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Chakra Activity

Our chakras have hours where they are more active, every day. These correspond to the four cardinal points of the soul and the seven days of the week. Many of the old magickal texts mention these in the form of the planets. Each chakra corresponds to a specific planet and day of the week. The times of peak activity are important as we can use these times to meditate or work on a specific chakra or use the energies in rituals. The times listed in table below are of the 24-hour clock. For those of you who unfamiliar with this:

13:00= 1 pm	17:00= 5 pm	21:00= 9 pm
14:00= 2 pm	18:00= 6 pm	22:00= 10 pm
15:00= 3 pm	19:00= 7 pm	23:00= 11 pm
16:00= 4 pm	20:00= 8 pm	

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Midnight	Heart	Crown	Third Chakra	Sixth Chakra	Base Chakra	Throat	Second Chakra
1:00	Throat	Base Chakra	Heart Chakra	Crown	Second Chakra	Sixth Chakra	Third Chakra
2:00	Sixth Chakra	Second Chakra	Throat	Base Chakra	Third Chakra	Crown	Heart Chakra
3:00	Crown	Third Chakra	Sixth Chakra	Second Chakra	Heart Chakra	Base Chakra	Throat
4:00	Base Chakra	Heart Chakra	Crown	Third Chakra	Throat	Second Chakra	Sixth Chakra
5:00	Second Chakra	Throat	Base Chakra	Heart Chakra	Sixth Chakra	Third Chakra	Crown
6:00	Third Chakra	Sixth Chakra	Second Chakra	Throat	Crown	Heart Chakra	Base Chakra
7:00	Heart Chakra	Crown	Third Chakra	Sixth Chakra	Base Chakra	Throat	Second Chakra
8:00	Throat	Base Chakra	Heart Chakra	Crown	Second Chakra	Sixth Chakra	Third Chakra
9:00	Sixth Chakra	Second Chakra	Throat	Base Chakra	Third Chakra	Crown	Heart Chakra
10:00	Crown	Third Chakra	Sixth Chakra	Second Chakra	Heart Chakra	Base Chakra	Throat
11:00	Base Chakra	Heart Chakra	Crown	Third Chakra	Throat	Second Chakra	Sixth Chakra
Noon	Second Chakra	Throat	Base Chakra	Heart Chakra	Sixth Chakra	Third Chakra	Crown
13:00	Third Chakra	Sixth Chakra	Second Chakra	Throat	Crown	Heart Chakra	Base Chakra

14:00	Heart Chakra	Crown	Third Chakra	Sixth Chakra	Base Chakra	Throat	Second Chakra
Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15:00	Throat	Base Chakra	Heart Chakra	Crown	Second Chakra	Heart Chakra	Third Chakra
16:00	Sixth Chakra	Second Chakra	Throat	Base Chakra	Third Chakra	Throat	Heart Chakra
17:00	Crown	Third Chakra	Sixth Chakra	Second Chakra	Heart Chakra	Sixth Chakra	Throat
18:00	Base Chakra	Heart Chakra	Crown	Third Chakra	Throat	Crown	Sixth Chakra
19:00	Second Chakra	Throat	Base Chakra	Heart Chakra	Sixth Chakra	Base Chakra	Crown
20:00	Third Chakra	Sixth Chakra	Second Chakra	Throat	Crown	Second Chakra	Base Chakra
21:00	Heart Chakra	Crown	Third Chakra	Sixth Chakra	Base Chakra	Third Chakra	Second Chakra
22:00	Throat	Base Chakra	Heart Chakra	Crown	Second Chakra	Heart Chakra	Third Chakra
23:00	Sixth Chakra	Second Chakra	Throat	Base Chakra	Third Chakra	Throat	Heart Chakra

Chant and Vibration

The entire universe vibrates to the tune of a certain frequency. Everything is composed of vibrating molecules that are on tuned into a certain frequency. The world powers are aware of this, and certain departments of the government have experimented with these frequencies. Sounds we cannot normally hear can affect our thoughts moods and emotions, also our psychic and physical selves.

Our chakras are very sensitive to vibration, and specific chants relative to each chakra stimulate the chakra beyond visualizing and breathing techniques. With each chakra, the tone of the chant should get higher; beginning with the root chakra where the chanting is in low tone, (The crown chakra is soundless). Chanting does much in stimulating and opening the chakras.

Vibrating and chanting God names is also very powerful. We can chant the names of Satan and the Demons, visualizing their colors, and focusing on the attributes of the certain Demons, that we wish to obtain for ourselves. Sigil visualization is also very powerful. The Enochian Keys are very powerful when chanted in monotone during ritual.

Chanting brings more power to workings. Sound can break glass or turn one's insides into jello, killing them instantly; this is the power of sound. Chanting the name of a hated one in the correct tone while torturing a poppet, adds power to the working. Our minds, when trained, send out strong electrical impulses, vibrating waves of molecules into a thought form that is directed/sent during ritual through intense focus. Adding sound intensifies the thought form.

Bandhas

Most websites and books go into too much detail concerning the bandhas. The following is a basic summary:

The word "bandha means to "lock" or "bind." When the bandhas are applied during breathing exercises or when chanting, they act to amplify energy and/or direct it.

There are three main bandhas.

Two are the most powerful:
the "Moola bandha" and the Jalandahara bandha."

The Moola Bandhas also known as the "Root Lock." This is applied by contracting your anus.

The Jalandahara Bandhas also known as the "Chin Lock." This is applied by dropping the chin to the chest.

Both the Root and Chin Locks can be done at the same time after inhaling, while holding the breath. One should remain motionless while applying and holding the locks.

The third major lock is the "Uddiyana Bandha" also known as "The Abdominal Lift."

This is applied when holding an exhale, after exhaling completely. To exhale totally, when all of your air is out of your lungs, try humming and this will get the last of the breath out.

To apply the Abdominal Lift; lungs completely empty, suck in your abdomen and lift it up. This bandha should be applied as long as the exhale lasts.

Drawing in Energy

Once you are advanced, you will no longer have to “breathe” in energy. You can just direct it with your will, by using your mind. The easiest way to start out is by willing energy through the front of your body as you would by breathing with the energy meditation. The Energy Meditation, Pineal Meditation, and Chakra Breathing Meditation are excellent for training yourself to absorb energy using only your mind. Just focus and follow the meditation, but do not include the breathing in to draw in the energy. Just enter into a trance, breathe normally, and be relaxed.

Part I

The Elements

Invoking the Elements

Invoking the elements is very advanced and can be very dangerous. I am speaking from experience here. Many authors write from a theoretical and 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 work at other meditations that are safer. 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 invoking the elements, 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! 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. Each one of us has imbalances of certain elements and invoking the elements can cause even more imbalance so it is also important to know your strengths and weaknesses in certain elements.

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.

I have always been a person of extremes and I am daring, so I have never put any limitations on myself with meditations, 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.

If you are planning to do the elemental meditations, I strongly encourage 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. The elements are based upon the four corners and directions. They are the foundation of the universe when working magick. Invoking and directing the elements is used to empower sigils and talismans. Each ritual or working normally has an elemental theme. By making use of the elements, the power of any working is drastically amplified. Elemental magick is extremely advanced and powerful magick.

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.

Several hours or a day after invoking an element, sit quietly and meditate on how you feel. 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.

To properly invoke, direct, and control the elements, you must be balanced in all of the elements. Most of us have imbalances. These can usually be seen in our astrology charts.

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

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

Fire

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 lack fire usually have low energy; they 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 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 and feel 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, affects you, and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. 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 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.

Earth

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, 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. They are here today and gone tomorrow. These people can overspend their money foolishly or gamble it away. They are irresponsible and live only for today. Earth is the material principle.

INVOKING EARTH:

To invoke the earth element, go into a light to medium trance and visualize yourself in the middle of a large sphere of heavy dense gravity. Now, do the energy breathing. Breathe in the earth from all sides of your body, front, back, top of your head and bottom of your feet. Imagine yourself getting heavier to where you are like lead and can no longer move- like you are buried under several feet of dirt. Feel the gravity of the earth pulling you. 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 breathe 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, affects you, and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. Always remember to use common sense. After some 12 - 24 hours, sit quietly and meditate a few minutes on how you feel after invoking the earth element.

Air

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 makes one 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.

INVOKING 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. Feel as if you are floating.

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, affects you, and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. 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.

Water

Characteristics:

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, 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.

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, affects you, and increase your ability to handle each element, but remember- this is not for everyone. It is better to take things slower and use caution. 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.

Akasha/Quintessence

1. Go into a deep trance. Imagine that you are in the center of an unlimited space. This will feel like floating. 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. It is necessary to become acquainted with this unusual state of mind."

-- Franz Bardon [Initiation into Hermetics]

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

The "5th element" also known as "aether," "ether," "quintessence," is extremely important. This element acts as a connection in working spells and magick. The aether is also a primer and medium, as it amplifies the other elements and given everything has an aura, the ether is what connects all living and inanimate objects. The aether will also make one 'invisible' in that it can act to conceal if programmed to do so. Everything on this earth is connected within an ocean of this element.

Condensing the Elements

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

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

What this does is to train you to concentrate and direct an element. This can also be done outside of your body and for advanced magick, you will need this skill. It must be taken slowly though. This is very advanced. The fire element will stimulate your kundalini. Directing the elements to specific parts of the body can also be used to heal. **NEVER DIRECT THE FIRE ELEMENT TO YOUR HEART OR YOUR BRAIN!!** This can be very dangerous and can cause permanent damage to these two very sensitive organs. For adepts, organs other than the brain or heart are usually able to handle condensed elements. The organs are not the chakras, as some have confused these in the e-groups. Breathing in elements into your chakras is fine.

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. Both in cursing and healing, for obvious reasons, this is undesirable. The energy you use must be taken from the universe. It is very important to master both evocation and invocation of the elements in order to progress to advanced levels of ability.

Evoking Fire

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

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

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.

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.

Evoking Earth

Get into a trance and draw a gray mass, similar to clay, from all directions simultaneously. The closer you bring it to yourself, it becomes browner and browner, rich like soil and more dense. Fill the room entirely with the heavy mass of the earth element and visualize it compacting into a sphere. Feel the

heaviness and the gravity and its pressure on your body. When finished, dissolve it as you did with the other elements.

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.

Reference: Initiation into Hermetics by Franz Bardon © 1956

The Chariot of RA and the Rotation of the Chi

The true meaning of the Chariot of Ra, which evolved into the Reidh Rune, is the rotation of the chi/bioelectricity. This also corresponds to the Chariot trump of the Tarot. This meditation is advanced. Demons gave this to me and it is of the Egyptian Kabbalah.

1. Condense your chi into any one of your chakras. This works great when you can feel your chi, as at sometimes it is more amplified than at others. If you can't feel your chi, just do several rounds of energy breathing.
2. Circulate your condensed chi (which should be a small ball of intense light) to each of your chakras. For example, at the base of the spine, up the spine to the second and all the way up to the crown; drop the ball into your 6th chakra behind your third eye, down into the pineal gland if you wish, and then focus it forward to your third eye then drop it to your throat chakra in the front at your throat and then down to the front of your chest to your heart chakra, on down to your perineal chakra between your anus and genitals and then back to your base chakra. That completes one circuit.
3. The difference with this meditation is at each chakra where your chi is focused, vibrate RA. The vibrations should be felt in the chakra you are focusing on. This is correctly done by beginning the vibration with the English R, then switching to the rolled R.
EEERRRRRRRRR-RRRRRRRRRR-AAAAAHHHHHHHHHHHH The R's in the middle should be rolled.

Getting to where you can feel the vibrations in each chakra takes practice but will come in time.

Rotating the Elements

Rotating the elements is very advanced. One should already be adept with circulating energy through the chakras. This exercise begins the Magnum Opus. The Magnum Opus is the "Great Work." This is the finishing of Satan's work on humanity- reaching physical and spiritual perfection, equality with the Gods and immortality.

One of the most important steps in advanced meditation is to circulate the elements through each of the chakras. This is very advanced and is done after condensing the element into a chakra it rules, and then circulating it. Work on mastering each one. You should definitely FEEL the element- i.e., searing hot for fire, ice cold for water, heavy for earth, and light for air. Quintessence is warm to hot. This is very advanced and should only be attempted by experienced meditators.

This will provide an important foundation for more advanced works. The ancients used the seasons to facilitate their workings. This is a part of the four points. Summer is hot and meditating on and invoking the element of fire is easier for beginners. Just make sure you have a place to cool down. Spring is a good time to work with air, fall is great for earth, and winter is good for working with water, as it is cold.

The next step should be combining the elements, such as circulating water after circulating fire and then circulating quintessence. This is all very powerful.

The waxing and full moon acts to transform the fiery rays of the sun into the element of water. Energy from both the Sun and Moon should also be invoked and circulated.

For example- for rotating the element of fire:

1. Breathe in the element of fire into your entire body.
2. Condense the fire into a small ball inside your base chakra.
3. Now, direct that ball into your sacral chakra, then your solar chakra, your throat chakra, your third eye, your crown chakra and then down from your crown chakra into your 6th chakra behind your third eye and to the back of your head- through the rear sixth chakra and on down your spine at each chakra. Take your time with this, burning each of your chakras thoroughly. This is very empowering and cleansing.
4. When finished, either direct the fireball to your base chakra or expel it through your solar plexus chakra.

Do the same with the other elements, including the quintessence. Doing this with the chi or pineal secretions is also very powerful AND pleasurable. In the beginning, you should only work with and master one element per meditation session. Fire can also be invoked from the sun- the hotter the sun, the better.

Breath of Fire

Fire is the key element to empowering the soul. It is next to the life force and the spark of life symbolized by the Satanic Lightning Bolt. Those of you who are transforming your souls should keep your astral temperature warm. By this, I do not mean scorching hot, but warm. This is like an incubator and acts to create necessary changes in the life force, the soul, and the aura.

In addition to invoking fire, what is known as the yogic "Bellow's Breath" this method of breathing can be used when invoking fire to amplify the effects. Spiritual alchemists were known as "puffers" and in many old paintings, we see the bellows near the fire, along with many funnel shaped flasks and such symbolizing the chakras. This is also symbolized by the beak of the Ibis of Thoth. Instead of just breathing in energy, as with the foundation meditation, use the bellow's breath to invoke the fire element. THIS IS NOT FOR NEWBIES AND IS EXTREMELY ADVANCED.

BELLOW'S BREATH: THE 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 repeat 3 - 5 times.

More Information about the Elements

Opposed to the plethora of warnings in the older meditation texts, one should gradually build their tolerance to the elements. We have found these warnings to have no more credibility than the "three-fold" crap. Some of us, myself included, have breathed in fire for well over 100 breaths, BUT, we worked up to this level patiently over a period of time. In order to perform fire magick with formidable intensity, one must be able to hold the fire element in large amounts and have a tolerance for it. The same goes for the other elements. One who can hold their fire element is capable of totally incinerating a victim of a black magick spell, who has no tolerance to this element. This comes in time.

The Akasha/Ether/Quintessence we have found is a primer. Quintessence intensifies any working. This element is closely related to fire and when working with it on a daily basis, one will find the body temperature rises. The rise in body temperature seems to be lasting. When willing something to be, it can be imprinted in the quintessence, making it much more powerful. In absorbing the quintessence, which is ultra-violet light, one way is to visualize a "black light" which was popular in the 1970's to make posters glow. The color of the black light is the color of the quintessence.

More information regarding the elements and their specific uses is forthcoming. Check the main meditation page for updates.

Part II

Advanced Meditations

Expanding the Sushumna

The sushumna is the line the kundalini travels up the spine. It is very small in diameter. Tibetan monks would be tested for initiation by stripping down naked, wrapping themselves in a wet sheet, and spending the night in the freezing mountains, sitting in the snow. In the morning, if the initiate passed the test, the sheet would be bone dry and several feet of snow around the monk would be melted.

Expanding the sushumna is used to raise body temperature and create heat. This power can also be applied to pyrokinesis (setting objects on fire with the power of the mind).

While in a trance, visualize the sushumna expanding to the spine in either a red-hot or a white-hot glowing light. Focus on this for several minutes and from there, expand it beyond the spine, again, focus for several minutes, and then expand it two inches beyond the spine. Keep expanding until you are several feet or more beyond your physical body.

This meditation produces a lot of heat, especially when done regularly. When practiced on a frequent basis, one can expect a rise in body temperature.

Telekinesis

Telekinesis is the ability of the mind to move objects, through concentration. This is very advanced and you will need a very powerful aura. We all have this ability, but due to centuries of Christian generational suppression of the powers of the mind, this part of our brain is now dormant. Like learning a gymnastics maneuver, with getting the *feel* for it and using it, it will become easier and easier with time, dedication and patience.

Everything on this Earth contains an energy field or aura, even inanimate objects. With performing telekinesis, you must connect your aura with aura of the object you intend to move. The strength of your aura will determine your success.

The following exercises help in developing telekinesis. You should be experienced with energy manipulation and have powerful hand chakras. In order to work up to this, the foundation meditation, and the hand chakra meditation should be mastered.

This exercise is best done after power meditation when your aura is strong.

1. To begin, suspend a pendulum in front of you. This can be any object from a small pencil or a light ball, like a ping-pong ball. Anything small, light, and even will work. It must be in front of you, preferably over a table, where you can relax and sit. Hang the pendulum, so nothing is touching it or coming into physical contact with it and so it can move easily and freely.
2. Place your hands about an inch on each side of the pendulum, palms facing the pendulum and direct energy through your palm chakras into the pendulum.
3. Now, try pushing and pulling using your will through the energy. You will see your aura pushing and pulling the object. One hand pushes energy and the other hand pulls energy. Visualize your aura connecting with the aura of the pendulum. Do not move your hands.

When you are able to move the pendulum, place your hands farther and farther apart.

The next step is to move the pendulum using the energy from your fingertips. At first, try to pull it with the energy from your fingertips.

The key is to keep distancing yourself from the object. The next step, which is extremely advanced, is to begin using the powers of your third eye and move objects by connecting your aura with that of the object and willing them to move.

Do not get frustrated. This takes intense concentration, a strong mind and aura, but with enough patience and practice, the time you succeed in moving the object will become shorter and shorter. When you learn to use this area of your brain and strengthen it (it will become easier and easier), the first few times are

the most difficult. It may take several sessions, sometimes even weeks, but it is not impossible.

Here are some practical tips:

Here are some tips:

It definitely helps to be able to see auras. When we open our third eye, this gives us the ability, but we must learn to use this ability to see. This is analogous to athletics. If one has the strength and flexibility, the potential is there, all one needs to do is the movement to get the feel and to train the movement into muscle memory. It is the same with the mind.

Start out with light objects. Gemstones such as quartz crystals are great, provided they are small and light. These have a strong aura of their own.

Telekinesis is best attempted after power meditation when one's energy is most radiant.

Telekinesis like any other skill should be worked on daily until mastered. Heavier and heavier objects can replace the lighter ones as proficiency is achieved. I have had success with the above method.

Pyrokinesis

Pyrokinesis is the ability to control, ignite, and extinguish fire, using the powers of one's mind. One should be adept at invoking and fire element and being able to hold significant amounts of this element.

This is dangerous. One should be adept and very experienced in handling and directing energy, as inexperience can cause dangerous burns to yourself, even though you may have a powerful aura. An exceptionally powerful aura is necessary for pyrokinetic ability.

1. Begin by lighting a candle.
2. In order to do this safely, you should be adept at putting fires out before igniting them. Position both of your hands, palms facing inward about half an inch from each side of the candle flame and direct your energy into the flame, willing it to die out. This is extremely advanced and you must have a powerful aura. Try concentrating on black energy between your palms where the flame should be.
3. To ignite a flame: invoke the element of fire and direct the energy you produce to your palm chakras by exhaling it through your palms.
4. Blow out the candle. Position both of your hands, palms facing inward about half an inch from each side of the candlewick, which should be an ember.
5. Direct energy from your palm chakras and concentrate intense heat on the ember, willing it to ignite. Try concentrating on white-hot energy, between your palms. The ember, with practice will begin to glow brighter and eventually, will ignite.
6. Put out the flame, concentrate the energy between your palms on the ember of the wick, and direct it to ignite the flame again. With enough palm chakra energy and concentration, it will relight.

As you advance, move your palms farther and farther apart.

When you are proficient with your palms 2 - 3 feet apart, concentrate on lighting the wick of the candle without the ember. Ignite the cold wick. In addition to using the energy from your palm chakras, you are using the powers from your third eye. The third eye has a direct line of energy to the physical eyes where the energy projects. Once you are adept at the above exercise, try using less and less of your hands. Again, it is important to put fires out before learning to ignite them.

Expand your aura to connect with the candle flame. The candle should be a foot or less in front of you. Connect your aura and put out the flame.

Once you are adept, do the same and ignite the ember.

When you are able to use only your aura to light the candle flame, expand your aura to connect with an object a foot or less in front of you and project the heat as you did with your palms. As you progress, keep moving the object farther and farther away.

Instead of just doing void meditation, the above exercises can be substituted as they require intense, unwavering concentration.

Advanced Chakra Spinning

When spinning your chakras, say to yourself for each one "speed of light." Then spin them faster and faster until they turn white with energy and power like the sun. Do this with each one. This really helps replace lost energy.

This speed will set your vibration at a higher level. When our chakras vibrate at a faster rate, they 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.

Spinning Energy Fields Meditation

1. Clean your aura and chakras
2. Sense your aura. Breathe in white-gold* energy into your aura.
3. Condense the energy and spin it. (Spin it whichever way you feel comfortable)
4. Now, program it to attract, protect you or repel- whatever your intent is: For example- for protection: "This powerful energy is combined with my aura, is always intact, and is always protecting me in every way"
5. Feel it spinning. This is a pulsating feeling. Now, affirm: "This protective energy shield is permanent and feeds off of and replenishes itself from the universal light energy.
6. Take more time to sense the shield and really feel it.
7. Now, sense your astral body. This is your ghost- the astral image that is transparent and looks like your physical body and repeat the above steps 2-6.
8. Join both shields together and meditate on both.
9. Sense your light body and repeat steps 2-6 and 8. Join all three shields together and spin them.

You may have to repeat this several times or if you feel the field weakening. It should be strong and vibrant.

*The white-gold is standard. Feel free to work with different colors specific to your goals.

Satanic Healing

Several years ago, Father Satan spoke with me concerning healing. I had a problem and he told me at that time "You are not strong enough." I had a heavy radio setting beside me and he stated an example "Try moving that radio using a sheet of paper." Obviously the paper would have crumpled.

To effectively heal, your soul must have power. This is accomplished through consistent power meditation.

Once your soul is powerful enough, healing comes much easier.

Before I go on, I want to state that anyone who is under a doctor's care or taking medication SHOULD NOT stop taking ANY medication prescribed or forego medical treatment, antibiotics, etc., until given a medical clearance by a licensed physician. We are not xians! Antibiotics and such SAVE LIVES!

I, myself am very grateful for modern medical technology. The ability to heal using your own powers is very advanced and takes experience. If you do not like the advice of one doctor, then get a second opinion from another doctor, but do not just go about psychic healing and deny yourself or others in your care, such as children or animals, proper and prompt professional medical treatment. Never stop taking any medication, or alter prescribed doses unless given the ok by your doctor.

To heal yourself, you should already have experience in working magick.

1. Make sure your chakras are properly aligned. This ensures that needed energy is getting to them. Disease usually manifests in the soul/astral body before symptoms occur in the physical body. This is almost always due to poor energy/chi circulation to the organ/s or a cut-off of a pathway due to an accident, or injury.
2. You should begin by cleaning the diseased part as you would clean your aura. Cleaning the diseased part should be done several times every day immediately before applying the healing energy.
3. The foundation of healing for most problems is to raise and direct energy and keep sending it to the afflicted organ, while programming it. When you FEEL your energy strongly, just direct it to the diseased/afflicted part of your body. Throughout the day, you can also keep directing your energy and visualize the white-gold light, lighting up the organ and state your affirmation. This can be done lightly, in addition to the more formal working in step 2.
4. Step two needs to be repeated several times every day, until healing is complete.
5. Healing can also be done using Runes. Vibration is exceptionally powerful in both raising and empowering energy.

6. You have to KNOW it is working and not have any doubts. In other words, have faith in your ability.

7. Always remember to keep your affirmations in the present tense.

"The__(disease)__ is leaving my body (or diseased organ), completely and permanently. My_____ is strong, healthy and normal in every way."

8. Be open. Many times the working will lead us to certain foods or what we need in order to heal health problems. This can come in different ways.

To heal a loved one, direct white-gold brilliant light like the Sun into him/her and program it.

The foundation and objective of Spiritual Satanism is knowledge and applying that knowledge by using our own powers. I had a situation some time ago, with a pet who had a life threatening disorder that occurred all of a sudden. At the time, I had no money for a vet. Father Satan came to me. He stood behind me and placed both of his hands on my shoulders and told me to "breathe" energy into her. I visualized the energy as the white-gold light and lit her up with it, as brilliant as the Sun and stated an affirmation " _____ is healthy, safe, and protected in every way."

I did this twenty times. Father Satan told me, NO, do it 200 times. He also told me she would need to have surgery and he would get me the money. I started to cry. He told me not to cry, as this was a lack of faith.

The energy I put into her stabilized her. I had to do it again and shortly thereafter, I had the money for the surgery, which was very expensive. She got the surgery and she is now fine.

How to Detach Unwanted People/Entities from Your Aura

People in our lives, especially those of whom we have emotions for - either positive or negative, are attached to our aura. Normally, we are attached at the chakras. These attachments can last for many lifetimes. They are most common in family members and those who are close to us.

There is another kind of attachment and that is what is called "psychic vampirism." Psychic vampirism is when another person attaches him/herself astrally to your soul and the relationship is of detriment. He/she usually attaches at one or more of your chakras and drains your energy. In all close relationships, there is a mutual soul attachment for better or worse. In the case of a psychic vampire, the relationship is analogous to that of a parasite and a host. A psychic vampire does not even have to be involved in a relationship, as it is natural for his/her aura to feed off of the auras of others.

There are symptoms of psychic attachment, the most pronounced are thoughts and/or feelings that are not your own. Your energy eventually becomes depleted, especially when you are around the psychic vampire. Whether they are physically near to you or at a distance, once a psychic vampire has attached him/herself to your aura, they can drain you. Psychic vampires are rarely strangers. In many cases, this can even be a family member. A good example is with love/sexual relationships. Following a break up, one party may not want to let go. Another case is that with obsession. Obsession is a bit different as the obsessed person is actually *giving* energy to the object of his/her obsession. This is where a psychic vampire enters into an ideal situation. There is a constant and willing supply of energy from the obsessed individual that the vampire benefits from.

In almost all cases of psychic vampirism, there is a weakness on the part of the host person. This weakness is usually of an emotional nature. The parasite/host relationship often satisfying an unfulfilled need for one or both of the individuals involved. The attaching person's energy feeds off this. In ridding ourselves of this influence, we must acknowledge that a problem exists and WANT to let go. If the host subconsciously does not want to let go, this exercise will be useless.

To remove an unwanted person from your aura:

1. During the cycle of a waning moon, (a few days after the full moon; and a few days before the new moon) find a quiet place where you will not be disturbed.
2. Relax and enter into a deep trance, for this working, the deeper the trance, the better. Now ask your mind to reveal anyone who has an inappropriate tie. (You can also ask your mind this before you fall asleep at another time, and this will be revealed in a dream). (If you know who it is beforehand, you can visualize them). If there are several, then work with one person at a time. This working can be time consuming. It is best to work with one person per session. You should allow yourself a few days in-between sessions ideally so your aura can adjust and your

energies can rebound. Depending upon the strength of the bond, the working may have to be repeated.

3. Ask your mind where the connection(s) is. You may find that a mutual connection exists, where there are two or more attachments at the chakras. Take as much time as you need, using an astral knife, cutter, laser, or whatever you are comfortable working with, and dislodge the connections completely on both sides.

4. Place the connections in a pile as you work. Your will must be strong here, as the other person may not want to let go. Seal the areas on your aura where these connections were attached with healing light/energy, white/gold is the most powerful, but use whatever color you are comfortable with, as we are all individuals. You don't want any injuries or holes left in your aura.

5. If you care for the other person, you can heal and seal his/her holes made by the detachments.

6. Invoke the element of fire and build an astral fire with this, by directing it, and burn all of the detachment strands.

When you are finished, clean your aura.

When you are ready, open your eyes, get up slowly and move around, do something physical- eat, exercise, or whatever to ground yourself.

Freeing the Soul

With knowledge and power, one can supersede so-called "karma." We are all well aware of reincarnation, many of the people in your life, for good or ill, you have known before, especially family members. These relationships can last many lifetimes. Some of them have a negative effect on us and are destructive to our growth and wellbeing. The same negative relationship is repeated over and over, back and forth, in different ways, times and bodies.

The good news is, with the proper knowledge and taking appropriate action using this knowledge, we can remove these negative people from our lives; thus setting ourselves and the offending ones free from the control of the evil will of malignant powers.

To begin, enter into a trance and go back through your lifetime, as early as you can remember. Write down the persons involved in every negative/destructive relationship you have ever experienced in your life. Leave the positive/beneficial relationships out of this, as these are people we want to continue with.

Negative people can include parents and in many cases, siblings, relatives, schoolteachers, former friends, enemies, spouses, lovers, and/or people who have used you or harmed you in any lasting way, either physically or psychologically. Family relationships are the most powerful, this includes spouses and significant others.

Take your time with this exercise. You can always go back and add more names to the list as old memories surface. Negative karmic relationships are something we need to cut from our lives. Remember when you judge each relationship, that no relationship is perfect.

The most negative relationships will be obvious and you can soon go to work on them. If there is any serious repressed anger that cannot be dealt with, outside of retribution, then perform the appropriate revenge ritual(s). Get it over with in the here and now and be sure to vent everything. This will act as a cathartic and is very therapeutic. You will then be able to heal emotionally and psychologically.

It is best to perform the working during a waning Moon. The Moon should *NOT* be in the signs of Cancer, or Libra, nor should it be void of course.

Others attach themselves to your soul via strands resembling those with astral projection. They are NOT all "silver," as most popular books lead people to believe. I have seen gold and bronze colored strands and there may be even more colors, so assume nothing. Perform the Detaching exercise to remove these ties.

Make good and sure, the other person (as well as yourself) is completely sealed off when you remove the attachment. Don't try to do more than one person per session. Start with the worst individuals, living or deceased. If you don't know

whether they are dead or alive, it doesn't matter. When you are finished, clean your aura.

Different people are best dealt with each with different sessions. At the end, you should feel lighter, freer and at peace. Thank Father Satan at the end of each session. He is the one who brings us the knowledge we need to be free.

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

Kundalini Meditation

The following is very effective in stimulating the kundalini serpent. For obvious reasons, people who are new and/or those who do not have several years of meditation behind them should NOT attempt this. It is my job to reveal spiritual knowledge- no withholding of any information. Please take the warning seriously as prematurely raising the serpent can be dangerous and extremely unpleasant.

I posted earlier regarding the philosopher's stone and condensing the chi/witch power/bioelectricity. This works best when you can feel yourself glowing with it. People who are experienced should have no problem in feeling their witch power whenever they choose to do so.

Take the energy, condense it, and move it to the base chakra.

Now, move to and focus the energy BENEATH the base chakra DIRECTLY on the coiled serpent. FEEL it and meditate on it there, holding it there.

Be prepared for aftereffects. It is VERY IMPORTANT to keep directing your kundalini upwards and out your crown chakra. You do not want it pooling in your legs, which this meditation can have a tendency to do. Again, this is very advanced and should only be attempted by experienced meditators. Kundalini that goes down, instead of upwards, is extremely dangerous and can cause paralysis.

Splitting the Soul

These meditations are extremely advanced and can be dangerous to newbies. One should be experienced in meditation, energy manipulation, invoking the elements and in understanding of what he/she is doing on the astral level. To begin with any of these meditations, one must be thoroughly relaxed. Being disturbed by others, loud noises, the phone ringing, visitors or anything else, including being touched by animals can be dangerous.

Meditating upon the Aura:

1. To sense and feel your aura: expand your awareness out past your physical self a few inches and sense your aura's energy.
2. FEEL your aura and meditate upon it for a few minutes.
3. Expand and contract your aura.
4. Breathe energy into and out of your aura.
5. If you feel you are ready, you can invoke each of the elements into your aura. These should be done slowly, no more than seven breaths to begin with. It is best to only go with one element per day.
6. Meditate on the feeling of each element after invoking into your aura.
7. If you feel uncomfortable, just breathe the element back out.

Meditating upon your Astral Body (This is your Ka; your ethereal double-your ghost:

1. Focus inward upon your awareness. This is your astral body.
2. Wherever you focus your attention, this is your astral body. When we expand our awareness, we expand this aspect of our soul.
3. Meditate on being aware of your astral body.

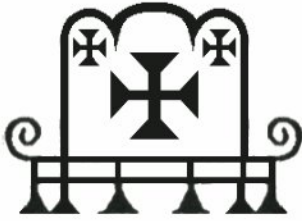
Meditating upon the Light Body:

1. The light body can be felt by expanding your awareness to the energy within your body. This can be felt.
2. FEEL your light body and meditate upon this.
3. Breathe in energy into and out of your light body.

Part III

Advanced Empowering of the Chakras

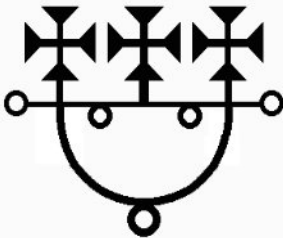
Opening the Watchtowers



The three "knot" chakras referred to in Sanskrit are the base, the heart (the major knot chakra) and the sixth, behind the third eye - The heart with the side extensions in the shoulder chakras, the base with extensions in the hip chakras and the sixth with extensions in the temple chakras. These three differ from the others in that they hold more power and are in the shape of equal armed crosses, with the heart being the most powerful of the three. This can be seen blatantly in Barbatos' Sigil at left.

This is also where the fictitious tale of the crucifixion of that foul nazarene was stolen from- this CONCEPT. The nazarene being in the middle of the two. The more we learn of the occult, it is beyond any doubt that xianity is nothing more than a hoax and completely false in every respect.

I have learned from Satan that the Enochian Watchtowers, the three knots and the esoteric teachings in the Necronomicon are all allegories. The enemy deludes humanity by leading us to believe all of this is material, characters, places, and such, when in the truth it is all spiritual. The true spiritual path leads us to the godhead where we attain our goals, desires and become masters of our own destinies.



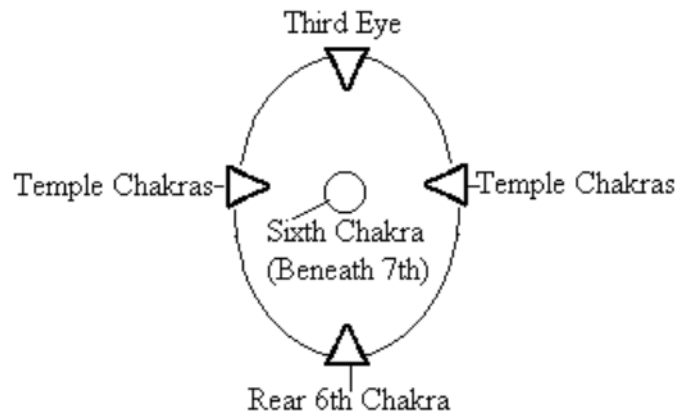
Set's Sigil also depicts the three. Note how the crosses flare out at the ends, depicting the chakras. To fully empower these three chakras one must vibrate all four of them plus the fifth in the middle, taking turns at each one and this is where the swastika came from originally as the swastika is the shape of energy.

Opening these centers will further open your mind and powers. Once all three centers are fully opened, one will reach a new spiritual level of knowledge and understanding.

Do your best to feel each of the vibrations in the chakra you are working on. Just focus intensely. This is difficult, but just do the best you can.

Each of these meditations is very powerful and only one chakra should be done at a time with a 48-hour waiting period before proceeding to the next. A sensation of pressure or aching indicates you were successful in opening these points.

Opening the Watchtowers of the Third Knot



Top of the Head View of the Chakras

The diagram above illustrates from a view looking down at upon the top of the head. Note the four quarters. Within these are the four watchtowers of the sixth chakra. The sixth chakra behind the third eye in the middle is the center, which is of the quintessence.

1. Begin with the third eye in the front. Breathe in energy into your third eye until your lungs are comfortably full and on the exhale, vibrate "THOTH"
"TH - TH - TH - TH - OH - OH - OH - OH - TH - TH - TH - TH - TH"
This is done by vibrating the TH and OH at the same time as when you first opened your third eye. When you breathe in energy, visualize each chakra the correct way it should be aligned (points facing inwards) and light it up with the energy.
2. Repeat the steps given in number 1 now with your left temple chakra
3. Repeat the steps given in number one with your rear chakra at the back of your head, directly behind the sixth chakra
4. Do the same with your right temple chakra
5. Now do the same with your sixth chakra in the center of your head directly behind the third eye.
6. Repeat steps 1 – 6, seven times.

Opening the Watchtowers of the Second Knot

1. Begin with the heart chakra extension in the front of your chest. Breathe in energy into this chakra until your lungs are comfortably full and on the exhale, vibrate "AMON"

"AH - AH - AH – AH - M - M - M - M - UH - UH - N - N -N – N"

When you breathe in energy, visualize each chakra the correct way it should be aligned (points facing inwards) and light it up with the energy. The center heart chakra has points facing both upwards and downwards in the shape of a hexagram, illustrated at right.



2. Repeat the steps given in number 1 now with your left shoulder chakra
3. Repeat the steps given in number one with your rear heart chakra at the back on your spine, directly behind the middle heart chakra
4. Do the same with your right shoulder chakra
5. Now do the same with your heart chakra in the center of your chest.

Repeat steps 1 – 5, seven times.

Opening the Watchtowers of the First Knot

1. Begin with the base chakra extension in the front. This is the right at the root of the clitoris for women and the penis for men. Breathe in energy into this chakra until your lungs are comfortably full and on the exhale, drop your chin to your chest and vibrate "ADAR"
"AH - AH - AH - AH - TH - TH - TH - TH - AH - AH - R - R - R - R"
In Kabalistic "speech," the letter D is vibrated as a TH, but the tongue is a bit further upwards where your two teeth meet with your gums. This completes a powerful circuit of energy. The R's are always rolled.
2. When you breathe in energy, visualize each chakra the correct way it should be aligned (points facing inwards), and light it up with the energy. The center heart chakra faces point downwards.
3. Repeat the steps given in number 1 now with your left hip chakra
4. Repeat the steps given in number one with your rear base chakra at the back on your spine, directly at your tailbone.
5. Do the same with your right hip chakra
6. Now do the same with your center base chakra this is located at your perineum. (The perineum is half-way between your anus and your genitals).

Repeat steps 1 – 5, seven times.

Opening the Remaining Chakras

The Throat Chakra

1. Begin with your throat chakra. Breathe in energy into your front throat chakra extension and vibrate "NINNGHIZHIDDA."
N-N-N-N-N-E-E-E-E-N-N-N-N-N-GH-GH-GH-GH-E-E-E-E-ZH-ZH-ZH-ZH-E-E-E-TH-TH-TH-THE-THE-AH-AH-AH

Remember Kabalistic "speech" is different from our everyday words. The 'l's are pronounced as EE, as in the word "see." The "GH" is guttural and made in the back of the throat, not as a hard guttural K, but as a smooth sound. "ZH" is pronounced as the French "J" as in "Jacques." Again, D is pronounced as "THE" as given above. Align your chakra as shown in the illustration below.

2. Now, focus on your middle throat chakra and do the same as in step one.
3. Then, do the same with the rear extension on your spine at the back of your neck.
4. Repeat steps 1 – 3 seven times.



The Solar Plexus Chakra

1. Breathe in energy into the front solar plexus chakra and on the exhale drop your chin to your chest and vibrate:
RA
R-R-R-AH-AH-AH-AH-AH-AH
Be sure to roll your R's. Align your chakra as shown in the illustration to the right.
2. Repeat step 1 with your middle chakra and then your rear chakra
3. Do the above seven times.



The Sacral Chakra



1. Breathe in energy into the front solar plexus chakra and on the exhale drop your chin to your chest and vibrate: "NERGAL"
N-N-N-AY-AY-R-R-R-G-G-G-AY-AY-L-L-L
Be sure to roll your R's and align your chakra as shown in the illustration to the left.
2. Repeat step 1 with your middle chakra and then your rear chakra
3. Do the above seven times.

The Necronomicon Meditations

The Necronomicon meditations must be performed according to the planets, for maximum effectiveness. Dates and times for each planet ruling the specific meditation are given in Greenwich Time [Universal Time].

Necronomicon Meditation for Opening the Third Eye

The following meditation must be performed during a powerful waxing full Moon. The moon should not be debilitated or in its sign of detriment (Capricorn) or fall (Scorpio). This meditation is most powerful when performed with a powerful full Moon, (dates below) otherwise, you will be wasting your time. The ancients knew patience in regards to power.

This meditation must be done at night and preferably directly under the light of the full Moon.

1. Sit quietly and focus on your third eye.
2. Breathe in and on the exhale, chant Nanna:
N-N-N-N-N-N-N-AH-AH-AH-N-N-N-N-N-N-N-AH-AH-AH
3. It is very important to FEEL the chant in your third eye so adjust the tone accordingly.
4. Do not try to force your breathing. Feel free to take extra breaths in-between the chanting.
5. Do this 30 times.
6. Visualize your third eye with silver light projecting. The color of the Third Eye is silver

STEPS ONE THROUGH SIX SHOULD ALL BE DONE AT THE SAME TIME AND AS ONE STEP.

The dates are given below, but can vary because of local times. It is important to check your local times for the full moon.

2012

January:

Waxing full Moon at home in Cancer [very powerful] from January 9th through January 10th at 04:36

October:

Waxing full Moon exalted in Taurus from October 29th through October 31st at 18:41

Necronomicon Throat Chakra Mediation

DO NOT ATTEMPT THIS MEDITATION UNLESS YOU HAVE ALREADY PERFORMED IT ON YOUR THIRD EYE. It must be done on any of the dates given below. Mercury must be powerful or you will be wasting your time.

All at once:

1. Fold your hands, but extend your little fingers at the ends and connect them, all the way down, the little fingers and the Mercury mounts of your palms should be solidly connected.
2. Focus on your throat chakra and visualize it as a spinning blue vortex.
3. Breathe in energy directly from the full Moon into your throat chakra
4. Chant/vibrate "NEBO" on the exhale. You need to adjust your pitch to *feel* it in your throat chakra. Chant this with one long exhale.

N-N-N-AY-AY-AY-B-B-B-B-OH-OH-OH-OH

Chant this 12 times, while focusing on your throat chakra and holding the mudra with your hands. This mediation should be performed under the waxing full Moon, when Mercury is most powerful.

VARIATION:

I had much success with chanting "NINNGHIZHIDDA." Thoth (Ninnghizhida) rules the throat chakra of communication. In the book, it gives for the chant. My advice is to choose whichever chant you feel attracted to.

2012

January:

Mercury will be exalted in Aquarius from January 27th, at 18:13 through February 14th , at 01:39

May:

Mercury will be at home in Gemini from May 24th, at 11:13 through Jun 7th, at 11:17

September

Mercury is again direct in its home sign of Virgo from September 1st, at 02:33 through September 16th, at 23:23

Necronomicon Heart Chakra Meditation

DO NOT ATTEMPT THIS MEDITATION UNLESS YOU ARE ALREADY IN THE PROGRAM AND HAVE USED IT FOR YOUR OTHER CHAKRAS (THIRD EYE, THROAT).

There are two steps to this meditation, given this chakra is a stepping off point and connector for the higher and lower chakras and its symbol is the symbol of water merging with fire- originally the Gebo rune. Astaroth/Inanna rules this chakra.

1. Go outside under the full Moon when it is at its brightest (preferably).
2. On the inhale, breathe in and visualize shining liquid silver energy from the Moon going into and brightening your heart chakra. This energy looks like liquid Mercury and is in a stream from the Moon.
3. On the exhale, drop your head so you can feel the vibration in your heart chakra, but not tight, just resting and vibrate/chant Inanna:
“E-E-E-E-E-E-N-N-N-N-A-A-A-A-A-H-H-H-H-H-N-N-N-N-N-A-A-A-A-H-H-H-H-H.”
4. Do this exactly 15 times.

The very next day, go out under the Sun and do the same as the above, this time using liquid gold energy:

1. Go outside under the Sun when it is at its brightest (preferably).
2. On the inhale, breathe in and visualize shining liquid gold energy from the Sun going into and brightening your heart chakra like white- gold.
3. On the exhale, drop your head so you can feel the vibration in your heart chakra, but not tight, just resting and vibrate/chant Inanna:
“E-E-E-E-E-E-N-N-N-N-A-A-A-A-A-H-H-H-H-H-N-N-N-N-N-A-A-A-A-H-H-H-H-H.”
4. Do this exactly 15 times.

2012

January:

Venus is exalted in Pisces from January 14th, at 05:48 through February 8th, at 06:02

March:

Venus is at home in Taurus from March 5th, at 10:26 through April 3rd, at 15:19

October:

Venus is at home in Libra from October 28th, at 13:05 through November 22nd, at 01:21

Necronomicon Solar Chakra Meditation

DO NOT ATTEMPT THIS MEDITATION UNLESS YOU ARE ALREADY IN THE PROGRAM AND HAVE USED IT FOR YOUR OTHER CHAKRAS (THIRD EYE, THROAT AND HEART).

This meditation should be done during the day and preferably directly under the Sun between the hours of 10 am and 2 pm (14:00) when the Sun is at its most powerful.

1. Fold your hands. Now, straighten only your ring fingers so they are touching. The rest of your fingers remain folded.
2. Focus on your solar plexus chakra and visualize it spinning. Make sure it is aligned properly, point up.
3. Breathe in energy from the sun into your solar chakra
4. On the exhale, drop your head so you can feel the vibration in your solar chakra and vibrate "Shamash."
S-S-H-H-H-H-AH-AH-AH-AH-M-M-M-M-AH-AH-AH-AH-S-S-H-H-H-H
5. Do the above inhale and exhale with vibration 20 times.

2012

March:

The Sun is exalted in Aries from March 20th at 05:16 through April 19th at 16:13

July:

The Sun is at home in Leo from July 22nd at 10:02 through August 22nd at 17:08

2013

March:

The Sun is exalted in Aries from March 20th at 11:03 through April 19th at 22:04

July:

The Sun is at home in Leo from July 22nd at 15:57 through August 22nd at 23:03

Necronomicon Sacral Chakra Meditation

DO NOT ATTEMPT THIS MEDITATION UNLESS YOU ARE ALREADY IN THE PROGRAM AND HAVE USED IT FOR YOUR OTHER CHAKRAS (THIRD EYE, THROAT, HEART, AND SOLAR CHAKRAS).

This meditation should be done at night and only on the dates given. Check your local times for exact planetary alignments.

1. Focus on your sacral chakra. Breathe energy into this chakra and on the exhale, drop your head so you can feel the vibration in your solar chakra and vibrate "NERGAL."
N-N-N-AY-AY-R-R-R-G-G-G-AY-AY-L-L-L
Be sure to roll your R's
2. Do the above eight times.

2012

August:

Mars is in its co-ruling home in Scorpio from August 23rd, at 15:24 through October 7th, at 03:21

November:

Mars is exalted in Capricorn from November 17th, at 02:36 through December 26th, at 00:48

2013

March:

Mars is in its home sign of Aries from March 12th at 06:27 through April 20th at 11:49

Necronomicon Crown Chakra Meditation

DO NOT ATTEMPT THIS MEDITATION UNLESS YOU ARE ALREADY IN THE PROGRAM AND HAVE USED IT FOR YOUR OTHER CHAKRAS (THIRD EYE, THROAT, HEART, SOLAR AND SACRAL CHAKRAS).

1. Focus on your crown chakra. Breathe energy into this chakra and on the exhale, vibrate "MARDUK"
M-M-M-AH-AH-R-R-R-TH-TH-TH-OO-OO-OO-K-K-K
Be sure to roll your R's. The K is guttural and made as a soft hacking sound in the back of the throat.
2. Do the above ten times

2013 – 2014

June:

June 26th at 01:41 through July 16th 2014, Jupiter is exalted in Cancer

Necronomicon Base Chakra Meditation

DO NOT ATTEMPT THIS MEDITATION UNLESS YOU ARE ALREADY IN THE PROGRAM AND HAVE USED IT FOR YOUR OTHER CHAKRAS (THIRD EYE, THROAT, HEART, SOLAR, SACRAL AND CROWN CHAKRAS).

1. Focus on your base chakra. Breathe energy into this chakra and on the exhale drop your chin to your chest and vibrate "NINIB"
N-N-N-N-E-E-E-E-N-N-N-E-E-E-B-B-B-
2. Do the above four times

2010 – 2012

July 22nd 2010 – October 3rd 2012, Saturn is exalted in Libra.

Opening the Ninth and Tenth Gates- the Shoulder Chakras

There are no planetary alignments given for these. I performed this meditation successfully. It was powerful and strongly stimulated my base chakra. The color of these chakras according to the Necronomicon Grimoire is the "darkest purple."

1. Focus on your left shoulder chakra, drop your chin to your chest and vibrate: "YUGGOTH."
Y-Y-Y-OO-OO-OO-G-G-G-G-OH-OH-OH-TH-TH-TH
2. Do the above nine times.

For the Ninth Chakra:

1. Focus on your right shoulder chakra, drop your chin to your chest, and vibrate: KRYTHNON.
K-K-K-K-R-R-R-Y-Y-Y-Y-TH-TH-TH-TH-N-N-N-OH-OH-OH-N-N-N
2. Do the above nine times.