

Spiritual Warfare Training Program for Satanists

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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.

It is important to follow the instructions for each day and only do the meditations given.

By following this program one can obtain an advanced level of mind power within a six month period. It is very important to start at the beginning. Being able to maintain your full concentration, free of any distracting thoughts with any of the meditations for a full five minutes indicates proficiency. These meditations unfold step by step, each meditation prepares for the next level. It is very important to have a solid foundation as this will prepare one for advanced practices and realization of psychic powers.

Frequently Asked Questions:

Question: Should you go into a deep trance before doing the rest of the activities?

Answer: Only when the instructions tell you to. Remember, it is important to follow the instructions carefully. You can do more of the exercises for a given day to practice if you wish for the first two months. Subsequent meditations will be exceptionally powerful, and must be done gradually. I will note where this applies.

For any more questions or concerns, post to the e-groups.

First Month

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 level (Beta) to the asleep 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.

Days Eight through Nine Flame Concentration

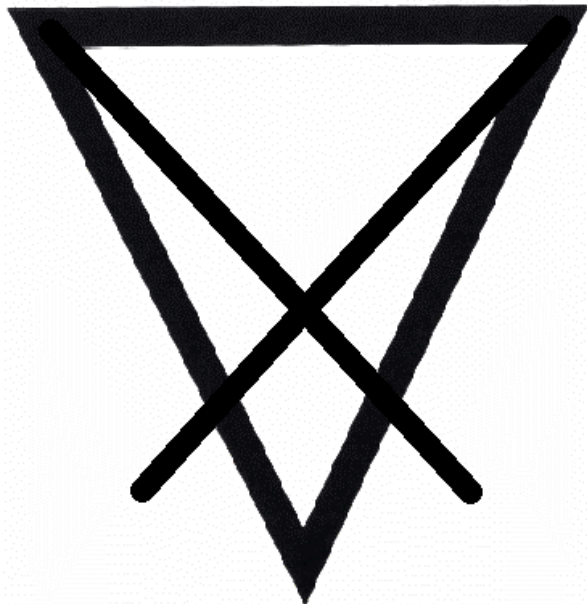
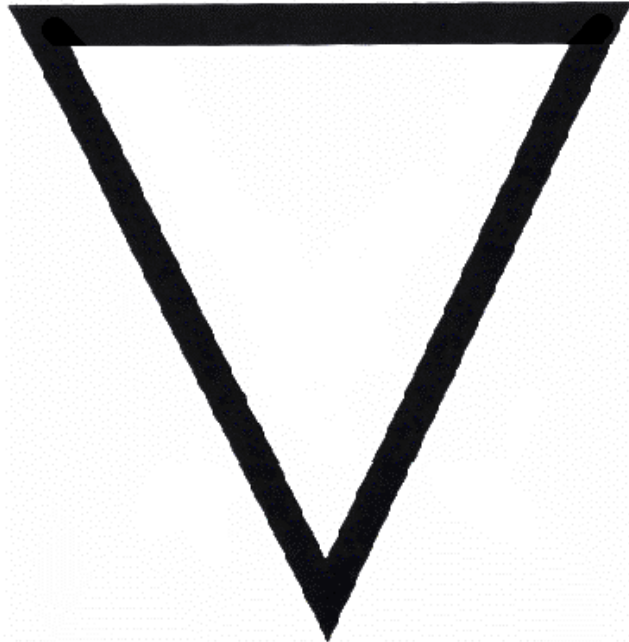
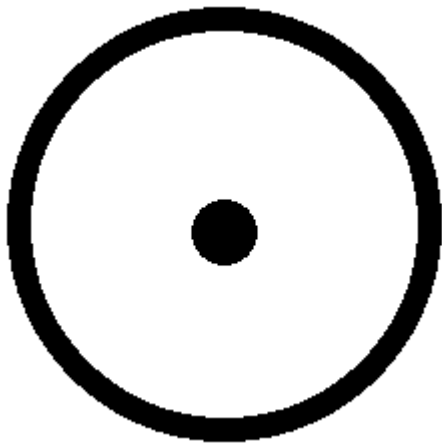
1. Light a candle and stare at the flame for 2 minutes. Make sure your attention does not wander.
2. Close your eyes and place your hands in relaxed cupped position, palms over your eyes and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision. 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:

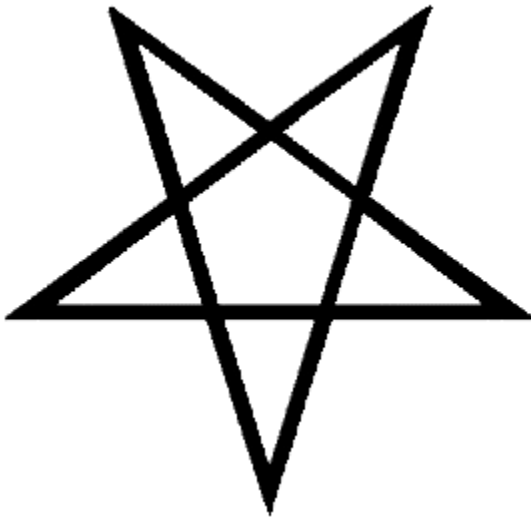
This exercise prepares the mind for one-pointed concentration, which is so important to any psychic/astral workings. With the average person, thoughts are scattered and dissipate into nothing. With the trained mind that can concentrate intensely, the thoughts are single-pointed and focused like a laser and have power. 100% 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.

**Days Ten through Twenty-Four
Visualization Training Exercises**



The above image of Satan's Sigil 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.



Days 10, 11 and 12

Sit comfortably and place the Image 1 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.

Days 13, 14 and 15

Repeat the above with Image 2

Days 16, 17 and 18

Repeat the above with Image 3

Days 19, 20 and 21

Repeat the above with Image 4

Days 22, 23 and 24

Repeat the above with Image 5

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 Twenty-Five through Twenty-Six Meditation on the Senses

Days 25 and 26:

1. Place Image One 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.

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

Days 1 - 4

With this exercise, you will be opening your third eye, if you are new.

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.

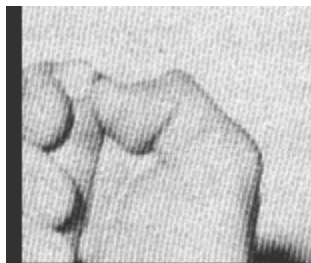
The mantra to be used is "Th" - T-H-H-H-H-H-H-H-H as in the word "the." Use whichever one you can feel best vibrating in the center of your forehead.

The chant is of the "Dagr" Rune and "tha" is also the Sanskrit word for "moon energy" and the ruler of the 6th chakra and third eye is the moon.



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.

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 hold your breath as long as is comfortable- open your jaws so there is a small space between your top and bottom teeth, place the tip of your tongue between the space of your slightly parted teeth to make the English "TH" sound. 4. Once your tongue is in position, release your breath slowly through your mouth saying T-H-H-H-H-H-H-H-H in one long exhale (vibrate the sound one time per exhale, as with the Yogic "humming breath") 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.

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

5. 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.

6. 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, then do the following meditation:

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 Scalar Wave Meditation 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).

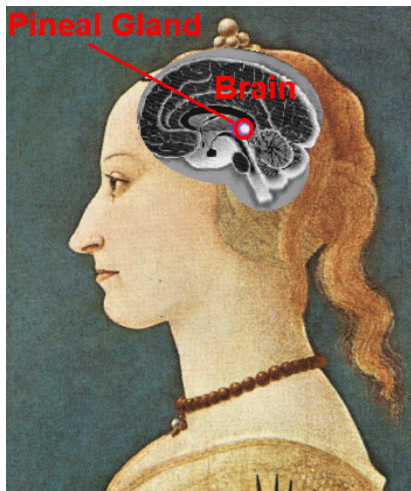
Hold the inhale for a count of five. (You can hold longer if you are experienced in power breathing).

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.

Second Month Day 5

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. Breathe 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. Breathe in
2. Begin to exhale, vibrating b-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.

If you have already opened your crown chakra, then do the following 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 (666).

Second Month, Day 6

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 chant: a-a-a-a-a-a-a-a-a-h (as in awe with a steady exhale) as with the Os rune until your breath is fully released. 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.

If you have already opened your throat chakra, then do the following meditation instead:

Chakra Breathing by Azazel

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 while breathing in the energy, to visualize it.

You can breathe in white-gold energy (the most powerful) or the color energy of the chakra.

When you are finished breathing each of the chakras, breathe in energy simultaneously through all sides of your body, head, and feet, sides, front, and back to meet in the middle. Do this for several breaths, then on the last one, exhale, relax, and gently expand the energy out through your body into your aura, expanding your aura like water being soaked up by a paper towel.

If you are in the process of healing your aura and not ready to expand it, focus on the energy brightening inside of you only and do not expand your aura. This is every bit as effective.

Second Month, Day 7

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 Egyptian 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.
6. Exhale and chant "K-A-A-A-A-A-A-Y" as with the Kaun Rune that rules the heart chakra.

Extend the A-A-A-A-Y 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. Visualize yourself engulfed in a vibrant green aura.

Repeat eight times and afterwards, focus your attention on feeling your heart chakra for several minutes.

If you have already opened your heart chakra, then do the following meditation instead:

Chakra Breathing by Azazel

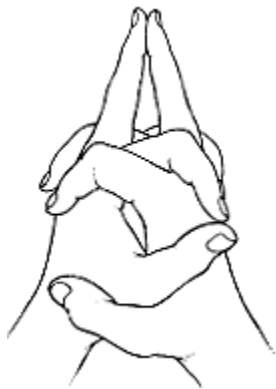
Relax and enter into a trance state, then, instead of breathing in energy into your entire body as with the energy meditation, breathe in energy into each one of your chakras, for seven breaths each. Seven breaths is only a guideline; you can do more or less, but it is important to keep your chakras in balance. It is important while breathing in the energy, to visualize it.

You can breathe in white-gold energy (the most powerful) or the color energy of the chakra.

When you are finished breathing each of the chakras, breathe in energy simultaneously through all sides of your body, head, and feet, sides, front, and back to meet in the middle. Do this for several breaths, then on the last one, exhale, relax, and gently expand the energy out through your body into your aura, expanding your aura like water being soaked up by a paper towel.

Second Month, Day 8

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. Exhale and chant Y-Y-Y-Y-Y-Y-Y-Y-Y-Y as in "Year" 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.

If you have already opened your solar plexus chakra, then do the following meditation instead:

Chakra Breathing by Azazel

Second Month, Day 9

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.



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 above 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.

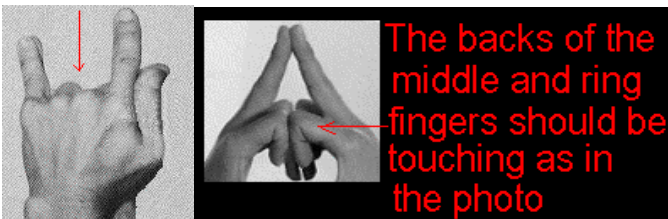
If you have already opened your sacral chakra, then do the following meditation instead:

Chakra Breathing by Azazel

Second Month, Day 10

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.



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

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.

Second Month, Days 11 – 15

Opening the Hand Chakras

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.



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 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. As 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 25

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.

If you have already opened your feet chakras, then stand and breathe energy through them and connect with the earth. Do this for seven full breaths and then spend a few minutes feeling and meditating on the energy.

Second Month, Day 26

Opening the Eighth Chakra



This meditation is done in the pattern of the caduceus.

1. Visualize your base chakra glowing like the sun in white-gold brilliant light (White gold is the most powerful color of energy) and from it, the two serpents will ascend- they should be glowing in golden-red.

2. They will exit the first chakra in opposite directions and come back in to meet at your orange second chakra and light it from brilliant orange to white gold, brilliant like the sun.

3. Repeat this with each chakra. When the serpents connect at each chakra, visualize it brightening in color and turning to white-gold brilliance.



4. When they meet at the 6th chakra behind the 3rd eye- you will either see a flash of light or you can visualize this.

5. Cross them again at the crown and direct them out and connect them face to face at the point of the 8th chakra (directly above your head, about 2 inches or 4 cm.)

6. Now, focus again on your base chakra.

7. Spin your base chakra, visualize it as bright red, turning to golden red, and then white like the sun. Then, say to yourself "speed of light" and will your base chakra to spin at the speed of light.

8. Contract your anus and visualize the brilliant energy from your base chakra ascending your spine to connect with your 2nd sacral chakra, lighting it up to a brilliant white and again say to yourself "speed of light" and will your sacral chakra to spin at the speed of light.

9. Continue this with each chakra, contracting your anus to drive up the energy, each time.

10. Visualize your entire spine glowing like the sun.

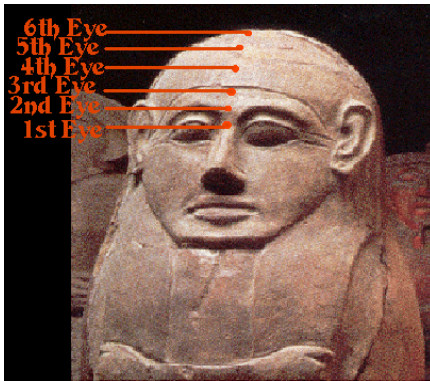
11. Visualize energy coming out of your crown chakra from your spine and begin packing it into a white-gold ball, brilliant like the sun at the 8th chakra.

Repeat the above 2-4 times until the ball on top of your head is brilliant. You should be able to feel it. If not, repeat the exercise every day until you feel the

energy. This meditation is powerful, but can be done as often as you feel you need it.

If you have already opened this chakra, then breathe energy into it, visualizing it lighting up with the energy into a brilliant gold and shining like the sun. Do this for several breaths, feel, and meditate on the energy.

Second Month, Day 27



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

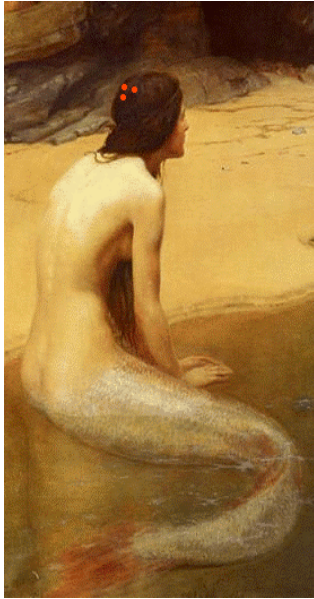
meditation long enough and regularly. Remember to keep your focus soft and relaxed.

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.

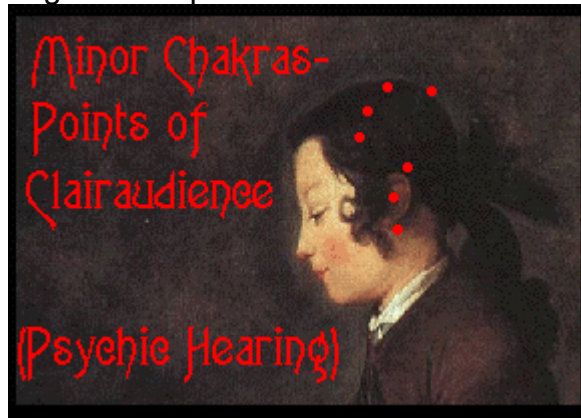
Another technique which is somewhat advanced is to perform the chakra breathing through each of the centers. Draw energy into either one specific center at a time or do all simultaneously with each inhale. Visualize each center lighting up and upon each exhale, expand each center slightly, like a brilliant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

If you have already opened these, then breathe through them, lighting them up with energy.

Second Month, Day 28



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."

If you have already opened these, then breathe through them, lighting them up with energy.

Second Month, Day 29

EZ Chakra Spin

This meditation only takes a few minutes or less. It can be done at any time when you are able to 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, they help 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, Days 30 and 31

The Full Chakra Meditation

This meditation is excellent for rapid spiritual progress. The meditation can last anywhere from 15 minutes to over an hour or more depending on how much time you decide to spend in practice. The number of repetitions is given as a guideline only. The repetitions are flexible, but you should make sure each of your chakras receives a balanced focus. Work each chakra one by one as given in the instructions below. You can begin with either the bottom (base) or the top. Any chakras you feel need extra attention; you should devote more time to. It is important to relax and feel settled, if possible, before beginning this meditation. This is the full standard chakra meditation and can be a part of your daily meditation program.

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

- LOCATION: Base of the tailbone
- ELEMENT: Earth
- FUNCTION: Survival, grounding
- INNER STATE: Stability
- COLOR: Red
- NUMBER OF "PETALS": 4
- CHANT: "Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z" as in the English word "Zebra."

BREATHING TECHNIQUE:

Inhale through your nose, filling your lungs. Contract your anus as you inhale (sphincter muscle) Hold inhale for a count of 4- (one thousand one, one thousand two, etc) Drop your chin to your chest and exhale, vibrating Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z-Z, until you are empty of air. Raise your head and repeat 5 times.

VISUALIZATION:

Visualize your base chakra as a spinning vibrant, red vortex (small funnel shape) and see it spinning faster and faster.

FOCUS:

Imagine your base chakra growing hotter and hotter, try to 'feel' it in your mind/imagination.

THE SECOND THE SACRAL CHAKRA (SVADISTHANA)

- LOCATION: Halfway between the naval and pubic bone.
- ELEMENT: Water
- FUNCTION: Sexuality, pleasure, procreation, creativity. The seat of sexual energy.
- INNER STATE: Creativity.
- COLOR: Orange
- NUMBER OF PETALS: 6
- CHANT: "O-H-H-H-H-H-H-H"

BREATHING TECHNIQUE:

Inhale through your nose, drawing up energy from your base chakra into your sacral chakra. Fill your lungs. Contract your anus as you inhale (sphincter muscle) Hold inhale for a count of four- (one thousand one, one thousand two, etc) Drop your chin to your chest and exhale, vibrating O-H-H-H-H-H-H-H, until you are empty of air. Raise your head and repeat 5 times.

VISUALIZATION: Visualize your sacral chakra as a spinning vibrant, orange vortex (small funnel shape) and see it spinning faster and faster.

FOCUS:

Meditate on and 'feel' sexual arousal/orgasm.

THE THIRD THE SOLAR CHAKRA (MANIPURA)

- LOCATION: Slightly above the naval near the solar plexus
- ELEMENT: Fire
- FUNCTION: Will, power, manipulation
- INNER STATE: Willpower, timing
- COLOR: Yellow
- NUMBER OF PETALS: 10
- CHANT: RAH (R-R-A-A-A-A-H-H-H-H)

(The 3rd chakra represents the Sun/Solar principle. Amon RA's name was originally chanted in Ancient Egypt to open and empower this chakra.)

BREATHING TECHNIQUE: BREATH OF FIRE.

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. Practice a few times, get a feel for it and do 20 in a row, in and out, using your abdominal muscles in rapid succession After 20, exhale, inhale and fill your lungs, contract your anus, lower your chin to your chest, exhale and vibrate "R-R-A-A-A-A-H-H-H-H." Raise your head and repeat 5 times.

VISUALIZATION: Visualize your solar chakra as a spinning vibrant, yellow vortex and see it spinning faster and faster.

FOCUS:

Meditate on and 'feel' your solar chakra.

THE FOURTH, THE CENTER THE HEART CHAKRA (ANAHATA)

- LOCATION: Center of the chest
- ELEMENT: Fire
- FUNCTION: Emotions
- INNER STATE: Feelings
- COLOR: Green
- NUMBER OF PETALS: 12 CHANT: EA (E-E-E-E-A-A-A-A-Y-Y)

BREATHING TECHNIQUE:

#1

Inhale for a count of two, drawing in energy from your base chakra and your crown chakra at the same time to meet at your heart chakra, fill your lungs.

Hold the inhale for a count of 4

Exhale and chant "E-E-E-E-A-A-A-A-Y-Y" until you are empty of air. Hold on empty for a count of 4, Repeat 4 times.

#2

Inhale for a count of 6, drawing in energy from your base chakra and your crown chakra at the same time to meet at your heart chakra, fill your lungs.

Hold the inhale for a count of 6

Exhale and chant "E-E-E-E-A-A-A-A-Y-Y" until you are empty of air. Do not hold after exhaling, begin another inhale right away, and repeat. Repeat 4 times.

VISUALIZATION: Visualize your heart chakra as a spinning vibrant, green vortex and see it spinning faster and faster.

FOCUS:

Meditate on and 'feel' your heart chakra and do gentle energy breathing with normal breaths and draw in energy through your crown and base to meet at your heart chakra. Concentrate in a relaxed manner on feeling the energy.

THE FIFTH THE THROAT CHAKRA (VISHUDDI)

- LOCATION: Throat
- ELEMENT: Air
- FUNCTION: Communication
- INNER STATE: Psychic Hearing
- COLOR: Sky Blue
- NUMBER OF PETALS: 16
- CHANT: Humming Breath

BREATHING TECHNIQUE: Humming Breath

Inhale through your nose, filling your lungs Exhale on one long hum, keeping your lips closed. This will draw out the exhale Repeat 5 times

VISUALIZATION: Visualize your throat chakra as a spinning vibrant, sky blue vortex and see it spinning faster and faster.

FOCUS:

Meditate on and 'feel' your throat chakra.

THE SIXTH THE THIRD EYE CHAKRA (AJNA)

- LOCATION: The third eye, the middle of the forehead.
- ELEMENT: Spirit
- FUNCTION: Psychic vision, perception.
- INNER STATE: Intuition
- COLOR: Indigo (Bluish-violet) When activate, this one often has a light, like a miniature sun and flashes bright energy.
- NUMBER OF PETALS: 2
- CHANT: AMUHN "A-A-H-H-M-U-H-N-N-N-N-N-N-N (Accent is on the "N" so that it vibrates in your third eye.

BREATHING TECHNIQUE: ALTERNATE NOSTRIL

Inhale through your left nostril, closing off the right with your thumb, drawing energy through your nostril into your third eye. Visualize the energy as vibrant indigo entering your third eye and directing it out the rear of your third eye into your 6th chakra. (The 6th chakra is directly in back of the third eye in the center of your head). Pinch both nostrils shut and hold for a count of 6.

Exhale, keeping the right nostril closed.

Switch, and inhale through your right nostril, closing off the left with your thumb, drawing energy through your nostril into your third eye. Visualize the energy as vibrant indigo entering your third eye and directing it out the rear of your third eye into your 6th chakra. (The 6th chakra is directly in back of the third eye in the center of your head). Hold for a count of 6.

Exhale, keeping the left nostril closed.
The above is one round. Repeat 4 times.

*It is important to relax and take your time with this exercise.

VISUALIZATION: Visualize your sixth chakra in back of your third eye as a spinning vibrant, indigo vortex and see it spinning faster and faster.

FOCUS:

Meditate on and look at your third eye with your eyes closed.

THE SEVENTH CROWN CHAKRA, THE SEAT OF GODHEAD, (SAHASRARA)
THOUSAND FOLD

- LOCATION: Top center of the head
- ELEMENT: Spirit
- FUNCTION: Enlightenment
- INNER STATE: Bliss
- COLOR: Violet
- CHANT: SING S-S-S-S-S-I-I-I-I-N-N-N-N-N-G-G-G
- BREATHING TECHNIQUE:

Inhale and fill your lungs.

On the exhale, vibrate "S-S-S-S-S-I-I-I-I-N-N-N-N-N-G-G-G" focusing on your crown chakra. Repeat seven times.

VISUALIZATION: Visualize your crown chakra as a spinning vibrant, violet vortex and see it spinning faster and faster.

FOCUS:

Relax and focus on your crown chakra. The key with this chakra is total relaxation.

It is important when finished with the meditation to remain quiet for a few minutes and meditate on your auric energy.

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. Do the foundation meditation 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.

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. As 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.

Third Month, Days Six through Thirteen

Working with Ectoplasm

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 it 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. 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, as if 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-1930'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, opens areas of your mind, and empowers them for the serious practice of magick.

Fourth Month

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.

Fourth Month, 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.

Fourth Month, 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?

Fourth Month, 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.

Fourth Month, 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

- Shape shift
- 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 YOU 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. Many authors 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**
- **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%**
- **If you are pregnant**

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, 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 will increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Always remember to 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 breath 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 will increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Always remember to 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 will increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Always remember to 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- as if 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 will increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Always remember to 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

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

THE CHARACTERISTICS OF FIRE:

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.

People who have pronounced fire 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. Fire people are prone to inflammation, high blood pressure and can be labeled as "hot headed" as they normally have short tempers. Without the element of earth, people who are dominant in fire lack staying power.

A LACK OF FIRE:

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.

Fire alleviates mental depression and brings a love of life. Fire is the creative principle, the spark of life. Fire rules competition, athletics, action, courage, self-confidence, charisma, and pyrokinesis. Invoking and directing fire is the advanced aspect of pyrokinesis.

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 other method of pyrokinesis on this website, with the above, you can even be miles from your object.

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.

CHARACTERISTICS OF EARTH:

People who are dominant in earth are sensual, materialistic, practical, and they hate anything that is unplanned. Earth gives patience, self-discipline, makes one dependable, reliable, and conventional. Earth people like tradition, and security is extremely important to them, they are cautious, deliberate, slow in forming opinions, and slow in everything they do. They are reserved and have limited imaginations, but they have exceptional endurance. They are practical, grounded, and levelheaded. They are hard working; they dislike change and they can be stuck in a routine for years without ever getting bored. They have a hard time adjusting to new situations and changes.

A LACK OF EARTH:

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, and 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. A lack of earth brings a lack of stability along with an inability to finish things. These people are here today and gone tomorrow. They can overspend their money foolishly or gamble it away. They are irresponsible and live only for today.

Earth is the material principle.

THE CHARACTERISTICS OF AIR:

People with the element of air prominent have the ability to be objective and detached, and unemotional. They are intellectual; enjoy spontaneity, easily bored, very talkative and communicative. Air is the most social of the elements. Air people 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 easily. They can have an over-active mind, live in their head, and be Jack-Of-All-Trades, and master of none. Air lacks depth. The sayings "up in the air" "air headed", "cool headed" are relevant to air. An imbalance of too much air creates a lack of planning, makes one scatterbrained, nervousness, high-strung, and causes nervous exhaustion.

A LACK OF AIR

People who are lacking in air have a hard time detaching, as the tendency is to become too emotionally involved. People who lack air 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. They can become obsessed. Air is the communicative, intellectual principle.

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.

CHARACTERISTICS OF WATER:

People who have dominant water are too in touch with feelings and emotions. They are psychic, and notice things others don't see, such as subtle nuances. Too much water creates irrational fears, compulsive desires, oversensitivity, feelings of being threatened. These people are very easily hurt and offended, they are impressionable, and their emotions can dominate them. Water is intuitive, over-reactive, fearful, and timid, gives feelings of inner emptiness, and incites extremes of behavior. Water is compassionate, loyal, devoted, and sympathetic. Water is the emotional principle.

A LACK OF WATER:

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 when you master them; you can influence them within others. You will eventually, with practice learn to strengthen or eliminate them.

Fifth Month, Day Three

Meditation on the Astral Body

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:

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

"Whether consciously, half-consciously or nearly subconsciously, everybody is executing some actions suggested by an inner or an outer impulse without paying any attention to it. The next exercise will teach you to accomplish actions fully consciously, little acts in the beginning, great ones later on. You ought to try to extend the duration of each conscious action. The wording "consciously" does not mean that one is all attention with the spirit, but with the imagination and the feeling that the spirit with the help of the soul and the material body is accomplishing the action.

For example, if I am walking along the road I do not think about the fact that I am walking, but that my spirit is walking and moving the astral and the material feet. The same thing happens to the arms and all the other parts of the body. If you are able to accomplish any action in this way for at least ten minutes, you are mastering the exercise perfectly.

The longer you can endure this without side effect such as dizziness or disturbances of balance, all the better for you. For this particular reason, it is advisable to begin first with small actions over a short spell of time and to extend them as long as you like. This experiment is very important because it will give the scholar the possibility to accomplish any action with a mental as well as astral connection with the material body according to his working with the mental or the astral sphere. Such an action is called the magical action. The scholar will certainly understand now why magic rituals never show any success with persons who have not been initiated or who have not been trained in magic, because people like these do not own the capacity of executing the ritual magically, i.e., they are not prepared to work in connection with the material stuff in a mental and astral way.

Let us take the example of a magnetizer putting his hands on a patient's body or performing magnetic strokes, but without allowing his mental and astral hand to emanate at the same time, nor imagining that the mental force is pervading and influencing the spirit, the astral power doing the same to the astral body of the patient, and the material power influencing the material body, this magnetizer will never achieve anything else but a partial success because the patient does indeed consist of all the three components, namely the body, the soul and the spirit.

That goes without saying for the magician, that the mental body is only influencing the mental sphere or the spirit in the same way as the astral body affects the astral sphere only, i.e., the soul, and the material body concerns the material body only. This law has to be respected. Hence it is necessary for the magician to adopt a mental as well as a psychic disposition in order to perform actions whether as a spirit or in connection with the soul. Once he has understood this problem very well and mastered the practice perfectly, he can advance in his development.

Fifth Month, Day Four

Invoking Akasha

Get comfortable and enter into a trance. The following is an excerpt from "Initiation into Hermetics" by Franz Bardon:

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 the finest energetic matter, the universal ether. Ether is colorless, but to our senses it appears to be of ultra-violet, near black-violet color, and this is the color in which we imagine the etheric matter. You are inhaling this etheric matter and conveying it deliberately through pulmonary breathing to the blood.

If you have achieved a certain skill in doing so, execute the same operation by breathing through the lungs and pores as you did in the accumulation of vital power, but with the difference that you inhale the colored ether and fill your whole body with it instead of with the vital power. In performing this exercise, you have to retain the feeling of being united to the entire infinite space. You have to be as if it were completely secluded from the world. It is necessary to become acquainted with this unusual state of mind.

In any case, you ought to avoid losing consciousness and falling asleep. Supposing that you do feel tired, break off the exercise immediately, and choose another time when you are more fit. After some successful exercises in the whole-body pore breathing with akasa, you can go ahead.

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

The following in part was taken from "initiation Into Hermetics" by Franz Bardon

1. Go into a medium trance and breathe in akasha as you did with yesterday's exercise. Fill your entire being with it.
2. Akasha cannot be accumulated in the same way as vital power. At the very inhaling, you must imagine that you are starting the control of the four elements. Consider that you have already gotten the faculty of mastering the elements and that they will fulfill everything you are ordering or wishing for, no matter on which plane the realization of your desires has to happen. With every breath, you ought to feel your mastery of the elements.
3. Do this for ten breaths and then meditate on the feeling this energy gives you for 10-15 minutes.
4. The key to this meditation is self-confidence.

By working with the akasha, you will learn to master the elements, which is essential to advanced magick.

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. To succeed at 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

Creating and working with a Thoughtform Servitor

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.

Powerful thoughtforms, ideally, should be disintegrated after their tasks are completed. Energy feeds on energy and a thought form that is several weeks old will have accumulated all kinds of different influences, emotions and other energy from its surroundings. This might appear to be amusing to some, but 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.

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. For works involving the base chakra, (normally black magick), you should visualize the energy leaving the base chakra and the energy ball packing between your legs. For workings involving the crown, pack the energy straight up above your head. 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.

The creature will feed on the emotions of whomever it is sent to. You can even program it to attach itself to another person's aura.

For example:

In the case of arousing love/lust, you can masturbate and drive the energy into the creature at the time of programming. You should use the energy from both your base and second chakras to incite lust. For workings of affection, use the heart chakra. For workings of sexual love, use the heart and second chakras. The dominant energy color should be the basis of your working. Say you want a lot of love, but some lust as well. Visualize the energy as green with an orange dust. Certain colors can be combined, but those that create an entirely new color as with green and orange = brown, the energy will not be harmonious with the working. Then all you need for the command is the person's name you wish it to attach to. Ideally, you should command the form to attach at the appropriate chakra for the working; i.e. for lust, the second chakra.

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

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.

We will be getting into extremely advanced magick soon and will be creating very advanced elemental thoughtforms that obey commands and that can be kept within objects; leaving the object to do its job and then returning after the mission is completed.

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 things that are more difficult. Attempting something too difficult can end in failure and be discouraging. In addition, 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 a cashier in that 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.

Blue:

Truth, wisdom, protection, inner peace, loyalty, occult power and expansion. Jupiter rules royal blue- Luck, expansion, abundance, long distance travel, higher education, legal matters, taxes, (use with green) investments, foundations, prosperity, and opportunity. Spirituality, summoning Demons, healing, inspiration, devotion, serenity, sincerity and truth, fidelity, inner peace, knowledge and wisdom, harmony in the home, occult power and expansion. Blue can also be used in spells, when the color is applied to others and directed for inciting depression, sadness, hopelessness, lack of sympathy, coldness and gloom.

Gold:

Great Fortune, intuition, understanding, divination, fast luck, financial benefits, (I believe gold attracts larger sums of money. (Use green with shimmering gold for money meditation.) Healing, happiness, authority. Reputation, honor, personal power. The Sun Rules the color gold: Confidence, fame, success in gambling, pleasure, securing popularity/charisma, increasing health and vitality, healing, protection, success, magickal power.

Green:

Money, fertility, abundance, material gain, wealth, healing, communication with nature spirits, anti-inflammatory. Venus rules green- Love, making love, (affectionate; red is for lust/sex), fidelity, reconciliation, beauty, youth, friendships, attraction, harmony, financial gain, earnings increases, social functions, possessions, riches, indulgence, pleasure. Good for beginnings and growth. Venus rules green- Abundance, fertility, success, general good luck, harmony, immortality, generosity, material gain, renewal, marriage, balance and healing. Green can also be used for inciting jealousy, greed, suspicion, resentment, sickness, disease and disharmony when applied to others and directed.

Indigo:

Meditation, psychic ability, telepathy, mind reading, Spirit communication, absorbing knowledge telepathically.

Orange:

Creativity, enthusiasm, energy, stamina, powerful color of major changes. Major changes. It helps with adaptability, attraction, sudden changes, stimulation, enthusiasm, creativity, energy, gaining control, changing luck and inciting justice. The Sun rules orange.

Purple

Psychic ability, wisdom, divination, removing curses, healing, psychic work, business success, influencing people in power. Powerful color with energies that can be difficult to handle. It can be used when applied to others to incite tyranny, abuse of power, idealism and influencing people who have power over you. Good for inciting sadness and treachery in others. Jupiter rules purple.

Red:

Energy, passion, anger, inflammatory, lust, strength, protects against psychic attack. Mars rules red- Revenge, anger, pure sexual lust, and physical gratification, courage, determination, dealing with enemies. Inciting accidents, fires, injuries. Self-confidence, athletics, strength, magickal energy for Black Magick, intensity. Incites lust, energy, strength, sexual energy, dynamism, passionate love, physical desire, courage, will power, athletics (especially competitive), vitality. Good for self-empowerment before workings of black magick. When used in black magick, red as opposed to black brings on sudden attacks, accidents, bloodshed, violence and hatred. Red can also be used to incite wars, anarchy and cruelty. Mars rules red.

Silver:

Develops psychic abilities, neutralizes situations, repels destructive forces, works with female deity powers. The Moon rules the color silver- the home and immediate surroundings, imagination, memory, psychic awareness/dreams, spirituality, meditation. For psychic related, meditative/hypnotic.

White

All purpose, balances the aura as all color emanates from white light. Energizing, protective, stimulating, inspiring, destroys destructive energies, cleans the aura. Provides protection when applied to others and directed. The Moon rules white.

Yellow

Intellect, computers, communication, audio, video, TV, electronics, books, literature. The Will. Ruled by Mercury- For passing exams, improving the mind, concentration, mental power, learning ability, speech, writing, publishing, media concerns, gossip, slander, interviews, brothers, sisters, neighbors, rumors, theft, all areas of study and communication, also astral projection, overcoming addictions, breaking habits. Good for friendship, imagination, creativity (orange is more powerful for creativity), inspiration and charisma. Yellow can be used to incite infidelity, cowardliness, decay, disease, dying, insanity, and inconsistency in others.

Gray

NEVER USE GREY ON YOURSELF! Grey is the color of illness and bad energy.

Fifth Month, Day Nine

Akasha/Quintessence

Because of the importance of working with and mastering the akasha, we are repeating this exercise. The following excerpt was taken in some parts from "Initiation into Hermetics" by Franz Bardon. Just follow the instructions therein:

"It has been mentioned in the theoretical part that the elements originate in the akasha principle, by which they are dominated and kept in the correct balance.

After a long time of exercising, a magician who has achieved good results with the elements will also be able to control the finest principle that is the astral ether."

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 the finest energetic matter, the universal ether. Ether is colorless, but to our senses it appears to be of ultra-violet, near black-violet color, and this is the color in which we imagine the etheric matter.

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."

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

"We have heard that akasha 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."

Aether (classical element)

From Wikipedia, the free encyclopedia.

(Redirected from Quintessence (alchemy))

"The aether is the fifth classical element in ancient Greek philosophy and science. This Greek concept seems to derive directly from the akasha, its Hindu counterpart. In Greek doctrines it seems that the aether was the celestial fire, the pure essence where the gods lived and which they breathed. In this connection, it seems that aether is radiative heat like that of the sun, which is able to propagate in empty space. The Greek word "aither" derives from an Indo-

European root aith- ("burn, shine"). This root figures in the name of Aithiopia (Ethiopia), which means something like "burnt land".

Aether was once believed to be a substance, which filled all of space. Aristotle included it as a fifth element (the quintessence) on the principle that nature abhorred a vacuum.

Oliver Nicholson points out that, in contrast to the better known luminiferous aether of the 19th century, the older concept of the classical aether had three properties. Among these characteristics, the classical aether had a non-material property, was "less than the vehicle of visible light", and was responsible for "generating metals" along with fostering the development of all bodies.[1] Robert Fludd stated that the aether was of the character that it was "subtler than light". Fludd cites the 3rd century view of Plotinus, concerning the aether as penetrative and non-material.

[2] Other 1800s views, such as James Clerk Maxwell, Lord Kelvin, and Nikola Tesla, was of the disposition that the aether was more akin to it actually being the electromagnetic field.

In modern physics, dark energy is sometimes called quintessence due to its similarity to the classical ether.

Fifth Month, Day Ten

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

The following in part was taken from "initiation Into Hermetics" by Franz Bardon

1. Go into a medium trance and breathe akasha as in yesterday's exercise and fill your entire being with it.
2. Akasha cannot be accumulated in the same way as vital power. At the very inhaling you must imagine that you are starting the control of the four elements. Consider that you have already got the faculty of mastering the elements and that they will fulfill everything you are ordering or wishing for, no matter on which plane the realization of your desires has to happen. With every breath, you ought to feel your mastery of the elements.
3. Do this for ten breaths and then meditate on the feeling this energy gives you for 10-15 minutes.
4. The key to this meditation is self-confidence.

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 will it be 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. "Having fixed the time, the magician orders the elemental to dissolve in and return to the ocean of 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 Man's or any other being's fate is."
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. Now and again, it is advisable to reload the elemental to give it a greater power of expansion. This is achieved by calling the elemental by the name given to it, and rendering it more dynamic through a new accumulation of light, and sending it off again. As soon as the elemental has

fulfilled the required task, it will dissolve itself in the ocean of light. This example should suffice to give the magician a rule of conduct how to create elementals."

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.

"In contrast to thoughts living in their forms in the mental or spiritual sphere, the "elementals" are entities with a certain degree of intelligence deliberately created by a magician. Such elementals are capable of fulfilling certain tasks on the mental plane and obviously, they may be looked at as obedient servants of the magician according to the purpose he aims at. Through the creation of elementals of the so-called elemental magic type, the magician can accomplish everything on the mental plane without any discrimination of his own or a strange sphere. I will quote only a few examples just because of the great variety. 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. Below in the link are different methods used to astral project. Please study these and work on exiting your body. 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, get up slowly, and then try to do something physical like eat some food.

Meditations for Astral Projection

Astral projection is your soul actually leaving your body. This is different from remote viewing where you enter into a trance and will yourself to a specific location. The following two meditations are just basic guidelines. I suggest for more in depth information to click on the PDF links below.

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 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, 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, 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 Twenty-Two

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 Twenty-Three

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 Twenty-Four

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 denser. 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.

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.

Days Twenty-Nine through Thirty-One

Invocation of Color

- Enter into your trance state.
- 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.
- 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.

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.

The next meditation program will require you to use the powers you accessed through this meditation program.

Keep checking the Spiritual Warfare Bulletin Board, as I will keep everyone updated.

http://www.freewebs.com/666runes/Bulletin_Board.html