

PSYCHIC VAMPIRISM



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BOOKS



The Mystery of Vampiric Will-Power

Foreword



Will-Power is the “force” of Re-action. It can render all the other mental functions *active* or *passive*. It is the determinative faculty and is affected most of all by the judgment.

On the lower plane of mind, Will-Power manifests as Desire and is reciprocally influenced by outside attractions as well as repulsions. On this plane the “Will” is not free. But when it draws the volition for externalising itself from “Within in the Dark Light of the Abyssal Reason”, then indeed is it Will-Power. On the material the human will is a slave; on the dark or sinister plane it is the sovereign. It

may then be truly called the “awakened” will. It is my conviction ever since my interests in the “Dark” since 1998, that the perpetual crossing of swords between the “Determinists and the Libertarians” can be set at rest only by a right understanding of the *psychic* make-up of man, otherwise the arguments of both sets of thinkers are equally strong. Each side has got hold of half the truth, but requires the reconciling light of Psychology and Psychosynthesis in order to enable us to see the *whole* truth as it is. However, the point I am driving at is that your will is free only when it is *self-determined*, when it has risen above the impulses of worn-out traditional religions as the Abrahamic Faiths, and acts under the direction of the Abyssal Impersonal Self. In order to fix this most important truth in your mind, let me give you a brief idea of the “I AM” consciousness. Do not pass this by as so much dry rot. No one will ever or can ever manifest genuine Will-Force of a distinctly spiritual type who does not understand the “I AM” consciousness or psychic mind.

The psychic mind is both the key and doorway to our vampiric and magickal talents. This part of the vampire has a great natural ability to process energy and information. Unlike the conscious mind, the psychic mind is not bound by the limits of linear perception. Great leaps of intuition can be made, skipping over the logical chain of thoughts to reach the conclusion much faster. Intuition is opening up to the information available in the cosmos by accessing psychic ability. Psychic ability is not using the mind to bend as it were spoons and move objects or yourself across the room, but rather processing information you would not logically have. Knowing who is on the phone before you pick up is as psychic as acts of mind over matter. We all have intuitive ability. We are all psychic, but vampires learn to use their abilities to a greater and most useful degree for themselves and the Vampiric Community.

The psychic mind is often called the lower self, but certainly not in the sense of lower as bad, evil or even less. Any religions of East and West have demonised personal power and psychic abilities; but, the concept of the lower self actually comes from what the Psychologists as Carl Gustav Jung and Roberto Assagioli, for instance, call the unconscious and subconscious. By relaxing our conscious mind, we can move through the doorway of our personal subconscious into the great unconscious, the collective consciousness and its archetypes, which is the realm of cosmic awareness and insight.

The true Vampiric Will-Power is aristocratic as it meets the requirements of appropriate relationship with:

- (1) The will of its own Vampiric Higher Self, known as the Soul.
- (2) The will of other Vampires, such as should be found in Vampiric brotherhood or work group, against the neighbouring communities around and Christianised society in general, as well as influences of other religions.
- (3) The Universal Abyssal Will (Collective Vampiric Will) that is, the will-to-fight (man is a warrior), the evil of the whole (no one is good), the laws of cosmic (evil) Order, the Purpose of the Dark deities (Energies), and “Life” as a whole.

Vampiric Personal Magnetism



When vampires are around irresistibly magnetic people in one-mindedness we feel wonderful, we feel inspired, and quick to action. We feel attracted to our community members because they are as ourselves enthusiastic about life; they have a vision, they have confidence in what they are saying and doing, they are energetic. We are aware of their power, yet there is also a lightness of being, childlike qualities of playfulness, openness and curiosity. They are spontaneous and fun-loving. They live their lives without struggle and burdens, they do not have to chase after things - whatever they desire flows to them effortlessly because of their magnetic impulse.

The most recent science tells us that the countless billions of atoms of which the body is composed are charged, each and every one of them, with inherent or native magnetism, the presence of which is necessary to hold together their electrons, and to maintain a sort of solar system in which a central orb exerts an influence over its satellites, and the latter in turn by the magnetism of a force akin to that known as centripetal, keep their distance from the ruling orb. Also we are told that each atom holds a pent-up power that, if let loose, could destroy matter vastly greater than its size. All these engines of force and energy are coming into the body in countless billions daily, serving their mission of making and maintaining life, and passing out to join the great fund from which they were drawn.

All this magnetism is known as diffused power; and, it is scattered throughout the body.

This is recognized by all scientists as the basis of a higher use than that which has yet been drawn from it. In order to understand how this higher use may come about, let us review the manner in which the vegetable cell that holds the germ of intelligence is made by "Nature" to collect these scattered forms of intelligence into a collective mass, which is called the brain, and by which the animal is created from the plant.

In the same way the diffused or scattered presence of magnetism in the countless atoms of the body is drawn collectively into ganglia, or nerve centres, and into the brain or greatest of all nerve centres. When the process of collecting this magnetism is carried forward to greater results, there is present in the body a much more active fund of magnetism. When the collective fund known as brain-power is united with the increased fund of magnetism, the result is personal magnetism.

If you will notice the man and woman who are considered the most "magnetic," you will find that almost invariably they are people who have what is called "soul" about them – that is, they manifest and induce "feeling," or emotion.

They manifest traits of character and nature similar to that manifested by actors and actresses. They throw out a part of themselves, which seems to affect those coming in contact with them. Notice a non-magnetic actor, and you will see that although he may be letter perfect in his part, and may have acquired the proper mannerisms, gestures and other technical parts of his art, still he lacks a "certain something," and that something may be seen to be the ability to communicate "feeling."

Now, those who are in the secret of the show business, know full well that many of the successful actors, who seem to burn with passion, feeling and emotion on the stage, really feel but little of these qualities while acting – they are like phonographs, giving off sounds that have been registered in them. But if you will investigate still further, you will see that in studying their parts and practicing the same privately, these people induced a stimulated emotion, such as the part called for, and held it firmly in their minds, accompanying it with the appropriate gestures, etc., until it became firmly "set" there – impressed upon the tablets of the mentality as the record of a phonograph is likewise impressed upon the wax. Then, when afterward they played the part, the outward semblance of the feelings, with the motions, gestures, emphasis, etc., reproduced itself and impressed the audience. It is said that if an actor allows himself to be actually carried away with his part so that he feels the same keenly, the result will not be advantageous, for he is overcome with the feeling and its effect is upon himself rather than upon his audience. The best result is said to be obtained when one has first experienced and felt the emotion, and then afterward reproduces it in the manner above stated, without allowing it to control him.

Reading about Personal Magnetism is not enough

No matter how great may be your ability to read and understand books, that growth, that law, requires time as well as intelligent effort. No matter how poor may be your ability in such respect, that growth is absolutely certain if you put reasonable time and genuine effort into its acquisition.

The giant trees of our parks anywhere in the world were once puny saplings. The slow lapse of time has drawn nature into their mighty hearts. Magnetism can no more be acquired by the mere reading an article, or by hurried practice of its directions, than can these giants of East and West, North and South be produced in the hot-house culture of a northern summer.

Magnetic growth is naturally slow. Its principles, its methods, and the results of its study, have to be deeply sunk into and absorbed and assimilated by the subjective self before the reaction of magnetism in the objective life can obtain. If you have read these lines correctly, you have learned that magnetic growth as well as other psychic development cannot be hurried. These statements are placed here because, had they appeared at the beginning of our work, the outlook would have seemed, perhaps, discouraging, but more especially because they would not have been understood. You now understand them because you have toiled, and you can afford to smile at such possible discouragement. You have paid an easy price for magnetic power, for the gains discount the pains.

The faithful observance of these suggestions has developed many surprises during the time occupied. The growth of magnetism involves intense and continuous concentration of thought upon the psychic field, and it is very likely that you may find it necessary to guard against that danger. The method of so guarding is briefly indicated below.

The sole value of magnetism consists in its practical application to everyday affairs. Success-Magnetism is not an accomplishment merely; it is a practical power. When rightly developed and used, it controls the subjective self in the concrete work of the objective. The definition of the goal you have been seeking now appears: Success-magnetism is personal magnetism intelligently multiplied into actual life.

Magnetism and Charisma

The thought of having personal charisma and personal magnetism is often based on having an attracting energy that flows through your body and mind. While that is certainly true, there are other aspects to it.

Many people think you are either born with it or you are not. It is not a matter of you either have it or you do not possess it. We can all start at the beginning and develop it, if it is not one of our strong traits. Having a strong presence is about how you are perceived by others. How you treat them is going to influence them greatly, especially when you first meet.

So let us talk about how you can genuinely influence people for the better and have them think of you as a powerful vampire.

Tips for Positively Influencing People

1. When you meet with someone new, act as if you are meeting a friend. That will help you be comfortable and operate from your true self, rather than putting on a front. Do not be overly friendly but be interested in what they have to say, and let them do most of the talking.
2. Body language says a great deal. Learn more about body language. Crossing your arms or your legs would mean that you are closed to the person or situation. Look people in the eyes when speaking, but do not come across as staring at them. Looking them in the eyes shows you have nothing to hide and are not avoiding them. As vampires always look people in the eyes, it is your means of power.
3. Be positive. No one likes to be around a negative person. Do not be pessimistic, on the opposite end, do not come across with a too positive, Pollyanna attitude. Being positive and happy makes you an attractive person, it endears you to other people, and is also energy taking.
4. Work on good posture. Keep your body posture straight, do not slump. This will help you look more powerful, creating a good impression, and get what you want.
5. Help people if they deserve it when you possibly can. Do they not know how to do something you do? They would appreciate your help. However, do not take on too many tasks at the same time and know when to say “no”. Helping people helps you feel good about yourself, building your sense of power and worth. And certainly others feel good about you when you help and were not expected to.

Our Personal Magnetism Self-Program

- Increase Your Popularity among Vampires and others
- Attract People, Things and Circumstances That Build You Up as for better feeding
- Protect Yourself From People Who Sap Away Your Energy
- Boost Self-Confidence

- Build Personal and Vampiric Networks
- Manage Situations
- Move Toward Success in All Areas of Your Vampiric Life

Important Instructions in Personal Magnetism

Personal Magnetism is the individual expression of a subtle irresistible and dynamic *Force* in man, which enables him to exert an unusual influence upon others. You all have come into contact with men and women of this type. They are endowed with marvellous, almost miraculous powers of influencing, persuading, attracting, fascinating, ruling and bending to their own Will-Force men of widely varying mental peculiarities and temperaments. Men actually go out of their way to please them. They attract others without any visible effort and others feel drawn to them in spite of themselves. Various are the examples of such power as afforded by history.

Magnetism is conducive to health, but the beginning of any new exercises inevitably lead to a slight muscle strain and nerve. Therefore, if you are not completely healthy, just wait to pursue with the magnetic culture until you are in better health. Once you have started with our method, do not stop, even if one day you feel sick or depressed: it is better to reduce the number of exercises or time, in spite of let a day pass. Even if your time is very limited, try to magnetize at least a little every day. Women during their monthly pains should not magnetise. While it is recommendable to go over the sixteen exercises everyday which may take 15 to 30 minutes, it is possible to adapt the method at your own pace and convenience.-Everyone can organise himself as it is best suitable to him or her, and with doses if preferred. While it is strongly recommendable to take the whole set of sixteen exercises once every day, one is free to split it up, half in the morning, and half at night. The best time for the exercises would be one hour before going to bed (leaving thirty to forty-five minutes between end of exercises and sleep-time.)

In principle, each exercise should be no longer than one minute. Do not adopt the two minutes duration unless after three months of training. However, some exercises can be extended if you have time. We will indicate which ones. From the very beginning of this work, even at reduced doses, one sees results. After one month, you feel quite well about it; and, after three months you have already a strong influence on others. After six months, you already see plainly the results. After one year you can consider your results for granted. However, it is recommendable to overdo the exercises once a week, to keep yourself well in shape.

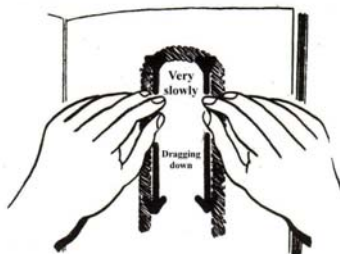
Learning Personal Magnetism in One Year

This is an everyday programme taking 15 to 30 minutes of your time. Your persistence in the work will already be visible after three, six and twelve months.

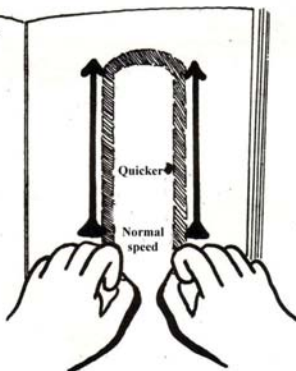
How to proceed?

You hold both hands about three centimetres apart from each other, fingers together and forming a tip to the drawing about one centimetre above it. The hands being held in this position, you slowly drag from the top to the bottom of the drawing. Arrived at the bottom, you close your hands slightly and you go up a little faster to the top of the drawing. Returned at the top of the drawing, you start all over again, so on, and forth. This is called "making magnetic passes."

First move



Second move



In other words, the passes are done:

- From the top to the bottom of the drawing;
- With open hand;
- Hollow-hand over the drawing;
- Fingers close together and "pointed ", about one centimetre above the drawing;
- With the hands about three centimetres spread from each other.
- Moving very slow and shuffling;
- When you get to the bottom, you close your hands slightly, to climb a little faster to the top of the drawing, where you reopen the hands and repeat.

Never speed up the movement of passes, make them always very slowly. If one day you have less time, reduce the duration of the exercises or the number of the sixteen exercises. However, make always slow and dragging passes.

It does not mean making a certain number of passes, but to make them very slowly at a certain length of time, to be reduced at will.

Only the up-going hands may move with the normal speed of your movements...

If you can stand up for these exercises while your e-book or document remains flat on the table or desk. If you cannot stand up, spread the manual on your lap. Make sure you are comfortable this way. During the exercises, elbows may remain touching the body.. The main thing is that you are at ease.

Sight Exercises

For exercises panel nos. 4, 12 and 16, sit comfortably on a chair, the manuscript on the table in front of you, against an object or a book to stand at about 45 degrees. All you have to do is to fix your attention on the subject of your exercise. (See further illustration).

Autosuggestion Exercises

You practice exercise as on panel no. 8 the same way as previous sight exercises, standing in the same position as well. You now, simply repeat a formula automatically as listed on the page of the exercise, and looking firmly at the centre of the drawing, which is the reversed pentagram.

Way of sitting for autosuggestion exercises



Exercise of Insufflations



Position shown for voice training. You pronounce "VH" from soft to hard slowly, while expiring. Inhale, and start again. The exercise develops magnetic breathing, making your voice more powerful. Useful for shouting help when attacked. It helped the author a few times. It makes the enemy run away.

This exercise develops the magnetic breath and expands the scope of the voice. It helps amplifying your voice when you need to use it as such. Every time I was attacked nearby I live, shouting loud helped me greatly, causing the attackers running away, totally upset. This does not mean, I had no bruises. I remember one of them stumbling backward.

Mental Orientation

During the exercises, you will have to give up anything resembling to "concentration of thought."

The intention is not “concentration”, also you do not have to make any effort at all. You must not wrinkle your eyebrows. Your look should be gentle, and threatening. We must remain flexible, natural and relaxed. Your thinking should simply be effortlessly directed toward the goal of the exercise. This purpose is shown under "Mental Orientation" at the end of each exercise description. The purpose is only to “think”; therefore, you should not talk during the exercises.

These are not formulas to be repeated, it is a state of mind to acquire (exercise 8 is only a repetition of a formula for autosuggestion).

The work you will be doing has nothing to do with the will. Rather, it is the desire, the intent, and the aspiration that is important in these exercises.

Practical information before starting

Each exercise is accompanied with a text stating clearly:

- The nature of the exercise and its position repeated;
- The value of the exercise;
- How to bring it in practice (summary of previous instructions);
- The time you may spend at each exercise (minimum and maximum duration);
- Mental orientation to be observed; and sometimes mistakes to be avoided (as perhaps you may think of something better, here and or in other things, but remember that “better” is often the enemy of the good.)

First Exercise: Magnetisation

Stand with manuscript flat on the table. The magnet is the universal symbol of magnetism. You magnetise with slow passes, and as such you enter into contact with the mainstream of universal magnetism, strengthening it, and participating in its power.

Magnetise the drawing with slow passes from top to bottom. Duration: minimum 1 minute, and maximum 2 minutes.

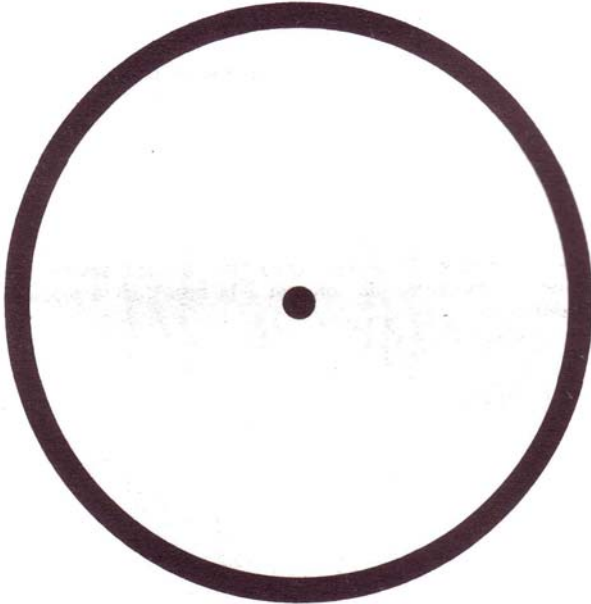
Mental Orientation: Be willing to saturate this drawing with your own magnetism. Imagine a fluid flowing through the tips of your fingers to impregnate this drawing.



Second Exercise: Magnetisation

Stand with manuscript flat on the table. The solar disk, symbol of vitality and spirituality. Magnetise the drawing with slow passes from top to bottom. Duration: minimum 1 minute to maximum 2 minutes.

Mental Orientation: With this exercise you train yourself to radiate around the magnetism that comes from the source of earthly magnetism. In other words, what you radiate (spread out) around you; you automatically recuperate in and from the ambiance. It is a mistake to think that the magnetiser takes everything from himself, as he receives as much as he gives.

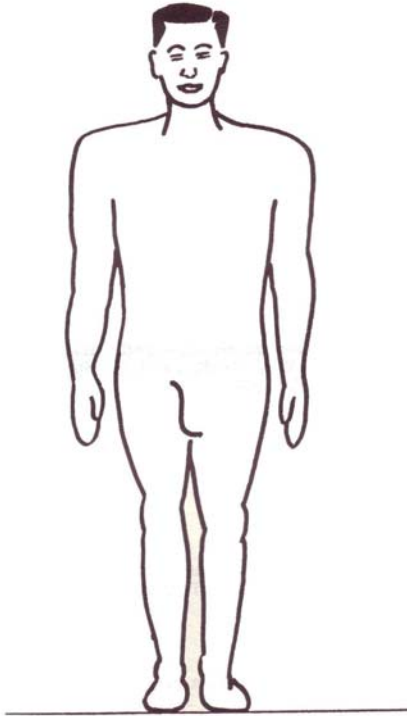


Third Exercise: Magnetisation

Stand with manuscript flat on the table. Man is the generator of magnetism. Magnetise the drawing with slow and dragging passes from top to bottom (from head to feet). Duration: minimum 1 minute, average 2 minutes and maximum 5 minutes.

Mental Orientation: The exercise will eventually lead you to influence others through your sole presence, and without doing anything spectacular.

Mistake to be avoided: Above all, have nobody in mind. Your influence must reach the crowd.



Fourth Exercise: Gazing Culture

Stand with manuscript flat on the table. The Magnetic Gazing should be soft, smiling, loving as a source of powerful influence. Fix the gazing calmly towards the small empty disc (located between two black dots). Smile. Do not close your eyes, do not flicker. Duration: minimum 1 minute and maximum 2 minutes.

Mental Orientation: You train yourself to gain sympathy and trust. Everyone will love you soon.

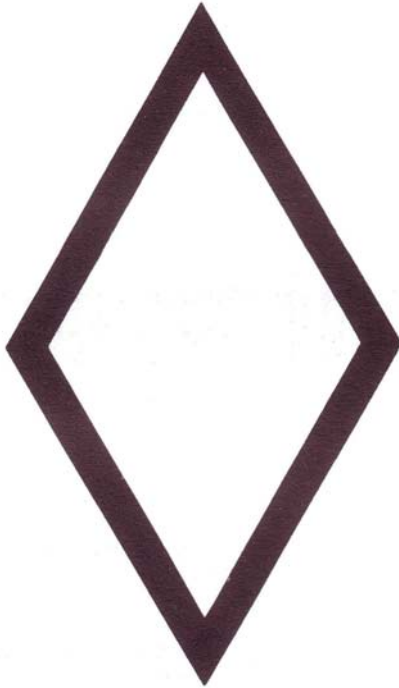
Mistake to be avoided: Do not look angry on the contrary, smile!



Fifth Exercise: Magnetisation

Stand with manuscript flat on the table. The Diamond, the symbol of changing forces and their duality: "What is above is like what is below, to accomplish the miracle of unity ". Magnetise with slow and dragging passes from top to bottom of drawing. Duration: minimum 1 minute, maximum 2 minutes.

Mental Orientation: Imagine a dense fluid flowing through the tips of your fingers to impregnate the drawing. So you participate in the exchanges of forces that are constantly evolving in the Cosmos.

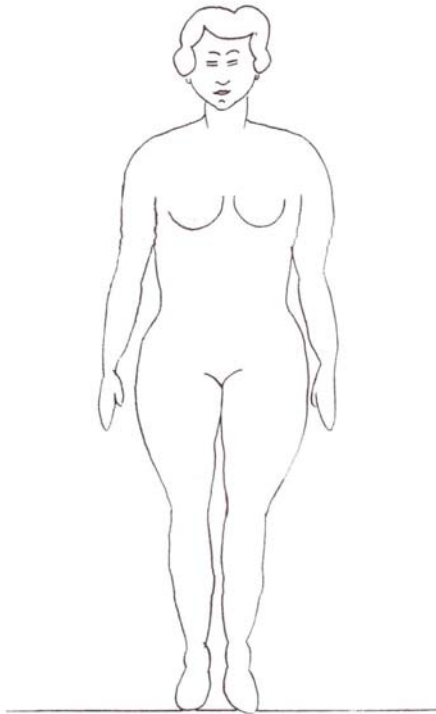


Sixth Exercise: Magnetisation

Stand with manuscript flat on the table. Women, source of magnetism as powerful as men. Magnetise very slowly, dragging from head to feet. Duration: minimum 1 minute, middling 3 minutes, and maximum 5 minutes.

Mental Orientation: The desire to completely and undetermined magnetise a woman.

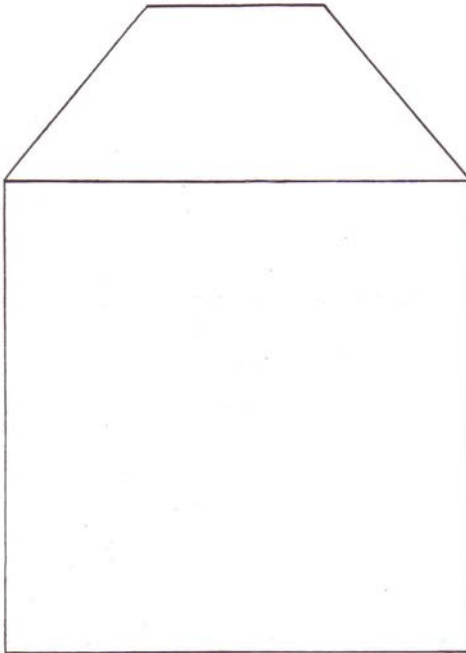
Mistakes to be avoided: Avoid thinking about a particular person. Your action must reach the crowd. Do not try to replace our drawings with persons. Our drawings suffice.



Seventh Exercise: Magnetisation

Stand with manuscript flat on the table. The Cubic Stone, symbol of realisation as to your various aspirations, achievement of goals and performances. Magnetise from top to bottom dragging and with slow passes Duration: minimum 1 minute, maximum 2 minutes.

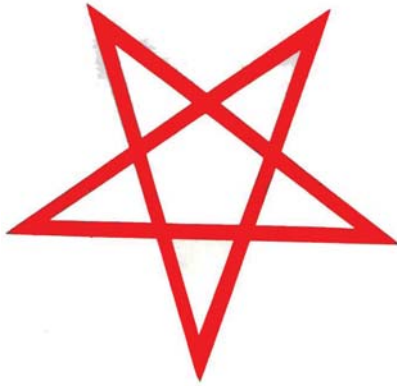
Mental Orientation: The development of your magnetism secures the success of all your projects. Your actions, your words, your movements, your thoughts, your where abouts, all convey a stronger fluid, and an increased magnetic power.



Eighth Exercise: Autosuggestion

Sit with manuscript in front of you at 45 degrees. The Star or Reversed Pentagram, is a flamboyant star of all kind of initiations, symbolising the balance, harmony, and the highest human ideal. Viewing calmly the centre of the pentagram, repeat mechanically the verse under the star. Duration: minimum 1 minute, maximum 5 minutes. Say, "Everyday, as Vampire in every matter, I feel myself better and better."

Mental Orientation: You automatically draw from external forces, taking them in, and absorbing them. As such we feed ourselves from external sources. And, much more you become stronger and stronger, magnetically as well. Your potentiality increases unceasingly towards becoming an outstanding Vampire.



**Everyday,
as vampire
in every matter,
I feel myself
better and better**

Ninth Exercise: Magnetisation

Stand with manuscript flat on the table. Magnetic water, symbol of magnetic fluid accumulating forces. Magnetise the drawing from the top of the bottle to its very bottom, with slow and dragging passes. Do it extremely gently. Duration: minimum 1 minute, and maximum 2 minutes.

Mental Orientation: your fluid flows from the extremities of your fingers, and focuses itself in the drawing.

Mistakes to be avoided: Please, do not replace the drawing with a bottle of water. Use only the drawing.



Tenth Exercise: Magnetisation

Stand with manuscript flat on the table. The propagation of the radiations approaches nearer and nearer, and provokes a resonance which in the invisible world is unquenchable. Magnetise with slow and dragging passes from top to bottom. Duration: minimum 1 minute, maximum 2 minutes.

Mental Orientation: Your magnetism is spreading very far. Its radiation conducted through your imagination reaches absolutely everything, whatever the distance may be. As such, you stay more flexible, spending less effort in the fulfilment your realisations.



Eleventh Exercise: The Projection of Breath

Stand with hands on hips. The breath, (the word) is charged with power. The breath has always been considered as the propagator of life. Standing up, with hands on hips, with your lips as to pronounce “OU”. Exhale regularly, slowly but deeply while doing “VH”. It has no sound vowel. However, you will soon hear its proper sound coming from the column of air, a deep noise that is amplified by its vibration. When you have to breathe in again, close your mouth, and inhale slowly, regularly and deeply through the nose. After, open your mouth, and start again pronouncing “VH”, disposing your lips as you would make a “OU” (for mould). Duration: minimum 1 minute, maximum 3 minutes.

Mental Orientation: The word is charged with power.

Mistakes to be avoided: Do not force the breathing capacity, do not exhaust yourself unnecessarily.



**This exercise,
apart from its magnetic value,
extends the reach of voice
and improves the tone.
A great defence weapon
when attacked.**

Twelfth Exercise: Culture of Sight

Sit, with manuscript in front of you at 45 degrees. The black disc is the simplest magick mirror you can imagine, the symbol of the invisible with the deepest life it animates. Look to the black disc with great tenderness and smiling. Open your eyes more than usual, without opening them too wide. Do not flicker. Duration: minimum 1 minute, maximum 2 minutes.

Mental Orientation: Your look fascinates.

Mistakes to be avoided: Do not look terrible, but remain smiling and totally relaxed.



Thirteenth Exercise: Magnetisation

Stand with manuscript flat on the table.-The cat endowed with strong vitality, natural source of electricity, a symbol which makes the animal's presence felt. Magnetise the drawing from top to bottom with slow and dragging passes. Duration: minimum 1 minute, and maximum 3 minutes.

Mental Orientation: Desire that your influence extends towards animals and to everything that exists.

Mistakes to be avoided: If you have a chat, do not take it as subject, leave it alone. Your drawing suffices.



Fourteenth Exercise: Magnetisation

Stand with manuscript flat on the table. The tree, symbol of strength at rest, the link between the Earth and its atmosphere, the force accumulator. Magnetise the drawing from top to bottom, with slow and dragging passes. Duration: minimum 1 minute, and maximum 3 minutes.

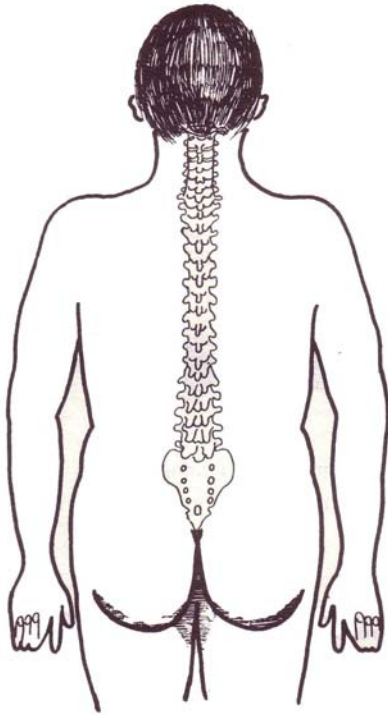
Mental Orientation: Consider well that the fluid flows through the tip of your fingers and charges the drawing.



Fifteenth Exercise: Magnetisation

Stand with manuscript flat on the table. The spine, seat of unconscious life and nervous forces, governing the organs of the human body. Magnetise from the top of the head to the bottom of the drawing, with slow and dragging passes. Duration: minimum 1 minute, and maximum 3 minutes.

Mental Orientation: Your magnetism influences unconsciously the world. Through your sole presence, you are doing good to people. Conclusion: They are looking for you.



Sixteenth Exercise: The Culture of Sight

Sit, with manuscript in front of you at 45 degrees. The target, recommended by all psychics and occultists to develop the charms of sight (the way one looks). Look calmly and smoothly, without blinking the eyes, and closing the eyelids, focusing on the black circle. Keep smiling and relaxed. Duration: minimum 1 minute, and maximum 3 minutes.

Mental Orientation: Think that the magnetic force escape also from you through your sight, influencing deeply all those around you and farther off.

Mistakes to be avoided: Do not wrinkle the eyebrows, and do not look hard and terrible. Stay flexible and smiling.



Other Useful Exercises

Preliminary Comments

Once you have trained yourself in above exercises experiencing result, you can continue the following experiments.

The first requisite of concentrating is the ability to shut out outside thoughts, sights and sounds; to conquer inattention; to obtain perfect control over the body and mind. The body must be brought under the control of the mind; the mind under the direct control of Will-Power. The Will-Power is strong enough, but the mind needs strengthening by being brought under the direct influence of the will. The mind, strengthened by the impulse of the will, becomes a much more powerful projector of thought vibrations than otherwise and the vibrations have much greater force and effect.”

The first four exercises are meant to train the mind to readily obey the commands of the mind. Take them in the privacy of your own room and never talk of them to others. Also do not let their apparent simplicity lead you to neglect them. If you are one of those empty-brained men who go about talking of their exercises hoping in this way to win praise, you will never succeed. Be serious, earnest and sincere in your work. Give up, once forever, all fickle-mindedness and learn to accumulate Power in silence and through work.

Secrecy is important though you can share your magickal work with other vampires, teachers and like-minded at the left-hand path, because they will not detract from your energy. If you lack such a community, a “Book of Shadows” is an excellent way to share your experiences without talking to those who would not understand, overwhelmed by their own traditional, worn-out religion.

Exercise 1

Sit still; relax your body all over and then neck, chest, and head held in a straight line; legs crossed one under the other and weight of the body resting easily upon the ribs; right hand on right leg, left hand on left leg, in the normal way of sitting with back straight. There should not be a single movement of the muscles in any part of the body. Mind, you must avoid all rigidness and tension of the body. There should not be the least strain on muscles. You should be able to “relax” completely. Start with 5 minutes. Continue till you can accomplish the 5 minutes sitting without any conscious effort, increase to 15 minutes which is about all you need.

The aim is to give you absolute dominion over all involuntary muscular movements. It is also an ideal “rest-cure” after fatiguing physical and mental exercise or exertion. The principal thing is “STILLNESS” and you can, if you like, practice it even sitting on a chair or anywhere else; the idea is one of “relaxation” and physical and mental quietude. Let not the apparent simplicity of this exercise deceive you. It is not so very easy after all. You will find that by concentrating the mind upon a particular train of thoughts or ideas or by joining the mind to the Larger Self, you can easily lose all idea of the body and thus maintain this stillness for a considerable length of time. Genius, inspiration and intuition are more or less the scientific and psychological results of self-forgetfulness.

Exercise 2

Cultivate a self-poised attitude and demeanour in your everyday life. Avoid a tense, strained, nervous, fidgety manner and an over-anxious appearance. Be easy, self-possessed and dignified in your bearing. Be courteous, thoughtful and quiet. Mental exercise and Will-Power Culture will enable you to acquire the proper carriage and demeanour. Stop swinging your feet and moving your hands or rocking yourself backwards in your chair while talking or sitting. Stop biting your nails, chewing your moustaches, rolling your tongue in your mouth or any other unnecessary movement such as may have become “second nature” with you while studying, reading or writing. Never twitch or jerk your body. Never wink your eyes or look blank. Train yourself to stand sudden and loud noises with equanimity and composure. Such things betray lack of control. Do not let anything outside (or even within you) disturb your composure. When engaged in conversation let your speech be calm and measured and your voice well-controlled and even. A certain degree of reserve should always be observed. In short, keep yourself well under control on all occasions. You can acquire this poise by always carrying the thoughts of “Firmness,” “Self-Control”, and “Self-Respect” in your mind and letting these express themselves in your outward bearing. Avoid bluster, self-assertion, gossip, levity or light talk, too much laughter, excitement and so forth. Too much laughter weakens the will. Be a quiet, earnest-thinking being. Be serious. Regard “solitude” as the greatest medium of self-development.

Exercise 3

Fill a wine glass full of water and taking the glass between the fingers, extend arm directly in front of you. Fix your eyes upon the glass and endeavour to hold your arm so steady that no quiver will be noticeable. Commence with one minute exercise and increase until the 5 minutes limit is reached. Alternate right and left arms. Increase to 15 minutes.

Exercise 4

Sit erect in your chair, with your head up, chin out and shoulders back. Raise your right arm until it is level with your shoulders, pointing to the right. Turn your head and fix your gaze on your hand and hold the arm perfectly steady for one minute. Repeat with left arm. Increase the time gradually to 5 minutes. The palms of the hands should be turned downwards.

The following exercises are meant to aid you in getting under control; such mental faculties will produce voluntary movements.

Exercise 5

Sit in front of a table, placing your hands upon the table, the fists clinched and lying with the back of the hand upon the table, the thumb being doubled over the fingers. Fix your gaze upon the fist for awhile and then slowly extend the thumb, keeping your whole attention fixed upon the act, just as if it was of the greatest importance. Then slowly extend your first finger, then your second and so on, until they are all open and extended. Then reverse the process, closing first the little finger and continuing the closing until the fist is again in its original position, with the thumb closed over the fingers. Repeat with left hand. Continue this exercise 5 times at a sitting, then increase to 10 times. Do not forget to keep your attention closely fixed upon the finger movements. That is the main point.

Exercise 6

Place the fingers of one hand between the fingers of the other, leaving the thumbs free. Then slowly twirl the thumbs one over the other, with a circular motion. Be sure to keep the attention firmly fixed upon the end of the thumbs.

Exercise 7

Forty-eight hours after the Full Moon in each month, go by yourself into a darkened chamber and quietly concentrate your mind upon one thing. Do this as long as possible without allowing other thoughts to enter your mind. At first you will find that your thoughts will fly from one thing to another and it will be hard for you to accomplish this, but by continued practice you will be able to think of one thing for a long time. This should be continued for 5 nights in succession and one hour each night.

Exercise 8

Go out into the open air each evening when the sky is clear and see how many stars you can count without allowing any other thoughts to enter your mind. The more stars you can count without thinking of anything the greater the degree of development produced. Quite an interesting exercise.

Exercise 9

Take 12 ordinary stones. Place them in your left hand. Then with your right hand pick up one stone, hold it at arm's length and concentrate your mind thereupon without allowing other thoughts for full 60 seconds. So with all the stones. Then start picking up with left hand. Do this for one hour daily if you can. One must truly work at himself at whatever cost to develop psychic and vampiric energy.

Exercise 10

Concentrate your mind determinedly upon someone at a distance without allowing other thoughts. Will that he or she do get strong, healthy and psychic strong. Get up a mental picture of your subject as if sitting before you. Then give earnest, positive, forceful suggestions to his sub-conscious mind. Will that he get into sympathy with you, write you on the subject and earnestly co-operate with you in his spiritual regeneration. Do it calmly and earnestly.

Exercise 11

Get some moistened sand spread over the surface about a yard square. Make it perfectly smooth. Then with your index finger draw any characters or pictures in the sand. For instance, a square, a triangle or any other figure. Fasten your gaze upon this figure. Concentrate your mind calmly thereupon and will that the thought-form so created by your concentration be transmitted to someone (whom you know to be sensitive to your will). Do this for 15 minutes daily at the same time till your subject gets the impression. Ask him to sit relaxed at the same time in the *silence* in a receptive mental attitude. Face the direction, North, South, East or West in which you send your thought. Imagine a psychic wire connecting you with your subject and aim straight. Remember, the Will-Power is represented in symbology by a straight line because it goes straight to its mark.

Exercise 12

Every night before retiring, concentrate upon your passive mind:

“When I get up in morning, my Will-power and Thought-Force will have increased. I expect you to bring about a thorough change in my Will-Force. It will gain in vigour, resolution, firmness and confidence. It must grow strong, strong, strong.”

Project these positive suggestions into your subjective self earnestly, confidently and concentrated. You will progress quickly by leaps and bounds. Every morning shall find you stronger and full of vim, sap and energy. Persevere, persevere. In following up such ideals to a successful conclusion you must have an (1) overpowering desire; (2) a strong belief in your ability to accomplish anything; (3) an invincible determination not a backboneless “I will try to”; (4) earnest expectation. This is an important and an infallible method in Will-development.

Exercise 13

Go by yourself into a room where you will not be disturbed. At the beginning “relax” all over. Then count from one to ten without allowing any other thoughts. As soon as you accomplish this, your mind is in a receptive state. Concentrate as before and order your sub-conscious self to evolve a strong, infallible memory. Form your own auto-suggestions.

Exercise 14

Pick out half a dozen unfamiliar faces. Vividly impress them upon your subjective mind. Then recall them at least once each day for full one year, each day impressing at least one more new face. Should you find you are forgetting any of your older faces, do not add new ones but firmly fix the other old faces in your mind through concentration. This is a very interesting exercise. Memory belongs to the sub-conscious mind, remember.

Exercise 15

Concentrate the mind on a paragraph in some mysteries book and commit to memory. Learn by heart one paragraph daily taking care not to forget the old ones. In time, you will improve wonderfully. Books suggestion: “The Asetian Bible (Kemetic Order of Aset Ka), Asetian Mysteries, Vampiric Magick and Predatory Spirituality, by Luis Marques. Akhkharu, Vampiric Magick, the Extended Vampire Gate, by Michael W. Ford. (All obtainable at Amazon)

Exercise 16

People with weak memories always lack concentrative ability. Concentration is the key to all mind-power. You will find the above exercises quite “tedious” and monotonous. But you can train your ‘attention’ only by giving it trivial and “dry” exercises. The strong will can cope with the most “monotonous” and uninteresting tasks without experiencing fatigue. You must set yourself such tasks as might seem like ‘work’ to your attention. Remember, the effort required to concentrate attention voluntarily on uninteresting, dry and monotonous works strengthens and develops Will-Power and gives you “mental muscle.” You will thereby acquire firm control over mind and body and be “Master” over your higher and lower impulses to full satisfaction. Power over self will express outwardly as power over others. If you can control yourself, you will find no difficulty in impressing your will on others. But, mark you, this “mystery” power should be used only to elevate, stimulate and strengthen yourself and the vampiric others. Try your Will-Power upon your personality in all possible ways and be satisfied with nothing short of perfect control. The absolute mastery of ‘self’ ought to be your aim. I have given you the real secrets. You must exercise your own ingenuity and intelligence in utilising them towards your Self-development. I leave you to finish the fight for yourself. Get up and pursue in to work well-began and at your task from today and not tomorrow. Back of all efforts; always have this positive incentive and auto-suggestion:

“This is to develop my Will-Power, and no temporary pain can equal the power and satisfaction arising out of self-control.”

Get firm control over your emotions. Use this natural force but be not used by it. Control over speech will lead to Emotion-control. Always talk to the point. Cultivate silence. Repress volubility. Be brief in speech and writing. Keep a cool head. Be level-headed and concentrative.

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BERSERKER

BOOKS

