

# 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 and 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.

## Specific Meditations

When using power meditations for a specific purpose, it is very important that you cover every aspect of how you want the energy to manifest in your affirmation. For example, when making an affirmation to attract money, if one only affirms for attracting money, the money may come and even be in one's hands, but this could be like a bank teller or cashier or the money may belong to or be taken by another. Get it? The mind does exactly what it is told to do and does not understand specifics unless it is *\*told\** EXACTLY how the energy is to manifest. The easiest route is always taken by the mind and aura regardless of what that route is. This is why it is so important to be as specific in as little words as possible with your affirmations. Energy does exactly what it is told to do.

The affirmations I included are a basic guide. You can use them or modify them as you see fit.

Another example is with weight loss. Just affirming to lose weight is unwise. You certainly wouldn't want to lose weight through an illness like cancer. It is important to affirm "I am losing excess and unneeded body fat in a very healthy way." See what I mean? This is very serious.

All workings must also be able to manifest in reality. In other words, they must be physically possible.

Always word affirmations in the present tense, as the right side of the brain does not understand future tense - i.e., "will" never happens and the mind does not understand future tense.

As with all workings, you must have faith and will that what you want will manifest itself. Desire is very important!

When you are finished with the meditation, no matter what the meditation is for-  
PUT IT OUT OF YOUR MIND! Let it work and do its job! Don't think about it or dwell on it or you will interfere with the energy.

Never spread your energies thin. Work on one problem at a time. The more places your energies go, the weaker they become. Everygy should be directed like a laser.

Like a computer, we can program our auras/souls for specific things and the programs will be lasting once we get them going and manifesting results. The program will stay in the aura until we remove it, if we ever choose to. From time to time it may need to be reinforced by meditations and affirmations, but will remain in the soul, even through future lifetimes.

## Advanced Satanic Magick

When performing advanced black magick and working with elemental thoughtforms, advanced poppits and such, it is important to know the difference between "evocation" and "invocation." NEVER invoke the energy to create these beings if they are to merge with a hated one to do destruction! When we invoke energy, this creates a link between ourselves and the victim. The only time to invoke is for love magick when we truly love someone and wish to merge with them.

## Chant

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. 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 jelly, 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.

## The Hours of Chakra Activity

Our chakras have hours where they are more active, every day. These correspond to the four cardinal points 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= 1pm
- 14:00= 2pm
- 15:00= 3pm
- 16:00= 4pm
- 17:00= 5pm
- 18:00= 6pm
- 19:00= 7pm
- 20:00= 8pm
- 21:00= 9pm
- 22:00= 10pm
- 23:00= 11pm

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	Crown	Second Chakra	Sixth Chakra	Third Chakra
2:00	Sixth Chakra	Second Chakra	Throat	Base Chakra	Third Chakra	Crown	Heart
3:00	Crown	Third Chakra	Sixth Chakra	Second Chakra	Heart	Base Chakra	Throat
4:00	Base Chakra	Heart	Crown	Third Chakra	Throat	Second Chakra	Sixth Chakra

5:00	Second Chakra	Throat	Base Chakra	Heart	Sixth Chakra	Third Chakra	Crown
6:00	Third Chakra	Sixth Chakra	Second Chakra	Throat	Crown	Heart	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	Base Chakra	Throat
11:00	Base Chakra	Heart	Crown	Third Chakra	Throat	Second Chakra	Sixth Chakra
Noon	Second Chakra	Throat	Base Chakra	Heart	Sixth Chakra	Third Chakra	Crown
13:00	Third Chakra	Sixth Chakra	Second Chakra	Throat	Crown	Heart	Base Chakra
14:00	Heart	Crown	Third Chakra	Sixth Chakra	Base Chakra	Throat	Second Chakra
15:00	Throat	Base Chakra	Heart	Crown	Second Chakra	Sixth Chakra	Third Chakra
16:00	Sixth Chakra	Second Chakra	Throat	Base Chakra	Third Chakra	Crown	Heart
17:00	Crown	Third Chakra	Sixth Chakra	Second Chakra	Heart	Base Chakra	Throat
18:00	Base Chakra	Heart	Crown	Third Chakra	Throat	Second Chakra	Sixth Chakra
19:00	Second Chakra	Throat	Base Chakra	Heart	Sixth Chakra	Third Chakra	Crown
20:00	Third	Sixth	Second	Throat	Crown	Heart	Base

	Chakra	Chakra	Chakra				Chakra
21:00	Heart	Crown	Third Chakra	Sixth Chakra	Base Chakra	Throat	Second Chakra
22:00	Throat	Base Chakra	Heart	Crown	Second Chakra	Sixth Chakra	Third Chakra
23:00	Sixth Chakra	Second Chakra	Throat	Base Chakra	Third Chakra	Crown	Heart