

HELL'S ARMY

SPIRITUAL WARFARE TRAINING MANUAL



BERSERKER

BOOKS



Concerning Spiritual Warfare

[Concerning those who only care about themselves and see Satanism as a religion only for the self and disregard Satan]

"They are of no importance to me."

-Satan

I have read articles where the author presented some grandiose ideas about joining Hell's Army after death; being "ferried across the River Styx and joining the forces of Hell on the other side." This is not the way it is. The fight is in the here and now and takes place upon battleground Earth. Satan spoke to me at length on the Eve of Beltane 4/30/05 concerning this. All souls that were residing in Hell in spirit form, have all been reincarnated recently and will be joining the ranks of Hell here on Earth. This is total fucking war!

For centuries, xians have been relentlessly attacking us and continue to do it to this day. We are persecuted to where we are unable to openly have our own places of Satanic worship in public. We often have to conceal our beliefs and practices from others in order to keep our jobs, avoid major confrontations with our families and to avoid persecution and harassment. Places where we can purchase black candles and other Satanic items are becoming more and more scarce and access to Satanic books of prayer and inspiration are impossible to obtain in the mainstream stores that are flooded with xian filth. We have been turning the cheek for far too long. It is high time we begin to fight back aggressively and with a vengeance. The burning days are over and we have the psychic power.

Fundamentalist xians continually brag about "binding Satan" "binding and cursing Demons" and so forth. They all talk the talk. It is time we show them what *real* binding and cursing is. The burning days are over with and there are no laws against spiritual cursing and other works of psychic retaliation. What you do using the powers of your mind in the privacy of your ritual chamber in or out of doors is legal and free.

Satan wants the enemy completely drained of their massive vortex of psychic energy and destroyed.

Satan has asked every dedicated Satanist to participate in spiritual warfare. We must work together as a team and like a battering ram, relentlessly attacking the enemy through psychic means. Everyone can do at least one ritual or hook up an energy line and/or direct destructive energy towards the enemy. Many of you who are truly dedicated and able may want to perform a ritual to Satan dedicating your services as a warrior and making a commitment to carry out regular works of psychic destruction against the enemy. Covens can do this as well and the more people involved- the more power.

It is important to work in silence and secrecy here. Steel your heart and steel your mind. As the images of the Egyptian Gods have shown us with their arms crossed over their chests- the heart and human emotions are vulnerable to manipulation. The enemy exploits this. This is why the nazarene is usually shown with his arms open. This is to exploit human emotions. We must never forget the Inquisition and what was done to millions of innocent human beings under xian rule.

No human being is of more importance to Satan than a warrior is. Satan will reward you profusely as he has with me. Now is the time and Satan is asking each and every one of you to join in the fight and bring the enemy down to their knees and completely destroy them through psychic means. Power meditation is a gift from Satan. It has changed many of our lives for the better. It is time each and every one of us gives something back in gratitude. The more you do for Satan, the more Satan will do for you. Each warrior will receive special recognition and outstanding rank in Hell.

As for those who have this complacent "live and let live" attitude and prefer to ignore the ever advancing xian problem that curses and blasphemes our God, works to enact laws that are forever taking away our rights and is incessantly fighting against us- these people don't even deserve to be called Satanists. One only needs to type in "spiritual warfare" and "Satan" together in any search engine to pull up thousands of militant xian websites that prove how they are relentlessly attacking us. So far, most Satanists have turned the other cheek. This needs to be corrected.

Spiritual Warfare Message from Satan

There is a positive and negative side to all things to keep them in balance -- to keep the Universe going. There are awful and terrible things that must happen, destructive deathly things, and there are good and miraculous things that must happen full of life and creative construction. It seems this would come to each randomly and it seems thus it should continue this way for eternity. This is not true. And this is the essence of Who I Am.

The world is to evolve out of this. There is always another way to do a thing. That way is far away. But it is still a possible way. Destruction and terror will not always be the other way. But until the time comes when destruction and terror are removed the world you must work how the world works. Until that time, that will come in time, this is Me -- a Perfect Balance. This is necessary. Destruction and creation.

Since the time is not yet, and you are in the time that is not yet, destruction and creation are in your hands as they are Mine. Do not be afraid to do these things. Until the time comes where these things have found more peaceable means you must keep the earth in balance. Do not be afraid to destroy. Do not be afraid to create. LISTEN to Me. Create with all of your being. Destroy with all of your being. You will not be more created by creating any more than you will be destroyed by destroying. Are you more created now? Are you here or are you destroyed? You are here. You will be here as long as I am here and that is forever. Listen to what I tell you. If I tell you to create -- do it. And do it with perfection and pleasure. And if I tell you to destroy, do it. Do not hesitate. Destroy with all of your might and pleasure; yes, I tell you to delight in what you have destroyed.

-Satan/Lucifer

Dictated personally 4/28/05

Spiritual Warfare Training Program for Satanists

As for techniques- who and how to psychically attack- ask for guidance from Satan and his Demons. They will lead you to what you need to know. Just be open.

This is a simple step-by-step program, that if followed consistently, will produce results within six months. Remember, the six month time period is a major step upward and is a preparation for the higher levels of ability. When you can focus completely and clearly for five minutes, you have reached a competent level. You can work more on these than the minimum in the lessons given. You can do these as often as you wish to advance at a faster rate, but it is very important to stick with this program.

I suggest you keep a black book or journal and record your strengths and weaknesses, any notable experiences or impressions or anything you feel is important. Ask yourself how the meditation felt, how you felt afterwards, the next day, any problems you might have had in doing the meditation, etc.

First Month

This phase will take one month of daily practice to complete and move to the next level. This phase will take one month of daily practice to complete and move to the next level.

Days One through Seven Trance Training

Days One through Seven: Practice inducing a Trance State:

1. Sit comfortably. Do not lie down because you might fall asleep.
2. Breathe in for a count of six, hold for a count of six and then exhale for a count of six. Do this breathing until you are completely relaxed. Ideally, you should no longer be able to feel your body.
3. Imagine you are climbing down a ladder in the dark. Don't visualize a ladder; just imagine you can feel yourself doing it. On the exhale, feel yourself climbing a step or two down the ladder. On the inhale, feel yourself holding still on the ladder.
4. Now, let go of the ladder and free fall backwards. If you get dizzy or disoriented, just bring your attention to the front of your body and this will stop. This mental falling effect, when combined with deep relaxation and mental calmness, will cause you to enter the trance state.

What is needed is a mental falling effect inside your mind. This changes the level of brain wave activity from the awake and alert level (Beta) to the sleep level (Alpha) or the deep sleep level (Theta). Once your level of brain wave activity reaches Alpha you will enter a trance. Once you get the heavy feeling, stop the mental falling exercise. If you don't like the ladder, imagine you are in a lift [elevator], feel yourself falling on the exhale and holding on the inhale. Or, imagine you are a feather, feel yourself floating down on the exhale and holding still on the inhale. You need a mental falling effect to lower your level of brain wave activity.

5. Keep doing this for as long as it takes. The time it takes to enter trance will vary, depending on your experience with deep relaxation and mental calmness.

A trance feels like: Everything gets quieter and you feel like you are in a much bigger place. There is a very slight humming feeling in your body. Everything feels different. It feels a bit like putting a cardboard box over your head in the dark, you can feel the atmosphere change. It's like everything goes fuzzy or slightly blurred. Any sharp noises, while in trance are painful.

6. To bring yourself out of the trance:

Concentrate on moving your fingers or toes. Once you can move a finger or toe, flex your hands, move your arms, shake your head, i.e., reanimate your body; and get up and walk around for a few minutes.

What this exercise does:

In order to advance in psychic power, we must train our minds. When we are in a trance state, our brain waves slow down considerably. There are two sides to the brain- the left logical/intellectual masculine side and the right creative/intuitive feminine side. The right side is the seat of the subconscious. This is the area of the mind that is open to suggestion and programming and the seat of our astral power. When the left side of our brain is active in thinking, the right side cannot be accessed. Trance states shut off the left side so we can access and program the right side (subconscious).

It takes training to be able to induce a deep trance state. Deep trance states are not always necessary, but for specific workings, they are very important. Once we train our minds to go deeper and deeper into a trance, this becomes easier and easier and takes less and less time as we become adept. The mind is like a muscle and for most people; this exercise will be an introduction to a part of the mind that has never even been accessed before.

It is **very** important to never be startled out of a trance state, especially a deep one, so make sure you are in a room or area where you are left alone and the phone is turned off. Being startled and pulled out of a trance the wrong way can be extremely painful and the pain can last for days, especially if you are doing energy work in this state.

It is normal when in a trance state for any sounds to be very painful. This is because in this state, our senses are extremely heightened.

An adept can place themselves in a deep trance within seconds at will. In closing, it is not necessary to always go into a deep trance. With the following exercises in this program, a deep trance is not necessary unless the instructions say so. Always follow the instructions in this program and you will be fine.

First Month
Days Eight through Nine
Flame Concentration

1. Light a candle and stare at the flame for 2 minutes. Make sure your attention does not wander.

2. Close your eyes, and place your hands in relaxed cupped position, palms over your eyes and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision. Keep looking for it and bring it back and keep concentrating on it for four minutes.



3. Relax and empty your thoughts and tune into your breathing for a few minutes, concentrating only on each breath

What this exercise does:

This exercise prepares the mind for one-pointed concentration, which is so important to any psychic/astral workings. With the average person, thoughts are scattered and dissipate into nothing. With the trained mind that can concentrate intensely, the thoughts are single-pointed, focused like a laser, and have power. Total concentration makes the difference in astral workings. One's will is also developed with this exercise, as a powerful will does not give into distraction. Do not become frustrated or impatient with yourself. It is normal for thoughts to creep in to distract you in the beginning. Total concentration takes time and is one of the most difficult aspects of training the mind.

First Month
Days Ten through Twenty-Four
Visualization Training Exercises

Days 10, 11 and 12

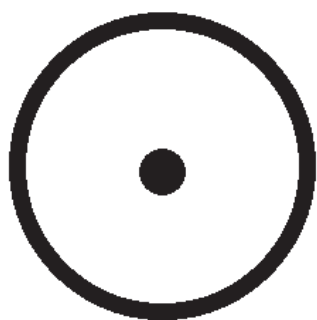
Sit comfortably and place the Image 1, on page 12, in front of you. Relax and fix your gaze upon this image for 3-4 minutes. Concentrate on the image and do not let your mind wander. If your mind wanders, just bring it back to the image.

Close your eyes and visualize the image. The image may fade in and out or move around, just keep bringing it back. Do this for 3-4 minutes.

Image 4 (page 15) is a variation of Satan's Sigil. This variation was used extensively in many 1920's - 30's European Satanic Lodges. This symbol and a few variations were the main symbol before the Church of Satan Baphomet was created in the late 1960's.

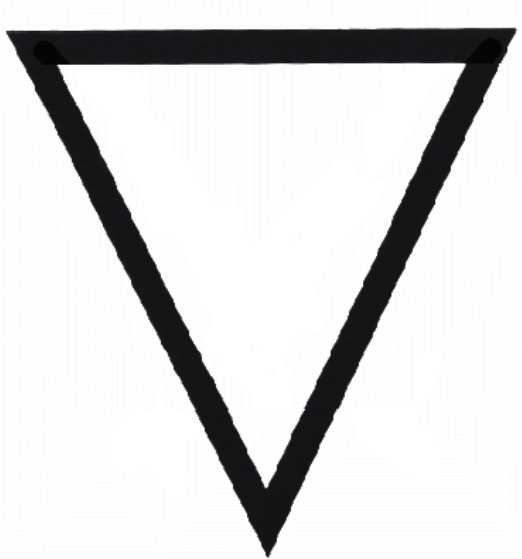
What these exercises do:

Visualization exercises build and empower our astral vision. Visualization is necessary in nearly all spell working. With intense visualization, we direct energy into specific action in the material world. Nearly invention in the material world is preceded by an idea. The idea is then focused upon and then put into concrete action. It is the same with energy. During a ritual or mind working, energy is raised. This energy must then be focused and applied or it just remains energy. Focused clear and intense visualization directs the energy. When one can focus uninterrupted and hold the vision of an object of choice in the mind for five minutes, one is adept at visualization.



Days 13, 14 and 15

Repeat with Image 2, directly below:



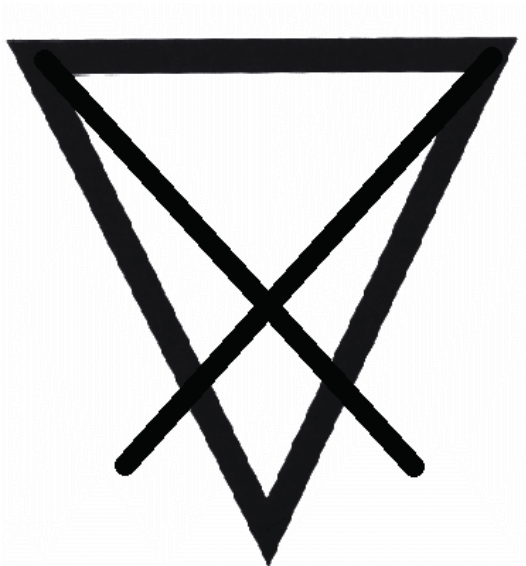
Days 16, 17 and 18

Repeat the above with Image 3, directly below:



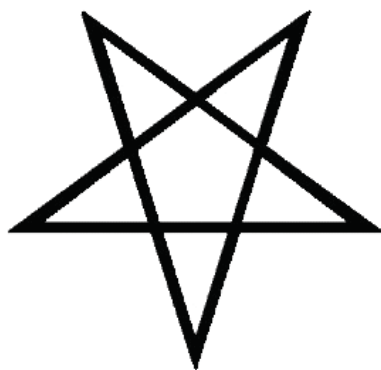
Days 19, 20 and 21

Repeat the above with Image 4, directly below:



Days 22, 23 and 24

Repeat the above with Image 5, directly below:



First Month
Days Twenty-Five through Twenty-Six
Meditation on the Senses

Days 25 and 26:

1. Place Image One (page 12) in front of you. Relax and calm your mind.
2. Gaze at the image for 2 minutes.
3. Now, instead of visualizing the image with your eyes closed, visualize the image with your eyes open for 2 minutes. Your attention should be fixed upon the image to where you do not observe anything else in your environment.
4. Now, close your eyes and visualize the image for 3-4 minutes.

What this exercise does:

This exercise further strengthens your astral vision while working on your concentration as your eyes are open. This further opens, trains and develops dormant areas of the mind and empowers them.

First Month
Days Twenty-Seven through Thirty-One
Meditating on Senses

Days 27 - 31

1. Sit comfortably, close your eyes, and relax your mind.
2. Choose a sound such as a clock ticking or a bell ringing or any other simple sound and focus on hearing this sound in your mind for 2 minutes. Do not see any images in your mind with this exercise- use only hearing.
3. Choose a material such as velvet or carpeting or whatever and meditate on feeling this for 2 minutes.
4. Choose an odor such as roses or a specific incense scent- again, whatever and focus on this for 2 minutes.
5. Choose a taste like salt or sugar, honey; the taste should be of something strong to start with and focus on this taste for 2 minutes.

What this exercise does:

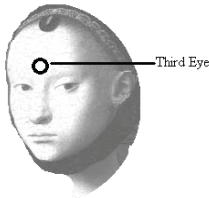
This exercise develops the astral senses. By performing this exercise regularly, you will empower and strengthen your astral sense of hearing, touch, taste and smell.

Second Month Opening the Chakras

Days 1 - 4

If you are new, you will be opening your third eye. If you have already opened your third eye, then skip to page 23. When you are finished with the meditation, look up with your eyes closed at your third eye in the middle of your forehead and concentrate on it for several minutes.

Opening the Third Eye



This exercise is done with a specific tone and chant. You need to do this exercise for 4 days in a row. Regular meditation on the third eye should follow to completely open it up and establish an energy uptake. This exercise only gets it going. Further work is needed and must be consistent to reap maximum results.



1. Sit with your back straight.



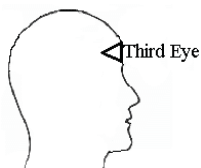
2. Place your hands in the position as shown in the photo. Your for people who are right handed, your right hand should make a fist around your left index finger; for people who are left-handed, your left hand should make a fist around your right index finger. The thumbnail should press on the side of the finger as shown, at the spot where the cuticle ends. When you feel a very faint electrical shock, you will know you have the correct spot. Don't get discouraged if you cannot find it. It should be apparent in those who have naturally stronger auras. What this does is redirect the flow of energy to the third eye. This mudra can be used at any time during regular meditation on the third eye. Keep this position throughout the meditation.

3. Breathe in through your nose and on the exhale vibrate "Thoth." Thoth is the Moon God and the ruler of the 6th chakra and third eye is the moon. Release your breath slowly through your mouth and vibrate:
TH-TH-TH-TH-OH-OH-OH-TH-TH-TH in one long exhale (vibrate the sound one time per exhale, as with the Yogic "humming breath").

Now this is important. Keep the TH and OH sounding at the same time. You should be making the TH sound all throughout the exhale.

Your tongue will be vibrating between your teeth. It may take a few seconds to adjust this to where you feel it in the middle of your forehead (3rd eye), don't worry, just keep on going.

Try to get it to the correct vibration where you can feel it in your forehead. This can take some experimenting. Just do the best you can. You may have to try as many as ten to fifteen times or more to get it right.



4. Do the above 4 times in a row and then relax.

5. Now, align your third eye correctly by visualizing it point end facing inside as illustrated at left.

6. It is very important the above exercise be done for FOUR consecutive days, preferably 24 hours apart. Then it

is a done deal and you will have performed the initial step of opening and activating your third eye.

7. After you are finished, it is important to meditate on your third eye to get the energy flowing, this way it will fully open.

Just close your eyes and "look" at the 3rd eye in the middle of your forehead. It is important to relax and not to strain your eye muscles, even though your eyes are closed. At first, there is usually just blackness depending on how active your 3rd eye is, then possibly swirling colors and shapes like a kaleidoscope. Like scrying into a mirror, the colors and shapes will give way to images when you do the meditation long enough and regularly. Remember to keep your gaze soft and relaxed. Feeling pressure here or a knot is normal after the above exercise is completed. This usually diminishes in time.

WHAT YOU CAN EXPECT:

1. One of the first experiences is a headache or pressure in the center of the forehead. This sensation may also feel like it is originating from within, usually an inch or more beneath the surface of the forehead as it affects the sixth chakra. This is a positive indication the pineal gland is awakening and beginning to function in a healthy manner.

You may also find you can feel this ache or pressure whenever you focus your attention on your third eye or meditate on your third eye. This is perfectly normal and eases with time.

*Some people can experience a migraine lasting several hours. The severity of the side effects will depend on how atrophied your pineal gland is to begin with.

If you have already opened your third eye, do these meditations instead:

Meditation from Satan

This is the most blissful meditation I have ever done; it was a gift to me from Father Satan. This meditation stimulates the crown chakra and the pineal gland and it is a most beautiful natural high that lasts long after the meditation is performed.

Begin by "breathing" into your third eye. Do this several times in and out. (See the Foundation Meditation below, for how to do this if you are unfamiliar).

Inhale into your third eye deeply, all the way back into your 6th chakra. (The 6th chakra is behind the third eye and is located about half way from your third eye and the rear of your head).

Hold the inhale for a count of five. (You can hold longer if you are experienced in power breathing).

Now slowly exhale and when you exhale, visualize the energy from your inhale as bright light and flood the top part of your head with it. (Your brain area).

Do this for five to ten times. When you are finished, just relax and meditate on the beautiful energy. It is addicting.

Foundation Meditation

The Breath:

The Basis of Magick, Energy Manipulation, and Mind Power

Sit in a comfortable chair or lie down on a comfortable spot and relax.

Imagine and will, with each inhale, not only your lungs are breathing, inhaling air, but also your whole body is breathing in energy. You inhale with your entire body. The breath acts as a focus for absorbing energy.

Know that along with your lungs, each single inch of your body simultaneously absorbs energy. Like a dry sponge when dipped into water absorbs, your body should absorb energy with each inhalation.

Since everyone is individual, how each of us feels the energy will be different in some respects.

To reverse this, exhale energy out. This can make you tired and shouldn't be done regularly other than to get a grip on how to do it.

Exhaling energy is for empowering talismans, charging sigils, healing- anything, and everything when you want to put energy into something or to direct it. Energy can also be inhaled and absorbed and then directed to a specific area of your body for healing.

In a very short time, you should be able to feel the energy when you breathe it in. As you advance, you will be able to see it without trying to visualize it.

Feeling in this exercise is most important, especially when you are new. Do not try to see the energy as this can be a distraction. Just get a feel for it.

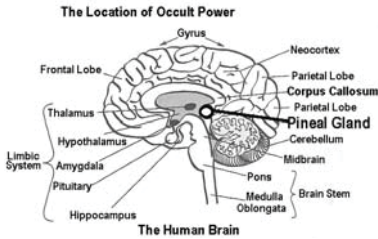
This exercise is the most important for working with your mind and manipulating energy, which is the foundation of all magick.

As you advance, you can use this technique of energy absorption to absorb energy from the Sun and from just about anything you choose.

Second Month, Day 5

If you have already opened your crown chakra, then skip to page 37

Opening the Crown Chakra



In order for this to work properly, you must have already performed the Opening of the Third Eye

The effects of this exercise are extremely pleasurable. A feeling of lightness should follow. Some people may feel energy or tingling inside their heads, or completely covering their heads; a slight pressure in the crown area and intense euphoria. The

pleasant light feeling is what makes astral projection and astral travel easy. The bliss state can occur hours and even days later.

When done properly, this exercise will stimulate the pineal gland and crown chakra. By continually stimulating the pineal gland, it will grow and become active. The pineal gland is the psychic seat of the soul. With this revised meditation, the chant is much more powerful and effective. It is based on the Böjrk rune.* Opening this pathway is also very healing for drug addicts as it naturally induces extreme pleasure.

This exercise should be done only to initially open your crown chakra and stimulate your pineal gland. The vibration is very intense and effective, but produces quite a headache, which can occur the following day. If your crown chakra is open, you will feel lightness and a sense of bliss. If you do not experience these indications after a period of 4-5 days, you can redo this exercise again as many times as needed to open your crown.

1. Breath in deeply and hold your breath for a count of four; do this five times. This helps you to be relaxed, focused, and to enter into a trance state. Then focus all of your concentration on your 3rd eye. You should begin to feel a slight pressure sensation or awareness of your 3rd eye.



2. Now, place your hands in the position shown at left and take a deep breath as you did for the awakening one exercise and hold it for as long as comfortable- (do not push this) and release your breath vibrating b-b-b-b-b-b-b-b (vibrate with a deep, soft hum with the lips almost closed)

The vibration should sound like a bee. The bee was sacred in Ancient Egypt and many other ancient cultures for this very reason.

It is ok to adjust your pitch. You should focus on and feel the vibration in your third eye, then focus on your pineal gland. You should be 1/3rd the way through of your drawn out vibrating exhale and feel the vibration in your pineal gland. Then, focus on your crown and feel the vibration in your crown chakra. Continue to extend your exhale as long as you are able to.

Breathe in again, repeating this four times.

This exercise is extremely powerful, much more powerful than the former version.

Now, VERY IMPORTANT-

Remember to concentrate on your forehead (3rd eye area), then your pineal gland and finally your crown chakra. You should regulate the exhale so it evens out. This is done for the duration of each chant.

Summary:

1. Breath in
2. Begin to exhale, vibrating b-b-b-b-b-b-b
3. Concentrate on and feel the vibration in your 3rd eye
4. Concentrate on and feel the vibration in your pineal gland
5. Concentrate on and feel the vibration in your crown chakra

Repeat 3 more times for a total of 4 times.

Crown Chakra



Now align your crown chakra by visualizing it point down as illustrated at left.

Day 6 is continued on page 29.

If you have already opened your crown chakra, do this meditation instead:

Pineal Meditation

This meditation expands intuitiveness and creativity and helps to open one's mind to comprehend information much easier.

1. Relax and go into a trance state
2. Inhale and visualize white-gold energy entering through your third eye into your pineal gland.
3. Draw the energy in with each inhale, then brighten, and expand your pineal gland with the energy with each exhale.
4. The first few times you do this, affirm to yourself: "I am breathing in powerful white-gold energy that is safely stimulating my pineal gland."
5. When you are finished, feel the energy for a few minutes, and meditate on it. It should be very pleasurable.

This meditation activates and empowers the pineal gland. The pineal gland is the psychic powerhouse of the brain. White-gold is the most powerful of all of the colors. It is the color of the Sun and this is one of the reasons the original religions worshipped the Sun.

Second Month, Day 6

If you have already opened your throat chakra, then meditate on this chakra and do chakra breathing by breathing in vibrant sky blue energy through your throat. See the Foundation Meditation on page 23, and instead of breathing in energy through your entire body, breathe in through your throat chakra. Detailed instructions for this meditation are on page 30.

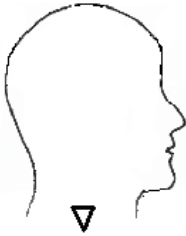
Opening the Throat Chakra



To activate the throat chakra, fold your hands together as in the photo, thumbs touching side by side- do not fold the thumbs. Take a deep breath; hold as in the other awakening exercises and then vibrate: "Nebo" until your breath is fully released.

N-N-N-N-EH-EH-EH-EH-B-B-B-B-OH-OH-OH-OH

The important thing is to feel it strongly in your throat, above the hollow. Do this 5-7 times. Remember- getting the correct tone can take some practice. The chant should vibrate your throat area. This exercise can be done once a week or more as needed.



Now align your throat chakra point down as illustrated at left.

Chakra Breathing by Azazel

To perform this meditation, you should already be experienced with the Foundation Meditation.

Relax and enter into a trance state, then, instead of breathing in energy into your entire body as with the energy meditation, breathe in energy into each one of your chakras, for seven breaths each. Seven breaths is only a guideline; you can do more or less, but it is important to keep your chakras in balance. It is important to not only breathe in the energy, but also to visualize it.

Second Month, Day 7

If you have already opened your heart chakra, then meditate on this chakra and do chakra breathing with vibrant green energy through your heart. See page 30.

Opening the Heart Chakra

Azazel explained the crossing of the arms completes a circuit that directly affects the heart chakra.



1. Sit comfortably, relax, and go into a meditative state.

2. Cross your arms as in the example. Your hands should be touching your shoulders near your armpits.

3. Position your hands so your thumb connects with your ring and little finger, leaving your index and middle fingers pointed straight.



4. Take a deep breath and nod your head so your chin is gently pressed into your chest. Keep your chin firmly against your chest during each exhale, only raising your head to inhale.

5. Focus your attention on your heart chakra.

Exhale and chant "Amon"

AH-AH-AH-AH-M-M-M-UH-UH-UH-N-N-N

6. Extend the N-N-N-N-N until you have completely exhaled. Try to adjust the tone so you feel it in the middle of your chest where your heart chakra is located.

7. Repeat eight times.

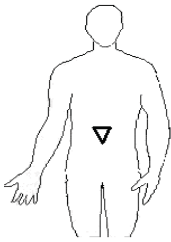


7. Visualize the image at right where your heart chakra is and yourself engulfed in a vibrant green aura and focus your attention on feeling your heart chakra for several minutes.

Second Month, Day 8

If you have already opened your solar chakra, then meditate on this chakra and do chakra breathing with vibrant yellow energy through your solar chakra. See page 30.

Opening the Solar Plexus Chakra



1. Sit in a comfortable position with your spine straight.
2. Relax and go into a meditative state.
3. Place your hands in the solar mudra illustrated at left.
4. Inhale fully and drop your chin to your chest. Keep your chin gently, but firmly pressed against your chest throughout the entire exhale, only raising your head during the inhale.
5. Vibrate "RA"
R-R-R-R-AH-AH-AH-AH-AH
until you are out of breath, concentrating on your solar plexus chakra. Adjust the vibration of the chant so you can feel it in your solar plexus chakra.
6. Repeat 5 times.
7. Now, align your solar chakra point facing downwards as illustrated on the left.

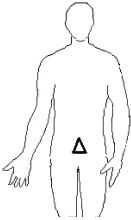
Second Month, Day 9

If you have already opened your sacral chakra, then meditate on this chakra and do chakra breathing with vibrant orange energy through your sacral chakra. See page 30.

Opening the Sacral Chakra



1. Fold your hands. DO NOT fold your thumbs, place them side by side and keep your palms together.
2. Inhale and fill your lungs.
3. Drop your chin to your chest.
4. Contract your anus.
5. Exhale and chant I-I-N-N-N-N-G-G-G-G-G-G-G-G (rhymes with the English word "Thing.") and concentrate on your second sacral chakra.



6. Align your chakra point facing upwards as illustrated at left.

Repeat the above eight times. When you are finished, visualize yourself in an orange aura for a few minutes while focusing on feeling your sacral chakra.

The "Ing" Rune illustrated at right represents the creative life force ruled by this chakra. The magickal qualities of the Ing Rune are its use in sex magick and fertility. The sacral chakra is the sexual chakra.



Second Month, Day 10

If you have already opened your base chakra, then meditate on this chakra and do chakra breathing with vibrant red energy through your base. Then visualize this in a stream of red energy ascending up your spine and out of your crown chakra. Do this only for several minutes, no more than ten. See page 30.

Opening the Base Chakra

To open the base chakra, place your hands in the position shown in the photo, like the sign of the horns. Your finger pads should be touching and your thumbs should be touching side by side down to the fleshy part known in palmistry as the "Mount of Venus." This mudra produces a heat sensation in the hands and stimulates the base chakra. Don't worry if you cannot feel the heat sensation as this takes sensitivity.



The backs of the middle and ring fingers should be touching, as in the photo at left.

Breathe in and fill your lungs, but not to discomfort and with the exhale, make the s-s-s-s-s-s hissing sound.



The Sigel Rune symbolizes the Satanic Lightening Bolt which is a manifestation of the kundalini serpent and the creation; the spark of life. Kundalini is like lightening.

While exhaling with the hissing sound, try to imagine/feel your base chakra as very hot and visualize it about the size of a pea, opening and expanding into a vortex. Spin this vortex.

Continue visualizing your chakra lighting up into red/gold and expanding with a bright white/gold fire, about the size of a silver dollar coin in diameter and imagine the feeling of it growing hotter as it gets brighter.

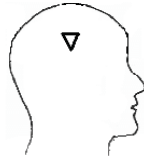
The hissing breath should be done seven times.

Align your base chakra point facing upwards as you did with your solar and sacral chakras.

Opening the Sixth Chakra

The third eye is an EXTENSION of the 6th chakra, which is located directly beneath the crown chakra, right in the middle of the brain. OPENING the 6th chakra [this is done the exact same way as with the third eye and should only be done after opening all of the other chakras], will help to activate the pineal gland and much more. See page 27. The third eye mudra is unnecessary. Because of the power of opening this chakra, I do not recommend to open it until you have opened all of your other chakras. Your third eye should also be all the way open, as it acts as a vent for the powerful energies of the sixth chakra.

I just found this recently through my own experiences in meditation. Every book I have read [plenty] focuses on the third eye, not the 6th chakra, which is directly in back of the third eye. I have found through my own experience, the 6th chakra directly ties into the pineal gland and activates it. It seems to be much more powerful than the third eye.



Sixth Chakra

1. Sit with your back straight, breathe in through your nose and on the exhale vibrate "Thoth." Release your breath slowly through your mouth and vibrate: TH-TH-TH-TH-OH-OH-OH-TH-TH-TH in one long exhale (vibrate the sound one time per exhale, as with the Yogic "humming breath") and try to concentrate the vibration on your 6th chakra.

Now this is important. Keep the TH and OH sounding at the same time. You should be making the TH sound all throughout the exhale.

Your tongue will be vibrating between your teeth. It may take a few seconds to adjust this to where you feel it in your 6th chakra, don't worry, just keep on going.

Try to get it to the correct vibration where you can feel it in the middle of your brain. This can take some experimenting. Just do the best you can. You may have to try as many as ten to fifteen times or more to get it right.

2. Do the above 4 times in a row and then relax.

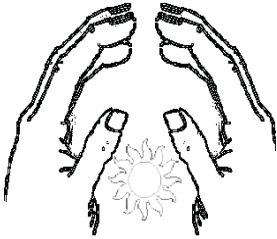
3. Now, align your sixth chakra correctly by visualizing it point end facing down as illustrated at left. The color of the sixth chakra is bluish-violet.

4. It is very important the above exercise be done for FOUR consecutive days, preferably 24 hours apart. **Do this exercise whenever you feel ready. [Any day you choose hereafter is fine].**

Second Month, Days 11 - 15

Even if you have already opened your hand chakras, use this meditation time to direct energy through them. This is important for the program that follows.

Opening the Hand Chakras



What this exercise does, when done consistently is to establish an energy circuit within the hand chakras. This energy can be used for healing, opening other chakras, applying energy or as with Dim Mak, the "death touch." It also helps with telekinesis (moving objects with one's mind and pyrokinesis (setting objects on fire using the powers of the mind and aura). In order to advance with these gifts, a powerful aura is needed to act on the auras of objects.

This exercise should be done at least once a day to get your energy flowing freely through your hand chakras.

1. Sit comfortably and relax. Try to go into a trance as the deeper the trance and level of concentration, the better the results, especially when beginning this exercise. After an energy current within the hand chakras is open and flowing, this can be done anywhere at will.
2. Put your hands facing each other, fingertips almost touching and relaxed. (Your fingers can be slightly bent as in the illustration).
3. With the pad of your thumb, press into the palm of each of your hands, right in the hollow part.
4. Now, focus intensely upon your hands, especially your palms. Feel the area you pressed in with your thumb.
5. Keep focusing all of your concentration and begin to feel a warm glow and energy between your palms.
6. Begin to move your hands an inch or two apart slowly and back again to where your fingertips are almost touching. Try to feel the energy between the palms of your hands. The more you practice and the stronger your energy becomes, keep moving your hands in and out, further and further apart until you can feel your energy as far apart as two or more feet.

7. Now, visualize a ball of white-hot fire like the sun as in the picture above. Later on, you can use colors. Feel the heat and energy from this ball of fire between your hands. This may feel as a tingling or throbbing. For some people, it may even feel cold. The important thing is to get this energy flowing and to *feel* it.
8. Now let your arms hang down and relax. Focus on energy flowing down your arms into your hands. This may feel tingly and your lower arms and hands may feel pumped. This is a sign the energy is flowing. Now repeat steps 5 through 7 above.
9. Do the above exercise 4 times.

This exercise should be done every day for as long as it takes to really open your hand chakras and establish a permanent flow of energy. With the proper practice, you should be able to feel powerful energy between your hands when your hands are more than a foot apart.

Second Month, Days 16 - 24

The Foundation meditation on page 23 is the most important meditation anyone can do outside of opening the chakras. Work on this with your full attention.

Second Month, Day 25

If you have already opened your feet chakras, then stand and breathe energy through them and connect with the earth, weather permitting, but if this is not possible, any floor will do. Do this for seven full breaths and then spend a few minutes feeling and meditating on the energy. If you haven't opened your feet chakras, perform the next exercise:

Opening the Feet Chakras



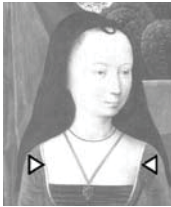
This exercise is done standing. Relax and "breathe" in energy through the bottoms of your feet, mainly your heels. The feet chakras tie directly into the base chakra and sacral chakra. This may result in stimulating your sex organs as well as the feet are tied to orgasm.

Continue drawing the energy up through your feet into your base chakra and up your spine and out your crown. Continue breathing the energy in for a few minutes.

Second Month, Day 26

Opening your 8th, 9th, 10th, 11th, 12th and 13th Chakras

Research and revelation from Thoth has revealed the true 8th and 9th chakras are the shoulder chakras. Opening these will align the soul and drastically open energy pathways to the palm chakras, greatly empowering them.

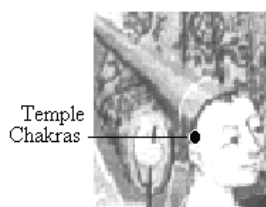


To open your shoulder chakras, all you need to do is to visualize them as in the illustration at left. Focus and meditate on them for a few minutes. A feeling of aching, or pressure is a positive sign you were successful in opening them. This feeling can extend to your arms and can feel sort of like they are falling asleep.

1. Begin with the base chakra and turn the point so the point is facing upwards.
2. Do the same with the sacral chakra [second chakra].
3. Focus on your solar [third chakra] and turn it so the point is facing downwards
4. Focus your attention on your crown chakra and turn the point down.
5. Do the same with your sixth and throat chakras.
6. Now, focus on your heart chakra and visualize two points coming together and intersecting as shown in the illustration on page 39.
7. Finish by again focusing on your shoulder chakras and visualize them pointing inward.

Opening and Aligning the 10th and 11th Temple Chakras

The 10th and 11th chakras are located at the temples, a bit towards the rear and are extensions of the 6th chakra.



To open these chakras, just turn your attention to each one and visualize it point facing in. Then do the same on the other side. A weird feeling of aching, heaviness, pressure, or aching is a positive sign you have correctly located and opened them.



The temple chakras are extensions of the sixth chakra.

Opening and Aligning the 12th and 13th Hip Chakras



To open these chakras, just turn your attention to each one and visualize it point facing in. Then do the same on the other side. A weird feeling of aching, heaviness, pressure, or aching is a positive sign you have correctly located and opened them.

The hip chakras are extensions of the base chakra, but like the shoulder chakras in proximity to the heart, they are located a bit higher.

Second Month, Day 27

Opening the Clairaudience Chakras

If you have already opened these, correctly align them (see below) and then breathe through them (See page 30).



Meditating on your centers of clairaudience, also known as "psychic hearing" will empower your astral hearing. This is useful when communicating with Demons. Just relax and focus on each center, visualizing each one as a bright star. Spend a few minutes with each one.

To open each of these minor chakras, just focus on them and visualize them opening up like a star and getting brighter. This may have to be done for several meditation sessions before they are permanently opened. The points are the same for both sides of the head, though the illustration directly above shows only one side of the face.

You will notice changes in your awareness and psychic abilities when doing this exercise for any length of time.

As you advance, you can do "chakra breathing" where you absorb energy with each inhale and slightly expand and brighten each chakra you are focusing on, upon the exhale."

Correctly align these chakras:

To do this, focus on each one and visualize the coned shaped chakras all pointing inwards.

Second Month, Day 28

Opening the Astral Eyes Chakras

If you have already opened these, correctly align them (see below) and then breathe through them (See page 30).



Meditating on your psychic eyes will empower your astral vision. It is easy.

Just close your eyes and "look" at the 3rd eye in the middle of your forehead. It is important to relax and not to strain your eye muscles, even though your eyes are closed. At first, there is usually just blackness depending on how active your 3rd eye is, then possibly swirling colors and shapes. Like scrying into a mirror, the colors and shapes will

give way to images when you do the meditation long enough and regularly. Remember to keep your focus soft and relaxed.

After meditating on your 3rd eye, visualize your 3rd eye brightening and shining outward like the sun and direct this energy to each of your psychic eyes, beginning with your 1st and 2nd psychic eyes and back to your third eye and up through your 4th, 5th and 6th eye points. You can then circulate the energy up and down as a stream of brilliant light.

Another technique which is somewhat advanced is to perform the chakra breathing through each of the centers. Draw energy into either one specific center at a time or do all simultaneously with each inhale. Visualize each center lighting up and upon each exhale, expand each center slightly, like a brilliant star. If you are working on all simultaneously, it is important to visualize all of them at the same time.

Correctly align these chakras:



To do this, focus on each one and visualize the coned shaped chakras all pointing inwards. The bases point outwards, as these are your energy intake centers. This is their normal resting position so one can absorb energy.

Second Month, Day 29

EZ Chakra Spin

This meditation only takes a few minutes or less and can be done at any time when you can tune in and focus. It is easy to do and can take the place of a full or extended meditation for people who lack the necessary privacy and/or are short on time.

Turn your attention to the base of your spine and visualize your base chakra as a vortex (like a small tornado). Color the energy a rich vibrant red and spin it. Keep spinning it until it spins fast and on its own.

Work your way up through each chakra, visualizing each one and spinning it until it spins fast and on its own. Visualize each one as a spinning vortex with a powerful vibrant color-

- 1st- red
- 2nd- orange
- 3rd- yellow
- 4th- green
- 5th- rich sky blue
- 6th- indigo (Bluish-violet)
- 7th- purple

When you spin the 6th chakra, focus *behind* your 3rd eye, in the middle of your head. Many people erroneously believe the third eye to be the 6th chakra. The 3rd eye is an *extension* of the 6th chakra; not the 6th chakra.

Each of your chakras should be a powerful vibrant color. Chakras that are dark or tainted are not functioning properly. Keep spinning them and focus your visualization to restore them to their own powerful color. You might also want to clean them if this is the case.

When our chakras spin at a faster rate, this helps to protect us from misfortune and disease. It also opens us to the astral and protects us astrally as well as in the physical world. Remember, though, energy work must be done every day as each day builds on the day before and until a strong energy field is permanently established, short term benefits can be lost or harder to restore.

Second Month, Day 30

Full Chakra Meditation

To amplify the powers of your chakras to their full potential, it is important to meditate upon the chakra at the day and hour when it is at its full power. The more powerful your chakras, the more powerful your magick. Research has proven that the Ancient Chaldean planetary hours, are extremely accurate. I strongly encourage you to download the Chronos program from this website:

<http://chronosxp.sourceforge.net>

You will need to download and install version 2.0 of the Microsoft .NET Framework along with this. All of the information is available at the above website. This program is outstanding and calculates hours of the planets specific to your location.

I have found from my own experiences through years of meditation, some meditations are very powerful and other times- little or nothing. The same goes for spellworking. This has to do with the alignment of the planets and timing. Each chakra is ruled and influenced by a specific planet. When meditating upon a specific chakra, if you do this on the day and the hour of the planet corresponding to the chakra, the effects will be 100% amplified. This also includes spellworking and the planet that rules over the working, such as Venus for love, Mars for athletics or rage, etc. For example, meditating upon money when Saturn (limitations, hardships, and loss) is strong, is a total waste of time and rarely will the working produce any tangible results.

The Full Chakra Meditation on the following pages is perfected and extremely powerful.

Each session should begin with correctly aligning your chakra. Instructions for this are in Power Meditation Volume 1 in the section on opening the soul. The meditation for each chakra is in four steps:

1. Specific chakra breathing for the chakra you are working on
2. Breathing energy directly into the chakra you are working on
3. Vibrating the God-name for the chakra you are working on
4. Spending a few minutes feeling the chakra

If you are new to meditation, please read through Power Meditation Volume 1 before doing any of the meditations in this supplement.

THE FIRST, THE BASE CHAKRA, THE "MULADHARA" MEANING, "ROOT."

- LOCATION: Base of the tailbone
- ELEMENT: Earth
- COLOR: Red
- NUMBER OF "PETALS": 4
- PLANET: Saturn
- DAY: Saturday
- METAL: Lead
- VIBRATION: NINIB
- FUNCTION: Survival, grounding
- INNER STATE: Stability

*The traditional chant for this chakra is 'Lam' or in Tibetan 'Lang'

BREATHING TECHNIQUE:

1. Inhale slowly through your nose, contract your anus and visualize and focus upon energy being drawn into your base chakra and with the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.

2. Hold for a count of four for new people, for an average, a count of ten and for advanced meditators, however long you feel comfortable. This should be the same count throughout the meditation.

3. Exhale slowly through your nose and visualize and focus upon energy being drawn into your crown chakra and with the exhale, direct this energy back down through all of your chakras to the base, illuminating each one.

THE MEDITATION:

This meditation is best performed on Saturdays during the hours of Saturn.

1. Begin by correctly aligning your base chakra, point facing upwards.
2. Perform the breathing for the base chakra for several breaths
3. When you are finished with the breathing, vibrate "NINIB" several times while focusing on your base chakra.
"N-N-N-N-N-EE-EE-EE-N-N-N-N-N-EE-EE-EE-B-B-B-B-B-B"
4. Focus upon and feel your base chakra for several minutes.

THE SECOND THE SACRAL CHAKRA (SVADISTHANA)

- LOCATION: Halfway between the naval and pubic bone.
- ELEMENT: Water
- COLOR: Orange
- NUMBER OF PETALS: 6
- PLANET: Mars
- DAY: Tuesday
- METAL: Iron
- VIBRATION: "NERGAL"
- FUNCTION: Sexuality, pleasure, procreation, creativity. The seat of sexual energy.
- INNER STATE: Creativity.

*The traditional chant for this chakra is "Vam" or in Tibetan "Vang"

BREATHING TECHNIQUE:

1. Inhale through your nose and focus upon drawing energy from your base chakra into your sacral chakra; breathe the energy into your sacral chakra and hold for a count of 6. (This can be varied, however long you are comfortable as holding the breath should never be pushed. A count of 4 or 8 is fine as long as you keep this through the meditation).
2. Exhale and just let the air fall out of your lungs effortlessly.

THE MEDITATION:

This meditation is best performed on Tuesdays during the hours of Mars.

1. Begin by correctly aligning your sacral chakra, point facing upwards.
2. Perform the breathing for the sacral chakra for several breaths
3. When you are finished with the breathing, vibrate "NERGAL" several times while focusing on your base chakra.
"N-N-N-N-N-AIR-AIR-AIR-AIR-AIR-G-G-G-G-AH-AH-AH-L-L-L-L"
4. Focus upon and feel your sacral chakra for several minutes.

THE THIRD THE SOLAR CHAKRA (MANIPURA)

- LOCATION: Slightly above the naval near the solar plexus
- ELEMENT: Fire
- COLOR: Yellow
- NUMBER OF PETALS: 10
- PLANET: Sun
- DAY: Sunday
- METAL: Gold
- VIBRATION: UDDU
- FUNCTION: Will, power, manipulation
- INNER STATE: Willpower, timing

*The traditional chant for this chakra is "Ram" or in Tibetan "Rang"

BREATHING TECHNIQUE: BREATH OF FIRE

1. Contract your abdominal muscles, forcefully, creating an exhale, by sucking your stomach in real hard and fast. Immediately relax and air will enter the top part of your lungs by itself. Use the rapid contractions of your abdominal muscles to inhale and exhale with this exercise. The contractions should be rhythmic.

2. Practice a few times, and get a feel for it.

3. Do 20 in a row, in and out, using your abdominal muscles in rapid succession at the end of the 20th breath, exhale, inhale and fill your lungs, contract your anus, lower your chin to your chest, hold your breath as long as you comfortably can- DO NOT PUSH YOURSELF!

4. Exhale slowly.

The above constitutes one round. The exhalation should be brief, and the inhalation should be passive and longer. Rounds are increased by adding the number of pumpings with your abdominal muscles. First, try doing three sets of 20 pumpings and then after some time, increase to 30, then 40 until you are doing 60.

THE MEDITATION:

This meditation is best performed on Sundays during the hours of the Sun.

1. Begin by correctly aligning your solar chakra, point facing downwards.
2. Perform the breathing for the solar chakra for several breaths
3. When you are finished with the breathing, vibrate "UDDU" several times while focusing on your solar chakra.
4. "OO-OO-OO-OO-TH-TH-TH-TH-OO-OO-OO-OO"
5. Focus upon and feel your solar chakra for several minutes.

THE FOURTH, THE CENTER THE HEART CHAKRA (ANAHATA)

- LOCATION: Center of the chest
- ELEMENT: Fire/Air
- COLOR: Green
- NUMBER OF PETALS: 12
- PLANET: Venus
- DAY: Friday
- METAL: Copper
- VIBRATION: INANNA or GEBO
- FUNCTION: Emotions
- INNER STATE: Feelings

*The traditional chant for this chakra is "Yam" or in Tibetan "Yang"

BREATHING TECHNIQUE: ALTERNATE NOSTRIL BREATHING

1. Focus on your three lower chakras
2. Inhale through your left nostril for a count of four, closing off the right nostril with your thumb.
3. Switch and close your left nostril with your thumb, and now exhale through your right nostril for a count of four.
4. Hold your breath for a count of six, after the exhale.
5. Keeping your left nostril closed, inhale through your right nostril for a count of four, switch and close your right nostril and exhale through your left for a count of four.
6. Hold at the end of the exhale for a count of six and then inhale through your left again for a count of four, exhale through the right and then hold for a count of six, inhale through the right, switch and close the right and exhale through the left, hold for six, inhale through the left.

This constitutes one round. Perform the above three times and then continue with step seven below:

7. Inhale through your left nostril for a count of four and focus on your top three chakras.
8. Hold your breath for a count of 6 at the top of your inhale.
9. Switch and close your left nostril with your thumb, and now exhale for a count of four through your right nostril, slowly and evenly.

10. Inhale through your right nostril and hold for a count of six
11. Exhale through your left nostril, for a count of four
12. Inhale through your left nostril for a count of four, hold for a count of six, exhale through your right nostril for a count of four.

The above constitutes one round. Perform three times.

As you advance, you can perform this breathing more than three times each. You should perform both for the same number of times each. You can also lengthen the holds, but the time you do this should correspond to the ratio below. It is very important to be balanced.

Inhale: 4

Hold: 6

Exhale: 4

THE MEDITATION:

This meditation is best performed on Fridays during the hours of Venus. The heart chakra does not align as the other chakras. Just focus on the center of your chest.

1. Perform the breathing for the heart chakra for several breaths
2. When you are finished with the breathing, vibrate "INANNA" several times while focusing on your heart chakra.
 "EE-EE-EE-EE-N-N-N-N-AH-AH-AH-AH-N-N-N-N-AH-AH-AH-AH"
 Or vibrate "GEBO"
 "G-G-G-G-AY-AY-AY-B-B-B-B-OH-OH-OH-OH"
3. Focus upon and feel your heart chakra for several minutes.

THE FIFTH THE THROAT CHAKRA (VISHUDDI)

- LOCATION: Throat
- ELEMENT: Air
- COLOR: Sky Blue
- NUMBER OF PETALS: 16
- PLANET: Mercury
- DAY: Wednesday
- METAL: Mercury
- VIBRATION: NEBO or NINGHIZHIDDA
- FUNCTION: Communication, self-expression
- INNER STATE: Psychic hearing, intellect

*The traditional chant for this chakra is "Ham" or in Tibetan "Hang"

BREATHING TECHNIQUE: VIBRATION BREATH

1. Inhale and with your exhale, vibrate "NEBO"
N-N-N-NAY-AY-AY-B-B-B-B-OH-OH-OH"
or "NINGHIZHIDDA"
N-N-N-E-E-E-N-N-N-GH-GH-GH-E-E-E-JH-JH-JH-H-H-EE-EE-EE-DAH-
AH-AH
until you are empty of air

Repeat the above several times.

THE MEDITATION:

This meditation is best performed on Wednesdays during the hours of Mercury.

1. Align your throat chakra point down
2. Perform the breathing exercise about for several breaths.
3. Focus upon and feel your throat chakra. It is normal to feel a pressure or a lump in your throat which indicates your throat chakra is open and active.

THE SIXTH CHAKRA (AJNA)

- LOCATION: Behind the third eye
- ELEMENT: ether
- COLOR: Indigo/bluish-violet
- NUMBER OF PETALS: 2
- PLANET: Moon
- DAY: Monday
- METAL: Silver
- VIBRATION: NANNA or THOTH
- FUNCTION: Psychic vision
- INNER STATE: Intuition

*The traditional chant for this chakra is "Ohm"

BREATHING TECHNIQUE: VIBRATION BREATH

First Set:

1. Inhale through both nostrils for a count of 2
2. Hold for a count of 4
3. Exhale for a count of 6
4. Hold for a count of 4

The above constitutes one round. Six to ten rounds is ok for new people. Those who are experienced and advanced should go with as many as comfortable.

The following exercise should be done for as many rounds as the above exercise and both should be done with the one below following the one above:

Second Set:

1. Inhale for a count of 6
2. Hold for a count of 6
3. Exhale for a count of 4

Do NOT hold at the bottom. However many rounds you did with set one, you need to do with this exercise.

Repeat the above several times.

THE MEDITATION:

This meditation is best performed on Mondays during the hours of the Moon.

1. Align your sixth chakra point down

2. Perform both of the breathing exercises, do the first one first for several breaths and follow with the second for the same amount of breaths as you did with the first.
3. Focus upon and feel your sixth chakra and third eye. It is normal to feel a pressure or an aching sensation in the middle of your forehead, which indicates your third eye, is open and active.

THE SEVENTH CROWN CHAKRA (SAHASRARA)

- LOCATION: Top of the head
- ELEMENT: Water
- COLOR: Violet
- NUMBER OF PETALS: 1,000 petal lotus
- PLANET: Jupiter
- DAY: Thursday
- METAL: Tin
- VIBRATION: MARDUK
- FUNCTION: Enlightenment
- INNER STATE: Bliss

*There is no traditional chant for this chakra.

There is no breathing technique for this chakra.

THE MEDITATION:

This meditation is best performed on Thursdays during the hours of the Jupiter.

1. Align your seventh chakra point down
2. Breathe in and on the exhale, vibrate "Marduk"
"M-M-M-AH-AH-AH-R-R-R-TH-TH-TH-OO-OO-OO-K-K-K"

Focus upon and feel your seventh chakra on the top of your head (inside your head). A beautiful sensation of bliss indicates this chakra is open and active.

Third Month Days One Through Five

The following meditation is the most important meditation as it deals with invoking energy. Energy manipulation is the basis of all mind power/magick. To be able to feel the nuances of different energies, to invoke them and to direct them is the basis of power.

The exercise for the next five days will be based upon the foundation meditation, See page 23. But, instead of expanding the aura, you will breathe the energy back into the ether. Breathe the energy in and exhale the energy, sending it back out with each exhale. Do the above for 15 breaths.

What this exercise does:

This exercise will enable you to breathe energy into people, objects, empower sigils and talismans, and program anything you wish with your energy. This exercise will also prepare you for the next step in this program- working with the elements.

Third Month Days Six through Thirteen

For the next three days, we will be working with Ectoplasm. Ectoplasm is the substance we see with the clouds when scrying. This is a minor form, but will get you started.

Candle light is perfect for this exercise. Candle color here does not matter, so use whatever you have available.

If you have a black mirror, you will want to use this, but any other similar props will do. You can even use a regular mirror or a bowl of dark or black liquid.

1. Sit in a quiet dimly lit room.
2. Relax and go into a trance state. This does not have to be a deep trance, just enough so you are focused.
3. Look into the mirror or bowl of liquid and stare at one point. You should eventually see clouds form.
4. Concentrate on these clouds, willing them in a soft way to condense and thicken.

5. For days seven through nine of this exercise, gently and slowly take your eyes off of the mirror. You should still be able to see the clouds in front of you. Try to focus on them for two to three minutes.

6. Blink your eyes and move your fingers and toes and gently bring yourself back from the trance.

For Days Ten through Thirteen

Repeat the above exercise, but with step five, will the ectoplasm into a ball shape.

About Ectoplasm:

Ectoplasm has many different astral uses. Extra-terrestrials use this in a much more potent form than humans. This is the cloud that forms before many abductions, where there is a loss of time and memory. Ectoplasm can make one invisible and can also be used to kill with death rituals. After proficiency is achieved in producing this substance, one can will it to manifest in specific colors that are harmonious with the objective of the working.

The most common example of the use of ectoplasm is with mediums. The ectoplasm gives the evoked spirit something to manifest itself in. Ectoplasm can also add much more potency to creating a thoughtform.

Third Month Days Fourteen through Seventeen

When you can perform this exercise for five minutes straight with uninterrupted concentration, you are proficient.

Get together four simple objects like a pen, pencil, ball, hair clip, spoon-whatever. Just make sure the object is simple and easy to visualize.

1. Take the first object and focus on it for one to two minutes.
2. Close your eyes and visualize it for one to two minutes
3. Open your eyes and visualize the object in front of you in the air. You should only be focused on seeing the object and not anything else in the room.
4. Repeat the above with the remainder of the objects.

Third Month Days Eighteen through Twenty

With the following exercise, we are going to add sounds to visualizations. This exercise greatly strengthens the astral senses.

Day Eighteen:

Visualize a clock on a wall and hear it ticking. This can be any clock, but the more simple, the better to start with. Now, visualize the clock and hear the ticking. Do this for three to four minutes.

Day Nineteen:

Visualize a large bonfire and hear the crackling of the flames.

Day Twenty:

Visualize a lake, river, or the ocean and hear the waves rippling or roaring.

Third Month
Days Twenty-One through Twenty-six

Day 21:

1. Sit quietly and relax.
2. Visualize a large bonfire. *Hear* the crackling and *feel* the heat, then *smell* the heat.
Do this for five minutes.

Day 22:

1. Sit quietly and relax.
2. Visualize yourself wading in water. This can be a lake, the river or the ocean. *Feel* the water, *hear* the water and *smell* the water, like you are actually there.
Do this for five minutes.

Day 23:

1. Sit quietly and relax.
2. Visualize yourself walking barefoot on the earth. This is best if you can visualize yourself walking on soil in a farm field as this is very close to the element of earth. *Feel* the soil under your bare feet and *hear* and *feel* the light breeze through the air and *smell* the earth.
Do this for five minutes.

Day 24:

1. Sit quietly and relax.
2. Visualize yourself walking against the wind. *Feel* the wind blow against your skin and the roar of the wind in your ears. *Smell* the fresh air as it blows against you. Feel each step walking into the wind.
Do this for five minutes.

Day 25:

1. Sit quietly and relax.
- Visualize yourself in a cold environment. Feel yourself getting cold. Feel the cold wind blow on your skin. For those of you who know snow (some brothers and sisters live in tropical environments, so not everyone has experienced snow),

visualize yourself in snow and ice. Hear the crunching of the snow beneath your feet. For those of you who have never experienced snow- just visualize yourself in a cold environment and use all of your astral senses.

Do this exercise for three to four minutes and no longer.

Day 26:

1. Sit quietly and relax.

Visualize yourself walking through the desert. *Feel* the searing heat and the dry hot wind in the scorching environment. Feel the sand beneath your feet and your body growing hotter.

Do this exercise for three to four minutes and no longer.

What the above exercises do:

In addition to strengthening your astral senses, these exercises will introduce you to working with the four elements of earth, air, fire, and water. By invoking these elements which we will do next month in this program, we can strengthen ourselves to where we will be able to withstand incredible amounts of heat, cold and other extremes. Invoking and directing fire is a very important aspect of pyrokinesis. With invoking the fire element, we can keep warm or with the water element, cool if circumstances call for this. Invocation of fire is how the Tibetan monks spent the nights of their initiation in the ice-cold mountains, naked under in a wet sheet in a snowstorm. In the morning, if the initiate passed, the sheet was warm and dry and the snow and ice were melted in the surrounding area.

Some 1920's-30's Satanic Lodges in Germany used the element of fire for assassination. The element when invoked and directed to the victim would make the victim's blood literally boil.

The air element, when invoked properly, produces levitation. Through invocation and proper direction of the elements, we can also influence the weather.

Third Month

Days Twenty-Seven through Thirty-One

For the next five days, enter into a trance state and visualize a scene.

For days 27 and 28, visualize a scene out of doors with animals and plants. Use all of your astral senses with this. Smell the air, feel the breeze, and hear the animals barking or whatever. See everything around you as if you are really there and be aware of everything at the same time.

For days 29 through 31, visualize yourself within a room or busy street where there are people. Hear these people talking as if you are really there. You can smell the area, see the people moving about, hear the sounds of the traffic, hear them talking. Try to be aware of everything at once.

When you can do the above for five minutes, uninterrupted, you have passed.

What this exercise does:

This exercise strengthens your astral senses, and opens areas of your mind and empowers them for the serious practice of magick.

Fourth Month

Days One through Fifteen

Merging Astral Consciousness

*When you are finished with merging with a human being or animal, be sure to clean your aura and chakras thoroughly as their thoughts or beliefs can rub off on you. Always choose a healthy being when you are new to this, be it a plant or a human being.

Days One and Two:

1. Choose an object; this can be a crystal, a table- anything in your room. Beginners should start with an object that is a single material, like a rock or playing dice.
2. Get comfortable and go into a trance state.
3. Look at the object in front of you for a minute or two and then close your eyes. Visualize the object.
4. Now enlarge the object so it is big enough for you to walk into in your mind and enter it.
5. Become one with the object and open your astral senses. What do you see, hear, smell, and feel? Is it cold or warm inside? What sensations do you feel? If the object is on a table or hard surface, *feel* that surface.

Days Three and Four

Do the same as the above, only this time use a plant. This can be a tree or even a blade of grass. If you don't have any house-plants, you might want to do this exercise out of doors. It is important that the plant be alive.

With the plant exercise, *feel* the earth through the roots of the plant. How does this plant feel in relation to other plants around it if out of doors?

Days Five through Eight

Now, do the same as the above, but this time merge with an animal. You can visualize this animal if you are not near any animals. If you have pets, then choose one of your pets and merge with your pet. See through his/her eyes; hear through his/her ears; feel the floor or ground beneath his/her feet. How does your pet's body feel? Is your pet warm? Cold? Hungry? What does your pet smell in

the environment? Use his/her nose. What is in your pet's mind? Animals think in visions.

Days Nine through Fifteen

Now, do the above with a person you know. You can choose a different person each day. Think with their mind.

What the above exercises do:

Plenty. They are **very** important. When mastered, the above exercises will give you skills to

- Shapeshift
- Communicate with animals
- Plant thoughts in the minds of others and to even possess them
- Fix electrical equipment and appliances- you can find the problem by merging with the item.
- Pull thoughts out of the minds of others and obtain information
- Diagnose diseases in humans and animals
- Students can use this to merge with their teachers to find what questions will be posted on an important exam

It Is Very Important That Your thoroughly Read This And Understand It to Continue

Those of you who have gotten this far will have to make an important choice. The meditations from this point on can be very dangerous. I am speaking from experience here. There are many authors who write from a theoretical scholastic prospective and have not had the direct experience with certain meditations and psychic practices. I am going to give you *my* personal experiences with the meditations that follow. Remember- THESE ARE MY OWN DIRECT EXPERIENCES AND SOME OF WHAT I EXPERIENCED, YOU MAY OR MAY NOT AS WE ARE INDIVIDUALS, BUT THESE MEDITATIONS *ARE* HIGHLY EFFECTIVE, POWERFUL AND DANGEROUS.

If you:

- Are not physically and/or mentally healthy
- Are pregnant
- If you take *any* psychiatric medications or medications that affect your brain/nervous system
- If you suffer from High Blood Pressure
- If you have heat flashes from menopause
- If you suffer bouts of depression
- If you do not know yourself 100%

I strongly encourage you to turn back and work on the meditations you are having problems with or still need to master. Once you have overcome any problems mentioned above using safer meditations, you can proceed at a very slow pace if you think you are ready. Let me explain:

With the meditations that follow, we will be invoking the elements. Ok- here are some examples of what can happen:

Invoking fire will make you hot. Depending on how many breaths you do (only seven and under are recommended for those who have not had experience with this element). Even with adepts, 20 breaths can be extreme. While you are doing the fire meditation for the first time, more than likely while you are doing it, you will feel little or nothing. DO NOT MAKE THE MISTAKE OF DOING ANY MORE BREATHS BECAUSE YOU MIGHT FEEL NOTHING! More than likely, you will feel the effects hours later. The effects of invoking fire include a fever, feeling BURNING HOT after a warm glow/aura manifests, insomnia and since water is the opposite of fire, you can get a backlash of water and this can manifest in depression. These effects can last several hours to several days.

Invoking air can over stimulate the nervous system. Air can make you very irritable and oversensitive for a few hours to several days, depending on how much you take in.

There is much more to this and I will post full articles on each element. I have always been a person of extremes and I am daring, so I have never put any limitations on myself with meditation, though I have always used common sense. Now, with invoking these elements over a period of time, we become resistant to extremes of temperature, we can warm or cool our bodies at will and we can be adept at pyrokinesis, cryokinesis and other astral disciplines. There is no gain without pain.

If you are planning to continue on, I seriously urge you to keep written entries in a black book or journal regarding how these exercises affect you. Mastering the elements is one of the highest forms of magick, while others play around with props.

There are two ways of invoking the elements. One way is total invocation as I have done (no breathing them back out and the most dangerous) and the other way is easier is to breathe the element back out into the ether. You can work up from this.

Each one of us has strengths and weaknesses with certain elements. Nearly all of us have imbalances of the elements in our souls. The following meditations will correct these.

Fourth Month Days Sixteen through Thirty-One

Fourth Month, Day Sixteen Invocation of Fire

To invoke fire, go into a light to medium trance and visualize yourself in the middle of a large sphere of fire. Now, do the energy breathing. Breathe in the fire from all sides of your body, front, back, top of your head and bottom of your feet. Imagine yourself getting burning hot. Do this for seven breaths AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!

You have two options for this exercise:

1. You can breathe the fire back out into the ether after each inhalation and even breath it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the fire. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

To be adept, one must master blowing (directing the exhale) the element out as we will in following meditations. For example, blowing out the element of fire after you have invoked enough of it and your body can withstand high amounts of this element; you can raise the temperature of objects and even set them on fire, using only your mind. Unlike the article on pyrokinesis on the Joy of Satan website, with the above, you can even be miles from your object. In meditations that follow, we will be working on heating glasses of water and such for beginning in exercising this power.

Fourth Month, Seventeenth Day

Today, sit quietly and meditate on how you feel after invoking the fire element. How did you feel during the past 24 hours? It is important to be able to *feel* the elements in order to direct and control them.

Fourth Month, Eighteenth Day Invocation of Air

Sit quietly and go into a light to medium trance. Now, imagine yourself in the air. Feel the lightness and breathe in the air element. It is important to imagine yourself feeling lighter and lighter and airy. Imagine that your body is becoming lighter, as light as air itself to where you can no longer feel your body. Do this for seven breaths AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!

You have two options for this exercise:

1. You can breathe the air back out into the ether after each inhalation and even breathe it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the air. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

After some 12-24 hours, sit quietly and meditate a few minutes on how you feel after invoking air.

The air element is used in rituals to incite chaos. Air can over-stimulate the nervous system until you get used to it so it is important to go slowly. Invoking air is used for levitation.

Fourth Month, Nineteenth Day Invocation of Water

To invoke water, go into a light to medium trance and imagine that you are completely under water in a large pool or lake. The water should be still. Just relax. Breathe in the water from all sides of your body, front, back, top of your head and bottom of your feet. Imagine yourself getting ice cold. Do this for seven breaths **AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!**

You have two options for this exercise:

1. You can breathe the water back out into the ether after each inhalation and even breath it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the water. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

After some 12-24 hours, sit quietly and meditate a few minutes on how you feel after invoking water.

The more advanced you become, the more you will feel the coldness of the water element. You should feel like a block of ice. Adepts are able to keep the body cold as ice even in the hottest of summer weather. The water element can incite depression, so it is important to go slowly. Water is used in rituals involving attraction.

Fourth Month, Twentieth Day Invocation of Earth

To invoke the earth element, go into a light to medium trance and visualize yourself in the middle of a large sphere of heavy dense gravity. Now, do the energy breathing. Breathe in the earth from all sides of your body, front, back, top of your head and bottom of your feet. Imagine yourself getting heavier to where you are like lead and can no longer move- like you are buried under several feet of dirt. Do this for seven breaths **AND ONLY SEVEN BREATHS! DO NOT DO ANY MORE! YOU CAN EVEN DO AS LITTLE AS 2-3 BREATHS, BUT NO MORE THAN SEVEN!**

You have two options for this exercise:

1. You can breathe the earth element back out into the ether after each inhalation and even breath it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the earth. With retention of the elements, you will progress faster, understand how each element feels and affects you and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Remember to always use common sense.

After some 12-24 hours, sit quietly and meditate a few minutes on how you feel after invoking earth.

The earth element is used in binding rituals. Invoking earth can also help to still and quiet your mind for meditation.

Fourth Month

Days Twenty-One Through Thirty-One

Read the information on the elements, below. For the next eleven days, work on balancing your elements. Invoke the elements where you are weak.

The Elements Part One

With this section, you will learn which elements are dominant in your soul and which are lacking. To properly invoke, direct, and control the elements, you must be balanced in all of the elements. Most of us have imbalances. These can usually be seen in our astrology charts. Part One will deal with the characteristics of each of the elements that manifest in human beings. As we progress, I will post articles concerning the different aspects of elemental magick and how to use the elements in workings. Please study everything in this spiritual warfare section. Those of us who progress and continue on will be working some extremely advanced magick. This magick is very dangerous and it is imperative that each and every one of you be prepared and strong enough. Rituals that are especially dangerous, we will do as a group. I will post these on the JoS group about a week before they are scheduled. We will hit the enemy especially hard at the right time as a group and coordinate our efforts.

You must be honest with yourself and know yourself. Below are attributes of each of the elements in their pure form. Very few of us are imbalanced with just one element; usually there are two that are dominant. Look to the elements where most of the characteristics describe you. By balancing your elements, you will find healing physically, psychologically, at the soul level and mentally.

Fire is opposite Water and Air is opposite Earth. The opposite element is what is needed to fix the imbalance. It is important to be aware that invoking the lacking element can create a temporary backlash in the over-dominant element.

Fire

Characteristics:

Self-centered, confident, enthusiastic, expressive, bold, subjective, expansive, out-going, extroverted, insensitivity to others, impulsive, impatient, creative, vain, extravagant, reckless, passionate, self-important, exhibitionist, courageous, adventuresome.

Fire people often burn themselves out. They are often over-active, restless, and over concerned with making something happen in the world. There are often problems in dealing with others; they can be very insensitive and crude in their approach.

People who are lacking in fire are usually low in energy, lack self-esteem, and self-confidence. There is a lack of spiritedness, lack of enthusiasm, aversion to challenges; there is apathy toward living, major problems take a long time to overcome with lingering psychological scars.

Earth

Characteristics:

Sensual, materialistic, practical, hates anything unplanned, patient, self-disciplined, dependable, conventional, likes tradition, security is extremely important, cautious, deliberate, slow in forming opinions, slow in everything they do, reserved, limited imagination, they have exceptional endurance. They are practical, grounded, and cool-headed. They are hard working, dislike change and can be stuck in a routine for years without ever getting bored. They have a hard time adjusting to new situations and changes.

People who are lacking in earth are not attuned to the material/physical world, they are spaced-out, impractical, they can neglect their bodies, they are flighty, lack self-discipline, are ungrounded, often feel out of place, have over-active imaginations, These people can forget to eat, rest, exercise and so forth. They have trouble with routine, endurance, scheduling and organizing their lives.

Air

Characteristics:

The ability to be objective and detached, unemotional, intellectual, enjoy spontaneity, easily bored, very talkative and communicative, they are the most social of the elements. They are usually quick in their movements and speedy. They can be very impractical. Air lacks feeling and emotion. Air is pure intellect. Air people can adapt and adjust to situations easy. There can be an over-active mind, one who lives in his/her head, Jack-Of-All-Trades, and master of none, a lack of depth, air headed, a lack of planning, scatterbrained, nervousness, high-strung, and nervous exhaustion.

People who are lacking in air have a hard time detaching and find themselves too involved with others. They can be overly emotional, have violent reactions, lash out, and have a very difficult time with being objective. They can have a hard time adjusting to new situations. The emotions often dominate in one who is lacking the air element.

Water

Characteristics:

In touch with feelings and emotions, psychic, notices things others don't see, irrational fears, compulsive desires, oversensitivity, feels threatened, very easily hurt and offended, impressionable, their emotions can dominate them, intuitive, over-reactive, fearful, timid, extremes of behavior, compassionate, loyal, devoted sympathetic, feelings of inner emptiness.

People who are lacking in water are not in touch with their feelings. They have trouble in dealing with their own feelings as well as those of others. Cold, aloof, unfeeling, callous, they have little if any compassion towards others and have trouble in relationships due to a lack of an emotional rapport. These people are often total materialists who disregard the spiritual.

Fifth Month

Fifth Month, Day One Aura of Protection

This meditation is very important. You need to add this to your daily meditations. It is simple and the more you do this, the more powerful the protective aura becomes. We will be doing very advanced magick and you will need the protective aura.

1. Go into a trance.
2. Breathe in white-gold energy.* You don't need to expand your aura with this. Just visualize a strong brilliant barrier of your aura as you would when you contract it, like an outline of your aura.
3. Affirm: "I am breathing in powerful protective energy. This is building an aura of protection around me. This aura protects me at all times."

You can change this, but always word it in the present tense. The more you do this, you will build a more and more powerful protective aura. Use the energy from the Sun as well.

*White-gold energy is used because it is reflective.

Fifth Month, Day Two

Meditation on the Spirit

The properties of the spirit in correspondence to the elements are as follows: the will is of the fire element, the intellect and memory are of air, all aspects of feeling are of the water element, and all aspects of consciousness that connect the three elements is of the earth element.

1. Go into a trance and focus inward into your own spirit, try to be aware of and feel your spirit/astral body and meditate on it.
2. Meditate on each aspect of the above-mentioned elements in correspondence to the parts of your spirit.

What this exercise does:

This is important as it hones each aspect of your soul to work magick. It will enable you to influence these aspects within yourself and also when you master them, within others. You will eventually, with practice learn to strengthen or eliminate them.

Fifth Month, Day Three

Go into a trance and meditate on your astral body within your physical body. Try to feel your astral body and be aware of it. Once you are aware of and can feel your astral body and focus upon it, do the following during your daily activities:

1. Be aware of your astral body inside your physical body. For example, when walking, be aware that your astral body is walking and following the motions of your physical body.

The longer you can do this without any dizziness, feelings of being off-balance or disoriented, the stronger your astral body will become. This also helps with astral projection. Mastering this will give you much more power.

Fifth Month, Day Four

1. Go into a trance
2. Imagine yourself to be in the middle of a vast space. There is no above, a below, or any sides.
3. Focus your attention at your center, near your naval. For men, this point is higher; for women it is lower. You will know when you find it as it will feel a bit different.
4. Now, imagine you are floating in quintessence. This is the fifth element and is ultra-violet (like a black light) or cobalt/electric blue (Demons appear in this color). Try both and see which color you prefer to work with. This is individual.
5. Now, breathe in the quintessence through your entire body, as with the foundation meditation on page 23.

Try to focus on the infinite space and being one with that space.

The following is an excerpt from "Initiation into Hermetics" by Franz Bardon, 1956:

"We have heard that akasa is the primary source, the sphere of all causes. Any deliberate cause, such as a wish, a thought, any imagination created in this sphere together with the dynamic conviction is bound to be realized with the help of the elements, regardless of the level or sphere on which the realization necessarily has to be performed. This is one of the greatest magic mysteries and a universal key for the magician, who will understand its range only later on in the course of his development."

Fifth Month, Day Five

This exercise will enable you to control of the elements with the help of the akasa principle in all the three realms.

1. Repeat the above exercise with the quintessence (see page 83)
2. Imagine that you are beginning your control over the four elements. Know that you are mastering the elements and that they will fulfill everything you desire or are wishing for, no matter on which plane the realization of your desires must manifest.
3. With every breath, feel your mastery over the elements. Expand and focus on your will and confidence.

Fifth Month, Day Six Concentrating and Directing Elements

1. Go into a light trance.
2. Breathe in the element of fire and upon the exhale, direct all of it to your base chakra, so it is concentrated.
3. Do this for five breaths.
4. Meditate upon and feel the heat in your base chakra.

If you feel uncomfortable doing this, you can substitute directing the water element into your sacral chakra. Do either one or the other.

What this does is to train you to concentrate and direct an element. This can also be done outside of your body and for advanced magick, you will need this skill. It must be taken slowly though. This is very advanced. The fire element will stimulate your kundalini. Directing the elements to specific parts of the body can also be used to heal. **NEVER DIRECT THE FIRE ELEMENT TO YOUR HEART OR YOUR BRAIN!!** This can be very dangerous and can cause permanent damage to these organs.

Fifth Month, Day Seven

Follow the instructions below.

My suggestion is to use green and program the thoughtform to attract money to you. Be sure to make the command short and to the point and include that this is money for you to keep and spend as you wish. The money should come to you within a week or less, depending on the strength of the thoughtform.

Creating a Thoughtform Servitor (Magickal Assistant)

IMPORTANT!! THE FOLLOWING INSTRUCTIONS ARE FOR CREATING A THOUGHTFORM FOR WHITE MAGICK. FOR BLACK MAGICK, YOU DO *NOT* WANT TO CONNECT IN ANY WAY WITH THE ENERGY, FOR OBVIOUS REASONS!!

A thoughtform is a small packet of condensed psychic energy. Like all energy, the thoughtform can be programmed to carry out specific tasks and/or directed to travel to a target area. The success of the thoughtform is dependent upon the mind strength and aura of its creator. A weak thought form will quickly dissipate, accomplishing nothing.

Thoughtforms, can be disintegrated after their tasks are completed. Energy feeds on energy and a thoughtform that is several weeks old may have accumulated all kinds of different influences, emotions and other energy from its surroundings. The mutated thought form has often been known to reappear in the locale of its creator, only to wreak havoc, due to the outside energies it has accumulated. One must use proper judgment in choosing whether to destroy a thoughtform/servitor, program it for a specific lifetime or to keep it with you as long as your own lifetime. * (see message below)

To create a thoughtform:

1. Sit comfortably.
2. Enter into a deep trance.
3. Keep your eyes closed during this one. When you are completely relaxed, and you can no longer feel your body, you are ready to begin.
4. Now, visualize a beam of light entering your body through the crown of your head and filling your aura. The color of the light should correspond with the intended working of the thoughtform. Saturate your entire being with the colored energy until you are vibrating with it.

5. Given the nature of the working, choose a corresponding chakra (according to color) where you will release the energy. Keeping your eyes closed, visualize this energy streaming from the chakra and forming a ball in front of you. It is important that the energy be released in a straight line. Keep packing the energy into the ball so it becomes more and more solidified.

6. When the energy is sufficiently strong, you can begin to shape it into whatever form will serve your purpose. Visualize what it is you want this creature to do and infuse the creature with it. Keep it simple. Complex and detailed instructions don't work with thought forms.

7. Using a very short phrase, 1-5 words, silently or aloud, keeping your eyes closed, command the creature, then release it like a bullet shot into the void.

For example:

For example- to attract money, you would want to project from the heart chakra and program the assistant to continuously bring you money.

Thoughtforms can be attached to material objects as well. They can protect or cause damage.

The Magickal assistant will need to be "fed" on a regular basis; you do this through summoning it and putting your energy into it and reprogramming it.

To destroy the thought form*-

1. Summon it. Visualize it coming to you and hovering in the air before you.

2. Focus and visualize the energy dissipating like smoke into the air. Say something like "you are no more!"
You may have to do this several times.

*Given experience and skill in working with thoughtforms, many mages choose to keep a faithful and reliable servitor, even through a lifetime. As long as the thoughtform/servitor keeps performing faithfully, one does not need to destroy him/her.

Fifth Month, Day Eight

Work Your Aura

Program your aura to attract something you want. The results here can be amazing. The point is, you can use your aura to bring you whatever you need. Start out with something easy and gradually work on more difficult things. Attempting something too difficult can end in failure and be discouraging. Also, what you ask for has to be physically possible. Any type of mind working will take the easiest available route to get you what you want, so be sure to be specific. For example, when making an affirmation to attract money, if one only affirms for attracting money, the money may come and even be in one's hands, but this could be like a bank teller or cashier or the money may belong to or be taken by another.

1. Go into a light trance
2. Breathe in energy. White or gold is all-purpose and can be used, but you can also use color energy depending on what you want. Fill your entire being full of this energy until you are glowing with it.
3. Now, program your aura. Affirm: "My aura is attracting to me _____ easily and effortlessly." State this several times; 5-10 times.
4. Now, put this out of your mind and do not think about it. If you are powerful enough, what you programmed your aura to bring to you should come within a short period of time.

To cite an example, I wanted a certain CD. The CD was out of print and nowhere to be found. No stores or internet sales outlets had it. I programmed my aura one morning to bring me the CD. I had the CD that very afternoon and got it for free. Now, you have to go with the flow and often search for what you programmed your aura to attract in a lot of cases, but the point is- it will be there if your aura is powerful enough.

Fifth Month, Days Nine and Ten Akasha/Quintessence

Because of the importance of working with and mastering the akasha, we are repeating this exercise.

1. Go into a medium trance and close your eyes. Imagine that you are in the center of an unlimited space. There is no above or below or sideways. This unlimited space is filled with quintessence, the universal ether. Quintessence is colorless, but to our senses, it appears to be of ultra-violet or electric/cobalt blue.
2. Breathe in the akasha/ether, visualizing yourself surrounded by the black-violet energy as you would with energy breathing and fill your entire being with it for eleven breaths.

"In performing this exercise, you have to retain the feeling of being united to the entire infinite space. You have to be as it were completely secluded from the world. It is necessary to become acquainted with this unusual state of mind."

-Excerpt from Initiation Into Hermetics by Franz Bardon, 1956

3. Meditate on the feeling you get from invoking this energy for 10-15 minutes.

Fifth Month, Day Eleven

Creating Elemental Thoughtforms: Lesson One

The elemental has to be given a form corresponding to the desire one wishes to be fulfilled. The form is to be created with intensive imagination. You can shape this out of the ball.

Give the thoughtform a name. This name should be unique and unusual because just saying the name either aloud or in your mind will immediately summon the thoughtform. Obviously, you don't want other people calling out a common name and then here it comes!

You have to impress upon the thoughtform whatever task you wish it to carry out. This must be done with authority and a strong will, with desire.

In working with advanced thoughtforms, you must be specific as to how long the thoughtform has to complete the task. Is it ongoing? Or limited to a certain finite time.

The procedure is as follows:

1. Go into a medium trance and imagine yourself in a universal ocean of light. White is all purpose, but colors can be used.
2. Use this light to shape an enormous ball of light, compressing, and accumulating it more and more until the ball has the size of approximately 12-20 inches. The ball should be like a brilliant radiating sun.
3. Now, fill the thoughtform with whatever you desire it to do. Desire strongly and feel this deeply while making your affirmations. The affirmations should be a repeated phrase, right to the point and precise.
4. Name your thoughtform and say this name several times.
5. Focus on the time, when you want the elemental to dissolve and return to the light, as soon as it has fulfilled its task. Expressing it magically, the birth, and death of the elemental are fixed in exactly the same manner as a human's or any other being's fate is. Affirm this time such as "__(name of elemental)__ will return to the universal storehouse of light and dissolve."
6. Breathe in and then blow out with force, sending the ball on its way.
7. Forget about the thoughtform and working. Let it do its job.

An elemental knows neither time nor space. Using external energy is important in workings of black magick and workings where you must be completely detached from the thoughtform as opposed to running the energy through yourself with simple thoughtforms.

It can work independently in the mental sphere and will not be restricted in any way by the magicians' mind. You can recharge the elemental to give it more power. This is achieved by calling the elemental by the name given to it, and recharging it with more light and power, and sending it off again. As soon as the elemental has fulfilled the required task, it will dissolve itself in the ocean of light.

The above is important. You must will the thoughtform to dissolve. Later on, with much more advanced thoughtforms, it will become a powerful entity of its own and harass you if you aren't careful.

" With the help of the elementals the magician can influence the mind of any other person optionally, he can strengthen or weaken man's mental and intellectual faculties, he can protect himself or others against foreign influences, transmute friendships into animosities or the other way around, he can produce a favorable atmosphere in associating with his fellow men, and he can bring under his control anybody's will that is not yet developed or profiled.

The businessman can enlarge the number of his customers, and the elementals can be helpful to him in many other ways. The genuine magician will always be inspired by good and noble intentions and keep the altruistic motive in mind if he is aiming at the highest level of magical maturity." ¹

Reference:

¹ Initiation into Hermetics by Franz Bardon

Fifth Month, Days 12 - 20

Astral Projection

For those of you who already have this ability, work to strengthen it and perfect it. Real astral projection is not just placing your consciousness somewhere else; it is willing your soul to leave your body.

Methods of astral projection are as individual as ourselves. What may work for one person, may not work for another. For those of you who have had difficulty achieving this goal, I recommend you ask your Guardian Demon to work with you. If you do not know your Guardian, then go to Satan and ask him to send you a Demon to work with you.

For the next seven days, work on astral projection. Remember, to come back, just visualize yourself inside of your body, feel yourself lying on your bed or sitting in your chair or what ever you were doing and you will be right there again. Be sure to take time to allow your soul to settle back in or you can feel out of sorts for days. Lie still for several minutes, and get up slowly and then try to do something physical like eat some food.

Meditations for Astral Projection

Meditation 1

This meditation feels weird. Just make sure you seriously want to project, otherwise, any hesitation can keep you in your body. You have to be relaxed, both mentally and physically. The first few times are the most difficult. Like with anything else, consistent practice will make this easier, until you no longer have to even enter into a deep trance, but can project any time at will. Some people find projecting easier than others do, as they have done this in past lives.

Get real comfortable and go into a trance. When you are so relaxed you can no longer feel your body, you are ready. Visualize your astral body inside your physical body, being held there by your seven chakras. The chakras can be visualized like colored knobs. Take each spinning chakra and stop it from spinning and give it a quarter turn in the reverse of the direction it was spinning, like turning a doorknob. Relax and let go and try to exit.

Meditation 2

This is more like a preparatory exercise. This one is not nearly as powerful as the one above, but less intense for those of you who would rather do this gradually.

Lie down and relax, as above. Go into a trance. Relax to where you feel like you are floating.

Now, lift your left astral arm up. Visualize this. You will need to imagine this, but energy follows where it is directed.

Lift up your right astral arm and touch your face

Touch both your astral hands together.

Do the same thing with each leg and foot.

Imagine your entire astral body floating above your physical body, or somewhere else in the room and concentrate on being there. Just lie there and focus on this for a while.

Keep repeating this exercise often and eventually, astral projection will follow.

Fifth Month, Twenty-first Day Evoking the Elements

When your goals are personal and pertain to yourself, this is the time to invoke energy and project it from yourself.

Evoking energy is different. When spells are for others, it is important to evoke energy, as energy that you project from yourself will establish a connection with the person you send it to. In both cursing and healing, for obvious reasons, this is undesirable. The energy you use must be taken from the universe. It is very important to master both evocation and invocation of the elements in order to progress to advanced levels of ability.

Evoking Fire

Get into a trance and visualize you are in the middle of fire. Feel the heat and hear the hissing and crackling of the flames and feel the burning. Now, begin to collect and condense that fire into a sphere in front of you. Draw the fire element from all directions into the sphere in front of you. The more of the fire element you direct into the sphere, the more dense, material, and hotter it will become. You should feel the heat while you are doing this. The more you compress and condense the fire, the more the heat will grow. You should actually have the sensation of literally being in an oven.

Now dissolve the sphere of fire by visualizing it dissipating – the exact opposite of when you brought it together. Keep working at visualizing it dissipating, losing its strength, power, and heat, and eventually dissolving into nothing.

Fifth Month, Day 22 Evoking Air

Evoking Air

Get into a trance and visualize you are in the middle of air, fill the entire room with it. Draw the air from all directions simultaneously into a sphere in front of you. Fill and pack the sphere with the air element. You should feel very light, as though you are floating.

When you are finished packing the air into the sphere, dissolve it as you did with the fire sphere.

Fifth Month, Day 23

Evoking Water

Evoking Water

Get into a trance and visualize you are in the middle of an ocean or lake. Draw the water element from all directions. Feel the water at first as a cold vapor, the closer you draw it to your body, as you condense the water more and more, you should feel icy cold. Now, pack the water element into a sphere in front of you and then dissolve it, the same as you did with the fire and air. Let it evaporate away into nothingness.

Fifth Month, Day 24

Evoking Earth

Get into a trance and draw a gray mass, similar to clay, from all directions simultaneously. The closer you bring it to yourself, it becomes browner and browner, rich like soil and more dense. Fill the room entirely with the heavy mass of the earth element and visualize it compacting into a sphere. Feel the heaviness, the gravity, and its pressure on your body. When finished, dissolve it as you did with the other elements.

Fifth Month, Twenty-Fifth Day

Evoke the element of fire again, but this time, have a glass of tepid water in front of you and draw the fire from all directions and condense it into the glass of water. It is best to use a clear glass with this exercise. Imagine the water getting hotter and hotter with the fire element.

If you are successful, the water will increase in temperature by a few degrees. When finished, you can taste the water and it should have an unusual taste to it if you were successful.

Later on, when you find you can raise the temperature of tepid water, then work with colder and colder water and practice the same.

Fifth Month, Days Twenty-Six through Twenty-Eight Working with Color

Take three brightly colored objects. All must have the same texture and feel, but must be different colors. Take each one at a time in your hand and feel it. Close your eyes and feel it some more.

Visualize the color while you hold and run your fingers over the object in your hands. Say to yourself in your mind:

"This is how the color (name of color) feels and I will recognize the color _____ when I feel it in the future."

The more you do this exercise; you will soon be able to feel each color as distinct and separate. It is important to be sensitive enough when working with energy to sense different colors. This will also help with invoking and evoking them and in seeing auras.

Fifth Month, Days Twenty-Nine through Thirty-One Invocation of Color

1. Enter into your trance state.
2. Breathe in and fill yourself with each breath with a specific color of the spectrum, visualizing it as brighter and brighter each time. Red, blue, yellow, orange, violet, green, indigo (bluish-violet, the color of the 6th chakra) or black. This meditation can also be done after meditating on a specific chakra. You can then fill yourself with the color of that chakra.
3. Hold the color for two to four minutes. If the color feels pleasant, you can hold for a longer period of time. Those who are used to the energy of the colors can hold much longer. One's increased time should be comfortable and gradual.

Each color should be in its pure form and bright. Later on, it is fine to experiment with different shades when adept.

If a color feels negative to you, work with it gradually. Ask your mind for an answer as to why. What does the color mean to you? What associations do you have with a particular color? This is a great way to find out more about yourself. Which colors feel pleasant to you? These are the ones that you may be using the most in your life to the exclusion of others. Knowing this provides information as to which chakras need more work to bring them up to full power.

The most important objective of this meditation is to *feel* the colors. Spend some time with each color, getting into how it feels. Keep a written record in your book of shadows/black book.

The benefits of this meditation are the ability to feel, direct, and apply color. Color energy is exceptionally powerful when used in magick. Each color has specific energies and acts to bring results unique to that energy.

Sixth Month

For the next 31 days, you need to assess where you are at and work on where you are weak. Look to your journal/black book and be honest with yourself. It is very important that you know yourself.

Completion

This concludes the six-month program. To advance and become adept, it is important that you work on areas where you are weak. All of the meditations included in the program will give you a powerful foundation for working advanced magick. I will soon be creating another more advanced program, which will build upon this one. It is important between these programs that you take two weeks or more of a break to work on areas you need to perfect.

These meditations, if performed correctly will create a powerful foundation for more advanced practices, which will come much easier.

Those of us who are Spiritual Warriors must work in secret. Satan's Demons will guide us as to what we are to do.

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BOOKS

