



OpenLife *by Cactus' Air-Class*

Positive Mental Attitude

正向思考態度

10. 性欲转化 (*Sex Transmutation*)

性心理学革命

希尔在 1930 年代提出此争议理论，主张「性能量是人类创造力的终极燃料」。他定义性欲转化为：「将原始生物冲动升华为追求目标的动力」，并强调：「天才与凡人的差异，在于前者能驾驭性冲动，后者被其奴役。」

核心机制：

1. **能量转移**：性兴奋时分泌的肾上腺素与睾固酮，可转化为工作狂热。
2. **创意触媒**：性幻想中的想象力，能激发商业或艺术灵感。

实践「性欲炼金七阶梯」方法：

1. **禁欲周期**：设定 30 天不发生性行为（包括自慰），累积生物能量。
2. **能量导引**：
 - － 每当性欲高涨时，立刻投入高强度工作（如撰写企划、研究专利）。





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– 希尔建议：「用汗水代替精液释放能量。」

3. 形象投射：

– 将性幻想对象转化为「成功自我」的象征（例：幻想与「未来的富豪自己」对话）。

4. 配偶筛选：

– 选择支持目标的伴侣，若对方嘲笑理想则立即分离。

– 希尔警告：「与否定者做爱，等于对潜意识下毒。」

历史案例深度剖析

案例一：米开朗基罗	案例二：托马斯·爱迪生
希尔分析，米开朗基罗在雕刻《戴维像》期间禁欲三年，将性能量转化为艺术狂热，每天工作 18 小时，完成文艺复兴巅峰之作。	希尔记载，爱迪生再婚后与妻子签署「每月一次性行为」协议，其余时间分房工作。他在该期间产出 1,093 项专利，验证性能量转化的生产力。





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10. Sex Transmutation

Revolution in Sexual Psychology

Hill proposed this controversial theory in the 1930s, arguing that "sexual energy is the ultimate fuel for human creativity."

He defined sexuality as "the sublimation of primitive biological impulses into the motivation to pursue goals" and emphasized that "the difference between genius and mortal is that the former is able to harness the sexual impulse, and the latter is enslaved by it."

Core Mechanics:

1. **Energy transfer:** Adrenaline and testosterone secreted during sexual excitement can be converted into workmania.
2. **Creative Catalysts:** Imagination in sexual fantasies that can inspire business or artistic inspiration.





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Practicing the "Seven Steps of Libido Alchemy":

1. **Abstinence cycle:** Set 30 days without sex (*including masturbation*) and accumulate bio-energy.

2. **Energy Channeling:**

– Whenever your libido is high, immediately engage in high-intensity work (*e.g., writing a project, researching a patent*).

– Hill advises: "Use sweat instead of semen to release energy."

3. **Image Projection:**

– Transforming the object of sexual fantasy into a symbol of the "successful self" (*e.g., fantasizing about a dialogue with the "future rich self"*).

4. **Spouse Screening:**

– Choose a partner who supports your goals, and if they laugh at your ideals, they will separate immediately.





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- Hill warns, "Having sex with a denier is poisoning the subconscious."

In-depth analysis of historical cases

Case 1: Michelangelo	Case 2: Thomas Edison
According to Hill's analysis, Michelangelo was abstinent for three years during the carving of "David", transformed sexual energy into artistic fanaticism, and worked 18 hours a day to complete the peak of the Renaissance.	Hill records that after Edison remarried, he signed an agreement with his wife to have "monthly one-time sex" and spent the rest of the time working in separate rooms. During that period, he produced 1,093 patents verifying the productivity of sexual energy conversion.

