

**POWER  
MEDITATION**



**BERSERKER**

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**BOOKS**

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## Preface

The foundation of Spiritual Satanism is Power meditation. Satanism is based upon the true transformation of the soul through power meditation. Through power meditation, we work to complete our Creator Satan's unfinished work on humanity, that of reaching the godhead. The greatest working of meditation is the complete transformation of the human soul; the Magnum Opus, that is the underlying message of nearly all legends of the Gods, and the occult. The Magnum Opus is reaching physical and spiritual perfection and becoming immortal as are the Gods. Satan was prevented from finishing his work on humanity. Spiritual Satanism is all about completing this work.

Christianity was invented to remove spiritual and occult knowledge from the populace and place this power in the hands of a "chosen" few to the detriment of all humanity. The powers of the mind and soul are very real. People who are unaware of or who do not believe in these powers are easy to control and manipulate by those who are skilled in using these energies.

The serpent, a symbol of Satan represents the fiery kundalini force coiled at the base of the spine, which upon ascending, transforms the human mind and soul to a much higher level of understanding and ability. This is the true meaning of "Raising the Devil." The Serpent symbol of Satan also represents the DNA helix of life.

The Original Gods [Demons] were unjustly labeled as monsters and branded as "evil" to keep humanity from spiritual knowledge. Because of this, the human race has drastically degenerated both spiritually and intellectually.

Magick, sorcery, spells, witchcraft, etc., are all powers of the mind. The success of any working depends upon the strength and power of the operator's mind, aura, mental concentration, and his/her ability to sense and direct energy. Understanding energy, discerning between different energies, invoking, evoking, and directing energy is the foundation of all "magick." This comes through power meditation. How diligently and consistently one applies one's self to a program of power meditation will determine how powerful one's workings are.

Satanic Power Meditation, Volume I instructs in the foundations for beginning meditation, reveals the structure, functions and powers of the human soul and the effects of power meditation on the human soul and mind.



# Satanic Power Meditation Volume One

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Part I  
The Human Soul





## Satanism and Kundalini

Bioelectricity, what it is and what it does:

Bioelectricity is also known as the life force, the chi, the body electric, prana, the aura, the spirit, witch power, etc. There are many different names for this energy.

Our bodies run on bioelectricity. Thoughts are electrical impulses in the brain. The brain runs on bioelectricity. When this electricity becomes imbalanced, one has seizures.

The amount of bioelectricity an individual has, determines the degree of their physical, psychological and spiritual health. People, who are ill or depressed, have lesser amounts of bioelectricity. Depression all by itself, is a symptom of too little bioelectricity.

Bioelectricity increases our energy, our immunity to disease, our charisma, instills a positive outlook, and strengthens our thought power. With increased bioelectricity, our thoughts (electrical impulses) become stronger and are more able to manifest themselves in reality.

Some examples of bioelectricity include:

- Buddhist monks, who sat motionless in the street, (protesters), were soaked with gasoline and lit on fire. They continued to sit still and burn to death.
- Martial artists: busting through concrete with their fists, knife hand "karate chop," enduring major, crushing, and lethal blows, unharmed.
- Dim Mak: the deadly martial art of inflicting light specific blows to chi (a variation of bioelectricity) meridians (acupressure points of bioelectric energy flow) during specific times that can cause delayed death, sometimes up to five months later.
- When the mind, through fear, panics, or when one is in a life and death situation, this sometimes enables an individual to lift extremely heavy objects, for example, back end of a car, that under normal conditions, would be impossible.
- Telekinesis- The ability to move objects with the mind
- Pyrokinesis- The ability to set things on fire with the mind
- Electrokinesis- The ability to control objects, such as computers that run on electricity

- Levitation- Some martial arts and yoga masters have the ability to levitate their bodies into the air.

The strength of one's bioelectricity is the foundation of all magickal success. Old spells with strange ingredients have little or nothing to do with the success of a magickal working, the success depends upon the strength of the mind and the aura (the bioelectrical field) that with proper focus and direction, will affect one's environment and others.

Those known as the Gods (very powerful and advanced extra-terrestrials who have genetically modified their DNA so they do not age), have much of this very energy. Lucifer is known as "the shining one." Many of these Gods "known as Demons" are radiant with this very energy. The hieroglyphs on the walls in the Egyptian temples, tombs and inside the Egyptian Pyramids explain how important this energy is in becoming a God.

Reaching true Godhead is difficult and requires consistent hard work and dedication. Mastery of the mind is essential. The spirit, as long as you are alive, is a part of the physical self. Yes, many of us can astral project (leave our bodies at will), BUT, the physical self acts to empower the soul as long as we are alive. My experience with the dead is they do not evolve in power any more, beyond what they had when they were alive. A spirit remains a spirit until they reincarnate physically. Only through the strength of the soul (powerful bioelectricity), will one ascend into godhood.

### **Kundalini and the chakras:**

Kundalini is the highest form of yoga. It is a god thing. All of the tenets of Yoga, Buddhism, Hinduism, etc., and the western religions, preach helplessness, instruct one on how to be a total victim, and try to make sure the results obtained from these disciplines are kept under strict control, if obtained at all. Sacred writings ("Hiero" means "Holy" and "glyph" means "symbol") left for us in Egypt (one of the original centers of True Satanism) are instructions for becoming a god.

The objective of mainstream religions, both east and west, is to keep humanity enslaved and powerless. These religions use fear is used as a tool. "Karma" this, and "Karma" that. Satanism does not preach helplessness. Satan is brilliant, fearless, incredibly strong, and defiant. He rebels against limitations placed upon freedom.

### **The Chakras**

There are seven major chakras located along the spine that are the most powerful. Six smaller, but equally powerful chakras are located on each side of the hips, shoulders, and the temples behind the eyes on the sides of the head.

The most powerful of these are the shoulder chakras. Chakras function to empower the soul with energy. These thirteen chakras are essential to life. No one can live without them.

The seven chakras along the spine are the "seven seals," written about in the Christian bible book of "Revelation." These are "The seven lamps of fire that burn before the throne of God." In many grimoires and ancient texts, the code word for "chakra/s" is "God/s." For example, references to certain "words of power" that "command the gods." "God" is also a code word for one's self.

The authors of Judeo/Christian Bible perverted and corrupted all spiritual knowledge in attempts to systematically remove all of this from the populace. This knowledge has been kept in and exploited by a "chosen" few to the detriment of humanity.

The "Tree of Life" predates Judeo/Christianity by thousands of years. The "Tree of Life" is actually a map of the human soul. The trunk symbolizes the spine and the branches represent the 144,000 nadis that circulate the chi/witchpower. The serpent seen in the caduceus used both by the American Medical Association and in Veterinary medicine represents the kundalini force. Unfortunately, this most sacred symbol which represents healing at all levels has been heinously blasphemed and corrupted by Judeo/Christianity.



They are also referred to as "seals" because the enemy aliens sealed them in humanity to prevent our acquisition of godly power and knowledge. We have been cut off from spirituality and the astral world. Thousands of years ago, we were as the Gods, until the earth was attacked and there was

"war in heaven." Our being sealed has caused the human race to degenerate. Imbalances in this energy and blockages, along with holes in the aura cause drug and alcohol addiction, depression, a lack of concern for the feelings of others and other forms of life, abusive behavior and many other things that plague humanity.

## **Kundalini**

The SERPENT OF FIRE is the symbol of kundalini. It lies dormant, coiled at the base of the spine, beneath the Muladhara chakra. The objective is to ascend the serpent (powerhouse of energy) from the base of the spine, through all the seven chakras and out through the crown chakra at the top of the head. In order to do this safely, all seven chakras must be completely open and unobstructed.

In order to handle a large amount of bioelectricity safely, one's body must be strong and all of the seven chakras must be fully open.

Kundalini is the life force and is very sexual in nature. This is the reason the Christian church and other RHP religions ban masturbation and all forms of sex. Sex is the creative power; it is one's use of the life force to create another human being. When one is trained and adept, the use of this force can be applied to many other objectives.

Hatha (physical) yoga can be a big help in stimulating and opening the chakras and very recommended. By increasing our level of physical flexibility, the life force flows easier. One only needs to look at the stiffness of old age and the ill health that accompanies it, old age precedes death.

There are many different methods of awakening this power. Some of these include:

- Chanting- Vibration is very powerful. The power of sound can break glass, weaken steel, and cement structures. Vibrations cause the chakras to open and stimulate the kundalini at the base of the spine.
- Controlled Breathing (pranyama) - Different methods of controlled breathing are specific to each chakra. We are all aware how important the breath is to the life force. The Egyptian God Thoth has said many times "Life is in the Breath."
- Visualization and concentration- Through visualizing and focusing our minds on each chakra, we can open, close, and control them.
- Revamping the bioelectricity ideally, should be done slowly and gradually. One's physical and spiritual self is accustomed to operating on a certain voltage of bioelectricity.

#### **Increased Bioelectricity:**

- Can induce intense bliss.
- Strengthens and intensifies the aura.
- Gives a feeling of lightness, floating, glowing and assists in astral projection (where one wills one's soul to leave one's body and return safely).
- Opens one's mind for spirit contact and telepathic communication. Will enable one to resist disease and also provide the power to heal one's self.
- Protects the immune system.
- Provides the power to work magick- true magick without props- empty handed. This is the art of the true adept. Ceremony is unnecessary.

LIMITATIONS ARE NOT A PART OF SATANISM.

## The Fourth Dimension

The Fourth dimension is what we experience when we astral project, enter a portal to another time, or experience in an altered state. It is also a level of being in that with a powerful mind and soul, what we think or desire for better or worse often comes to pass, so it is important to maintain a positive frame of mind and control our thoughts.

When someone breaks a limb, the limb is placed in a cast. When the cast is removed, the limb is withered, shriveled, and needs rehabilitation in order to retain its former range of movement and strength.

Meditation opens a part of our mind that is defunct. Centuries of xian religious control have made most of us unaware of the fourth dimension, both psychically and scientifically. As humans, we can only see a small portion of the electromagnetic spectrum. Insects can see ultraviolet light. Certain animals can sense many things that a human cannot. Just because someone cannot see or hear something, that does not mean it doesn't exist, as with ultraviolet light, X-rays, gamma rays and other forms of energy.

When we open our minds, it takes time for us to adjust. I have had a lifetime of being psychic. Even though I was an atheist, I always had another sense, though I tuned out the spirit world. In coming to Satan, the so-called supernatural increased 100 fold in my life. What is a typical day to many of us would completely freak out the average person. The supernatural becomes a part of our everyday life.

Hearing voices and seeing things are the most common manifestation of opening up our minds. This will pass eventually and come under control. This is like physical exercise. At first, you are sore, and then, things come together.

With performing power meditations for given any length of time (they should be done every day), you will experience some serious power. You will no longer need props, spells, or rituals to get what you want. I was reading where this CoS member wrote where LaVey advised people to use props in order to "amplify" emotions and energy. For those of us who do these meditations, this is unnecessary. Your intentions will not need to be amplified. If anything, you will find your emotions and personal power will need to be controlled and toned down. You will see what I mean if you are doing the meditations consistently.



## Physics of the Soul

There is a sub-atomic particle, discovered in 1956, called the neutrino. This particle, because of its extremely tiny size, and elusive behavior is difficult for scientists to study. The missing 9/10ths of the universe is thought to be comprised of neutrinos and neutrino-like particles. Although neutrinos have mass, they pass right through physical matter. It has been estimated that a neutrino from the sun would stand a good chance of penetrating a thickness of lead stretching from Earth to the nearest star without colliding with anything.

Recent developments in physics, astronomy, and neurology provide an unexpected breakthrough into the understanding of psychic and paranormal phenomena. The atoms of our physical bodies contain the much finer and faster vibrating neutrinos and neutrino-like particles. These finer and faster vibrating particles compose the substance of the soul, that is joined to our physical body by a magnetic cord that breaks at the moment of death. The soul breaks loose from the body when the body is no longer able to function as a home for it.

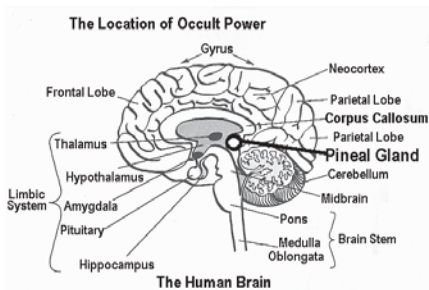
When one applies one's self to consistent power meditation, one's chakras vibrate at faster speeds. This takes training, preparation, and readiness, but through the higher speeds, approaching the speed of light, one is able to access other dimensions at will.

Humanity currently resides in a lower dimension. This has much to do with our earth and its position in space. In higher dimensions, colors, shapes, sounds, and thoughts are more vivid. One can see through walls and have the sensation of omnipresence. Telepathy is extremely enhanced and other senses become much stronger and more open beyond anything most people have experienced.





## Occult Power in the Brain



The pineal gland is the part of the brain that empowers what is known as the "sixth sense" and other paranormal abilities. It is also the center of bliss sensations and is known as "the seat of the soul." The pineal gland is defunct in the average person. A defunct pineal gland is analogous to a severed spinal cord where the brain cannot send messages to move the body

parts beneath the area that has been severed. The only difference is it affects the soul. In order to activate the pineal gland, power meditations must be must done regularly. It takes time to empower this gland and to activate it and use it. The pineal gland works in conjunction with the pituitary gland. Both of these glands are stimulated through the opening of the crown meditation.

The Pineal and Pituitary adapt and lower the frequency of bioelectrical currents. They are psychic energy transformers. Psychic energy enters through the higher chakras, and descends down through the crown chakra where it enters the pineal gland in the brain. As it enters the brain, the rate of vibration is slowed down. An active pineal gland acts as a transformer that further slows down the energy to a lower frequency. The energy then enters and moves from the hypothalamus region of the brain into the pituitary gland. The pituitary further transforms the energy to an even lower frequency so that it can be assimilated and read by the brain.

The Corpus Collosum works to exchange information between both hemispheres of the brain. Most humans do not use the right side of the brain, as we live in a left-brained world. Void meditation silences the left side of thinking and logic, and opens us to the right side, which is the intuitive/psychic side.

Light is essential to the soul. So much negativity has been associated with light because of Christian corruption of ancient teachings, and the new age movement. Light is connected with lightning which is symbolic of the creation and is an age-old symbol of Satan- the lightning bolt. We can travel on light and use light for our own purposes. When the pineal gland is activated and expands, the sensation is extremely blissful. An activated pineal gland will drastically increase your powers and psychic awareness. I accomplished this through rotation of condensed chi/witchpower. This is an advanced meditation and in Volume III of this series. This is a major step in the transformation of the soul and will permanently change the aura.



## Aspects of the Soul

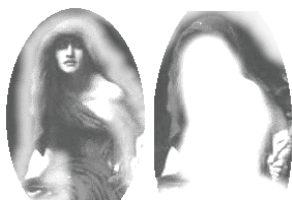
Several different aspects make up the human soul. These are the aura, the light body, the chakras, the ethereal double, (the ghost that takes on the image of the physical body), and the intelligence/consciousness. The human soul is also made up of the elements fire, earth, air, water, and quintessence.

In doing research, I have found major discrepancies among authors as to the specific aspects of the KA, the BA, the AKH and the SAHU- the parts of soul as defined by the Ancient Egyptians. From what I can gather, the real meaning of the Egyptian concept of the "REN" is the individual vibration of the soul. This has to do with the Egyptian Kabalah (KA BA AKH). The original Kabalah was Egyptian and the purpose was meditation upon the different aspects of the soul, both separately and together in combinations. This form of meditation is advanced.

The human soul can at will be divided during meditation. This is what occurs with deliberate astral projection or involuntary "out of the body" experiences. Just as the soul can be divided, it can be reunited at will. The soul can be merged with the soul of another person.

The aura can be expended and contracted at will. It can be programmed to attract or repel anything at will. The aura can be programmed by will to act upon the aura of another for better or worse. Our auras act as a filter/barrier to protect us spiritually.

Each aspect of the soul can be meditated upon separately and empowered. Each aspect can invoke and hold each of the elements. This is very advanced and can be dangerous if one does not know what one is doing.

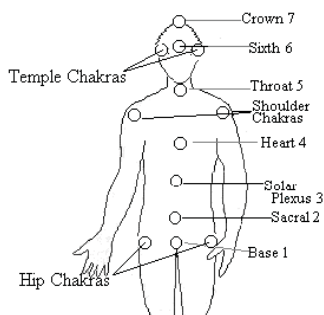


The images at left illustrate two main parts of the soul, the aura on the left and the light body on the right. The aura radiates to the outside of and is an illuminated outline of the body, the light body glows from within. The power, size, and intensity of both depend on the strength of the soul and the life force (chi/witchpower). Bear in mind, the light body is shapeless. Though both illustrations are white light, these bodies can be of any color and can change color as to moods, health, emotions, and so forth. They can also be of more than one color.

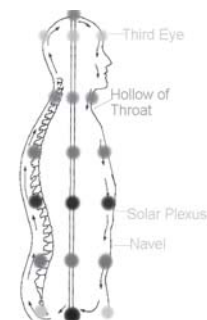
The above, I write from my own direct experiences and not theory.



## The Chakras



The 13 Main Chakras of the Soul



There are 13 main chakras, with the seven located extending along the spine as the most powerful; the shoulder chakras being close to the spinal chakras in power and the hip and temple chakras supporting these.

The temple, hip and shoulder chakras make up the "Pillars" of the "Temple of Solomon." 666 is the Kabalistic square of the Sun. The true meaning of the "Temple of Solomon" is the TEMPLE OF THE SUN. "Sol" "Om" and "On" are all words for the Sun. "Sol" is the Latin word for the Sun and is close to the English word "soul." "Om" is a name given by the Hindus to the Spiritual Sun and "On" is an Egyptian word for Sun. The symbolism of the Temple of Solomon is correctly the transformed human soul, but was stolen and corrupted by the Jews and made into another false Jewish character, as with the fictitious nazarene, and nearly everything in the Judeo/Christian Bible. The Sun represents the enlightened, transformed, and empowered soul.

A diagram of the human soul can be seen in Astaroth's Sigil at right. The two bars on each side are the pillars of positive and negative energy on each side of the human soul- the black and white of yin and yang and the checkerboard; the glyph for Venus symbolizes the heart chakra. The five points of Astaroth's Sigil represent the five elements, fire, earth, air, water, and quintessence invoked into the three all-important knots of the soul. This has to do with the Tarot, Note As**TAROT**h which was taken from its Ancient Egyptian origins and hideously corrupted into the Jewish "Torah" or "Pentateuch" and "Five Books of Moses" nonsense.



The human soul is in the shape of an equal armed cross. This is represented by "The Four Quarters" The "Four Directions" and the Four Crowned Princes of Hell in rituals.

- The front of the body/soul is the North, ruled by the element of earth.
- The rear/backside of the body is the South, ruled by the element of Fire
- The left side of the body is the Negative Pole. Through the left hand, we take in energy. The left side is ruled over by the element of water and is the direction west.
- The right side is the Positive Pole and is ruled over by the element of air. We direct energy through our right hand.
- The element of Quintessence/either is in the center
- Fire and Air are electric
- Water and Earth are magnetic

Each of the seven main chakras has a specific function and power. All of the chakras, both major and minor directly affect the organs of the body that they are in proximity with. This is a reciprocal relationship in regards to health, as an unhealthy organ will affect the power of the chakra and visa versa. Kundalini lies coiled at the base of the spine beneath the base chakra located at the tailbone. Kundalini lies dormant until it is stimulated through power meditation or in rare cases, it ascends through accident, being either physical injury or other trauma.

Each chakra is in the shape of a small funnel, like a miniature tornado. The chakras are always spinning unless one wills them to stop as in some methods of astral projection.

A basic overview of the seven main chakras:

1. The base/root chakra known in Sanskrit as the "Muladhara" controls the bowels, the bladder, lower colon, legs, and adrenal glands. This chakra is red in color. Its element is earth, its metal is lead, and it is ruled by the planet Saturn. It is the first of the three knots, the others are located at the heart and at the sixth chakra behind the third eye. This chakra gives stability and grounding. It rules over survival and base instincts. The base chakra gives us the will to survive, our basic self-image, and sense of security. Anger and rage emanate from this chakra, thus the phrase "seeing red." The first three chakras are most influential in workings of black magick.
2. The sacral chakra known in Sanskrit as the "Svadhithana" is also known as the sexual chakra. This chakra is orange in color and controls sexual lust, the sexual and reproductive organs, the lower abdomen, and kidneys. Its element is water and its metal is iron. It is ruled over by the planet

Mars. It influences pleasure, indulgence, sexuality, and creativity. The sacral and solar chakras empower workings of sex magick.

3. The solar plexus chakra known in Sanskrit as the "Manipura" is the chakra of the will. This is where the fighting power emanates. It rules over the digestive system, the stomach, the pancreas, and the muscles. The solar chakra is yellow in color and ruled by the Sun. Its element is fire and its metal is gold. Here is the chakra one uses to impress one's will upon another. This chakra is the '666' chakra; the powerhouse of the soul.
4. The heart chakra known in Sanskrit as the Anahata. It is ruled over by the planet Venus, its metal is copper, and its element is air. It controls the love emotion, the thymus gland, the lungs, and the heart. It controls the circulatory system of the soul.  
Now as we know as Satanists, the New Age movement is not only off base, but lacks a lot of knowledge. We hear this incessant message of "love" ad nauseum, of how the heart chakra is the "love" chakra- compassion, self-sacrifice, giving, etc. This is a delusion.

The heart chakra neuter and is the connection point between the upper and lower chakras, like the corpus colossum connects both hemispheres of the brain. The upper chakras deal with the astral; astral sight and telepathy, connecting with others psychically and transferring one's will, sending receiving telepathic messages (3rd eye), astral hearing and communication (throat) and astral knowledge and understanding of the universe (the crown).

The lower chakras deal with earthly matters- survival (base), sexuality, creativity (2nd) and the will, rebellion (3rd).

The Gods and Pharaohs of Ancient Egypt are often seen with their arms crossed over their chests. This symbolizes protection of the heart chakra. The nazarene who is an enemy to humanity is always seen with his arms open and many paintings with the virgin bitch- same thing- exposing the heart chakra so humans can be psychically victimized.

New age teachings are corrupted and incomplete. What the enemy fears the most is humanity having the knowledge to defend ourselves as a whole and the self-esteem to REFUSE to be slaves.

5. The throat chakra known as the Visuddha in Sanskrit, rules over the neck, thyroid gland, throat, mouth, voice, ears, hearing, and trachea. This chakra is sky blue in color and rules over communication, intellect, and self-expression. Its planet is Mercury, its metal is liquid Mercury or quicksilver, and its element is air. This chakra also rules over clairaudience [psychic hearing], and is the seat of emotion.

6. The sixth chakra known as the Ajna in Sanskrit is located directly behind the third eye. The third eye is an extension of this chakra and rules the psychic sight. This chakra is the psychic seat of the soul. When activated, it will often light up brilliantly. It rules over the eyes, both physical and astral vision and the pineal gland. It is violet-blue/indigo in color, its element is the ether, its metal is silver, its and its planet is the Moon. This chakra is where the ida and pingala meet and is the psychic seat of the soul. In some workings, energy is directed from the base chakra, up the spine to the sixth chakra and projected out the third eye, as seen in many Egyptian hieroglyphs.
7. The crown chakra known as the Sahasrara in Sanskrit is at the top of the head, right on top. It is violet in color, it rules over the brain, the pituitary, the nervous system. In allegory, its symbol is the thousand-petalled lotus. This symbol goes back to Ancient Egypt. This chakra induces bliss states. Demons informed me it is ruled by the element of water. This chakra rules over all of the psychic senses. When it is opened and activated, one may hear astral voices.

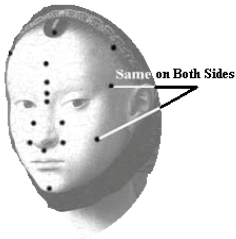




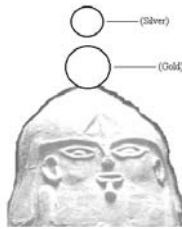
Minor Chakras of the body



Minor Heart Chakras



Minor Chakras of the Face



Minor Chakras above the head



## Opening the Chakras

These meditations have been revised. Azazel who is a Master of Spiritual Alchemy worked with me in detail on each one of them. They are extremely powerful and often, the effects can be felt hours later. It is important to follow instructions and if you are new to power meditation, to go slow. If you have already done the former Awakening meditations, it is fine to do these. Quite a few people reported little or no effects from the former meditations that were taken from books.

There are a certain number of repetitions for each exercise. If you find you are getting over stimulated, it is advised you end the exercise and back off. The exercise can be resumed at a later date while you give your nervous system time to adjust to the increased life force. It is strongly recommended to give yourself a few days or more between each exercise.

People who have problems with seizures/epilepsy, or who are on psychiatric medications should not perform any of these power meditations, with the exception of void meditation, unless given the ok by their physician. They are highly effective in opening the chakras and stimulating the kundalini. These new meditations are filled with Satanic energy. Those who have not dedicated or are outsiders should give this consideration. For dedicated Satanists, the effects should be very positive in opening and empowering the chakras and in increasing personal power.

These meditations can produce very rapid results. Standard kundalini meditations of the New Age variety can take years to have a pronounced effect. These meditations, like Satanism are the real thing. Void meditation is highly recommended in order to control the thoughts and mind that will be stimulated by the opening of the chakras.

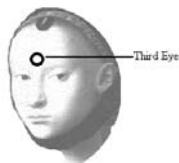
- There are a certain number of repetitions for each exercise. If you find you are getting over stimulated, it is advised you end the exercise and back off. The exercise can be resumed at a later date while you give your nervous system time to adjust to the increased life force.
- The meditations are performed with specific chants for each chakra. Each chant is based on the Yogic Humming Breath. With this breath, you inhale to fill your lungs and with the exhale, you vibrate the chant until you are out of breath, then you breathe in and fill your lungs as before:
  - This breath is normally used with the throat chakra;
  - Inhale through your nose, filling your lungs
  - Exhale on one long vibration, this will draw out the exhale
  - Breathe in again and repeat.

- Some of the chants/vibrations are based upon runes. Runes are based upon the constellations and are the most ancient of alphabets. They are the original form of writing and the cuneiform script was derived from them.\* Many of the runes can still be seen in the cuneiform characters. The runes have always been an abomination to the xian church, more so than with any other form of magick.
- For the first through fourth chakras, it is necessary to apply what is known as the "Jalandahara Bandha." This is where you nod your head and press your chin firmly, but gently against your chest. This greatly facilitates the effects of the chants in the lower chakras.
- Mudras (hand positions) are used as these connect certain circuits within the fingers and redirect the life force to the chakra being opened.

You should focus on the chakras in the middle of your body. Extensions are along the spine and in the front of the body. Opening and empowering these are more advanced and specific meditations are given in the advanced meditation volume. Too much stimulation right away is undesirable. Everyone comes to Satanism on different levels. Those of us who empowered our souls in past lives will be much more sensitive to the meditations. This is inborn, but anyone who performs the following exercises will eventually open their chakras.

\* From Azazel

## Opening the Third Eye



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

1. Sit with your back straight.

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

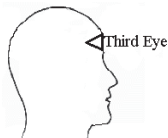


3. Breathe in through your nose and on the exhale vibrate "Thoth." Thoth is the Moon God and the ruler of the 6th chakra and third eye is the moon. Release your breath slowly through your mouth and vibrate: TH-TH-TH-TH-OH-OH-OH-TH-TH-TH in one long exhale (vibrate the sound one time per exhale, as with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

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

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

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



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

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

6. It is very important the above exercise be done for

FOUR consecutive days, preferably 24 hours apart. Then it is a done deal and you will have performed the initial step of opening and activating your third eye.

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

#### WHAT YOU CAN EXPECT:

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

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

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

## The Third Eye

The 3rd Eye is directly related to the 6th chakra and the pineal gland. It is located on the middle of the forehead above the brows and along with the 6th chakra that sets in back of the third eye and the pineal gland, it is the psychic sight of the soul.

In the average person, the pineal gland is atrophied and dormant. Because of centuries of humanity being cut off from practicing power meditation where energy is circulated like blood where it is needed, many areas of the human soul have ceased to function - another sad result of xianity.

The third eye contains the last of the three knots. Once this knot is open and energy flows through, the crown chakra is easy to open. The third eye contains the astral sight. Through the third eye, astral images are transferred to the brain. The third eye is also important in telepathy and influencing others. I have found in willing others, thought energy should strongly be directed to the other person's third eye, even though this cannot be seen. The third eye is receptive to energy directed at it.

The third eye, along with the sixth chakra, controls the eyesight, the sinuses, and the skin. It is with the third eye that we can see auras, do scrying, and see energy. The pineal gland and the sixth chakra are behind the third eye.

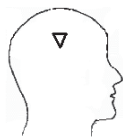
The third eye is the front of the 6th chakra. The 6th chakra is where the ida and pingala serpents meet. When the kundalini pierces this chakra, it opens the last of the three knots. A flash of light is often experienced when this occurs. Opening the 3rd eye is a major step in consciousness. Opening the Crown Chakra

## Opening the Sixth Chakra

The third eye is an EXTENSION of the 6th chakra, which is located directly beneath the crown chakra, right in the middle of the brain. OPENING the 6th chakra [this is done the exact same way as with the third eye and should only be done after opening all of the other chakras], will help to activate the pineal gland and much more. See page 27. The third eye mudra is unnecessary.

Because of the power of opening this chakra, I do not recommend to open it until you have opened all of your other chakras. Your third eye should also be all the way open, as it acts as a vent for the powerful energies of the sixth chakra.

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



**Sixth Chakra**

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

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

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

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

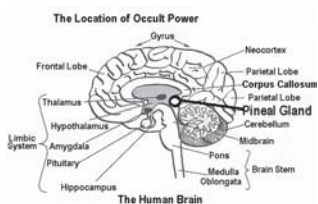
2. Do the above 4 times in a row and then relax.

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

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



## Opening the Crown Chakra



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

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

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

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

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

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



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

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

It is ok to adjust your pitch. You should focus on and feel the vibration in your third eye, then focus on your pineal gland. You should be 1/3rd the way through of your drawn out vibrating exhale and feel the vibration in your pineal gland.

Then, focus on your crown and feel the vibration in your crown chakra. Continue to extend your exhale as long as you are able to.

Breathe in again, repeating this four times.

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

Now, VERY IMPORTANT-

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

Summary:

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

Repeat 3 more times for a total of 4 times.

**Crown Chakra**



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

## Opening the Throat Chakra



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

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

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



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



## Opening the Heart Chakra

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



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

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

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



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

5. Focus your attention on your heart chakra.

Exhale and chant "Amon"

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

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

7. Repeat eight times.



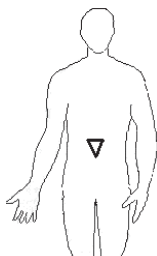
7. Visualize the image at right where your heart chakra is and yourself engulfed in a vibrant green aura and focus your attention on feeling your heart chakra for several minutes.



## Opening the Solar Plexus Chakra



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



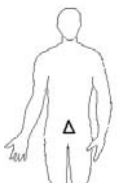




## Opening the Sacral Chakra



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



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

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

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





## Opening the Base Chakra

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



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

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



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

While exhaling with the hissing sound, try to imagine/feel your base chakra as very hot and visualize it about the size of a pea, opening and expanding into a vortex. Spin this vortex. Continue visualizing your chakra lighting up into red/gold and expanding with a bright white/gold fire, about the size of a silver dollar coin in diameter and imagine the feeling of it growing hotter as it gets brighter.

The hissing breath should be done seven times.

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



## Opening the 8<sup>th</sup> and 9<sup>th</sup> Chakras

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



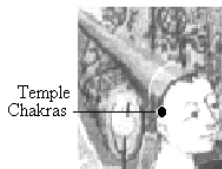
To open your shoulder chakras, all you need to do is to visualize them as in the illustration at left. Focus and meditate on them for a few minutes. A feeling of aching, or pressure is a positive sign you were successful in opening them. This feeling can extend to your arms and can feel sort of like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

1. Begin with the base chakra and turn the cone so the point is upwards.
2. Do the same with the sacral chakra
3. Focus on the solar chakra and turn it so the point is facing downwards.
4. Focus your attention on your crown chakra and turn the point down.
5. Do the same with your sixth and throat chakras.
6. Now, focus on your heart chakra and visualize two points coming together and intersecting as shown in the illustration on page 35.
7. Finish by again focusing on your shoulder chakras and visualize them pointing inward.



## Opening and Aligning the 10<sup>th</sup> and 11<sup>th</sup> Temple Chakras

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

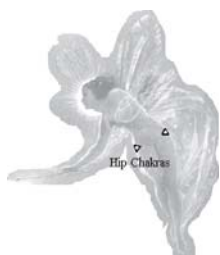


To open these chakras, just turn your attention to each one and visualize it point facing in. Then do the same on the other side. A weird feeling of aching, heaviness, pressure, or aching is a positive sign you have correctly located and opened them.



The temple chakras are extensions of the sixth chakra.

## Opening and Aligning the 12<sup>th</sup> and 13<sup>th</sup> Hip Chakras



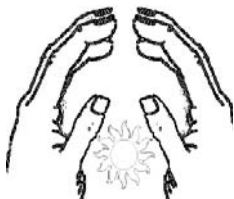
To open these chakras, just turn your attention to each one and visualize it point facing in. Then do the same on the other side. A weird feeling of aching, heaviness, pressure, or aching is a positive sign you have correctly located and opened them.

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





## Opening the Hand Chakras



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

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

1. Sit comfortably and relax. Try to go into a trance as the deeper the trance and level of concentration, the better the results, especially when beginning this exercise. After an energy current within the hand chakras is open and flowing, this can be done anywhere at will.
2. Put your hands facing each other, fingertips almost touching and relaxed. (Your fingers can be slightly bent as in the illustration).
3. With the pad of your thumb, press into the palm of each of your hands, right in the hollow part.
4. Now, focus intensely upon your hands, especially your palms. Feel the area you pressed in with your thumb.
5. Keep focusing all of your concentration and begin to feel a warm glow and energy between your palms.
6. Begin to move your hands an inch or two apart slowly and back again to where your fingertips are almost touching. Try to feel the energy between the palms of your hands. The more you practice and the stronger your energy becomes, keep moving your hands in and out, further and further apart until you can feel your energy as far apart as two or more feet.
7. Now, visualize a ball of white-hot fire like the sun as in the picture above. Later on, you can use colors. Feel the heat and energy from this ball of fire between your hands. This may feel as a tingling or throbbing. For some people, it may even feel cold. The important thing is to get this energy flowing and to "feel" it.

8. Now let your arms hang down and relax. Focus on energy flowing down your arms into your hands. This may feel tingly and your lower arms and hands may feel pumped. This is a sign the energy is flowing. Now repeat steps 5 through 7 above.
9. Do the above exercise 4 times.

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

## Opening the Feet Chakras



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

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



## Correct Chakra Alignment

I want to make something very clear here. For any non-Satanists, whether you are so-called "New Age" "Mystics" or whatever, if you proceed to read on, NEVER FORGET- THIS KNOWLEDGE CAME FROM SATAN AND THE EGYPTIAN GOD, THOTH. Thoth is with the Powers of Hell.

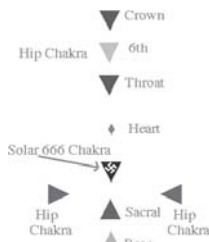


The cross has been hideously corrupted by Christianity. The equal armed cross represents the four corners/quarters and directions, such as when we summon the Four Crowned Princes of Hell during ritual. The cross is a CONCEPT and, as seen in many of the Demons' Sigils. The cross shape is the correct alignment of the chakras on the inside. The correct alignment of the chakras IS IN THE SHAPE OF AN INVERTED LATIN CROSS. THE CHRISTIAN CROSS IS A CORRUPTION AND A BLASPHEMY.

The inverted cross has long been a symbol in Satanism and for very good reason. The third chakra; also known as the 'Solar' chakra, the 'Sun' chakra; is also the all-important '666' chakra, as 666 is the kabbalistic square of the Sun; also represented by the swastika, which is an ancient symbol of the Sun. This chakra, NOT the heart chakra, is the powerhouse of the soul. New Age and related teachings focus on the heart chakra so that everyone is deprived of power and worse. The heart chakra is neuter, and mainly connects the upper and lower chakras.

Popular information readily available on the chakras is not only dangerous but extremely inaccurate. The other three are male and female pairs that should be matched as they work together.

As we know, the crown chakra is known as the 'thousand petal lotus.' The lotus is also known as a lily. Lily = 'Lilith.' In addition to each Demon as an actual living being, each Demon has his/her own spiritual message. Lilith rules the crown chakra. Satan rules the base. Both the base and crown chakras are a male and female couple and work together. That is one of their most important spiritual messages. This merging of male and female is the symbolism behind the illustration of Baphomet, who has both male and female organs, and also the ancient Egyptian Akhenaton, another hermaphrodite.



Now, with all of the repeated emphasis on the heart chakra by new age deluded fools [this is done purposely not only to keep people from true spiritual knowledge, but most importantly, from obtaining any serious spiritual power], when one advances enough in meditation and psychic abilities, one will find the yoni shaped heart chakra is the neuter. The yoni is the symbol for the vagina. The Christians have corrupted this, turning it onto its side into that foolish and most annoying fish symbol, which again, is a blasphemy to true spirituality and is like everything else in that foul program, stolen and false.

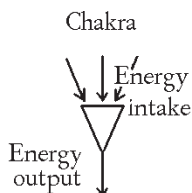
*"...seven towers - the Towers of Satan [Ziarahs] -six of them trapezoidal in form, and one, the "center" on Mount Lalesh, shaped like a sharp, fluted point."*

-- The Satanic Rituals by Anton LaVey

The above excerpt is also an allegory, as the center is the odd one out, the heart chakra. It does have power, but not the power of the strongest chakra of the soul, the '666' chakra of the Sun. The powers of the heart chakra are minimal. This is why the enemy is always touting it in the mainstream books out there readily available to the public.

The energy uptake of each chakra is at the wide end and the energy output is at the point, also known as the 'bindu.'

So it would stand to reason that the chakras such as the third eye [DO NOT confuse this with the sixth chakra, which is BEHIND the third eye] need to have their wide ends facing outwards to absorb energy. This definitely includes all of the minor chakras. You will find that after aligning your chakras correctly, you will feel more centered and healing and spellworking will come more easily.



All one needs to do is to turn the solar 666 chakra so the point [bindu] is facing DOWN. This is the swastika chakra, the Sun chakra. All Pagan religions preceding Christianity focused intensely upon the Sun. This is the powerhouse of the soul. Thor's Hammer was originally in the shape of an inverted cross. Our earliest beginnings and life come from our naval, and the Sun chakra, the giver of power and life is centered behind the naval. This is where our main store of life-force/witchpower/vril/chi is located. The Sun chakra is paired with the 6th chakra and third eye, also known as the 'command center' which is female.

Now, popular writings tout the heart chakra as the 'seat of emotions.' Again, this is another major misconception. The throat chakra is the seat of emotions. When we are sad and about to cry, the feeling is from the throat, not the heart. The same goes with happiness. Be aware of this. Both emotions come from the throat chakra.

The all popular hear shape, again, this is not of the heart. Its being touted as a symbol for the heart is again, corruption. This is to mislead you. The serpents cross, these are symbolic of the ida and pingala nadis of the soul. They cross on the throat chakra and swoop in the shape of a perfect heart to meet at the tip of the nose, forming a heart shape across the face. The popular arrow through the heart symbol is for 'fixing the energy' representing the risen Serpent of Satan. The number 666, the inverted cross and all symbols of Satan are extremely sacred and carry a hidden message.

Research and revelation from Thoth has revealed the true 8th and 9th chakras are the shoulder chakras. Opening these will align the soul and drastically open energy pathways to the palm chakras, greatly empowering them. To open your shoulder chakras, all you need to do is to visualize them as in the illustration on the right. Focus and meditate on them for a few minutes. A feeling of aching, or pressure is a positive sign you were successful in opening them. This feeling can extend to your arms and can feel sort of like they are falling asleep. When the shoulder chakras are fully empowered, the wings of the soul manifest, indicating spiritual freedom.



Always remember, when your chakras have been successfully opened and are active, you will feel them. This sensation is usually a feeling of pressure, a slight aching or tingling. Correctly aligning the chakras will drastically increase your power.

1. Begin with the base chakra and turn the cone so the point is upwards.
2. Do the same with the sacral chakra [2nd].
3. Now focus on your solar '666' chakra and turn it so it is pointing downwards.
4. Do the same with your sixth and throat chakras- turn them so they are both pointing downwards.
5. Now, focus on your heart chakra and visualize two points coming together and intersecting as shown immediately below here.

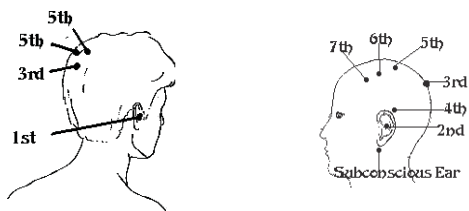


6. Focus your attention on your crown chakra and turn the point down.
7. Finish by again focusing on your shoulder chakras and visualize them pointing inward.





## Opening the Clairaudience Chakras



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

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

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

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

Align them all points facing inwards.



## Opening the Astral Eyes Chakras



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

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

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

After meditating on your 3rd eye, visualize your 3rd eye brightening and shining outward like the sun and direct this energy to each of your psychic eyes, beginning with your 1st and 2nd psychic eyes and back to your third eye and up through your 4th, 5th and 6th eye points. You can then circulate the energy up and down as a stream of brilliant light. It is important that your chakras are aligned properly. The points should turn inward, as illustrated in the picture at right.

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



Remember to align them all points facing inwards as illustrated above right.



## Part II

### Foundation Meditations



## Satanism and Power Meditation

Power meditation is a psychic cleaning house so to speak. When one begins a power meditation program, one can usually expect repressed emotions to manifest- anger, hatred, rage, grief, you name it. You may find yourself having upsetting thoughts and feelings and not knowing why these are occurring. These emotions can last up to a year or more given the intensity of which they were suppressed in your younger years. Many of us can't even remember, but our minds do. In time, suppressed emotions will be cleaned out and the soul will be able to advance and be free. One will find inner balance and peace.

Learning is another thing. Satanism is intense and for many, embracing Satanism is a first time of coming into one's own. When one acknowledges the years spent as a spiritual slave, without personal rights and is aware of years of unnecessary abuses, one may experience intense anger and other emotions. This is very normal and therapeutic. Just let it out in a constructive way. This is a time of inner change and cleansing; healing. In time, there will be inner peace and balance. How long this process takes or whether one goes through it is individual. I am posting this so everyone, especially those who are new will know this is normal.

In time, we all come into our own and are free from the indoctrination and intense programming that most others are slaves to. There is nothing more beautiful than a free mind, for this is when we can truly advance and to know ourselves for whom we are- not for whom we are expected or told to be.





## Basic Meditation Program

When one is new to power meditation, it is important to start out with a program. There are many different meditations on this site for different effects. A basic meditation program should consist of **Void Meditation** as this helps us in controlling unwanted thoughts and with directing our minds.

### **Breathing exercises are essential to any meditation program.**

The **Foundation Meditation** is a very important meditation as it helps us to learn to feel and absorb energy, which is very important in working magick. If you are new, it is best to start out with basic white light. White light is easy to use because it contains all of the colors of the spectrum. With experience, you can advance to working with colors for specific things. Color energy is very powerful.

**Chakra work** should be included in each meditation session as this is necessary to empower your aura and soul. I have found directed orgasm to be very effective in opening the chakras. Orgasm is a good way to open a meditation, as it is naturally relaxing. If your chakras are blocked, simply direct the energy during your climax, up your spine to the specific chakra. Visualize it as a stream of bright light in the same color as the chakra you are trying to open, and simultaneously visualize the blocked chakra opening and the energy flowing through it. This can take months, but in time, a permanent circuit will be established.

The **EZ Chakra Spin** is fine to start out with before advancing to meditations that are more powerful. Remember, we are all individuals and where one person may experience pleasure and positive results for a specific meditation, another may not. Always go by the way you feel. If one meditation doesn't feel right then stop and try another meditation.

Meditation sessions should ideally last for 15 – 30 minutes a day. If you are short on time, doing just 5-10 minutes is better than doing nothing. Skipping days will throw you behind and when you are new, inconsistency can cause depression as your body tries to adjust to the increased bioelectricity.

**Aura Cleaning** should also be done daily. This only takes a couple of minutes and in the long run, it prevents any negative energy from attaching itself to your aura. Negative energy causes accidents, sickness, and depression.

Meditation programs should be changed every so often. An indication your program needs changing is when you no longer feel any progress. As long as you are comfortable with a certain program and make advances, there is no need to change, unless you get bored.

The objective of meditation is both to empower yourself and to learn to handle energy. Power meditation opens the energy centers (chakras) in the soul. The chakras contain a lot of hidden energy. Each chakra has specific energies that open different areas of the mind. The chakras also give us supernatural abilities when open and fully empowered, like levitation, telekinesis (moving objects with your mind), and pyrokinesis (the ability to heat objects and set them on fire). Many more abilities come with having powerful chakras.

When all of your chakras are fully open, this creates a free passage for the serpent of fire (Kundalini) which is at the base of your spine. When the kundalini ascends, we become as the Gods. This is the objective of power meditation.

## Preparing the Mind for Meditation

It is important to relax both your mind and body to enter a deep trance state where your meditation will be most effective. Adepts can often enter this state easily; by will alone, even in a hectic environment. This takes time and practice, though. Remaining calm, cool and collected in threatening circumstances is one of the benefits of regular meditation. Below is a list of tips on techniques for calming and quieting your mind and body before entering into your meditation.

Hatha (physical) yoga exercises are wonderful if you have the time and discipline before beginning meditation. The energies amplified from the yoga practice and the relaxed state present a medium for focus.

Breathing exercises can be done to calm and quiet the mind before every session. Just tuning into and "watching" the breath is an excellent method of focusing one's mind and entering the alpha state necessary for power meditation. Listening to sounds is another way. Just blank out your thoughts and tune into the sounds in your environment. This exercise helps to create alertness as well as relaxation.

Sit or lie quietly. Begin with your feet and relax your body all the way to the top of your head.

Be aware of the energy outside of your body for a few minutes and then focus on the energy inside of your body, alternating four or five times. Do this slowly and take the time to feel. This exercise creates an awareness of energy that is so important not only in securing the ability to absorb, direct and manipulate it in magickal workings, but also enhancing your awareness of others' fields and your environment. This exercise also tones your nervous system.

Sexual orgasm is another relaxation technique that works well. Just stimulate yourself to orgasm. When opening a meditation with orgasm, use this opportunity to visualize the energy from your base chakra ascending your spine and opening your chakras. Orgasm naturally opens and cleans the chakras.

You should be always be well rested when beginning a meditation session. Being tired will only cause you to fall asleep and the goals of the meditation will not be accomplished. You want to eliminate as much distracting physical stimuli as possible, unless of course, one is meditating upon pain or discomfort to strengthen the will. Make sure you are not hungry, but not overly full. When one becomes more advanced at meditation, trance states can be reached and maintained even with distractions. The mind becomes stronger and stays focused according to the will. If your mind is distracted by a pressing thought, identify the problem and tell yourself honestly to put aside the distracting thought in agreement with your mind, that the problem/thought will be confronted and dealt with after the session. You must follow through or this will not work for future sessions. To the extent you follow through is individual.



## Trance

A deep trance makes it possible to access the subconscious mind and to program it as we see fit. The active left side of the brain blocks out any attempts to access the passive right side where the seat of the unconscious is. This is analogous to turning off the electricity to a room or a building in order to fix the wiring. The right side of the brain is where we can program our minds to manifest what we want in reality.

To get into a trance state takes practice. Remember, each of us is individual and some may find this easier than others may. The important thing is to be persistent and patient with yourself. Persistence and consistency are everything here.

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

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

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

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

6. To bring yourself out of the trance:

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

What this exercise does:

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

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

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

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

An adept can place themselves in a deep trance within seconds at will. In closing, it is not necessary to always go into a deep trance to work with your mind. The trance state is used to train your mind. With very important or difficult workings, a deep trance is often necessary.

## Brainwaves

There are four main types of brainwaves: Beta, Alpha, Theta, and Delta.

Beta waves characterize the conscious waking state at 14 cycles per second and up. The conscious mind does not take suggestion very well. Reasoning, logic, thinking and putting into action what it already knows is mainly what the conscious mind does. Higher cycles of beta waves are used in rituals where a lot of active energy input is needed, as in revenge. A good example is in building a circle cone of power. The more excited one becomes, the higher the cycles per second in the brain.

The alpha state operates at a lower cycle, 7-14 per second level. This is the trance state when the body can no longer be felt, and sounds may become painful. This is the meditation and sleep range. Deep meditation descends into the theta state.

In the alpha state, one is open to suggestion as the conscious logical mind is subdued. The conscious defense barrier is down. Hypnosis takes place on this level. When in the alpha state, we can program our own and/or the minds of others. The deeper you go into alpha, the closer you get to theta.

We can influence others when they are asleep or in the alpha state. This is one reason most mages prefer to do their spell work at night when most people are asleep.

Talking to someone who is sleeping will act to program his or her mind. This can be done, even at a distance with intense concentration, visualizing the individual, and directing thoughts into his/her head. This may have to be repeated several times. The strength of your mind and aura will determine your success. Make sure the thoughts you place in his/her mind are commands, as in telling someone something you want them to do for you. Be calm, but firm and persistent. It may take a while, depending on the strength of your mind, but in time, results will manifest.

Psychic experiences can happen in the alpha state. Both daydreaming and sleep dreaming occur while in the alpha state.

The theta state is 4 - 7 cycles per second. This is where all of our emotional experiences are recorded and is of the subconscious. The theta level opens the door to descend even deeper into the psychic/astral world. While it is possible to have psychic experiences in the alpha state, the most profound experiences occur at the theta level. At this level, one is able to experience astral travel and psychic communication, achieve enlightenment, and enter into other dimensions; this is where past lives can be accessed.

Brain wave activity in the delta state ranges from 0 - 4 cycles per second. This is total unconsciousness, coma.

When in the alpha state, visualizing our desires, as if they are real and actually happening will make them manifest in reality, especially if affirmations are included. In theory, it is said the subconscious mind believes what it is told in this state to be true. Affirmations must be stated in the present tense. The subconscious mind does not understand the word "will" as it is in the undefined future tense. "Will" never happens. Make sure the wording is exactly what you want and look at every aspect, or something unexpected and fated could cause things to go wrong. Wording is important and must be planned carefully. One woman wished to win a contest. She repeatedly told herself she would be the best and went through the entire mental exercises. It turned out she was the best, but because of the biased judges, she lost the contest.

The more intense your visualizations, the stronger your mind/thought output will be to act in attracting what you desire.

Becoming proficient with descending into the Alpha level is usually necessary before you can easily descend into Theta at will. This can be achieved through self-hypnosis.



**The Foundation Meditation:  
The Breath,  
The Basis of Magick, Energy Manipulation, and Mind Power**

1. Sit in a comfortable chair or lie down on a comfortable spot and relax.
2. Imagine and will, with each inhale, not only your lungs are breathing, inhaling air, but also your whole body is breathing in energy. You inhale with your entire body. The breath acts as a focus for absorbing energy.
3. Know that along with your lungs, each single inch of your body simultaneously absorbs energy. Like a dry sponge when dipped into water absorbs, your body should absorb energy with each inhalation.

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

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

- Exhaling energy is for empowering talismans, charging sigils, healing anything, and everything when you want to put energy into something or to direct it.
- Energy can also be inhaled and absorbed and then directed to a specific area of your body for healing.
- In a very short time, you should be able to feel the energy when you breathe it in. As you advance, you will be able to see it without trying to visualize it.
- Feeling in this exercise is most important, especially when you are new. Do not try to see the energy as this can be a distraction. Just get a feel for it.
- This exercise is the most important for working with your mind and manipulating energy, which is the foundation of all magick.

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



## Energy Meditation

This meditation is excellent for beginners as it gives one a feel for energy and sets the foundation to manipulate it. This meditation also strengthens the aura when done regularly.

1. Begin by relaxing your entire body. The deeper the trance, the more effective, but this meditation can be done at any time and a trance is not necessary.
2. Breathe in and at the same time, draw in energy from all sides of your body, front, back, top of your head and bottom of your feet. For beginners, you should visualize white brilliant light, like the sun. Working with colors is more advanced and most effective when you are a bit more experienced.
3. Exhale and visualize the energy expanding your aura
4. Breathe in again and visualize the energy getting brighter and more powerful, radiating from your entire being.
5. Exhale again and visualize the energy expanding your aura, and the center of your body shining brilliantly like the sun.
6. Repeat this several times, each time visualizing the energy becoming brighter and brighter as it increases in intensity.
7. Now, breathe in again from all sides of your body, top, and bottom and compress the energy inside of your body, visualizing it growing brighter and brighter, and more intense.
8. Relax and let the energy expand outwards on its own like water being soaked up by a paper towel.

You should feel a sense of relaxation and freedom with this.

When working with colors, visualize the color becoming more and more powerful and vibrant. You will notice each color has a different feel to it. Colors can be used to attract according to their nature.

You can also breathe in energy from the front and back sides of your body at the same time to meet in the middle, then do the sides and top and bottom. After this, let your aura expand outwards.

With this meditation, you can also practice expanding and contracting your aura.



## How to Clean Your Aura

Cleaning your aura is essential for spiritual hygiene. By cleaning your aura on a daily basis, you protect yourself against psychic attacks and illnesses. A clean aura is charismatic and will encourage better relations with others. People will naturally be more considerate and grant favors to one whose aura is clean and radiating with energy. Here is where we influence people and get them to do as we wish. Negative thoughtforms used in black magick and generated from the ill will, jealousy or anger of others attach to one's aura and invite misfortune-accidents, illnesses and so forth. Cleaning the aura only takes a few minutes a day and is well worth it. When one is ill, depressed the aura is dirty and can take many meditations to clean. What is within reflects in one's aura.

Contrary to many teachings, Satan/Lucifer is the bringer of light. Since the Demons have been liberated, their auras have drastically increased in light. Their power has increased as well. In some of the old grimoires, certain Demons have related their hopes to "return to the light." Those of us who have been working with them understand what they meant by this statement. The light is in the aura. The soul needs light in order to have power. Father Satan levitated in front of me one time. When he did so, his aura became extremely brilliant in light.

Ideally, one should clean the aura twice a day- upon awaking and before falling asleep at night. Cleaning your aura before you go to sleep is essential. The more people you come into contact with throughout the day, the more thoughtforms and energy will attach to your astral body and result in problems. People's astral bodies intermingle on a daily basis. Like viruses and physical germs, the astral body picks up energy.

To clean your aura:

1. Visualize a bright light all over yourself. Hold this for one or more minutes. It doesn't take very long.
2. Now, visualize the light even brighter and more intensified on each of your chakras, like a miniature sun.

That's all there is to it. If you notice your aura or chakras are dirty, repeat the process. This exercise can alert you to any negative energy or psychic attacks and prevent them from manifesting.



## Satanic Void Meditation

"Void Meditation" is what is known as "stilling the mind." The benefits of void meditation are the ability to turn off unwanted thoughts and influences at will, being able to control your thoughts instead of your thoughts controlling you (as with the average person), and a sense of inner peace. Void meditation is essential for anyone who practices power meditation, and is important for success in advanced magickal practice. Power meditation changes the strength of our thoughts and it is very important to be able to control thoughts and to turn them off or focus them at will. Thought power, also known as 'witch power' is needed for success in ritual and in using your mind to obtain what you want. Power meditation, strengthens our thoughts, and people who are more aware or sensitive will be able to notice our thoughts and feelings telepathically. Void meditation will train your mind to be silent so others will not know what you are thinking. The Japanese Ninja use this technique to avoid being detected while carrying out important missions that require one to advance or infiltrate, unnoticed. Void meditation trains your mind so you can focus during rituals and in every day life so your mind brings you what you desire.

There are several techniques for void meditation. The goal is to turn off all of your thoughts and focus on the here and now. You get your mind to be completely still for a specified length of time. In the beginning, this can be extremely difficult, as thoughts will come into your head continually. Before you know it, you will again be thinking about something. Don't get upset with yourself as this is very normal and even for advanced practitioners, certain meditation sessions may not go as smooth as usual. Just keep bringing your mind back to focus. Patience and persistence are the keys here. It definitely helps to do some breathing exercises beforehand to induce a trance state. Some people find meditating after a heavy meal causes the mind to be easily distracted.

Always try to meditate when you are fully awake and alert. If you try to do void meditation when you are tired, chances are you will quickly fall asleep.

1. Breathing exercises are optional. This is a simple method of breathing that will induce a trance state:

- Breathe in for a count of six,
- Hold your breath for a count of six
- Exhale for a count of six
- Repeat this several times until you feel relaxed.

2. Now, get your entire mind to be completely still and free of any thoughts for a specified amount of time with no thoughts or music in your head. Your mind should be a total blank. You should focus on being in the here and now. For

beginners, five minutes is fine. Intermediate and advanced practitioners can go anywhere from 15 minutes to however long they feel is essential.

Void meditation can be done with your eyes open or closed. When your eyes are open, you will more than likely see a mist around objects as you settle into a trance state. This is normal. If you choose to close your eyes, you may fall asleep, but this is an individual choice and use whatever method works best.

**For meditation with your eyes open:**

Choose something small to focus on. This can be a point on the wall, a second hand on a clock, or even a piece of lint on your clothing. Many choose to meditate on a candle flame. The important thing is to concentrate on your object of choice

**For meditation with your eyes closed:**

Focus inside of yourself and relax. You can put yourself deeper and deeper into a trance with a feeling of falling. This is normal. For people who are new, this falling sensation that often accompanies a deep trance can make you feel dizzy. To stop the sensation, focus on the front of your body.

**Everyday void meditation:**

Void meditation can be done anywhere and at any time with just focusing on the here and now and concentrating totally on whatever you are doing. This method works best for those of you who are unable to secure any privacy. Just set a goal to focus on the here and now for a specific amount of time each day and you will benefit.

**Advanced Void Meditation:**

- Visualize an object and hold the image in your mind. At first, it will fade in and out, but as you progress, it will remain longer and longer. This is definitely a needed ability for magickal practice and focusing your mind power.
- Focus on a specific chant or sound. You can do this either aloud or in your head. This is what is known as a "mantra." You breathe in and on the exhale, chant a specific mantra or tone of your choice. One common chant used in kundalini yoga is "Sa Ta Na Ma." This is pronounced "Sah- Tah- Nah- Mah." You can also chant "Sa Tan" "Say-Tahn"
- or "Say- Tahn- Nah- S-S-S-S."
- Focus on a specific emotion- anger, happiness, sadness, love, hate. You can choose an emotion going by how you feel on a specific day. This is excellent training for advanced ritual.



- Focus on a specific texture, for example, running your fingers back and forth across velvet or a terry towel.
- Focus on a specific odor or taste.

**Advanced void meditation that includes adding physical positions trains both your mind and develops an iron will, and extreme inner strength.**

1. Keep your entire body still. Do NOT move. This is what the advanced yogis do. Get into a comfortable position. Don't scratch any itches, just ignore them and stay focused. Muscle cramps may come and go. Ignore any physical fatigue or mental fatigue. Just continue to remain focused.

2. Add uncomfortable and/or awkward positions. Make sure these are taken from a Yoga or Tai Chi book, so that they are physically beneficial. This is a discipline that is taught in many Martial Arts schools where one learns to ignore pain, while retaining intense focus. This strengthens the mind for physical combat and drastically increases your sense of self-confidence. This will also increase your resistance to pain.

Many martial arts masters meditate under cold waterfalls, in snow or other painful conditions. One's physical health must be built up here, for obvious reasons. A cold shower can be substituted. As with anything new, be sure to start out gradual.

These techniques, when mastered, will give one total control over one's mind and emotions. If one faces death, one will not freeze up or panic with fear and the odds of one's survival will greatly increase.

3. Running and meditating; focusing on your running steps, increases endurance both mentally and physically.

**Power Void Meditation:**

This is an excellent way to empower yourself while doing void meditation. This is advanced and you must have a feel for energy and be able to draw it in as with the Foundation Meditation. Here you don't visualize the energy, you just breathe in and out, absorbing the energy on the inhale and expanding your aura on the exhale. You focus totally on the \*feel.\* You should be adept at energy breathing before incorporating this method into your void meditation.



## EZ Chakra Spin

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

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

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

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

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

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

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



## Full Chakra Meditation

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

<http://chronosxp.sourceforge.net>

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

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

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

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

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

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



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

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

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

### **BREATHING TECHNIQUE:**

1. Inhale slowly through your nose, contract your anus and visualize and focus upon energy being drawn into your base chakra and with the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.
2. Hold for a count of four for new people, for an average, a count of ten and for advanced meditators, however long you feel comfortable. This should be the same count throughout the meditation.
3. Exhale slowly through your nose and visualize and focus upon energy being drawn into your crown chakra and with the exhale, direct this energy back down through all of your chakras to the base, illuminating each one.

### **THE MEDITATION:**

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

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





## THE SECOND THE SACRAL CHAKRA (SVADISTHANA)

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

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

### BREATHING TECHNIQUE:

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

### THE MEDITATION:

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

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



### THE THIRD THE SOLAR CHAKRA (MANIPURA)

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

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

#### BREATHING TECHNIQUE: BREATH OF FIRE

1. Contract your abdominal muscles, forcefully, creating an exhale, by sucking your stomach in real hard and fast. Immediately relax and air will enter the top part of your lungs by itself. Use the rapid contractions of your abdominal muscles to inhale and exhale with this exercise. The contractions should be rhythmic.
2. Practice a few times, and get a feel for it.
3. Do 20 in a row, in and out, using your abdominal muscles in rapid succession at the end of the 20th breath, exhale, inhale and fill your lungs, contract your anus, lower your chin to your chest, hold your breath as long as you comfortably can- DO NOT PUSH YOURSELF!
4. Exhale slowly.

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

#### THE MEDITATION:

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

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



## **THE FOURTH, THE CENTER THE HEART CHAKRA (ANAHATA)**

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

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

### **BREATHING TECHNIQUE: ALTERNATE NOSTRIL BREATHING**

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

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

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

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

The above constitutes one round. Perform three times.

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

Inhale: 4  
 Hold: 6  
 Exhale: 4

**THE MEDITATION:**

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

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

## THE FIFTH THE THROAT CHAKRA (VISHUDDI)

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

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

### BREATHING TECHNIQUE: VIBRATION BREATH

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

Repeat the above several times.

### THE MEDITATION:

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

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





## THE SIXTH CHAKRA (AJNA)

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

\*The traditional chant for this chakra is "Ohm" correctly 'AUM'

### **BREATHING TECHNIQUE: VIBRATION BREATH**

#### **First Set:**

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

The above constitutes one round. Six to ten rounds is ok for new people. Those who are experienced and advanced should go with as many as comfortable. The following exercise should be done for as many rounds as the above exercise and both should be done with the one below following the one above:

#### **Second Set:**

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

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

Repeat the above several times.

### **THE MEDITATION:**

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

1. Align your sixth chakra point down
2. Perform both of the breathing exercises, do the first one first for several breaths and follow with the second for the same amount of breaths as you did with the first.

3. Focus upon and feel your sixth chakra and third eye. It is normal to feel a pressure or an aching sensation in the middle of your forehead, which indicates your third eye, is open and active.

## **THE SEVENTH CROWN CHAKRA (SAHASRARA)**

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

\*There is no traditional chant for this chakra.

There is no breathing technique for this chakra.

### **THE MEDITATION:**

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

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

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



## Sound Meditation

The benefits of meditating on sounds are the opening of more pathways within the brain. Any sounds can be used for this meditation. This includes any kind of music. Close your eyes and relax. Open your mind and try to 'see' the sounds. Sounds usually come in motion and in specific shapes, colors, and waves. The ability to see sounds is called "synesthesia." "Synesthesia" is a medical term for those of us who are born with the ability to see sounds and/or experience different senses at the same time, like hearing colors or tasting/smelling shapes. A small percentage of the population was born with synesthesia. Synesthesia often fades with age and in most cases, it is pronounced during childhood.

The experience of seeing sounds and crossing the senses is common with the use of psychedelic drugs such as LSD, though drug use induces synesthesia through artificial means and it cannot be controlled.

With drugs, the user is not in control, the drug is, and in self-empowerment and magickal practice, it is extremely important for the practitioner to always be in control through his/her own natural ability. Dependence on powerful mind-altering substances creates weakness of character and creates holes in the aura and a weakening of the astral body. I am not talking recreational marijuana use here; I am referring to dependence on powerful chemicals in order to reach an altered state, as some mages have been known to do.

People with synesthesia are often very psychic and highly intelligent according to medical studies. CIA and U.S. Military psychics reported going through stages of synesthesia when performing extensive exercises to open their minds for psychic warfare.

Synesthesia may happen with your first sound meditation or with practice. Close your eyes and note the colors, shapes, and movements of the sounds. You should write this in your Book of Shadows/Black Book/journal if you keep one. You should put aside all thoughts and visions as you would for void meditation and try to "see" the sound(s)/music. In time, other senses can also come into play- what does it taste like? Smell like? The most common experience is to see the sounds, but don't put any limitations on yourself.

Natural synesthesia facilitates clairvoyance, clairaudience, and other psychic abilities. Synesthesia can be a very beautiful experience and a rewarding session of meditation. The more pathways we open and empower in our brains, the more experiences, and abilities we are able to have. We are no longer just using "5-10%" of our brains. To develop this ability fully, one should listen to a variety of music and each day, take time out to listen and "see" the sounds in one's environment. Like anything else, the more we use this ability, the stronger it becomes.



## Directing Energy From Azazel

To make full use of your abilities in magick, it is important to be familiar with energy; sensing it, how to absorb it, detect it, send it out and manipulate it. This comes with meditating, sensitizing yourself to it and working with it. With consistent practice, power meditation will naturally increase your bioelectricity. You will be able to feel this energy often, just by being aware of it. Awareness is the key to advancement in ability and power.

1. Lie quietly and become aware of the energies on the left side of your body, then your right side.
2. Direct the energy from side to side and then bring it from both sides to meet in the middle of your torso.
3. From here, expand the energy past your body and into your aura and then contract the energy. You can play with it.  
This is an excellent exercise for directing energy at will.
4. Continue to expand and contract the energy until both sides of your body feel balanced. Then feel the energies on the left and right sides together.
5. Feel energy from the front of your body, then the back, repeating the same steps as described above.
6. Do this again, this time from the waist up, then from the waist down, same as above.
7. Now, feel the energy in your entire body as a whole. Practice expanding and contracting your aura several times.
8. The last time, bring the energy together in the center of your body and gently expand it out, expanding your aura, making sure it feels balanced and even.
9. Meditate on feeling the energy gently radiating and expanding your aura for a few minutes.

It is very important to always direct your energy upwards and out of your crown chakra. There will be times you will feel it drifting to your legs and feet. It should not remain there for any length of time as it can create problems because of a lack of circulation.





## How to Close your Chakras

This exercise is important, and very useful for shutting out unwanted stimuli. Upon closing your chakras, you will feel a sense of calm and inner peace. Closing your chakras will protect you from both unwanted humans and astral entities as both attach themselves at the chakras. By closing your chakras around threatening beings, you can prevent this. Closed chakras also protect you from psychic vampirism. This exercise can also help to still the mind when done before void meditation as it shuts out a lot of psychic noise.

1. At the end of your meditations, sit comfortably or stand up (whichever you prefer) and begin at the base chakra.
2. See your base chakra as a whirling red vortex of energy. Visualize either doors or shuttered doors and close them on the chakra, shutting out all of the light.
3. Continue this all the way up with each individual chakra, to the crown.

You should feel a sense of peace and quiet, when all of your chakras are closed. This exercise can be done several times a day if you wish to block out unwanted external stimuli and/or to protect yourself in a negative environment like around xians or other undesirables. This is especially effective for people who are natural mediums and easily absorb energy and for those who are easily distracted. Your chakras will open back up on their own after a bit. If you feel you need to open them right away, just reverse the above exercise, open the doors, and spin each chakra several times.



## Flame Meditation

### Method One:

1. Light a candle and stare at the flame for 2 minutes. Make sure your attention does not wander.
2. Close your eyes and place your hands in relaxed cupped position, palms over your eyes and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision. Keep looking for it and bring it back and keep concentrating on it for four minutes.
3. Relax and empty your thoughts and tune into your breathing for a few minutes, concentrating only on each breath

### What this exercise does:

This exercise prepares the mind for one-pointed concentration, which is so important to any psychic/astral workings. With the average person, thoughts are scattered and dissipate into nothing. With the trained mind that can concentrate intensely, the thoughts are single-pointed, focused like a laser, and have power. 100% concentration makes the difference in astral workings. One's will is also developed with this exercise, as a powerful will does not give into distraction. Do not become frustrated or impatient with yourself. It is normal for thoughts to creep in to distract you in the beginning. Total concentration takes time and is one of the most difficult aspects of training the mind.

### Method Two (intermediate):

1. Focus on the flame for several minutes
2. Close your eyes and place your hands in relaxed cupped position, palms over your eyes and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision.
3. Keeping your eyes closed, try to enter the imprint. You will find the imprint begins to compact and change color. The bright image will change to pink, then to red and grow dark.
4. Repeat the exercise if you wish.

### What this exercise does:

This exercise trains the mind and third eye to direct psychic energy.



## Breathing Exercises for Satanists

*"Life is in the breath."*

–Thoth

The Tarot has always been known as the "Devil's Picture Book." The 0 card of the Tarot is the Fool, which begins the Tarot Trump (The Fool's journey through the Tarot to the godhead) in many decks, especially the ancient decks is illustrated playing a flute. The flute is symbolic of mastery of the breath.

Repeat the exercises 4 times for new people, for average 8 – 10 times and for experienced meditators, how ever many you are comfortable with. Advanced meditators can go as many as 60 – 100 repetitions of each of the breathing exercises below, but this has to be worked up to with each of the individual exercises, and over a period of time. Pushing yourself with these breathing exercises can damage your nervous system. A warning that you are overdoing it is words and speech getting messed up. Letting up and lessening the time of holding the breath and such and this will go away.

### **Technique #1**

1. Inhale slowly through your nose and visualize and focus upon energy being drawn into your base chakra and with the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.
2. Hold for a count of four for new people, for an average, a count of ten and for advanced meditators, however long you feel comfortable. This should be the same count throughout the meditation.
3. Exhale slowly through your nose and visualize and focus upon energy being drawn into your crown chakra and with the exhale, direct this energy back down through all of your chakras to the base, illuminating each one.

## **Technique #2**

### **BREATH OF FIRE**

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

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

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

4. Exhale slowly.

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

What this breathing exercise does:

1. It increases the amount of oxygen in the body

2. It increases the amount of heat- alchemists in the Gothic and medieval times were referred to as "puffers" and the bellows by the fireplace in alchemy paintings was symbolic of this exercise.

### **Technique #3**

#### **ALTERNATE NOSTRIL BREATHING ONE – HOLDING AT THE TOP**

1. Inhale through your left nostril, closing off the right nostril with your thumb, for a count of four for newbies. The best way to do this is to place the pad of your thumb over your nostril.

Eight is standard, and higher counts for advanced meditators who are experienced with this exercise are individual, but the counts for the inhales, the holds and the exhales should all be equal and in rhythm.

2. Hold your breath for however long your inhale was.

3. Switch and close your left nostril with your thumb, and now exhale through your right nostril, slowly and evenly for a count as long as the inhale and the hold.

4. Switch, and inhale through your right nostril, for the same count and then hold for the same count and then switch and close your right nostril and exhale through your left nostril.

The above constitutes one round.

Repeat the above 4 times for newbies, eight to ten times, then build up to 20 times for experienced and up to 40 times or more for advanced meditators.

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

For advanced meditators, the times can vary from being equal, for example, a ratio of 2 on the inhale, 8 on the hold, and 4 on the exhale, but this must be consistent through the meditation. Shorter inhales with longer exhales increase the witchpower drastically in a short period of time.

The above exercise directs the prana/witchpower to the head and upper chakras. This is a great exercise if you find your energy pooling in your legs, which can be dangerous.

## **ALTERNATE NOSTRIL BREATHING TWO – HOLDING AT THE BOTTOM**

With this exercise, the hold is at the bottom, after your exhale and goes like this:

1. Inhale through your left nostril, closing off the right nostril with your thumb.
2. Switch and close your left nostril with your thumb, and now exhale through your right nostril, slowly and evenly for a count as long as the inhale.
3. Hold your breath after the exhale for however long the count for your inhale and exhale.
4. Keeping your left nostril closed, inhale through your right nostril for the same count, switch and close your right nostril and exhale through your left, hold at the end of the exhale and then inhale through your left again, exhale through the right and then hold, inhale through the right, switch and close the right and exhale through the left, hold, inhale through the left...

What this exercise does is to bring the prana/witchpower to your lower chakras.



#### **Technique # 4**

##### **First Set:**

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

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

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

##### **Second Set:**

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

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

## Preface

When you get your kundalini going, there can be so much energy; you can have trouble going to sleep. I have been there. Then, the energy stimulates your brain making it even more difficult to go to sleep. This can go on for days and days. This has been my personal experience. This is a good sign though, that you are activating your kundalini.

You are heightening your sensitivity and bioelectricity through meditation. I have had this sort of thing for years, even when I was an atheist, because of working with my chakras and the power meditation I did (though on a lesser level than what I received since coming to Satan), yoga and martial arts.

I feel energy very keenly. I have for years woke up in the middle of my sleep and felt electrical appliances when they switched or if they shut on or off, the digital clock changing numbers and so forth. The same with the telephone ringing- it will send a shock through me. I am used to it. This will also bring a heightened sensitivity to noise.

All of this is necessary and is how we can read the thoughts of others as thoughts are electrical impulses. We are sensitive enough to pick up on them.

I have a human friend who is a Satanist, whom I am very close to on the astral. He often will wake me up when he is getting ready for work in the early morning hours so we can visit telepathically in the quiet times. When he does this, I feel the electrical jolts, same as above and I wake up. This is done at the third eye for anyone who is interested. I can even see the balls of light with my third eye sometimes and I wake up.

Satan visited me this morning. When he finished talking with me about something personal, I asked him some questions regarding what I have been studying. He told me that the chakras are actually pyramid shaped with the four corners at the bases, which are square. The reason so many people believe them to be cone shaped is because they are spinning and appear as cones.

There are four sections to each base that are coded in some way. [This has to do with the Enochian tablets, which I was well aware for some time are not supposed to be used to summon anything, but to open the watchtowers within ourselves].

He told me to "keep studying" and answers will come to me.

I believe "Choronzon" is like "Leviathan" and "Cthulhu," another word for the kundalini serpent.  $7 \times 7 = 49$ . They are complex codes of which I will be working on deciphering after I decipher all of the Goetic Demon Sigils.

The "fourth dimension" is a state humanity will ascend to when the earth advances to telepathic communication as with other more advanced civilizations and worlds.

This is the true message of the so-called "apocalypse" WHICH WAS STOLEN FROM THE REVELATION OF THOTH.

I can't reemphasize this enough. When you reach a certain level- TAKE CARE AT WHAT YOU DESIRE!!

\*Desire\* is the key element of magick. Venting momentary hatred at someone or something can be disastrous if this is not your true intention. When one reaches a higher level of power, one's mind and life are quite different from the rest of the world. Power must be handled properly. With this power must come self-control. You lack the self-control and you will fuck yourself.

The RHP (RHP is "Right Hand Path" – this refers to xianized witchcraft and ancient teachings corrupted by xianity) teaches a false and incomplete system of magick based upon the hexagram. The Satanic symbols contain the wisdom and the truth of powerful magick. Magick is not three-fold or six-fold, it is four, and eight-fold. Satan/Enki's number is four and the Star of Astaroth has the 8 points.

The RHP system leaves out the element of desire.

Fire= Spirit and will (A strong spirit invoking the element(s), energy).

Earth = The physical body (Chanting, mudra, asana, used to amplify the magick and invoke more power)

Air = The mind and intellect (Using the mind to direct, coordinate, understand and know when to release the energy)

Water = The feeling and desire element (The deep feeling and desire element that is the key to obtaining the objective of the working)

The RHP teaches a lack of desire. This is so the average person will be quite powerless. Yoga is from Satan. The meaning of yoga is integration and balance, bringing everything- mind, body, spirit, and emotion together as a powerful force. In working advanced magick, one must use everything above as a unified force. Directed emotion and desire are the basis of magick.

Athletes who make it to the top have one thing in common- an overwhelming obsession and passion to be the best in their sport. This is the average person's mind.

When one reaches a certain level of power though, a little goes a long way as one's mind is like a laser and can cut through things like a laser so to speak. Momentarily and worse, consistently directing emotion at something will bring it about, even if the emotion is not that strong.

### **Higher Levels**

When we meditate regularly and make breakthroughs, things in our lives noticeably change. Noting comes without a price. When we reach higher levels of power, our minds and thoughts are no longer free. The powers we have must be controlled or else they will create havoc in our personal lives and in the lives of others. It is of extreme importance to keep a positive frame of mind and happy attitude. Negative emotions, especially out of control can prove disastrous.

Everyday statements that those who are without make, we are not free to do so without consequences. My mother learned of and used her mind powers when I was very young. She warned me to stay away from using "Body language." What this means is saying things repeatedly that invite illness in the subconscious mind, like "I don't want to hear anymore!" To the average person, this means "Shut Up!!" BUT, to a mind and soul with power, one's subconscious does not have the left side of the brain reasoning ability and in many cases, will work to create deafness.

My mother read to me of cases where this and similar things happened to people who had a more powerful aura and soul.

"I'll have a heart attack!" "MY flu" "MY ulcers" – DON'T OWN A DISEASE!! One man kept saying "I'd give my right arm if..." Yes, it was a figure of speech, but he lost his arm in a car accident and what he stated ironically came true. Now, most average everyday people can say and think what they please and otherwise as their minds are not powerful and little if anything comes of their thoughts. It is not the case with us. Watch what you think and watch what you say.

As you advance in your meditations and power, don't be frightened or alarmed by unusual happenings in your life, especially when your emotions are involved. Luckily, for most of us, regular meditation helps us to keep cool, calm, and collected. People who really want to go out of their way to upset us, if they are aware to any extent will soon realize this is not a very wise thing to do. Things begin to happen.

Due to centuries of destruction of Satanic knowledge, not too much is known about the powers of the mind, from EXPERIENCE. People who had these powers learned quickly to hide them and keep secrecy to avoid persecution and worse. My own experience is I note, things can be haphazard. I am sure you have seen movies of telekinesis. Often, there are twisted spoons and forks sticking out of walls in weird shapes and other things that look abnormal. The

human mind has been cut off from power for so long, when we finally have it, it can be hard to control. This is also due to a lack of knowledge on how to direct our energies.

When you begin to affect appliances, cars can stall, electricity can go awry, those who anger you can meet with misfortune or disaster- you have reached a higher level. There is no turning back. In my own experience, I note things happen if I get upset, so I have to be careful to stay calm. Undoubtedly, there will be times when we have little understanding of what our powers are doing. It is important never to be alarmed or frightened in any way. This is where keeping a black book or journal can be of help and knowing what happened to set things off. Satan and his Demons are there for us for guidance and support as well and can be a great help in these kinds of situations. Above all, remember you are not alone and there are many now who are experiencing the same and similar and it is something entirely new and very unusual in our lives.

-High Priestess Maxine Dietrich

# Satanic Power Meditation Volume Two

## Intermediate Meditations

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## Intermediate Meditations





## Developing your Psychic Touch

Several of us have felt and can easily feel Demons touch us. This is especially important when one is intimate with an Incubus or Succubus. In order to open yourself up to be able to feel the touch of a spirit, the following exercise should be helpful:

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

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

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

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



## Past Life Regression

This exercise requires deep relaxation. Lie down in a comfortable position. You should begin by breathing in to a count of six, Hold for a count of six  
Exhale for a count of six.  
(You can change the count to four if this six is too long a hold)

Do this several times until you feel completely relaxed and you can no longer feel your body. Turn your attention inside and to your entire backside and free fall. Just let go and a falling sensation should manifest. For inexperienced meditators, this might make you dizzy. If you feel real uncomfortable or dizzy, just focus on the front of your body to stop the free fall. The deeper you free fall, the deeper your trance state and the easier it is to work with your mind.

When you have reached a deep trance state, visualize yourself walking towards a door in your mind. As you walk towards the door, tell yourself when you walk through the door, you will enter into your past life. This should be the life that preceded your life now. Walk through the door; look around at your environment.

To go back several lifetimes, just visualize the door and tell yourself you are going back to whatever year you wish to regress to. To go forward in any past life, will yourself forward by asking your mind to take you to a specific stage of your life or year. Take the time to look around and ask your mind questions. To regress further through each past life, will yourself backwards by telling your mind to take you back further until you can regress no more, and again, walk through another door, telling yourself you are entering the lifetime before this life you are observing. You will be further back in time. To go foreword into your next life- use the same technique, only be aware this is only one of many possible futures. To bring yourself out, walk back through the door into now.



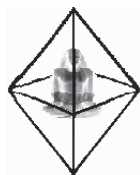
Star of Astaroth/Mer Ka Ba Meditation  
By  
Azazel and Thoth

Sit comfortably, preferably cross-legged, but sitting in a chair is fine as long as your spine is straight. Go into a trance state. You should take a couple of minutes to clean your aura before beginning this exercise. The meditation is performed in 18 breaths.

View from Top



Visualize yourself inside of two pyramids. The standard meditation is done with white gold energy inside of the pyramids, but you can change colors as you become more experienced and know how to handle color energy. White-gold energy is the most powerful energy.<sup>1</sup>



Sah



1. With your thumbs touching your index fingers,

- Inhale to the count of 6;
- Hold for 6
- Exhale for 6, and chant either aloud or silently in your head:

**S-S-S-A-A-H-H-H**; in one long exhale while visualizing both your pyramids filling with a brilliant white gold light.





2. With your thumbs touching your middle fingers,

- Inhale to the count of 6;
- Hold for 6
- Exhale for 6, and chant either aloud or in your head:

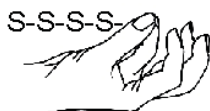
**T-T-T-T-A-A-A-H-H-H-H**; in one long exhale. Continue to fill the pyramids with bright intense and powerful energy.



3. With your thumbs touching your ring fingers,

- Inhale to the count of 6;
- Hold for 6
- Exhale for 6, and chant either aloud or in your head:

**N-N-N-N-A-A-A-H-H-H-H**; in one long exhale. Continue to fill the pyramids with bright intense and powerful energy.



4. With your thumbs touching your little fingers,

- Inhale to the count of 6;
- Hold for 6
- Exhale for 6, and hiss (one long "S" sound for the exhale):

**S-S-S-S-S-S-S-S-S-S**; in one long exhale. Continue to fill the pyramids with bright intense and powerful energy.

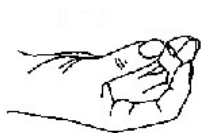




5. Again, with your thumbs touching your index fingers,

- Inhale to the count of 6;
- Hold for 6
- Exhale for 6, while visualizing both your pyramids filling with a brilliant white-gold light.

There is no need to chant for this step.



6. With your thumbs touching your middle fingers,

- Inhale to the count of 6;
- Hold for 6
- Exhale for 6, while visualizing both your pyramids filling with a brilliant white-gold light.

There is no need to chant for this step.



From now on, with each and every breath throughout the meditation, you will draw in and visualize energy entering through both ends of the breathing tube at the same time.

*The breathing tube extends for one hand length (measured by the length of your own hand) beyond the top of your head, down through your seven chakras, and ends one hand length past your base chakra located at the end of your tailbone. When you are standing, it extends one hand length beyond your feet.*

*Your tube is as large around as the circle made when you touch your thumb to your middle finger and tapers to a small opening at each end. The tube is transparent like glass.*

*The next three illustrations below are without the pyramid for clarity. (You should always visualize yourself inside of the pyramid throughout the entire exercise).*



7. With your thumbs touching your ring and little fingers, index and middle extended as in the illustration to the left.

- Inhale, and breathe in energy to the count of 6, visualizing brilliant white-gold light entering the tube from both ends at the same time to meet between your 2nd and 3rd chakras.
- Hold for 6.  
The light forms a sphere the size of a grapefruit.
- Exhale for 6 and visualize the sphere brightening with energy.







**8.** Keep your thumbs touching your ring and little fingers, index and middle extended as in the illustration to the left.

- Inhale and breathe in energy to the count of 6, visualize the sphere growing in size until it reaches the base of your rib cage and the top of your pubic bone.
- Hold for 6.
- Exhale for 6 and visualize the sphere brightening with intensity.



**9.** Continue to keep your thumbs touching your ring and little fingers, with your index and middle extended as in the illustration to the left.

- Inhale and breathe in energy to the count of 6, and visualize the sphere brightening and growing in concentrated power
- Hold for 6, visualizing and feeling the brightness, intensity and power of the sphere.
- Exhale for 6, visualizing the sphere grow brighter and brighter, and more and more powerful.



**10.** Keep your hands in the position shown in the illustration to the left, inhale and breathe in energy to the count of 6, The sphere is reaching maximum concentration; it ignites, changing color to a white/electric blue flame and turns into a brilliant shining gold like that of the Sun.

Round your lips to blow

Blow on the exhale for a count of six. As you blow, visualize the sphere expanding to surround your entire body. The smaller sphere still remains, and is more concentrated and brighter than the larger one. (Visualize yourself like you are blowing up the sphere).





**11.** Keep your hands in the position shown in the illustration to the left.

- Inhale and breathe in energy to the count of 6, Visualize and feel the energy entering your breathing tube at both ends and concentrating in the smaller sphere and expanding out into the larger sphere.
- Hold for 6.
- Exhale for 6 and visualize the concentrated energy continuing to expand into the larger sphere making it brighter and more powerful.

At this step, you will more than likely see the smaller sphere beginning to spin. It can spin either way. Visualize the spinning and go with the flow.

**Steps 12 and 13** are the same as step **11**.  
(Continue to spin the sphere)



**14.** For men, place your left palm on top of your right palm, both facing up. For women, place your right palm on top of your left, both facing up.

At the beginning of your inhale, move the smaller sphere up to your 4th chakra (shown on the left); inhale for a count of six.



*This is standard for the heart chakra. With experience, you can move the ball to any chakra of your choice. This includes the 8th chakra as well. (See illustration to the above right)*

**15.** Inhale for a count of six and say to yourself in your mind "EQUAL SPEED"

The two pyramids will begin spinning in opposite directions. The top pyramid will spin counterclockwise; the bottom pyramid will spin clockwise.

Round your lips and blow as you did before, for a count of six, spinning and feeling the spin of your pyramids in opposite directions. They will be moving at 1/4 the speed of light. The spin feels like a pulsating sensation.



**16.** Inhale for a count of six and say to yourself in your mind "HALF THE SPEED OF LIGHT"

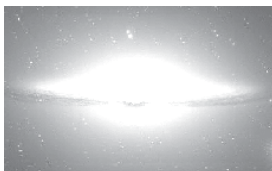
Round your lips again and blow for a count of six, spinning and feeling the spin of your pyramids in opposite directions. They will be moving at 1/2 the speed of light.



**17.** Inhale for a count of six and say to yourself in your mind "THREE FOURTHS OF THE SPEED OF LIGHT" Round your lips again and blow.

As they approach 3/4ths the speed of light, a flat disk located beneath your naval pops out and expands to a distance of approximately 55 feet in diameter. Visualize this like the Sombrero Galaxy as shown in the illustration to the right.

Continue to blow out with force and feel the speed of the disk increase and stabilize.



**18.** Inhale for a count of six and say to yourself in your mind "SPEED OF LIGHT"

Visualize your disk and the pyramids spinning so fast (the speed of light is 186,000 miles per second) they give off intense white light and energy, hold for six and blow for six. This will stabilize the disk.



It is strongly advisable to remain in meditation, and meditate upon the energy for 5-15 minutes afterwards. Concentrate on feeling the pulsating sensation of the disk.

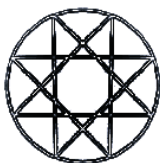
Model: Sema-Tawy-Tefnakht, Minister of Pharaoh Psanatik I of Dynasty XXVI; 664 to 610 BCE.

<sup>1</sup> White-gold energy, that of the sun is incredibly powerful. For more information, read the book: "Lost Secrets of the Sacred Ark, Amazing Revelations of the Incredible Power of Gold by Laurence Gardner. Published London: Element, ©2003.



## Information About the Star of Astaroth Mer ka Ba Meditation

Azazel and Thoth worked with me to revise this meditation, which was based on the "Mer Ka Ba." Further revisions were dictated to me from Azazel (3/26,27/05). Many new age authors write about and teach the Mer Ka Ba. The new age version is based upon a hexagram. The hexagram version was given to new age enthusiasts by angels. What the hexagram does is it establishes a geometric energy field that corresponds to the planet Saturn, of time; the lower octave of Saturn. The current system of time, based on the number 3 and 6, is out of sync with the vibrations of the earth and the universe, which are naturally 13 and 20; the 13 lunar months. Unbeknownst to many, the hexagram meditation is a conspiracy and is to the detriment of humanity. It has to do with the numbers and this is very complex. I will write a separate article concerning this and linear time.



The meditation given in this book is based on the eight-pointed Star of Isis (Astaroth). The correct position of for the Star of Isis is rotated at 22 degrees. Shown at left, in its upright position, it is known as the "Sigil of the Beast 666."<sup>1</sup> The Silver Star of Isis (turned at 22 degrees) is also said to have been worn by the Knights Templar on a red sash. The numbers are definitely Satanic as the number of Isis (Astaroth) is 8 and the number of the pentagram is 5;  $8 + 5 = 13$ . Enki's number is 40; another combination is  $5 \times 8 = 40$ . 13 is also based upon the thirteen Lunar Months which is the natural year and the eight phases of the moon. It is also based upon the Satanic Year.



Her Babylonian symbol is known as the "Star Disc of Ishtar." What this meditation can do is take your energy field to a much higher vibration. The geometry of energy has powerful effects. Once this meditation has begun, you should continue to do it every day until the spinning fields are permanent. You will know they are permanent when you can feel the pulsating sensation any time you focus your attention on them. Once they are permanent, you will no longer have to perform the meditation every single day.

The eight-pointed star is very ancient and based upon the octahedron. The octahedron is an extremely important aspect of nature and is one of the primary archetypes of creation for all life. It is based on 13 circles of which the centers connect. It is also the basis of important informational systems in the universe. Within it are found all five of the Platonic Solids, the "building blocks" of creation. The eight-pointed star is also the symbol for the "Shamballah initiation," the initiation of advanced Buddhist monks into the Kalichakra Tradition. This tradition preceded what most people know as Buddhism by thousands of years and is based upon the Tibetan "Bon" religion, which was given to the Tibetan Priesthood from Marduk/Amon Ra. Unlike the pacifistic, self-sacrificing

contemporary Buddhist religion, the original Bon religion was a warrior religion where disciples were pushed to exceed limitations and become as the Gods. <sup>2</sup>

Once the candidate was lead through the seven gates and received the seven initiations (opening of the seven chakras), it was possible for them to be received in the court of Shambhala. <sup>3</sup>

<sup>1</sup> Genesis, The First Book of Revelations by David Wood ©1985

<sup>2</sup> The Black Sun by Peter Moon ©1997

<sup>3</sup> Cloak of the Illuminati by William Henry © 2003

## Circulating Energy

This meditation is the most powerful. It is done by martial artists and advanced meditators. It enables the practitioner to feel, control, and direct energy.

Be patient. You more than likely will need 15 minutes to half an hour set aside for this to begin with. Again, everything is individual. In the beginning, for most people, the energy will be slow in coming and will move like molasses, but this varies according to one's development in past lives. Normally with repeated meditations, it will speed up and you will be able to direct it at will.

This exercise is more in FEELING, rather than in visualization.

1. Focus on your crown chakra. Just sit 3-4 minutes and meditate on this chakra. You may feel it as a sort of crawling sensation. This is normal. When one advances or on occasion, there is an intense feeling of bliss. You may also feel a pressure there.
2. Now, focus on your third eye. Meditate on your third eye for several minutes. Feeling a pressure here is normal.
3. Move your attention to your throat chakra and do the same as with the above two chakras.
4. Move your energy to your heart chakra and focus for a few minutes.
5. Focus now on your solar plexus and do the same.
6. Follow with your second/sacral chakra and do the same.
7. Now, focus on the area between your perineum. This is between the rectum and scrotum for men and between the rectum and vagina for women. This is a power spot. Visualize the energy glowing brightly like the sun here.
8. Move the energy to your base chakra and meditate for 3-4 minutes or so on your base chakra.
9. Now, direct the energy up your spine into your second chakra. (This is the second chakra located on your spine- with the first circulation, we focused on the chakras in the front, we are now directing the energy up the back).
10. Continue to do the same, directing the energy up into each chakra, one by one located in the spine, until you reach your crown.



11. This time, you can direct the energy without pausing, moving it along down the front of your body chakra by chakra until you stop again at the perineum and direct the energy up your spine.

Keep circulating the energy as long as you wish. This exercise will enable you to control and direct energy. This is the foundation of all power. You will establish a mind connection to where you are able to focus and the energy will follow. This can be used for healing, empowering or otherwise.

## Meditation from Satan

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

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

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

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

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

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

HAIL SATAN!!

## Meditation on Satan

Most of us have felt Father Satan's energy. His energy is strong and gives us a feeling of confidence and sometimes exhilaration. We can meditate on his energy and make it more powerful in our lives. By doing this, we grow much closer to Satan, forming a much stronger bond with him. Enter a trance state and feel his energy running through you. You can visualize his sigil or any of his symbols. You can also visualize his face if you have ever seen him. This is best done after a ritual when we invoke his energy.

## Blue Light Meditation

Demonic energy is blue. Blue is also the color of relaxation. Close your eyes and relax until you can no longer feel your body (trance state). Breathe in the color blue and surround yourself with a blue light, then tune into a floating sensation. The blue light helps to achieve this. Just let go. This meditation can also take you to higher levels and other dimensions.



## Invoking Colors

\*This meditation requires the 'breathing' in of energy. You should have experience with the Foundation Meditation before performing this meditation.

Unfortunately, "white light" is overused by many Wiccan and New Age people who don't know what they are doing. These people use white light to the exclusion of all other colors, and as a result are not competent in working with colors. Because white contains \*all\* of the colors of the spectrum, they are taking in all of these colors and those they are unable to control or work with, are left on their own without direction. Each color represents a particular frequency of energy that most of us use in our daily lives. If one is not competent in the ability to handle each color, the white light often is unable to be used properly.

White light is easy enough to use and is great for beginners, but the problem is that it is overused. White light is great for cleaning one's aura and balancing energies. It is also great for protection.

White light, when placed around a person, becomes a barrier to interaction with others. This is because white light reflects. If you want to be left alone, then envelope yourself in white light. Filling yourself with white light on the inside strengthens and protects without becoming a barrier to others if you want social interaction.

When an individual is competent and has mastered all of the colors, he/she is able to use the white light to its fullest extent.

Here is more in depth information about the properties of colors:

### **Black:**

Black absorbs, conceals, and creates confusion and chaos, new beginnings, knowledge of hidden things, the container of light, one of the most powerful of colors. Saturn rules black- self control, endurance, and patience. Black is also a good color to use to bring discord and confusion to enemies. It can be used also for protection, binding negative forces, breaking up obstacles and blocks, reversing and breaking up negative thoughtforms. Best when applied to others.

### **Blue:**

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

**Gold:**

Great Fortune, intuition, understanding, divination, fast luck, financial benefits, (I believe gold attracts larger sums of money. (Use green with shimmering gold for money meditation.) Gold is healing, happiness, authority, reputation, honor, personal power. The Sun Rules the color gold and the magickal properties of confidence, fame, success in gambling, pleasure, securing popularity/charisma, increasing health and vitality, healing, protection, success, magickal power. Satan's aura is gold and his sigil in alchemy texts represents gold.

**Green:**

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

**Indigo:**

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

**Orange:**

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

**Purple:**

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

**Red:**

Energy, passion, anger, inflammatory, lust, strength, protects against psychic attack. Mars rules red- Revenge, anger, pure sexual lust, and physical gratification, courage, determination, dealing with enemies, inciting accidents, fires, injuries. Red is effective for self-confidence, athletics, strength, magickal

energy for Black Magick, intensity. Incites lust, energy, strength, sexual energy, dynamism, passionate love, physical desire, courage, will power, athletics (especially competitive), and vitality, self-empowerment before workings of black magick. When used in black magick, red as opposed to black brings on sudden attacks, accidents, bloodshed, violence, and hatred. Red can also be used to incite wars, anarchy, and cruelty. Mars rules red.

**Silver:**

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

**White:**

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

**Yellow:**

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

**Gray:**

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



## The Color Meditation

Enter into a trance state.

Breathe in and fill yourself with each breath with a specific color of the spectrum, visualizing it as brighter and brighter each time (by brighter, I mean more intense) This meditation can also be done after meditating on a specific chakra. You can then fill yourself with the color of that chakra.

If you are new to color meditation, hold the color for two to four minutes. If the color feels pleasant, you can hold for a longer period of time. Those who are used to the energy of the colors can hold much longer. One's increased time should be comfortable and gradual.

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

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

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

In addition, you can meditate on the color outside of yourself to feel its energy. It is not necessary to always invoke the color, especially if you feel uncomfortable with certain colors. Remember, if something feels uncomfortable or negative, then stop. When you are finished with this meditation, clean your aura with white light as this will act to balance the all of the colors in your aura.

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





## Meditating on Chakra Sounds By Azazel

Each chakra has a standard sound. By meditating on these sounds and focusing on the specific chakra, this is one way of opening up your astral hearing.

➤ Base Chakra, the physical Level:  
Sounds include thunder or a soft hissing. Red

➤ Sacral Chakra, the astral Level:  
Roar like the ocean or the sound of wind. Orange

➤ Third chakra the level of will:  
H-h-h-a-a-h-h sound (silent, like an exhale- no voice; long and continuous) or the sound of humming/vibration "aum." Yellow

➤ Heart Chakra, the intuitional Level:  
Buzzing like a bee (bioelectricity) or the sound of a flute. Green

➤ Throat Chakra the mental Level:  
Azazel gave me a sound. The best way I can describe it is like twisting a balloon. Humming can also be used. Blue

➤ 6th Chakra, the soul Level  
The sound of woodwind instruments. Bluish violet (indigo)

➤ Crown Chakra, the blissful Level  
Whisper or no sound- this is felt rather than heard. Violet

The above levels and sounds are guidelines only to get one started. Focus on a particular chakra, and imagine the corresponding sound as best you can. Try to feel it through your body and resonate on that plane. This meditation will open you to clairaudience.



## Pineal Meditation

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

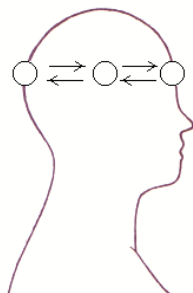
1. Relax and go into a trance state
2. Inhale and visualize white-gold energy entering through your third eye into your pineal gland.
3. Draw the energy in with each inhale, then brighten, and expand your pineal gland with the energy with each exhale.
4. The first few times you do this, affirm to yourself: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

This meditation activates and empowers the pineal gland. The pineal gland is the psychic powerhouse of the brain. White gold is the most powerful of all of the colors. It is the color of the Sun (666) and this is one of the reasons the original religions worshipped the Sun.



## Ball of Light Meditation

The chakras are located along the spine, but they also extend to the front of our bodies, excluding the crown and the base. Each of the chakras, the second through the sixth has an opposite chakra in the front of the body along the abdomen. The sixth chakra has three. The rear sixth chakra located at the occipital in the back of the head, the middle sixth chakra is located between the third eye and the occipital sixth chakra.



To perform the meditation, visualize a small ball of bright light the size of a ping-pong ball and light up a chakra on your spine with it and pass it to the front chakra directly opposite it and light it up, then pass it back to the chakra on your spine. Keep passing it back and forth to each chakra, and then move up or down to the next chakra (whichever one you want to work with). The illustration on the left shows an example with the sixth chakra.

You can either visualize the ball as white-gold light or the color of the chakra you are working with.

You can also connect the crown to the base. I found the energy center located in the perineum to be especially powerful with this. Just pass it up and down.

Now another interesting thing one can do with this is to connect with another person and this greatly enhances telepathy. For example, passing the ball back and forth from their heart chakra to yours will tell you about the other person's emotional experiences and character.

To interrogate someone, pass the ball of light from your third eye to his/her third eye, back and forth.

Now, it is obvious you can, with experience invade others' privacy and this includes your own- just something to be aware of if you don't want anyone in your personal business. In that case, close down your chakras, if someone does this against your will.



## Secreting Ectoplasm

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

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

### **How to secrete ectoplasm:**

Ectoplasm is the substance we see with the clouds when scrying. This is a minor form of ectoplasm, but it will get you started.

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

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

1. Sit in a quiet dimly lit room.
2. Relax and go into a trance state. This does not have to be a deep trance, just enough so you are focused.
3. Look into the mirror or bowl of liquid and stare at one point. You should eventually see clouds form.
4. Concentrate on these clouds, willing them in a soft way to condense and thicken.
5. When you are consistently able to will the clouds to condense and thicken, gently and slowly take your eyes off the mirror. You should still be able to see the clouds in front of you. Try to focus on them for two to three minutes.
6. The goal is to secrete this substance and to manipulate it at will.
7. Blink your eyes, move your fingers and toes, and gently bring yourself back from the trance.

When you become proficient at secreting ectoplasm, will the ectoplasm into a ball shape. From there, work at making it thicker and form it into different shapes. This will take practice so be patient. After a time, you can will it into different colors for specific purposes.





## Ascending Energy Meditation

By  
Azazel

1. Lie down and begin by stimulating yourself to orgasm. Right at the point of the impending climax, visualize a fiery brilliant bright light at your perineum (the area between your rectum and testicles for men; or between the rectum and vagina for women).
2. Inhale and direct the energy from the orgasm while you are climaxing, up your spine. You should visualize this as a bright white-gold light.\* Draw the energy up your spine to the crown chakra where it lights it up and empowers it, emerging from the top of your head and into your eighth gold chakra. Brighten your eighth gold chakra.
3. Expand your eighth chakra into a ball approximately two feet in diameter (60 cm).
4. Exhale and expand the energy from your eighth chakra and then direct it to descend down each side of your body, down through the bottoms of your feet and back up to your base chakra where you inhale it again.
5. Inhale and draw it in again at the base chakra, lighting it up and empowering it upon entering and then visualize it ascending your spine again and repeat the above steps 2-5. With each circulation, you can expand your aura with the energy.

The orgasm gets the energy going and you can keep circulating it for as long as you wish.

Always direct the energy up out your crown. The above pathway is the normal pathway for energy surrounding the aura.

\*White-gold is the most powerful of the colors as it is of the sun. Satan has a gold aura.



## Opening Blocked Chakras

There are several ways to open blocked chakras. It is best to do them all and be consistent. You can work this into your daily meditation program. Normally, there are three major knots. One at the base, one at the heart and one at the 6th chakra. Usually, our base chakra is open. A burning sensation or feeling of intense pressure in one of the chakras usually indicates the one above it is blocked. For example, some people experience a burning in the throat, which indicates the 6th chakra is blocked.

### 1. Using Energy through Your Hands

One way to unblock and empower a chakra is once you have a strong energy flow through your palm chakras and fingertips, you can apply this to your individual chakras. You should feel a tingling sensation and heat radiating from your palm chakras that indicates they are empowered and active.

Place your hand over whatever chakra you feel needs more energy and relax. Direct the energy from your palm chakra into the selected chakra for anywhere from 5-15 minutes. A warm or burning sensation in the chakra during and afterward, indicates the chakra is receiving the energy.

Doing this regularly will strengthen the selected chakra.

### 2. Chakra Breathing.

Inhale and breathe in color energy into the blocked chakra. The energy should be the same color as the chakra you are working on.

Hold your breath for a count of six and visualize your chakra opening. Most agree the best method is to visualize the bud of a flower blooming. Make sure you visualize the correct color.

Exhale, brighten, and expand the chakra

Inhale through your base chakra brilliant white-gold light and direct it up your spine and through the chakra you are trying to open and direct it out your crown.

Exhale and visualize your chakra bright with the white-gold energy and expand it.

Repeat the above exercise several times.

### 3. Sexual Orgasm

This is what the old alchemy texts implied. Just keep hitting it with orgasmic energy. Visualize a brilliant light ascending into and through the chakra. This works well to open a meditation.

#### **4. Energy Breathing**

Visualize this energy growing brighter and brighter and expanding with each exhale. Repeat several times. Eventually, the chakra will be strong enough to naturally take up energy on its own. Strong chakras can absorb energy. Weak chakras that are blocked are depleted and unable to attract and absorb energy on their own. Weak and blocked areas create diseases associated with the particular chakra and visa-versa- diseases create the weak chakra.

Choose one of more of the above exercises and do it/them daily until the problem is corrected.

## The Aura

Everything has an aura, whether it is living or inanimate. The aura is an energy field created by the vibrating atoms and molecules that comprise all matter. The universe itself vibrates to a certain frequency and the gravity that holds everything together is electromagnetic in nature.

Everyone's aura is as unique as his or her own fingerprints. No two auras are alike. The aura can be used to protect, attract, influence, maim, or even kill. This field of bioelectricity surrounding living things can be programmed using the power of one's mind.

Those who are trained and have an active third eye can see auras clearly and discern much personal information just by reading the color, strength, size, and shape of one's aura.

**To see your own aura**, you should start out by going into a light trance state. You should have already opened your third eye.

Hold your hand out in front of you, preferably against a dark background. In the beginning, you should be able to see some faint lines surrounding your hand and fingers. The more you tune into this, like anything, (practice is what is needed here), the better you will become. The better you become at seeing your own aura, you soon will be able to see the auras of others, by just tuning in to them. Later on, you will be able to see colors, layers, and shapes.

**Feeling auras** is much easier than seeing them. Power meditation, when done consistently, increases one's sensitivity to energy. Manipulation of energy is essential in working spells and magick. To feel your aura, run one of your hands over the top of the other, or over your forearm. You should feel the energy. You can also practice feeling the auras of friends and family members if they are interested in letting you do so. This will develop your touch sensitivity.

**To strengthen and build your aura**, you must take in energy. This can be done through power meditation. The Energy Meditation is excellent for charging up your aura.

**Hatha (physical) Yoga and Tai Chi** also help to strengthen and build the aura. Both of these disciplines tend to balance the auric energies as well.

**Cleaning your aura is very important.** A clean healthy aura strengthens the immune system and prevents harmful energies from invading one's body. Nearly all harmful entities are invisible to the naked eye. Energies, as most physicists know, can be broken down into sub-atomic particles, for example, light can be broken down into photons. The energy radiated by a powerful aura will burn these harmful energies and entities up before they can do any harm.

Cleaning your aura (powerful white light) is imperative after any rituals involving the employment of black magick, throwing any curses, no matter how small,

spontaneously, or any exercise involving the use of negative or destructive energy. One's chakras should also be cleaned and empowered. This is done by putting a strong and intense white light on each chakra. This is needed to rid one's self of any residual negative energies that could otherwise do harm. This also prevents rebounding energies. Always take as much time as you need; never be in a hurry. Prevention is always better than having to deal with problems later on.

A powerful aura gives health, happiness, charisma, and energy. People with weak auras are usually in poor health and are depressed. Our personal energies act on our environments and direct our fate. People who have weak auras are usually prone to misfortune.

The aura can be programmed with power hypnosis. Read the page on power hypnosis to make maximum use of the following workings. Now, with dealing with the aura and subconscious mind, one must always be 100% clear on every aspect of what is desired. With love, we don't want one who is unavailable. With money, we don't want it to come to us through tragedy- this sort of thing. When working with the mind as in ceremonial magick, energy takes the quickest and easiest route to bring us the desired result and if not every aspect is covered, any undirected energy will seek out whatever is available. Color is especially important when programming the aura. Below are examples of how we can effectively program our auras to do things:

For example:

**You want love in your life:**

Visualize your aura while you are in a trance, the deeper the better. Breathe in energy and affirm several times in the present tense:

"My aura is attracting my perfect [love/sexual partner, soul mate, whatever].

Change the affirmation to suit your own individual needs. Affirm this with meaning, five- ten times while breathing in energy.

**To attract the love/lust and or attentions of a specific person:**

Affirm: I am programming my aura to attract and act on \_\_\_\_\_'s, aura.

He/she finds me very attractive and sexually irresistible.

**You want/need protection:**

Breathe in powerful white-gold light. With the inhale, breathe it in to meet in the middle of your body, packing it in brighter and brighter. With the exhale, keep expanding it. The energy should grow brighter and brighter.

Affirm: "My aura is very powerful and is protecting me at all times."

This a good exercise to be done on a regular basis, for building a strong, protective energy field.

**You want to make a good impression:**

A powerful aura will often influence others to grant you favors.

Affirm: "My aura is making a very positive impression on \_\_\_\_\_." If this is a job interview, (the person(s) interviewing me tomorrow, whatever). The people hearing my presentation, the group etc. Always state this in the present tense. The subconscious mind does not understand the word "will" and "will" never comes.

#### **For keeping unwanted individuals away:**

Breathe in white light like the Sun. White light reflects and repels.

Affirm:

"My aura is repelling, [inspire fear/dread] in \_\_\_\_\_, and keeping \_\_\_\_\_ far away from me at all times."

#### **To heal yourself:**

A lot of energy is needed for healing. Breathing in energy from the Sun is excellent for empowering one's aura. The Sun also contains all of the colors of the chakras in their most pure and vibrant states. The Sun (666) is one of the most powerful sources of energy there is. When one is ill, there is an imbalance in the chakras ruling the body part/s that are injured or ill. To heal, you must work with both the color of the ruling chakra and its opposite to create a balance.

Breathe in the color of the energy of the chakra ruling the injured or ill body part and affirm:

"I am breathing in \_\_ (name of color) \_\_ energy that is balancing my \_\_chakra\_\_ and healing my\_\_\_\_\_."

When you are finished, breathe in white energy to balance your aura.

The auras of others can also be worked with and programmed.

From reading the above, you should by now be getting the idea and able to improvise your own affirmations.

#### **To protect loved ones:**

Put a powerful white-gold light around the person. For more powerful workings, this is best done while in a deep trance.

Affirm: "I am placing a powerful protective aura around \_\_\_\_\_. This should be done regularly, and can be done while the loved one sleeps."

#### **For inciting lust:**

Put a powerful red or orange aura around the person.

Affirm:

"\_\_\_\_\_ is experiencing irresistible sexual obsession, desire/lust for me."

"\_\_\_\_\_ finds me sexually irresistible." You can masturbate using sex magick and drive the energy into the desired one's aura. This is best begun on a Sunday or Tuesday during a waxing Moon. Never do this when the Moon is in the celibate sign of Virgo, though.



**For inciting love:**

Put a powerful green aura around the person. Feel strong feelings of love as you program it.

Affirm:

"\_\_\_\_\_ is falling deeply and uncontrollably in love with me."

"\_\_\_\_\_ is obsessed with me", etc. You can also use sex magick here as with the working above. This is best begun on a Friday during a waxing Moon.

**Healing others:**

Visualize a powerful white-gold aura surrounding and glowing about the loved one. You should also use color energy (see the above paragraph on healing for one's self)

Affirm: "I am putting powerful healing energy into \_\_\_\_\_'s aura; this energy is effectively fighting the \_\_\_\_\_ and restoring him/her to perfect health." In cases of serious illness, this may have to be done often every day. Healing others can be extremely draining. If you are inexperienced, remote healing is best. Direct contact as with the hand chakras applying energy directly to the afflicted one can be dangerous. The illness can be absorbed into the healer. To do this type of direct work, one must have a powerful aura and work to clean it thoroughly after each healing session. Using the energy of the Sun is most effective here.

**Black Magick and Killing****Killing:**

This is best done while the offending party is asleep. Put a black aura around the person, as this will prepare his or her own aura to absorb the destructive energy. After doing this, you can vent your hatred. Be sure to visualize over and over again with feeling, exactly how you intend this person to die.

Affirm:

I am placing a powerful aura of destructive around \_\_\_\_\_ that is continuously working to kill him/her. This work is best begun on a Saturday or a Tuesday during a waning Moon. Be sure to clean your aura and chakras following each working.

To cause bad luck and/or harm:

If your own aura is powerful enough, just sitting and stewing about the person should be enough. I have found it is important to visualize repeatedly in a relaxed, but angry way a specific misfortune.

With all workings of black magick, the outcome depends on the strength of the auras involved. The aura of the victim \*must\* be weaker than that of the sorcerer. If the victim's aura is more powerful, the working could rebound as a more powerful aura naturally deflects negative energy. Some people just have naturally powerful auras. This can come from past lives. If an offending person naturally has a more powerful aura, you will be able to feel resistance. Take the time to build your own aura before doing any kind of this sort of working.

## Chakra Breathing

By Azazel

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

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

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

When you are finished breathing each of the chakras, breathe in energy through all of your seven chakras, front and back to meet in the middle.

After this, perform the Energy Meditation.

Tips:

This meditation can also be done on just one chakra that is lacking in energy or that is blocked. Just apply the breathing one or more times a day. The rest of the meditation is unnecessary if you are working on a specific weak chakra.

Azazel showed me the power of the sun. Most of us are familiar with drawing down energy from the moon and other planets. The sun is hundreds of times more powerful. The energy of the sun contains all of the colors of the spectrum in their purest forms. Performing this full meditation out of doors under the sun can give you incredible energy and is very healing. Just affirm "I am breathing in powerful white-gold (or whatever color) energy from the sun, into my \_\_\_\_\_ chakra." Repeat this several times and then visualize yourself absorbing the energy and brightening your chakras with it.



## Meditations for Astral Projection

Astral projection is your soul actually leaving your body. This is different from remote viewing where you enter into a trance and will yourself to a specific location. The following two meditations are just basic guidelines.

### Meditation 1

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

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

### Meditation 2

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

- Lie down and relax, as above. Go into a trance. Relax to where you feel like you are floating.
- Now, lift your left astral arm up. Visualize this. You will need to imagine this, but energy follows where it is directed.
- Lift up your right astral arm and touch your face
- Touch both your astral hands together.
- Do the same thing with each leg and foot.
- Imagine your entire astral body floating above your physical body, or somewhere else in the room and concentrate on being there. Just lie there and focus on this for a while.
- Keep repeating this exercise often and eventually, astral projection will follow.



## Aura Empowering Meditation

This meditation is excellent for extra energy when done regularly. It is quite powerful and builds over time. This meditation can also be done outside, drawing in energy from the Sun. This seriously amplifies the energy.

1. Enter into a trance state, the deeper the better and begin by cleaning your aura and chakras.
2. Breathe energy in for six breaths, visualizing a brilliant white-gold light surrounding your entire head, both inside and out, down to your neck. Then relax and focus on feeling and visualize this energy for around five minutes. This can be done while listening to music as this also helps with timing. After this, breathe in energy and charge up your crown, third eye and your sixth chakra behind your third eye by visualizing an even brighter light on each of these chakras.
3. Now, move to your neck and do the same. Breathe in energy for six breaths and charge up your throat chakra.
4. Move to your shoulders and charge them up as you did with the other chakras, breathing energy in for six breaths and then relaxing and focusing upon it for five minutes.  
There are lesser chakras in all of the joints. Move down your arms and do the same with your elbows, then wrists. The elbows and wrists contain minor chakras as well and by charging up and empowering these; you open yourself up for a better energy flow. Now move down to your hands and visualize either white-gold balls of energy in your palms. Concentrate and relax on this bright light lighting up your arms and hands for several minutes.
5. Now, move to your torso, do the same, and charge up your heart, solar, sexual and base chakras with the brilliant energy. Concentrate for several minutes on this.
6. Now, move to your hips and charge up the chakras in your hips with the energy and then your thighs and knees. The knees contain small chakras as well. Move to your ankles, charge up the chakras there and then to your feet. Visualize two balls of brilliant white-gold light beneath your feet, like you did with your hands.

This exercise should not be done before bedtime as the energy can keep you awake.

For healing, after completing the above, just focus and place the light/energy onto the unhealthy body part for 10-15 minutes. Healing meditations must be done every day. Skipping a day or more can create a backlash with the disease or disorder.



## Single Serpent Meditation



This meditation, like the serpent meditation, is very powerful and should only be practiced by those who are advanced meditators and have strong enough chakras. Azazel helped to revise this meditation with the addition of the extended serpent.

*(Like the images from Ancient Egypt with the serpent emerging from the third eye demonstrate, the extended serpent is a psychic sensor that we can use. It can extend a lot farther than one or two feet. This meditation works to empower the sensor).*



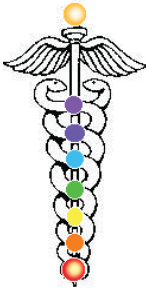
1. Sit with your spine straight
2. Focus on your base chakra, glowing with a powerful vibrant red-gold.
3. Visualize the serpent glowing with the brilliant light and power as well, lighting up the base chakra to white gold like the sun, and exiting the base chakra from the left side.
4. The serpent curves outwards to the left side of the body before it curves back to the right to enter the 2nd sacral chakra on the left side. When it enters the sacral chakra, visualize this chakra lighting up in orange-gold.
5. It emerges from the right side of the 2nd chakra, curving out and then back in to the left where it enters the 3rd solar plexus chakra from the right side, lighting it up to white-gold and empowering it.
6. Emerging on the left side of the 3rd chakra, it curves out and then back in to the right to the 4th heart chakra where it enters on the left side and lights it up with green-gold energy.
7. Emerging on the right side of the 4th chakra, arcing out and then back in to the left to enter the 5th throat chakra on the right side, lighting it up with bright blue energy and empowering it.
8. Emerging from the left of the throat chakra, the serpent again arcs out to the left, and then in to the right again where it enters the 6th chakra behind the 3rd eye from the left side. Light up this chakra with brilliant blue-violet energy, charging it and empowering it.
9. The serpent emerges from the front of the 6th chakra. It will take an alternative route. Visualize the serpent entering the 3rd eye from the rear and exiting from the front of the third eye. Extend the serpent about one foot beyond your third eye and try to feel the projection from your aura.



10. Retract the serpent back into your third eye and back into your 6th chakra, then begin the path of descending.
11. Direct the serpent to enter the right side of your throat chakra, lighting it up and it emerges from the left side of the throat chakra, arcing out and in again to enter the heart chakra on the left side, lighting it up.
12. It emerges from the heart chakra on the right side, arcing out, then in again to enter the solar plexus chakra on the right side, lighting it up and empowering it.
13. It then emerges on the left side of the solar chakra, arcing out and then in again to enter the sacral chakra on the left side, lighting it up and empowering it.
14. After lighting up the sacral chakra, it emerges through the right side and again arcs out and in again before it returns to the base chakra, entering it on the right side, lighting it up with brilliant light and energy. Spend a few moments meditating on your base chakra and empowering it with the brilliant light and energy.

This meditation can be repeated.

## Twin Serpent Meditation



This meditation was given to a couple of JoS clergy members from Thoth and Azazel.

1. Relax and be completely comfortable. Clean your aura and chakras.
2. Visualize your base chakra lighting up into a brilliant glow. Then visualize a brilliant stream of light rising from this glowing chakra. The stream of light will then connect with your second chakra, lighting it up into a brilliant glow. Do this, connecting each chakra and lighting it up all the way to the crown. You may also want to connect your gold chakra above your head (this is optional).
3. Expand the stream of light into a staff. Visualize the pole spinning. Spin faster and faster. The staff should be glowing brilliantly. Now, command the pole to spin at the speed of light.
4. Focus at the base chakra again, glowing in a ball of brilliant light. From this base, two serpents will emerge. Each will move outwards in opposite directions, just like in the caduceus (shown above) and then turn back inwards to connect with each other at the second (sexual) chakra, lighting it up.
5. The serpents move back outwards again and then inwards to connect with the third (solar) chakra, lighting it up.
6. Moving back outwards, they then turn in at the heart chakra and do the same. Continue this all the way to the crown or 8th and 9th chakras.
7. Now, go back and spin the staff at the speed of light.
8. Now, return to the serpent if you wish to do another round and repeat.

## Preliminary Meditations for Invoking the Elements

In order to really become adept, one must master the elements. This is also the message of the Mage card of the Tarot. You must be healthy to invoke the elements. For those of you who wish to go slowly, these preliminary meditations can help:

### **For Fire:**

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

### **For Water:**

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

### **For Earth:**

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

### **For Air:**

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

### **Next Step for Fire:**

1. Sit quietly and relax.

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

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

### **Next Step for Water:**

1. Sit quietly and relax.

Visualize yourself in a cold environment. Feel yourself getting cold. Feel the cold wind blow on your skin. For those of you who know snow (some brothers and sisters live in tropical environments, so not everyone has experienced snow), visualize yourself in snow and ice. Hear the crunching of the snow beneath your feet. For those of you who have never experienced snow- just visualize yourself in a cold environment and use all of your astral senses.

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

What the above exercises do:

In addition to strengthening your astral senses, these exercises will introduce you to working with the four elements of earth, air, fire and water. By invoking these elements, we can strengthen ourselves to where we will be able to withstand incredible amounts of heat, cold and other extremes. Invoking and directing fire is a very important aspect of pyrokinesis. With invoking the fire element, we can keep warm or with the water element, cool if circumstances call for this.

Invocation of fire is how the Tibetan monks spent the nights of their initiation in the ice cold mountains, naked under in a wet sheet in a snow storm. In the morning, if the initiate passed, the sheet was warm and dry and the snow and ice were melted in the surrounding area.

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

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

The foundation of advanced magick is through the control of the elements, this includes healing and all aspects of magick, white, black, and grey.



## Merging Astral Consciousness

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

### **Meditation One**

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

### **Meditation Two:**

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

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

### **Meditation Three:**

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

#### **Meditation Four:**

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

What the above exercises do:

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

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

## Satanic Telepathic Communication

Father Satan showed me this technique.

To open telepathic communication between two people:

1. Open your third eye (you should have already performed the opening of the third eye foundation exercise).  
To open your third eye, visualize a bright light about the size of a quarter, shining like the sun. This will activate your third eye.
2. Visualize the face of the person whom you wish to communicate with and open their third eye by visualizing it brightening, the same as you did with your own. In some cases, those who do not have their third eye open may be able to receive your messages, but for best results, both people should be fully open.
3. Extend your third eye serpent.  
To extend the third eye serpent, visualize a bright thin tube-like extension projecting from your third eye.
4. Connect your serpent to the third eye of the one whom you wish to communicate with, brightening both third eyes with energy as well as the tube.

Telepathic communication should be established. Talk as you would in communicating with Demons. The other person should hear you and respond. This is not for newbies. You should already be experienced with communicating with Demons and able to discern real messages and communication from astral deception.





## Reading the Thoughts of Others and Getting into Their Heads

1. Go into a trance
2. Invoke the element of ether/akasha
3. Concentrate on the \*spirit\* of the person you wish to read. Just tune in and the spirit should appear to you

I have found in this exercise, the spirit is the light body of the soul and in my own experience; it was just the shape of the individual, like the auric energy field filled with light. This is different from the astral body that mirrors the physical body, with the distinct head, eyes, features, and so forth. The spirit is only a body of light and in some individuals, it is darker. This has been my own personal experience with this technique and should only be used as a guide.



## Fighting Back

One of the most important reasons we clean our auras is to get off all of the negative energy that we encounter on a daily basis. Much of this comes from others in our immediate environment. The workplace can be especially troublesome as well as the home for many. Negative people include those who forever whine and complain, but do nothing to try to alleviate their situations, those who are forever putting others down to make themselves feel better or to divert their attentions from their own personal worthlessness, those who blame everyone else for their woes, those who take out their anger and frustrations through abusing others and the list goes on and on.

Satanists do not take abuse.

There is a very simple meditation one who is experiencing the effects of another's negative output can do:

1. Clean your aura and chakras thoroughly, as you do not want to trap in any negative energy
2. Expand your consciousness to your aura and \*feel\* your aura
3. Relax and tune into your aura
4. Visualize your aura as an outline and protective barrier. The outline should be brilliant white light like the Sun because white light deflects everything.
5. State this affirmation: "My aura is powerfully and totally deflecting \_\_\_(name of offender)'s\_\_\_ negative energy in every way and sending it directly back to him/her."

This meditation should be done with intent and then repeated when you come into contact with the offensive asshole. Just visualize and feel your aura, same as above and repeat the affirmation a couple of times and watch the asshole's negativity destroy him/her.

No Satanist should ever have to put up with or take abuse. The average person absorbs the negative energy and suffers accordingly after the negativity has built up. The offending asshole benefits by venting hostility or negativity on others and often thrives on it. The people who unknowingly absorb the energy can suffer anything from depression to illness and get caught in a vortex of negative energy, while providing the asshole with a negative outlet. The above meditation puts a dead stop to this, but remember, it must be reinforced frequently. In addition to the above, visualize the negative energy the offender is sending out, grey in color, and direct it right back to his/her aura, clinging to it. Remember to clean your aura afterwards.





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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 breath it out some more when you are finished with the seven breaths (This is the safest way) OR
2. You can retain the earth. With retention of the elements, you will progress faster, understand how each element feels, 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.

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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 Kabalah.

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 perennial 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.  
EEERRRRRRRR-RRRRRRRRRR-AAAAAHHHHHHHHHH 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 Lightening 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



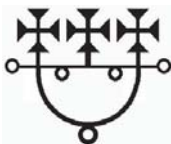
## Opening the Watchtowers



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.

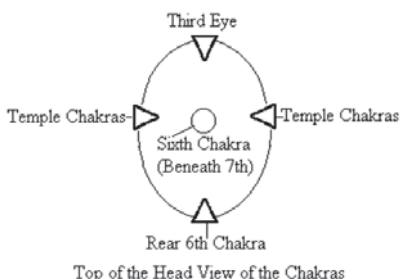
Opening these centers will further open your mind and powers. Once all three centers are fully opened, one will reach a new spiritual level of knowledge and understanding.

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



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-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 I'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-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 Gebu 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-N-N-N-N-A-A-A-A-H-H-H-H-H-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-N-N-N-N-A-A-A-A-H-H-H-H-H-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-H-AH-AH-AH-AH-M-M-M-M-M-AH-AH-AH-AH-S-S-H-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-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 22<sup>nd</sup> 2010 – October 3<sup>rd</sup> 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-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: KRYTHON.  
K-K-K-R-R-R-Y-Y-Y-TH-TH-TH-TH-N-N-N-OH-OH-OH-N-N-N
2. Do the above nine times.

**BERSERKER**

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**BOOKS**

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