

Practising the Sinister Presence

Introduction:

Only very recently during an interview on local TV Station, two psychologists had a discussion about “sexuality” today. They both agreed, “since people no longer believe in the life after death and its consequences, they think they should make the most of it right now, as one day it will be too late.” They continued, “therefore, while sexuality has become very important to them as well, it does reach very quickly at its static limit through lack of fantasy in their sexual game and approach to each other.” In other words, many think they need a stimulation pill, when in fact they are only lacking fantasy, or simply get bored with their life’s partner, demanding change.

“Practising the Sinister Presence” through meditation, is a stimulation technique to stir up one’s sinister abilities, and opening oneself to archetypal sinister influences from the personal and collective unconscious. In this chapter you will learn a method of sinister meditation that will lead you to the sinister connection which lies at the depth of your Satanic being. You will learn how to go beyond thought and concept and to access to the personal unconscious within, or as I call it, the “Sinister Presence”.

Then you will learn to bring this Sinister Presence, your “True Evil Self”, and your oneness with the Unconscious, this unity into every moment of your life. The name I call this method is “Mysterium Iniquitatis Meditatio”. With greater access to your inner evilness, you will have what it takes to write your own new story since your Satanic Self-initiation. You will be able to embrace it all and sinisterly celebrate every moment.

The process of meditation taught in this chapter is easy and effortless. Anyone can do it because it is about finding out which you really are, and to what you are now attached to, bringing this realisation into every moment of your life. It is “Practising the Sinister Presence”. Your sinister understanding will develop from practising the meditation taught here and not simply from reading these words. Meditation is not something that you do. It is not something separate from yourself. You are the sinister meditation. Sinister meditation is how you “be” in every moment. You are the Sinister Presence, as much as you are important. The Sinister Presence is beyond words, thought and concept. Sinister Meditation takes you beyond thought and concept into your own Sinister Presence. Our true evil (normal) nature, the Sinister Presence, has been for far too long overshadowed and obscured by conditioning and programming of religions which has led to trauma, stress and interpretation into incredible belief systems by our limited minds. Sinister meditation does remove these

blockages and obscurations. It removes the effects of trauma, stress and conditioning that blocks the Sinister Presence from being fully lived in every moment of our evil lives. Sinister meditation brings you to immediate access to each and every moment of the sinister life, insight or wisdom about it. Through it, you are one with the whole cosmos, the whole universe. Sinister meditation can get you to that total evil experience. The kind of meditation taught in these pages goes beyond the limited mind, beyond thought and concept into the Sinister Source or Presence. But, what is taught here is nothing new. It is the same “Natural Philosophy or Wisdom” that has been there forever even in our Western World, where every situation that arises, every moment is a greater teacher. I found out that the greatest Satanic teacher is within, it is the Sinister Presence itself.

Our Sinister Meditation is Western in nature, as it includes:

- 1) The Western approach is intelligent, thoughtful, goal-oriented, and logical. It seeks to understand.
- 2) In exploring the evil phenomena of life, it gives more importance to the results of intelligent dark experiments than the formulations of dogma and religious traditions. It seeks to discover.
- 3) It is Satanically active, and not passive. (*Passiveness is forbidden.*) It seeks to make a contribution.
- 4) It assigns self-assurance and positive feelings to a secondary importance, emphasising results as a major priority.
- 5) It constantly aspires to greater sinister efficiency, by examining and reviewing the effectiveness of what has been done. It adapts new evil conditions as needed.
- 6) It prizes intelligence. At all times, this has caused the Western mind to overvalue doubt and scepticism, but that can be corrected by blending aspiration and hope with sound practice of the evil mind.
- 7) It is pragmatic in its purpose, always looking for practical results, not just theories. Meditation stands parallel with Black Magick and Rituals.
- 8) It cherishes sinister individuality and places a high value on the responsibility of the Satanist to evil contribution.

Sinister meditation is to increase our effectiveness as an agent of our real “Sinister Self”. The Western traditions of mysticism and meditation have generally been totally obscured by the ravings of small-minded, hypocritical and corrupted Christian fundamentalists as Catholics, Orthodox or Protestants, much to our loss. In turning to the East which I do not value at all, we must be extremely careful to choose what is valuable to us, and not adopt traditions which are unsuitable for the Aryan mind. We are interested in setting forth what is of the West at all times but especially in this new Millennium, and not what helped Chinese or Hindu peasants two thousand years ago, or Sufi mendicants in the glory of Islam. We will, therefore rely on what our own even sinister experience has taught us to be practical for the average,

intellectually-oriented Westerner who seeks to know more about his or her sinister potential, and what to do with it. Dedicated fanatics and sentimental lovers of faded hypocritical religious traditions should really go and inquire elsewhere.

The best way to start this meditation is with an open sinister mind, also as a beginner's mind. To have a beginner's mind is like "emptying your cup in letting go, to let the sinister". In doing the process of "Practising the Sinister Presence", you will be open up more and more. Practising the Sinister Presence is meditation in the moment. But you are the sinister meditation and the presence as well. This Sinister Presence is not the presence of something or of Satan, of God or anyone else. The Sinister Presence is your true evil Self and is the underlying reality of everything that is. It is the Sinister, your oneness with the Sinister and the universe. It is who you are.

The Sinister Presence is not separate from you, nor is it some greater being in heaven that is going to punish you if you are bad. The Sinister Presence is everything there is, and everything that arises, what you see before you and what you are seeing with, is it.

Sinister meditation helps us find out who we are. Are you who you really are? It may sound like a silly question. But, who is the real you? We all have ideas, images and thoughts of who we think we are. From where do these ideas, images and thoughts arise! Sinister meditation is your natural state, as there is only this moment.

There is the Sinister reality and then there are the Satanic Symbols we make up to represent that reality. Sinister reality is presented to us in the moment, and then we make a representation of it in our minds. Satanic symbols are symbols of something. Satanic symbols point to the reality of something. Evil thoughts, ideas, concepts and images are all symbols and are all made up by our mind. This is fine, and this is how we communicate, learn and grow. Who we really are is the "Sinister Presence".

Sinister meditation awakens us from sleep, as we now begin to realise that we are making up our evil dream by the representation in our minds of people, places, events and things. Sinister names are symbols or symbols of archetypes. They are representations and not the real thing in itself, have we seen before.

What is taught here is the same perennial wisdom that is the basis for all authentic Black Traditions, hundreds or thousands of years ago, when times and conditions were different so the teachings and practices were suited to what was appropriate for those cultures and those times. But, since the psychological discoveries of this present age, religious dogmas have been brought to naught and replaced. In other words, the seeds for this teaching were planted long ago, and we did not need Christianity for that, but the fruit was not ripe. Not only that, many teachings were kept secret because only a few could digest them, but also in order to keep religion in power. If you ate the fruit too early, it would poison you. Your "Ego" eats you up.

The tree, mankind, is now strong enough outside religious beliefs, intellectually well nourished and the fruit, the hidden teaching, is now to be eaten up by the majority.

In sinister meditation practice, we dis-cover the Sinister Presence and learn how to maintain that Sinister Presence without making judgements of whatever may arise. When you make a judgement, you represent and recreate whatever arises according to your past conditioning, programming and belief systems. With the ability to make every moment your evil meditation, in "Practising the Sinister Presence", absolutely everything is experienced as it is without making any judgement. A Satanist is not allowed to make whatever judgement, especially what "the other Satanist" is concerned. If you are judging or making representations, then you are in the past. And, that is not now.

Practising the Sinister Presence is the sinister meditation. You are the sinister meditation. A method or process to practice the Sinister Presence in every moment and a process of sitting meditation is taught in this chapter, as a beginning to further Satanic development. The process that "takes us to the unconscious Chthonic Underworld", into the Dark Presence is what I have called as stated earlier, the "Mysterium Iniquitatis Meditatio". It cannot so beautifully expressed as in Latin, but it does say, "Mystical Evil Meditation". One interesting thing about the name is that there is no baggage attached to it. Sinister meditation takes one beyond the limited mind, the Ego, into the vast Red River of Dark reality. When we go beyond and reach this outer border of the Sinister Presence, we realise its vastness and only reality. Sinister meditation is a journey without distance, with no other and in perfect loneliness, no limit, no path, no separation, no ego, and above all nothing to forgive.

It is by meditation that the Satanist as a personality feels out the sinister vibration of the Ego, and seeks to reach the "Universal Dark Ego", and bring the evil egoic consciousness even more and more down, so as to include consciously the physical plane. It is by sinister meditation and retreating within for a while, that the Satanist learns the significance of "Black Fire", and applies that fire to all parts of his body, till naught is left save the "Black Fire" itself. It is by sinister meditation or the reaching from the concrete to the abstract that the causal consciousness is entered, and the Satanist becomes finally Satan himself.

In the Aryan root-race, the attempt was made to bridge the gap between the unconscious (personal or collective) and the lower (conscious) mind, by centring the personal unconscious into the mind and later in the causal, to tap from the unconscious until the flow of the unconscious will be continuous. More advanced in sinister meditation one will reach the archetypal unconscious, the realm of the Dark Gods, activating their archetypal patterns within us.

Jung's psychological theory provides the key to understanding why myths have such power to live in our imaginations whether we are aware of them or not, myths living

through and in us. Let us become more and more acquainted with the Dark Gods as found in the “Black Book of Satan II” (ONA) as we go along in this chapter (*refer also to chapter three of this manuscript*), relating the Dark God’s potential patterns. Trying to interpret (*Black Book of Satan II*) is entering into the Dark God’s archetypal pattern for activation in one’s own life.

Eye Movements and Breath:

Why is effortless so important in sinister meditation? Simply because one is going beyond the limited mind into the Sinister Presence within himself, the unconscious mind. If everyday thoughts, emotions, perceptions, feelings or sensations arise beside those looking for in sinister meditation, we just let them go like clouds. What do clouds do? They float by and eventually dissolve. When I say thoughts, I mean anything banal that arises in the mind. We do not try to push thoughts away. Nor do we try to grab onto them. If we push them away or try to get rid of them, we are giving them energy, and they become stronger. If we grab on them, we become more attached on them. So we just allow them to be there and allow them to float by like clouds. The more the Sinister Presence is activated, the more everyday thoughts of problems can just be there and not bother us. Our meditation, and call it Satanic, is by all means to stir up the sinister. We are only ignoring everyday affairs as long as the sinister meditation lasts.

Another important thing to learn before we move on to the first technique of eye movements and breath is posture. Correct posture is sitting erect with head, neck and back straight in a relaxed, effortless and comfortable manner. Correct posture is very important. When you sit, sit still and don’t move. I recommend sitting in your Magickal Chamber on meditation cushions or benches. If you sit in a chair, I recommend that you sit towards the front of the chair, with no back support and the knees lower than the pelvis. Sitting this way creates the same angle as when you sit on a meditation bench or meditation cushion. (*I prefer the hard way, and sit on a bench.*) Rest the tongue gently on the roof of the mouth. Place your left hand on the top of your right hand on your lap; or, let your hands rest naturally on your legs for which I opt for. Relax into your meditation position, very loosely dressed preferable in your black robe or even naked. Sinisterly, one meditates alone.

Your Magickal Chamber is prepared just like for rituals, in the dark under candlelight and incense burning. As far as the Sinister Meditation is concerned, do not light too many candles, just enough to be able to read if need be. When I start meditation, I usually start with “The Black Mass of Life”, and end the session after the allotted time (*we will see later*) with “The Mass of Heresy” celebrated “solo” (The Black Book of Satan III). Of course, I am only saying what I am doing. Before you start anything in your Magickal Chamber, the “your sinister intention” is of major importance.

Don't meditate just after meals. You may drink a glass of strong wine or port before you start, or any other strong drink but in proportion only to feel good but **not** to get drunken. It does help to stimulate the sinister, but you may certainly not fall asleep while meditating, because you drunk too much. The only point is to feel good, and that's all.

Try to set aside a time and a place as described above conducive to sinister meditation where you can meditate everyday and alone. Having your rituals or meditation always in the same location, you do build up sinister energy to a more powerful place. To help a friend, who is in USA at the moment, I am keeping his dog for a fortnight or so. Each time I am looking for her, she is to be found sleeping on the carpet in front of the altar of my Magickal Chamber. It does mean something! Also, if it is the same place and also the same time each day, it will be easier to incorporate sinister meditation into your dark life.

The type of breathing that we do in this method is diaphragmatic. The breath comes in and fills from the bottom up, from below your navel to as full as it wants to go without straining. Like pouring water into a pitcher, it goes in at the top, and it fills in and rises from the bottom. When you inhale, the belly goes out, and when you exhale, the belly goes in. It is because the breath is filling in the chest first. When the chest expands first, the stomach is drawn in. With a little practice, the correct breathing will become second nature to you. It is very important to breathe in this way. Be gentle with yourself, with no effort and no strain. The breath is silent, the mouth is closed, the tongue rest gently on the roof of the mouth.

In this first part of the meditation the eyes, which are kept closed, move with the inhalation in a slow and steady manner with no strain in eight different directions. Before we get into the actual practising of the technique, let us find out something about the process.

When we move the eyes with the breath in the different directions, much is going on. The eye directions access different areas of the brain and nervous systems and therefore have an influence on our entire physiology. The breath energy is brought along with the eyes movements. This combination of slow-motion eye movements and breath energy is very powerful in energising these different areas of brain, nervous system and total physiology. Stress, trauma and blockages that are stored in these pathways (from past religious experiences) and in these areas are cleared out and dissolved. We also gather sinister energy and bring it to the centre within.

From a very early age, we have been hypnotised by erroneous religious morals, conditioned to obey and look outside ourselves for this and that, and we got scattered. Our own innate energy and attention were then dispersed outside ourselves. So the gathering of our scattered energy and centring are an important conclusion of doing this practice.

Another very important thing that is going on as a result of doing the eye movements and breath is that special receptor sites in the brain are being opened up. As they open, receptor sites are made accessible to receive information and get activated. These receptor sites that were not available, now are. These sites belong to the “personal unconscious” or “higher states of consciousness” receptors. More on this later. It is all later. It is all part of the natural process that goes on as a result of practising sinister meditation.

With a gentle, slow, steady inhalation and the eyes moving with the breath (*the eyes closed*) we look first to the upper left direction, until the breath and eyes both reach the point of dynamic but sinister tension. We then release the eyes and breath simultaneously and allow them to naturally centre. It is a letting go process. We let the eyes and breath go. They naturally centre. When the breath reaches its natural point of equilibrium, we then push it out to develop a full breath (*without straining, just to a point of dynamic but sinister tension*). Then we allow the breath to come back in. As the breath naturally comes back in, we move the breath with the eye movements to the next direction in the same way. All eight directions are done in this manner. Then we begin again.

The breath is silent, comfortable, easy and feels good. If you get out of breath or need to catch up on your breath, you are trying too hard. Be gentler, the breath and eye movements will develop at their own pace. The process is always done effortless and without strain.

The eyes-moving directions are upper left, upper right, lateral left, lateral right, lower left, lower right, straight down and straight up. Then start over again with upper left, etc.



(Diagram of eye directions. Eyes closed, both eyes move with breath.)

The breath is silent. We go with the breath and eye movements until the point of dynamic tension is reached. That is a point of no strain, and it feels good. Slow is important, not how far you go. Slow should not be strain either. The eyes and breath will teach you what to do once you have grasped the process. If the eyes just jump right up and the breath slowly follows, and it would be a strain to slow down the

eyes, let the eyes follow their own natural course. The same is true with the breath. When the breath and the eye movements both get to the point of dynamic tension, release them both at the same time. It is a letting go and allowing the eyes and breath to naturally centre. With the eyes still and centred, push the breath out until the point of dynamic tension. It is not a strain. It still feels good. Then allow the breath to come in and, with the eye movements, go on to the next direction.

This is a natural process. We are developing a long, slow, steady eye movement and breath. The breath will become deeper and fuller. This happens all in its own time. The eyes and breath will develop best if the process is natural and effortless, with no straining. This is a warning that straining in any way may cause you harm. The process of developing a long, slow, steady breath and eye movement is gradual. In your sinister search through meditation, the release of stress, the effects of deep-rooted trauma and other blockages or obscurations such as guiltiness are not accomplished with the limited mind. It is done by the power of the Sinister Presence much the way the dark dissolves religious falsehood. Strain and effort are of the limited mind and, as far as this process is concerned, would only create more uneasiness. You know, Satanist are happy people.

At the start of this practice, some may find difficult to move the eyes with the breath. Here is something that will help. Hold your index finger up in front of you with your eyes closed. Move your hand and finger up in front of you with your eyes closed. Move your hand and fingers with the breath and eye movements as if you were looking at them. After a very few times, you will not need to physically move your hands in this way. The eye movements with breath will come naturally and easily.

When you complete the cycle, the last two directions being straight down and then up, begin the cycle all over again. When the eyes and breath are regulated as described above, just be in that Sinister Presence. As I said before, your “intention” before you start a ritual or meditation is of greatest importance. Think sinisterly all the time. Your only purpose is the sinister. Be a lord or lady of chaos every minute of your life, and prove yourself in everything you do, in your ritual participation or group activities, even “solo” always dare to be “extreme”. This is your evil mystical aspect, therefore dare to be “evil and destructive”.

With the first eye movement, there will be more focus, more awareness and more Sinister Presence which is spontaneously brought along with the breath to each succeeding eye movement. There is a oneness of eye movement, breath and Sinister Presence. Soon it becomes so effortless that it is the Sinister Presence that is doing it. You begin to realise that the real you is the Sinister Presence.

I recommend at the beginning to do no more than 5 to 10 minutes of this first part of meditation. I also recommend that you learn this first part well before going on to the second part. The sound is the second part of the meditation. “AgiOS O Baphomet”.

The Sound Part of Sinister Meditation.

The second part of the Sinister Meditation is called the “sound part”, because we use sounds that takes us beyond thought and concept into the Sinister Presence. It could just as easily be called the vibration part of magickal energy or the part that cancels all other vibration, save the Sinister Presence part. It could also be called the vibration that resonates with the Sinister Presence part. Words get in the way in this teaching that is beyond words.

This teaching come out of the Sinister Presence. It comes out of the ground of all past Black Magick teaching and everyday sinister experience. I ask you to believe nothing of what I say, but only try it out. That means to be totally open to it, to empty your cup and to follow the instructions as best you can. These words are just the vehicle that is bringing you in contact with the Sinister Presence. The important thing is that this teaching has come to you and that you try it and see if it works for you. It is the sounding forth of “Sinister (*Chants*) Words” in its sevenfold completeness of the Tree of Wyrð, gathered through dark inspiration and art as the needed matter for manifestation, firstly started through the eye and breath technique. In the sounding forth of the Sinister Words in meditation, the Satanist should (*if rightly sounding it forth*) be able to come sinisterly creative and destructive. Music can be largely employed for work of destructive nature. This sounds to you utterly impossible, but it will simply be the utilisation of disordered (*evil*) sound to achieve certain ends. Certain sounds shatter and break, while others attract and stimulate (*shattering and break can also be attracting and stimulating*). All that is at present possible to those who seek the sinister and attend to the essentials described in this paragraph and pursue contact with the sinister vibrations. The Sinister Chants are those taking you to the “other border” of the Abyss, or Chthonic World of the mind. Through the correct toning of certain sounds, a vacuum or empty funnel of dark force and power is formed for some manifestations of sinister (*fohatic*) energy, reaching its objective. By means of invocation and other forms, we tap forces connected with dark intelligences from our Underworld.

It is a matter of setting in motion happenings on the physical plane that have their origination in the dark and mysterious caves of cosmic evil as found within the Tree of Wyrð.

The sounding of Satanic Chants, employed for specific purposes are for:

- a) The destruction of a well-defined target.
- b) The sinister magnetisation of grounds and places that have to be brought to naught.
- c) The obscuration of the minds of an assembly in order that they may receive the sinister (*dark*) illumination.
- d) The conversion of people to Satanism, who are gathered together for that

purpose.

- e) The controlling of the evil forces of nature so that physical plane occurrences may be brought about.
- f) The initiation of people to the Sinister Mysteries.

This part of the meditation is not done with the eye movements and breath. Let the breath just be as it is. While you are still learning this part of the meditation, you will begin by chanting the Satanic Chants loud, softly and clearly. It is made up of different sounds, but it is one sound. Then let it become quieter and quieter, softer and softer, quieter and quieter, until it is totally silent and inward, an internal chant. Naturally and effortlessly it will become subtler and subtler, deeper and deeper, and it will go on as if by itself. Listen to it. You may feel it as a vibration inside your body. It becomes your own internal sound. It may become a thought that is going deeper and getting subtler. Listen to it. This sound/vibration resonates with the Sinister Presence. Here are the “Satanic Chants” to be used at your convenience:

Agios O Satanas
Agios O Baphomet
Agios Athanatos
Agios O Vindex
Agios O Falcifer
Agios O Atazoth
Nythra Kthunae Atazoth (*in E minor*)
Binan ath ga wath am

Each word is pronounced clearly and separately, blending finally into one sound. It is not staccato but flowing. Until you know how, begin by chanting the sounds out loud, smoothly and effortless, until the individual words blend together into one sound. As said above, let the sound become softer and softer, quieter and quieter until it is completely silent. Allow the sound/vibration to continue in that inward direction as a subtle thought until it is as if you are just listening to it, or feeling the vibration of it. These sounds resonate with the Sinister Presence. The Sinister Presence is just there. Satanic Chants and Sinister Presence are One. The Sinister Presence emerges as sound. If the sound goes away and thoughts are there, effortlessly come back to the sound/vibration. Use one chant per meditation session.

The Satanic Chants are the sounds that will take you to the other border of the Underworld of Sinister Culture, the Collective Unconscious, described by some others as the “Platonic World”, the world of absolutes and various opposites (archetypes), and the platonic concepts of mathematics for others.

To conclude, let me say, that sound or chant goes along with Sinister Presence. Gradually, you will become more aware that you are the Sinister Presence yourself, another Satan. The next paragraph teaches, “Practising the Sinister Presence”.

Sound (chant), dark light, vibration, the whole man blended and merged in the sinister, and thus is the work accomplished. It proceeds under the rules of the Tree of Wyrð, and naught can hinder now the work to go forward. The sinister man breathes deeply, concentrates his dark forces, and drives the thought-form from him through the creative work of sound, not only during sinister meditation, but also in rituals and daily sinister living. The key: “sinister intention”.

Practising the Sinister Presence:

In this paragraph, we are going to learn the third part of the meditation: “Practising the Sinister Presence”. This third part acts as a transition from the first two parts. It allows us to simply be in the Sinister Presence and make every moment the dark meditation. After the first two parts, we are in deep meditation and in the Sinister Presence. With that greater Sinister Presence, we can practise the Sinister Presence in every moment. To help explain how to do this third part of the meditation, I use an analogy.

After completing the first two parts of the sinister meditation and realising more Sinister Presence, we are like a spider in the centre of its web. If a fly was to come and alight on the web, the spider would go and meet it, do what it has to do, and come back to the centre of the web. That is like what we do in extending the Sinister Presence. We are sitting in meditation, and when we want to shift to this third part of sinister meditation, we simply allow ourselves to be one with the Sinister Presence and breath. When sounds, thoughts or anything else enter our consciousness, we simply, effortlessly, and spontaneously extend the Sinister Presence without making any judgement. So, when we hear a sound, it is not a good sound or a bad sound. It is not a loud sound or a soft sound. We just extend the Sinister Presence to it, without judgement, and then come back to our centre. When nothing is entering the consciousness, we can be one with “Sinister Presence” and breath. We are not noting, observing or watching the breath. When you feel you are being in the Sinister Presence, be in the underworld of the Sinister Presence with whatever arises. There is a oneness of Sinister Presence and breath. Whatever else may arise in the consciousness, make no judgement of it, and maintain the Sinister Presence with whatever is arising. We don't really extend the Presence, but it is like that. It is actually being in the Sinister Presence while whatever else is going on, and on and on. But it does not seem at first that we extend the Sinister Presence. Like the spider going out to meet the fly, we hear sounds closer to their source. We perceive evil thoughts and perceptions as soon as they arise. The more Sinister Presence we are, the more aware we are. The more visuality we have, the closer we connect/experience what is arising in the consciousness to its source, and the more we experience things

as they are or want to be. “Practising the Sinister Presence” is making no judgement of whatever impulses as they arise. The Sinister Presence is not overshadowed by our mental reconstruction of what is actually happening.

Extending the Sinister Presence, as in the analogy of the spider going out to meet the fly, gives you an idea of what the sinister practice is like. But it is only like that. In extension there is no separation. Our Sinister Presence is more manifest as the result of the first two parts of the meditation. When anything arise in the consciousness, we maintain the Sinister Presence, as these events are occurring. So extending the Sinister Presence is a way of exercising the Sinister Presence. When exercised in this way, it is as if activated and more there. The Sinister Presence is always there, the more ever since we have given ourselves to it. The Sinister Presence is omnipresent, so how can it be extended? When anything is activated in the collective unconscious, we are one with it. When the limited mind takes over and makes a representation influenced by our judgements, conditionings and programming, it is made up. It is not real. That is what illusion is. Words can only point the way to guide you into how to do this process that is beyond words. You learn by doing it.

“Practising the Sinister Meditation” becomes easier as the Sinister Presence manifests more through the practice of sinister meditation. It is a natural process, and the method of “Practising the Sinister Presence” enhances and speeds up the development or revelation of the Sinister Presence. Now the time is ripe to say that it is most beneficial to start meditation after a Dark Ritual, as it actively will influence this third and crucial part of the meditation.

Now that you have a feeling for what “Practising Sinister Presence” is, here are the instructions for what to do in the dark meditation. When it feels appropriate to you to go into the third part of the sinister meditation, just be in the Evil presence. From doing the first two parts of the meditation, you are already in the Sinister Presence. Then just be in that Sinister Presence. However the breath is, BE one with Sinister Presence and breath. You are the Sinister Presence breathing. You are maintaining the Sinister Presence as you are breathing. Now, be in the Sinister Presence and Practice the Sinister Presence. When any impulse arises in the consciousness, be in the Sinister Presence as the arising occurs. Extend the Sinister Presence to it. Make no judgement, forbidden in Satanism, as one has to act just like he feels. See through the appearances to the evil reality. Be one with evil.

When it feels appropriate, slightly open your eyes and continue to Practice the Sinister Presence. This part of the meditation is done with the eyes slightly open. But you keep your eyes closed while doing it until it feels befitting to slightly open the eyes. Do at least the last few minutes with the eyes slightly open. When you want to end the sitting meditation, simply open your eyes all the way. Get up and continue to maintain the Sinister Presence in all your activities, spontaneously and in every moment. Evil spontaneity is effortless and in the moment. This is the transition from

sitting meditation to making every moment the meditation.

Effortlessness is of the utmost importance, because effort and struggle are of the physical and limited mind. What we are learning here is how to go beyond the limited mind in the “Sinister Presence” of the unconscious. After some time of doing the sinister meditation, of having more Sinister Presence and more spontaneity in “Practising Sinister Presence” when doing the first part of the meditation, the Sinister Presence is there along with the eye movements and breath. The Sinister Presence, eye movements and breath are one. When thoughts and anything else arise, even easier than just letting them float by like clouds is “Practising Sinister Presence” with them. It is doing the method, but the method is non-doing. It’s the Sinister Presence doing it. It’s the “evil you” doing it. You and “it” are one. “It” is no method. There is no separate “it”. Practice the Sinister Meditation at any point in the meditation whenever any impulse arises in the consciousness. The last paragraph deals with “Sleep Meditation”, as I said above Sinister Meditation continues when you open your eyes again, as well as you close them to go to sleep.

The Satanist is heir to wonderful and illimitable inner powers, his evil identity, but until he becomes aware of them and consciously identifies himself with them, they lie dormant and unexpressed, and might just as well not exist at all as far as their use to man, in his unawakened state is concerned. When, however, the Satanist becomes awakened to his own Chthonic World within and all what it holds, and that he is a sinister being, he enters in a new life of almost boundless sinister power. Let us use our inner sinister ability, and free ourselves from the very burdens that have oppressed us so long in this christianised and hypocritical world. Now is the time to roll it all from our shoulders and be free.

The Sinister Sleep Meditation.

Why a sinister sleep meditation? We are learning that we are the sinister meditation and that every moment can be our sinister meditation. If we spend about one third of our lives sleeping, there must be some very valuable function to sleep. So why can’t sinister meditation be brought into this large area of our lives also? It absolutely can. In the sitting meditation, we learn how to go beyond thought and concept. In sleep we naturally go beyond thought except when dreaming. This says a lot. The going beyond thought and concept in sleep wonderfully rejuvenates and energises us. In dreaming, when in the dream, it seems so real. You only know that it was a dream when you wake up from the dream.

After having some experience with the eye movements and breath, the eye muscles, breathing apparatus and subtle physiology gain in strength and become more resilient. The sinister sleep meditation is something like the sitting meditation, but it is visual. No thought or visualisation or use of the mind is involved. If thoughts are there or any other mental phenomena, we just meet them with the Sinister Presence,

no judgement, and just let them be.

The process is simple, it is an eye movement while using our natural “going to sleep” breathes and position. Some find it easier to start this while lying on their backs. We simply breathe with our natural “go to sleep breath” and, with each inhalation, we move the eyes up and to the centre. The eyes effortlessly converge to a point. Breathe and move the eyes until a feeling of dynamic tension is reached. Do not strain. With the exhalation, we simply let it be. The eyes may go back all the way to their original position or not at all. Whatever the movement is, let it be natural and effortless. The next inhalation is even more effortless. It quickly becomes a natural reflex so that with each inhalation, your eyes move slightly up to the centre. The exhale is a letting go. Just let go. Of course, this is with the eyes closed. After three or four times, perhaps more, doing this, with the eyes slightly up and to the centre, we shift our attention to a field of inner evil vision. In that field of evil vision, we simply gaze softly –and effortlessly. We look for some bluish dark light. If nothing is there, we just effortlessly look. Nothing needs to be there. This is the totally effortless process that is something like listening, but here we are simply looking. Any thought or mental phenomena that come into our awareness we simply meet with the Sinister Presence, making never a judgement and continuing our soft, effortless inner gaze. We are practising the Sinister Presence as we go off to sleep.

You may notice some natural eye movements as you look toward the bluish dark light. It may not be there. It may be the total field of vision. It will be different for each and everyone. This sinister sleep meditation only works well when used in conjunction with the sitting meditation because it is all part of the same meditation.

This actually helps you to go to sleep. You may at some time notice, after doing this for a while, that when you wake up, your body and mind were asleep, but that you were in the Sinister Presence. Your body and mind were asleep, but you were awake. You may begin to notice that while dreaming, you are awake in the dream. Begin to practice the Sinister Presence while dreaming. If this does or does not happen, it does not matter. We are all different, and the form of the sinister practice that is best suited to our particular situation will vary according to the situation, and how seriously to accept the Sinister Path to be trodden by you.

This is not lucid dreaming. In lucid dreaming, you change what is going on in the dream. Here we just practice the Sinister Presence with whatever is going on. We do not change anything in the dream world, in any part of the meditation. If you wake up in the middle of the night, what a wonderful time for Black Magick, meditation and for all what is “sinister”. Get up and do your job

Let your daily sinister meditation and dreams be connected with your evil plans. They do instruct you how to live sinisterly and work your plans out. Activate by every possible means your dark centres. Triumph, defeat corrupt religions, and open

the earth to the pleasure of what is called sin. Against religious hypocrisy, practice radical and hideous evil. Be the black rider on the black horse in all circumstances. The earth is yours.