

# What is the Ain: Q&A with Rev. Frederick Nagash

What is the Ain?

Ain literally translates to self or the absolute self. Knowing the Ain, and working with it are prime components to the OAD magickal system. Everything revolves around the self, rather than having a basis in the material world. This may seem selfish to some, however, it is all a part of the great change and mental development needed to usher in the great aeon.

How does one work with the Ain?

Mentally, moreover, through the subconscious we can manipulate the Ain to become and do whatever we want it to be. Basically, if there is something someone doesn't like about oneself, like having a bad habit, they can literally destroy it. This comes about through knowing ones own weaknesses and strengths and learning not to fall into self-deceit. Through these methods, one can literally do, become, or think up whatever they want to be at any given point in time.

How does one come to know their weaknesses and strengths?

Weaknesses are a subconscious act. Kind of like being told something and without you realizing it, it has some form of effect on you. Weaknesses can be anything from false egotism to giving away love too freely. Strength, also, from the subconscious, can be defined as anything which is emotionally, spiritually or mentally empowering, something that you know in your heart of hearts that you know you have some form of mastery over. Finding your strengths and weaknesses are as easy as finding out what you are afraid of or problems that lead to bigger problems. And to find your strengths, it is the same, but in reverse.

Why is weakness and strength a subconscious act?

Weaknesses and strength stem from emotion. Emotion is a subconscious act. By finding your strengths and weaknesses, you can hardly conceive how to change them using the conscious mind. While using the subconscious mind, the change comes easily. You'll find that most weaknesses that you have are from a past experience that has hurt you emotionally. Just as things in the past have strengthened you emotionally.

Why is it easier to change these in the subconscious mind, rather than the conscious mind?

The subconscious mind works on levels the functioning mind cannot fathom. Through the subconscious mind, you're able to change almost anything about your self. While, the conscious mind can hardly remember dreams from the subconscious. The great change comes about when one can pinpoint the exact occurrence that changed them and gave them that weakness.

How do you access the subconscious mind to change these things?

You can access the subconscious mind via altered states of normal consciousness. Hypnosis is a prime example of this. Certain forms of meditation, deprivation and reaching certain states of mental attunement allow you to access the mind on a subconscious level. This is what shamans have been doing for years, with sweat lodges, and one-pointedness, also referred to as Gnosis.

Once you enter the subconscious mind, how would you make these changes occur?

Through implanted thoughts, visualization and other techniques, which send some form of change into the subconscious, once it is open. Once you reach the subconscious mind, almost at will, you develop a form of control of it, like learning how to control dreams. Once you can control the subconscious, you can do what you please while in it.