble in sorrow? Awaken the dormant valor that lies in your heart. Take the great vow of Brahmacharya and abandon your foolishness.

20) Liars murder a tiger in their talks with one blow of the sword, but when they come face to face with a dog, they are afraid. Their vow of Brahmacharya does not last long.

21) Cowards are not brave, though they may speak thousands of words to show their valor. The truly brave are inspired by few words. They are so brave that even when their heads are cut off, their bodies go on fighting.

22) The vow is a daughter of God. Only a brave, godly man can marry her. The cowardly can only marry demonesses.

23) Only the brave men who protect their sexual fluids can protect the universe. Other men cannot even make their family happy or fearless.

24) Dear brothers, you are afraid because the demoness of difficulty obstructs and harasses you every moment of your life. If you give up licentious behavior and resort to Brahmacharya, this demoness of difficulty will fear you and will tread the path of death.

25) Despite any obstacles in your path, you will be victorious. All difficulties will be afraid and will accept defeat. Wiled the weapon of Brahmacharya with a pure heart and confront your enemies bravely. You will then realize how many of your difficulties live, how may die, and how many disappear.

26) Just as the sun looks glorious in the sky and the moon is decorated by clusters of stars, so also the celibate finds a pedestal among men.

27) Do not become passionate and destroy your sexual fluids. The protection of sexual fluids is the best and most correct form of Sadhana. By its practice, your desires are fulfilled, and you can achieve salvation.

28) The strength obtained by protecting semen opens up the closed gateway of luck and makes your body more and more beautiful

29) The protection of semen increases physical strength, intelligence, patience, and memory. It makes the mind steady and brings happiness and peace.

30) One who has protected semen can achieve anything in this world. Even if it is dark, one can find a hidden object with a torch. The protection of semen is like the attainment of light in a world of darkness.

31) If you can attain self-control, greatness will await you. All your wishes will be fulfilled, and fame, which is at your door, will welcome you.

32) Sel-control is the key to well-being. It is the only key that opens all locks but locks the doors of sorrow.

33) Passionate men search in vain for happiness, yet they do not achieve it. Happiness is always in search of the celibate. Such is the unpredictable play of God.

34) O great celibates, the penance of Brahmacharya yields such mighty results that one fine day all supernatural faculties will come to your feet and request you to allow them to stay. The Gods will be happy and will accept your greatness, and everyone will sing your praises each day.

35) Enjoyment gives one a sense of pleasure, but one only experiences sorrow in the end. Yoga gives happiness in the beginning, middle, and end.

36) Though it goes by many names, yoga is unique and is called the yoga of Brahmacharya or niskama karma yoga. One can become and Urdhvareta by means of this yoga, which is like Midas’s touch. Do not abandon this precious gem in order to search for a colorful stone.

37) Dear Practitioner, consider your body to be a laboratory where you can practice yoga, and consider your soul to be your teacher. Then take up the vow of Brahmacharya and practice niskama karma yoga.

38) Dear sadhakas, remember that enjoyment leads to downfall, and yoga leads to success. The sensual person falls toward hell, and the yogi goes toward infinite achievement.

39) The strict observance of Brahmacharya is a great vow. It is the soul of a mantra. Therefore, any sadhana without the practice of Brahmacharya is a failure. Gods depend on Brahmacharya, so it is the key element; all other techniques are minor.

40) Yoga initiation means devoting yourself to niskama karma yoga, which makes the semen ascendant, thus bringing divine luster to your forehead. After the prana becomes ascendant, the fire of yoga puts a mark on the yogi’s forehead. This is the true sign of a successful yogi. Others imitate this state by putting various marks on their foreheads.

41) Each religion has its own pilgrimage places. Brahmacharya is the only pilgrimage that has a universal following. Without asking for its protection, the dirty mind cannot be cleansed. This pilgrimage is the site of penance for all the great saints of the world. Here reside all supernatural powers and accomplishments.

42) The devotee who is separated from worldly attachments can have a glimpse of the great Lord. To get rid of worldly attachments, take the protection of niskama karma yoga, which means to practice scientifically the path of Brahmacharya. There is no other way to achieve God.

43) One who wishes to make this divine pilgrimage should use the vehicle of Brahmacharya to succeed. Only those who have God’s blessing can succeed on this pilgrimage.

44) Sexual fluid is a great gem. One who hoards it can achieve anything. If one can achieve divinity by practicing Brahmacharya, why cannot one also accomplish everything that the world has to give?

45) Dear practitioner, preservation of semen is the principle of God. Worship God under its protection. This is the illuminated path. Do not leave it and tread the path of darkness, inviting only disappointment.

46) Just as a boat saves people from drowning in the river or the sea, so also these verses on Brahmacharya will save you from drowning in the ocean of worldly life.

47) The devotee who chants these verses on Brahmacharya every day at dawn will be divinely inspired. This divine inspiration is not just inspiration; it is the divine blessing of the kind Lord.

48) Nothing is unattainable in this world if you are divinely inspired. Inspiration is the great power that runs the universe