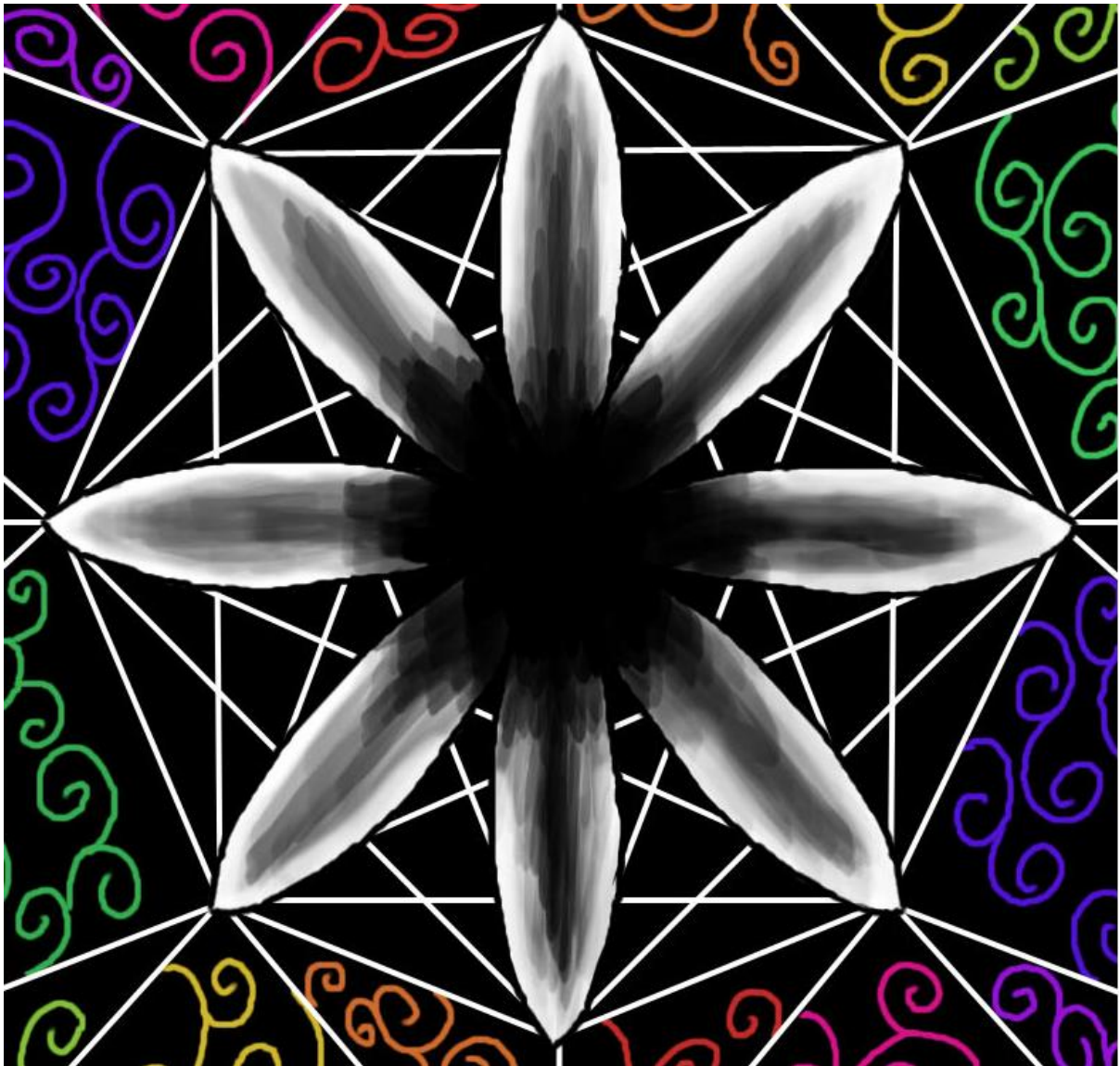


## *Khan's threads*



Send me an email at [Khanmelichior@gmail.com](mailto:Khanmelichior@gmail.com) for more information or check out Electric currency on youtube <https://www.youtube.com/channel/UCO4iVC3ANt3xXQ2cjQFqcXw>

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## Beginner Spirituality Thread

I thought I had to give you guys one more gift before I depart fringe for a while. My work has become very important to me right now, so much so that I need to dedicate all of my time to it and cannot be here answering questions or doing writeups. I'll come back once I'm called by the same ones who asked me to do these writeups and share the new information and experiences I've gained. I've linked ample amounts of resources and guides for you to be able to develop and progress yourself in that time. Though I've always tried to give the fundamental principles to everything so you can take it on and make it your own. That's my hope for everyone that they can take this work and make it their own, become their own master and learn to self create and source.

### Requirements

It's required that you start up a meditation routine and also that you source a copy of the Kyballion for study of the 7 Hermetic principles. I also suggest reading the other threads I've put out to try gain a holistic understanding. You need to understand your own energetic anatomy. The chakras, dan tiens, yin yang and chi. Most of this comes with the Hermetic laws though. I also suggest reading some basic philosophy be it Daoist, Buddhist, yogic or other. Try to keep away from what bores you.

### Introduction

Hello and welcome to another thread. This is a thread dedicated to initializing and starting your journey on the path. It will serve to alleviate many common pitfalls and mistakes which come with being a neophyte. Coming into spirituality or the greater esoteric can be troubling and difficult due to the scarcity of entry level information or general explanation on what the subject really is and can offer. I hope to clear up some of these problems by creating another practical style thread where you will be given write ups to read and exercises that develop fundamental occult requirements and skills. Some of the subjects to be covered here is on what the path really deals with and is, on meditation, meditational postures, breath, energetic anatomy, proper practice, pitfalls and mistakes, dealing with your newfound ego, health and how it relates to the occult and most importantly the seven Hermetic principles. I ask you to work with me by dedicating your time to understanding and developing what I give. The rewards are plentiful and well worth it. You will only get out exactly what you put in.

### Why do we walk the path?

Simply put it's the power of a God we desire and achieve. Magic of all forms is simply a tool to impose ones will upon the world. Like the children who play with lego blocks or in sand pits. This world becomes all the more like a dream or a game the more you walk the path. Energetic cultivation is a complementary side of the coin which deals in internal cultivation of one's own self. This helps to develop the will and spills out to development of health and wellbeing. The more energy and power you have the stronger your magic becomes. Since everything costs money or energy it means you need to build it up. Except our world runs on cycles so you must be like a farmer who plants his seeds and invests within your own talents.

Creative energy, it's what fuels your God like abilities. To be a God is to create. Those who create art control the flow of energy and attention. The simple act of creating art which could also be called a physical form of magic is what creates reality. Your own expressions influence others by the emotions and desires caused. This stirs up inside of them until they act with their own willpower.

Why do you think every corporation has their own art division be it graphic or sound work. Who do you think is influencing the younger generation which could be thought of as a window into the future? Take a look at post your own video services like Youtube or reading entertainment sites like Reddit or facebook. Start to take advantage of this knowledge by becoming a creator of whatever it is you want. All consumption is a form of mind control, be it good or bad. This is why we might think of magic as a form of self or other mind control. And what is the first Hermetic law? All is mental. Reality is in the mind. Remember this as you will come to understand it experientially as you progress.

### **The divine spark**

There comes a time in life where man cannot keep up his false act. He can no longer keep lying to himself and filling himself with drugs in order to dull and dilute the experiences. Dugs in this case meaning consumption of any kind. He starts to realise more parts of his inner being. He sees the world as if it were a B movie, a joke. Everyone around him appears automated as if he were living in a false world full of robots and slaves. Lies told through the media no longer effect him and food looks as if it's equivalent to plastic. Every part of the material human world starts to become dull and he seeks purpose and meaning from within. Nihilism, apathy and depression are common at these points. This may take him to such fields like philosophy and psychology at first. Having already dealt with the sciences or other intellectual fields. Or possibly he seeks meaning through art, having evolved his tastes. Through all these pursuits which seem to kindle the inner flame he still feels wonder and curiosity as to what might be one step beyond.

You're a wonderer cloaked in darkness clutching a lantern which burns away fear and shines with awe. Eye wide open being guided by the soul, the self. This is one of many "beacons of light" that you will be guided and lead towards. Think of it as a pit stop where you can stock up on esoteric snacks to get you through the journey.

### **The Higher self - The God**

The higher self, the holy guardian angel, God, call it what you will. Your objective is to cultivate your connection to this divine and subtle force. It rests within the upper Dan tien within your head. This is what you might think of as the 7th sense. A sense of self. To know thy self is to know the world. Knowledge of self is knowledge applicable to anything and everything. It's the subtle voice which gives you helpful advice throughout your entire life. A voice so quiet and calm that you may miss it all together and completely disregard it. Build up a connection with this part of your being as it will serve you throughout your entire life and beyond. Heaven is the area above and upwards which houses the upper three chakras. Focus on this area in your head any time you need to perform heavily complex intellectual/ creative work or spiritual work. It controls all of the glands which deal with our occult work.

### **The self - The Man**

Within your heart and emotions are your true feelings and intentions. Learn to connect with this centre and understand your emotions. We call this part of you the solar personality or who you truly are. You could think of it as your actualized god self. What forms of expression do you take interest in? Be it of the arts, science, or other fields of development and creation. This is where your true potential waits. They call it the void, a space between worlds. In this case heaven and earth - the higher self and lower base nature. Quite simply put this is you. Not the lower you who only thinks of

food and drink or the super spiritual you who desires ascension but the "you" behind the ego. Our solar plexus - the ego could be thought of as an aegis to the heart. Put yourself in this area and feel what it is like. Here's a helpful and well explained guide that another practitioner had sourced out. You will generally focus on this area when you need to become your "self" to perform "human" work. So it's good for using the emotions. <http://integralspiritualmeditation.com/?p=417>

## **The lower self - The beast**

This is where I would estimate around 80% of humans are stuck on. Think about what the three lower chakras represent. Survival, sexuality, desire and ego. Your Godly creative energy is pushed up to the head via the coccyx pump. As long as you're ejaculating, digesting, clogged up with waste and losing control of your anus/perineum(The root of you) due to fear then you're not going to make it. Not that I advice stopping all of these completely. But learning moderation and control. Even a drug addict who spends all his day eating and ejaculating can unlock all the powers of the higher centres through qi-gong or other occult practices. Though a building without a foundation becomes unstable and collapses sooner or later.

This dan tien is located in the lower naval. Try to locate your naval, go down a few inches and then inwards. This is where you will want to keep your focus and be centred during idle times. It allows the body to recharge and regain energy. Breathe deeply using the diaphragm (Means you will breath quietly and softly) down to this area. You will notice your digestion becoming faster and your entire body heals old problems which it could never fix if you work on cultivating this area.

\*Chi\* - subtopic

The short descriptions should suffice for the time being. If you wish to go on and study more work you might want to know that the upper dan tien deals with shen, your spiritual energy and force. The middle dan tien deals with chi. The lower dan tien houses what we call original force or original chi. This is the combination of yin and yang chi. It supports your life and vitality. While the kidneys also deal with a special substance called jing which is like the more yang version of chi. Fiery and quick, a force that martial artists use to break bone with their fists. Jing also heavily dictates your own life force and vitality. It can be lost through ejaculation or menstruation if no practices are upheld. I divert this topic so that you can gain exposure and have a small reference point when you read more advanced texts.

## **The Ego and Friends**

Most of you will find that once you become conscious and switched on that everyone seems to look like a robot. Automated to perform their cycles and habits, usually in a downward spiral. Materialistic and petty they may look. You also start to develop an ego which disallows interaction with your old world. You may give up hobbies and entertainment as well as friends in order to work on your occult studies and practices. Seeing the esoteric as your one and only goal and the rest of life as merely a distraction. I will pre-warn you. Don't.

Some of your friends may need to go or be distanced, but not all. Try to develop and learn humility, to understand these peoples circumstances. Don't force esoteric or occult topics onto them if they respond negatively. At first it may seem dull to interact and talk about other topics than your current new interest, but you need to understand that your interests will change or decline in cycles. Forcing

consciousness on one who is not ready can be potentially dangerous, but chances are they will just ignore you and become irritated.

If you still wish to share the joys of occultism to your friends then you will simply need to show them what can be done as using yourself as an example. Show them how you've changed and improved yourself heavily. How your health has strengthened, intelligence improved, finances and business booming and creativity immense. People view the entire world through their own lenses meaning that your voice will seem as their own. What this means is that instead of telling people about the esoteric you must use questions. "Do you believe in this?" "Have you tried this?" "Why do you think that?" etc. This forces them to test their own beliefs and understandings, eventually breaking down any pre-imposed shells and defences.

An important part of this work is not to make it your entire life. If all you do is study or practice then you will burn out sooner or later or go through cycles of insanity and apathy. Learn balance as taught in the dao. Some people call this the middle path. Esoteric work must always be balanced with mundane hobbies or entertainment to keep you grounded and stable within this world. Internal cultivation must be balanced with external cultivation. This means meditation and exercise (we'll go over that more later). Do not forsake your "old" self but instead improve upon it. If you enjoyed playing basketball as an unconscious human you can still enjoy it while being conscious. While there are some hobbies and sources of entertainment which become stale or stagnate through awakening, others can gain more interest. There's a thread up about occultism in videogames, anime and other things if you wish to know how much it's out there.

**\*Crazy wizard syndrome\* - Subtopic**

This is linked into the past topic. It's what happens when you awaken the higher centres too early. I'm sure we've all read about someone or have experienced this for yourself. When you first enter into this work it makes you go a little crazy (especially with kundalini). All of your hidden mental illnesses and tendencies come out in full force. You simultaneously act from the third eye and root chakra. Becoming paranoid about demons or other common spiritual fear mongering. Remember folks. Being a wizard does not mean you're mentally ill or should use it as a justification for mental illness. Do as Crowley said by being almost like a scientist. You should not blindly believe and always try out everything for yourself. Your own experience is the only and final truth. Does it work? This is why journaling is extremely important (among other uses).

If you're reading this and you have crazy wizard syndrome then I heavily suggest to take regular salt baths, eat grounding vegetables and other dense heavy foods. Try to expel as much energy as you can through interacting with physical reality and ground yourself on the earth. Stop all energy work that goes beyond the heart area. Watch some show, or read some /pol/. Try to work on your lower dan tien and gain proper experience or find a teacher to help guide you if you're uncomfortable about doing it on your own.

## **Thinking for yourself and proper learning**

There's a couple of items you need for proper learning. First is a mind, a will, a body and a journal. When you learn do not only mindlessly consume to later on regurgitate words which you've not digested or tried. Everything I write has a price. You must uphold the law of equal exchange by using this information. Try it all out for yourself or at least try to understand it. After every writeup,



chapter, video, talk or other piece of information you consume, try to think about it. Simply pondering and trying to "understand" it will allow the information to digest. If it's a piece of practical information then try it out. Try it and see what happens. Use a journal to mark down results. You may not understand what it is you're doing while performing a ritual for example but the act of doing it means you've exposed yourself to it. And later on this will lead to true understanding. An armchair theorist is better of spending his time back on 4chans /b/, /v/ or better yet, facebook. Consuming without the intention to at least use it sooner or later is a waste of both your time and the creators.

I write this in the hopes of YOU bettering YOUR life. To advance YOURSELF. Reality is a shitty game when you're unenlightened and unawake. It's time to learn this game and take CONTROL over it.

What I also want to say is that you must become your own master. We ourselves are the only masters who we can ever follow and have. Other people simply act as teachers to help you self learn and remember. So stop looking for a guru or master because there is already one inside of you. To learn thyself is to learn the universe.

Knowledge of the Hermetic laws is knowledge of the fundamental laws of the universe. Use them for everything. The second Hermetic law is the easier to start using. You may want to look at your room or house and see how it relates to your current states or observe what people say and see how it relates to the internal. Internal - External, Macrocosm - Microcosm.

## **Mindfulness meditation - The occult portal**

Mindfulness meditation is the first and most important practice for your entire occult journey. It's as if you're learning the alphabet of a new language. How can you even comprehend a book without first learning the alphabet? Meditation is any mental activity or exercise. Mindfulness is specifically like mental weight lifting or cardio training. It is simply the act of observation, of being present, conscious and aware. This exercise trains your mind to rid its self and thin out the "monkey chatter". What happens if you try to do exercise but your limbs flail around in all directions? Monkey chatter is the mind mental equivalent of this. Not only in the occult science is this a handy (required) skill but also in physical reality. Mindfulness allows you to enter a state of third person observation. Meaning you no longer have to be controlled by your body, mind and emotions. You become the driver in the vehicle. Think of a situation over social interaction where you may have become fed up and lost your head. Mindfulness will show you performing this and at higher levels you are able to make subtle adjustments or use emotional alchemy to change your current state.

First step in our practice is to pick an asana or posture. Preferably not laying down in bed. Try to think of this as your new natural seated position outside of the computer chair. With time you can spend hours in this posture as it will become more comfortable than any chair. I recommend padmasana, though this requires a daily stretching routine to achieve comfortably. If you're currently unable to perform the full lotus position I recommend taking the Zen kneeling position. Once the posture has been selected you may also select an area to meditate. I suggest the outdoors if you can manage it. If not try to find a tranquil room with an open window as fresh air is essential to practice. Begin the practice with your eyes closed, perineum pulled up lightly and anus closed and tongue touching the roof of your mouth either behind the teeth, on the hard palate or soft palate. These all act to close the microcosmic orbit and keep your energy flow proper. Start of by focusing

completely on your breath. Become conscious and aware of your rhythm. Breathe using the diaphragm. This causes the breath to become light and silent. It should be drawn in from the lowest point you can - around the lower naval. Your awareness will then shift to the lower dan tien. Find your naval, travel a couple inches downward and then travel inward. You may feel a magnetic or empty void like fleshy area. Try to feel the breath travelling down into this location. As for tips, you will want to avoid feeding thoughts. Allow the thought to be, and then dissolve like a cloud floating past your awareness. If you do succumb to thoughts do not grow angry or displeased. As the art of meditation takes much time to grow accustomed to and develop.

Preferably you will want to do this during the morning for around 5 minutes to start. Eventually build up to 15 as you feel it is required. This practice is required above all others. More important than your morning coffee, cigarette, breakfast, walk, shower, clothing or other. Do it. No excuses. If you don't have the discipline to meditate 5 minutes a day then you need to develop it.

### **Learning from within - The super consciousness**

Previously I mentioned becoming your own master and self learning - developing critical thinking. Now that we've learnt to control our mind through meditation it's time to put it to use. Through meditation we enter trance states. Beta being our conscious mind - the regular awake and every day state. Alpha being the subconscious mind - a primal, instinctive and relaxed state. After that are the deeper states of consciousness where the true magic happens. Around delta and theta you start to tap into your superconsciousness. Have you ever come up with great ideas after a night of rest, nap or other meditational like activity? Chances are you pulled it from the superconsciousness. This is where prophets, oracles, seers, shamans and other popular "holy men" get their supplies of spiritual bud from - void pusher. Anyway we're going to learn how to tap into this. It's also a method of communicating with your own internal guidance system - the higher self.

First we need to go over entering trance states for the neophytes here. Before you begin meditation you're in beta state. When you first start the meditation, close your eyes and focus on the breath to enter alpha. After around 1-5 minutes (If you're a neophyte. Around 1-5 seconds for more experienced people) you will hit the theta state. An easy test is opening your eye lids lightly to see if there is a "static rain". Like hazy tv static. Otherwise keep your eyes closed and try to visualize. Depending on how easy it is will depend on your current state. We want to go as deep as we can to get the best results. Methods to deepen a trance include total breath focus and visualizing yourself falling or climbing downwards on a ladder/elevator. Ideally you're just trying to let go of your body and conscious mind. The conscious mind is a bit of a combination between the ego and solar personality or heart. It's the mind that's reading this right now and consciously inserting ideas, thoughts and other personality quirks into this text. The subconscious mind is the one which understands internally the words, phrases and combinations - the calculations under the hood. So you're really trying to let go of and dissipate both the body and mind. Allowing yourself to fall into the void. Be careful as you may go into a meditative coma or sleep (same thing) and find yourself remembering you exist an hour or two later. Not too fun. This happens around delta level which is what we enter during non rem sleep. Rem is in theta as this allows for minor conscious interaction.

If you can successfully perform everything up to this point then congratulations, you've hit one of the master states of internal work. If not well keep trying. I would spend around two hours a day practicing trance meditation for over a month and a half to figure out and cultivate this knowledge.

Learn from my mistakes. This work is easier than you think it is as long as you can trust yourself. Anyway, once you hit this state it's time to get to work. If you've read my astral tutorial then you might recall most of this as being similar practice. Once you feel you're in a deep enough trance state or have adequately tried for about 5-10 minutes then start calling up a certain piece of information or a question you may have. For example you've just read the Necronomicon and wish to further understand what exactly is required for the ritual of opening an astral gateway or summoning an ancient and crusty sand demon. Use intention and emotion to "tune" yourself like a radio frequency receiver and sender. Or maybe you wish to further understand a relationship in your life or a part of yourself that you've currently been noticing. Ask your question and feel as if you're tuning your frequency to the direct one you need to receive. Feel as if you've already received the answer or are already in that frequency. Try to be open to this and take whatever comes be it voices, words, imagery, videos or other. You may even be prompted to look up a book, resource, video, topic or other.

As for tips. Learn to realise when it is proper guidance speaking to you or when it is some astral runt trolling you. This comes with intuition and practice. Follow what your emotions or heart feels is correct as this is what your true self feels. This practice can bring answers of all kind be them metaphysical or not. This is the skill of clairvoyance that the oracle uses to understand knowledge beyond their physical grasp. Now that you have an infinite spring of resource and knowledge it's time to use it!! Become your own master by creating and pulling your own philosophies and systems of magic through your own consciousness. Integrate other people's ideas and text via the super consciousness and develop practices and techniques through meditative contemplation over what you need to do and how it should be done. If you feel it works, it works. After all, how do you think sigils, idols, talismans, ritual dances, alchemical items, mantras, shrines, altars and other ritual tools were invented?

I thought I should add some practical examples of what I've obtained and achieved through this. Well, each and every thread of mine you read has come from this work. Infact my entire set of wisdom and practices has. Intuition has guided me. For non metaphysical things - I use it to further my own hobbies. This is a virtual reality like state so I've used it to learn musical theory, compose music, perform ear training and even replicate instruments to practice. That's one of the hobbies it has been used for at least. Some of you might know a skill called shadow boxing which we use in boxing. That is fighting a virtual or imaginary opponent. Well you can do this all in your imagination if you want and take real skills back to reality. Another fun practice was to cook up food dishes to practice my visualization. This is a skill I had mastered as a child, always creating inventive devices or objects out of technology, metal, cloth and whatever else I could find. First imagining it and then bringing it into paper or straight into reality.

The branch of Ninjutsu that deals specifically with mental and spiritual artistry is known as the kuji-kiri. It is the discipline of drawing down energy from the universe and directing it in order to develop our capacity for:

Rin: The knowledge of self and the true nature of being

Kai: Awareness of our motivations (our real purpose or mission) beyond those of our socialization into a particular role or position

Jin: Intuition or greater attunement to ourselves and the world around us

Toh: Insight into our lives and true needs

Pyo: Personal power

Zen: Self-protection through spiritual, emotional, physical, and mental skills and insight through greater awareness (the latter known as zazen)

Sha: The ability to heal ourselves through the release of old behavior patterns that can lead to self-harm and self-limitation as well as damage to others, our environment, and, through unskillful actions, to the world in general

Retsu: Freedom

Sai: Self-actualization through the final realization of a power that is already ours

### **Earth and the second hermetic principle - Definition of magic**

I feel this is an important part to mention. I'm not going to force you to do anything outside of your means, but what to expect and what you need to know to make good choices for yourself. Chances are some of you are drug addicts, people who eat poorly and don't exercise. Some of you may not have been in nature for months and awaken when the sun goes down. The rest of you may have put the foot down and dropped each and every poor habit only to relapse back again and again. Ultimately we should always seek balance. Though balance is rare and difficult to obtain on the path we walk. Swinging wildly from one pole to the other is all too familiar for some of us. Always seek to keep yourself in the best state you can as it means you will be able to make a better decision and have clearer judgement. Even if it means appeasing your lower nature with drugs like coffee and starch.

Analyse your life. Think of your diet, what kind of physical activities you do, the kind of mental activities you perform, the drugs in your life, your area, sleep and even the people around you. I'm asking you to become aware and conscious of your physical circumstances. This gives a look into the mental and etheric nature of your being since the physical mirrors the non- physical. So above as below. The mind and body are two halves of the same coin. We can take this a step further and correspond your house or room to your own subconscious. Look at your workspace and room. Are they messy? clean? are there year old objects which serve no purpose such as boxes or scraps of paper? relics of the past? All of these give clues as to your current internal state. When you internally decide to do something, or make any decision and choice at all it has already manifested as a possible future. We're constantly attacked with choice throughout the day. Have you ever thought that these choices are what builds up your life? A friend may ask you a question. The answer you give will impress your own subconscious mind so try to be truthful to yourself.

I'm not here to give a lecture on addictions (though I can link resource if people need it) but I find it makes a good practical explanation to learning the second Hermetic principle - Analogy. You'll start to find that (or you may have already experienced) with occult practice your life starts to drastically change. You clean up not only your own body in the way of addictions, diet and other but your external world like your room and house. Just like the altar is an analogy of our subconscious mind, the room or living quarters is usually a mirror of the conscious mind. I heavily recommend cultivation

and energy work for those who're addicted. Start to think of anything that is a physical item which changes your state to be a drug. Food, dope, videogames and even water can all be equally a drug. The drugs you "Require" to get by are the ones which balance you so to speak. They act as an earthing or grounding device for some kind of problem. Something to soak up your current unwanted state of being(fatigue, stress, fear, boredom, pain, loneliness, etc). Think of the addicts you may know. What was their childhood or adolescence like? This is why shadow work or emotional healing is important. It's a method of changing the internal to eventually change the external. With cultivation you build up your internal will and strength which eventually leaks out into your life, healing physical, mental and emotional problems. The best thing I can recommend is a journal. Write down and start to learn your own cycles and correspondences.

Ideally I'm aiming for this writeup to get you guys to start thinking about the second Hermetic law. Go re-read it in the Kybalion and mediate over what corresponds in our universe. 7 notes in a classical mode, 7 main colours, 7 glands, 7 plexus, 7 chakras and the 7 main planets and Gods which represent them in many systems, 7 days of creation. Everything about a person from their room, physical appearance, personality, thoughts and ideas are an expression of their internal. The astral corresponds to our collective worlds unconscious, crafted through emotions. You see where I'm going with this? This is just a little food for thought. Now you can go on and internalize the second law. Understanding that whatever effects the internal effects the external. Thus as magicians we use ritual(external reality) to influence the subconscious mind or astral(internal reality). See that duality. It's the Hermetic law of gender - Yin and yang. Analogy and gender work together well just like all of the hermetic laws. That's really the definition of magic or what it means to be a magician(To think like a magician through the Hermetic laws is also important). And then you can look at the other side of the magician which is cultivation. We cultivate our internal energies in order to have strength, power and will with the external physical world in order to perform our hobbies, work, and other tasks. The more power you have internally the more you gain externally.

\*Warning, off topic, kind of\* Everything you do requires energy and your current levels of energy given each day is corresponding with your Chi. This is why we seek physical health and balance as the lowest form of internal energy is known as Jing. This jing is formed at the kidneys. You lose it through physical interaction like exercise, digestion, masturbation, physical stress, strain and tension, poor health and illness caused through acidity. As long as you're not in control of the lower three chakras or lower self/nature your jing cannot transmute into chi to fuel your heart and head dan tiens. \*Tangent over\*

Now that you know how to meditate you should be pondering over all of this after each reading. I'm going to repeat this again. This information is not going to serve you unless you first understand it and second apply it. To understand it you first need to make it your own and understand it in your own way. Your OWN understanding and knowledge of something is more important than anyone else's.

## Principles of electricity/other

Balance leads to stability. Sometimes we want to push too fast and end up losing our grounding and fall further down than we ever were. Too much stability leads to stagnation so we do not wish to stay in comfort forever. Know when to attack and know when to defend. Also know when to retreat

as battles can be lost but you can never lose the war. Take all losses as a learning experience as the bad is there to show the good.

All things may express in a male or female gender. This is what we know as yin or yang. Either you give energy or take in energy and create new. Ponder over the earth and try to find what is male and female about it. The soil is female as it allows seeds which are male to be planted and create a new plant. Seeds are an analogy of a plant. They contain all the information of a fully grown tree but come in miniature form. Just like the green vibration or light given off by the young plant colour is simple an analogy of prime frequency. Though just like a thermometer hot and cold are simply different manifestations of the same frequency.

The all is all and all is the all. This all is simply an analogical expression of frequency or electricity, light, sound. Your body being an expression of this all(nature) houses 7 prime plexus, 7 glands and 7 chakras. These correspond to 7 major frequencies or state of being, 7 planets and 7 Gods or archetypes. Colour or sound are simply gateways to tap into this prime frequency. This is why standing in a red or orange room puts you in a lower, primal state of the frequency attributed to the corresponding chakras.

Know that before creation happens it must first be thought up in the mind of either "God" or the analogy which we call (Womb)Man(man connects to the mind of God or the all). From the computer you're interfacing with right now to the chair you're sitting on which were thought up first. To understand the mind of God is to understand yourself. Since we live in the mind of God there is only knowledge of self- God- Electricity. Think of reality like a game and look into ways that you can "break" or "solve" this game. Look outside, what do you see? Stars, clouds, trees, the moon, the sun, water, and other such phenomena. Observation of the world brings knowledge of this all - self - electricity or prime frequency.

Now we go into cycles the body and planet experiences. The astrological world is perfect to observe to understand cycles. Look at the seasons and how it changes the sun in our sky, how this effects the body and mind. Your body is around 90% water and the moon controls the water tide. Each moon cycle you can observe and study changes which happen in your own biology. We use the word Lunar-tic to describe those who're effected by "moon sickness". The start of a new moon is the sign of a start for us. As the ending or closing of a full moon is also.

Whatever you're connecting or "doing" is what you're currently channelling or tuning into. Your entire body is a liquid radio crystal and many parts like the pineal have their own set of crystals. Think of your state electrically. Use the spinal cord with the 7 chakras or plexus as a gauge to understand which "level" or frequency you're sitting at. Frequency simply means vibratory rate. Observe the frequency of people around you and then apply your knowledge to study further. Quick or slow. Ethereal or dense. The slower you vibrate, the lower your energetic level and state = the denser you are. Your body is made up of water, mineral and carbon all electrically charged. Your blood is pure electrical wine which pulses through a system of pumps through internal pressure which we cultivate in energy work or qi-gong. The higher the pressure the more hormones your glands secrete. Gland secretion is the physical counterpart to chakras activating or "opening". This body can be blocked by mucus and hindered by poor pumping (breathing) or dehydrated parts.

Cause and effect is a vital law to understand and well understood through the body. Observe your own body and notice what you're doing to cause specific health problems or effects. All problems have a relation, only that they may be subtle to notice. As you increase your vibratory rate through meditative activities, diet and energy work (among others) you will start to notice the subtle things in life. We exist on all levels in reality as all experiences happen on all as well. Only that you begin to notice the more that has always existed in your life as you clean up. Dejavu becomes a common occurrence the more you study, learn, grown and develop. As you will find you already know all of this. You're simply remembering it again. You'll the perfect state which psychedelics, tantra, glowing health, kundalini or other intense spiritual experiences bring on is the "childlike state". The exact state of consciousness that children are in. We never grew up but simply grew down and regressed.

Magic is simply the art of manipulating the subconscious mind and energy work is the art of manipulating the subtle parts of your vessel to increase pressure for health. Health of body is health of mind. Each part of the body exists on multiple levels and improving it will have effects on those corresponding. Train the core and your entire life will change as the foundation - lower dan tien will strengthen. Seek health, seek strength, seek wisdom and knowledge. Become compassionate and loving to first yourself then express it to the world. Learn and understand who you are. Separate the signals of the body from your heart and higher guidance. Reconnect with your childhood self and the hobbies you used to do or always want to do. To achieve this perfect state of a child like creator is the indigo consciousness or wu-ji state of ultimate enlightenment. A fully developed mind, spirit and body with complete knowledge, experience and wisdom of his/her own vessel and the world around you. Which are two in the same. Polar duality.

## Energy work, Qi-gong, Chakras and Taoism

### What is this thread about and what will I find here?

This is a basic level(for the fringe neophyte and initiate alike) summarisation tutorial of your own energetic anatomy and how to start practical work to use, develop, learn and connect with it all. We'll be going through the entire chakra system, the three tan tiens, your bodies organs, aura field, yin and yang chi or energy, energy healing, energy and health, diet and food, water, air and nature and how it relates to chi and all the way into kundalini rising for those daring and dedicated enough. I will provide a list of practical exercises for each of these categories on how you can actually start using, interacting, controlling and manipulating them. The student of any school be it Western ceremonial, yoga, or some other major category will all be able to benefit from and integrate any of this into their work.

All the work found in here is based on my own practical experience of what I have collected and found to work the best. You are free to take or leave these exercises if you feel your own work better or you already are comfortable with one.

### Why Taoism?

As the poor young neophyte trudges through a swamp of complex and archaic books which almost serve no purpose to him at this stage other than confusion and ego buffing he starts to wonder "Hasn't someone already simplified and converted this intangible Hebrew junk into english yet?" . Having studied the seven Hermetic principles and being filled with glee and wonder for a new world you may have delved externally into all forms of ritual magic which brought upon amusing and exciting results. Evocations which melted reality into your palm and devious parapsychology that brought a smirk to ones face. But it all comes back to the same question "where next and how is this really helping me progress?". But it just so happens that a man who's initial Google search brings upon books of tantric sex has already been converting the old world into the new. The man in question being Mantak Chia. A man who gives us the raw secrets and ancient wisdom of Chinese Taoism and converts it into a practical system for health and spiritual development.

### Pre-requisites for Energy work

#### \_REQUIRED\_

You need to have Read Robert Bruce's New Energy Ways to at least chapter 10. It's only a 61 page book (You don't even need to read it all) which will take you two brief afternoons of work to get through.

A solid meditation schedule of at least 5 minutes a day. Try to work this one up to 15.

Sexual abstinence (Tantric sex is allowed) of at least 3 days before attempting these practices.

#### \_RECOMMENDED\_

A meat free diet (This part is required while raising kundalini no question). This allows you to become less dense so you can focus and feel energy much easier. Raw is heavy suggested if you can manage it.



A stretching, exercise, yoga or other earth mastering schedule. Even a couple basic stretches in the morning if nothing else.

10-30 minutes a day. Can be before going to sleep if you want to do it then.

A partner to practice with you if you're interested in practicing Qi-gong for others.

## Energetic anatomy

You have a physical body with organs, glands, veins, arteries, plexus, lymph, bones, muscle and a couple other basic components. The energetic body is similar in that it is a series of tubes which is the meridian system or the nadis. There are thousands of these and it is too complex for me to go into much detail. You can study these in further depth if you wish to undertake medical Qi-gong and acupuncture specifically.

Being a micro version of our universe your body runs on 7(8) basic chakras. These will be best shown through the diagrams given and will be explained in further depth later. The chakras are energy cluster like vortexes which propagate at specific locations namely the plexus of your body. They all have a specific colour, mantra, plexus, gland, element, god and many other relations. Modifying and charging these will activate hormonal secretions from your main glands which give a whole host of effects. Your chakras develop throughout your life. Most people never get to develop their higher chakras because of trauma or attachments with leads to the spiritual retardation you see in society today. You can think of the chakras like step down converters taking in energy from the universal source and converting it into usable energy for your body.

The other key component to chakras are tan tiens (said as Dan like Taoism is said as Daoism). There are three of these in your body. One located in the lower naval, heart centre and head. They act as energy batteries and almost like alchemy caldrons which transmute Chi or energy, prana, vril, loosh (each culture has a word for it) into a higher forces. These tan tiens fuel your bodies organs and glands thus cultivation of chi will lead to health and spiritual development.

The last basic part of your energetic anatomy is your aura. We won't go too deep into this but all you really need to know is that this is a field that surrounds you and that your energetic body projects. It can be seen by a trained practitioner and is what we manipulate in energy work. Strengthening the chakras, tan tiens and organs will lead to a stronger aura field.

## Chakras

### Root

This chakra is located at the Perineum between your anus and genitals. It is related to survival instincts like hunger, thirst, and self preservation. It develops while you are a baby and common wounds that occur in this chakra happen then. If you are not fed properly or held as a baby you will develop problems here. Activating this chakra grounds you in physical reality. Colour: Red. Mantra: LAM.

### Sacral

There are two points to this chakra. One is located at the base of your spine on the tailbone. This is where your kundalini energy is stored. The other is at the pubic bone area above the genitals. This

chakra is about sexuality, creativity and desires. It develops during early childhood when you first start experimenting with the world as a toddler. Problems that can arise from improper formation is excessive eating or sexual activity. Activating this chakra can produce strong sexual desires. Colour: Orange. Mantra: VAM.

#### Stomach/Adrenals

In some systems this is technically not a chakra but in the Taoist system it is used. The location of the two points is at the naval and directly behind it on the back. Activating this chakra will stimulate your digestion.

#### Solar plexus

This chakra is located at the lower sternum area just before the fleshy area of the connecting two ribs and the second point is directly behind it on the back. It develops during adolescence and puberty when you first start experiencing life. It is related to the ego, self esteem and willpower. Wounding on this chakra can cause personality problems. Activating it also helps digestion in the stomach and acts to strengthen willpower in physical reality. Colour: Yellow. Mantra: RAM.

#### Heart

The location of this chakra is in the middle of the nipple line and directly behind on the back. This is thought of as where the higher self resides. Most people don't develop this chakra because it requires developing compassion and humility. Learning to love and forgive yourself and forgiving and freeing yourself from all wounds and people namely your parents. It can be thought of as a gateway to the higher centres and to spirituality in general. Activating this chakra will bring up unconditional love. Colour : Green. Mantra: YAM.

#### Throat

This chakra is located around the fleshy hole of the throat around the base of it under the adams apple and the back location is around the base of the neck at the largest vertebra. Activating this area allows for creativity and ease of communication. It allows you to speak as if you've had a couple drinks. It represents expression. This centre is shut of when you lie or fail to properly express yourself freely and truly. Colour: Light blue. Mantra: HAM.

#### Third eye

Everyone's favourite new age buzzword located right in between the eye brows and at the base of the skull on the back around your cerebellum. Activating this chakra will help immensely with higher occult work like visualization, energy work and abilities like clairvoyance. It is characterised by insight and wisdom. We see with our first eye before the others. Opening both of these locations allows you to draw in a lot of energy as well. Colour: I personally a royal or dark blue but some use a purple. Mantra: AUM.

#### Crown

This is right at the top of your head and there is some debate as to whether it relates to the pineal or pituitary. You commonly see people coming out of psychedelic trips centred around this area not

know how to communicate anything they've experienced. Opening it gives a sense of interconnectedness, true bliss and contention. This is the spot where you can draw in vast amounts of yang energy from the heavens(Cosmic phenomena). Colour: Violet.

## Tan Tiens

### Lower tan tien - Naval

This is located around the lower naval area and controls most of your primal and base organs. The intestines has a brain and is loaded full of neurons. Too bad it's full of crap. Focusing on this point is very grounding. It is also the easiest energy storage area to pack full of chi so I suggest directing all the excess energy you've accumulated through your work here at the end of a session. This area is your bodies main energy storage. A martial artist will use this centre to draw chi from to deliver devastating attacks. This is a common area to focus on during mindfulness meditation and it is good to breathe deeply into the naval to energise it.

### Middle tan tien - Heart centre

This centre is located around the same area of the heart chakra but more inwards and it controls a larger volume. Focusing on this area will allow you to feel strong emotions. It is suggested to channel and call emotions from this centre while doing magical work. You can also get in touch with your intuition via feeling in this location. Loving energy from the heart centre can be used to transmute negative emotions/energy from organs or parts of the body into positive energy. It can also be used to channel positive energy into healing.

### Upper tan tien - Head

Your third and final tan tien is located around the third eye area but like the heart centre, more inward and with a large volume encompassing all of the glands and organs inside of your head. Charging and focusing on this centre is where the magic really happens. All of your higher spiritual centres get fed through this battery and development of it will truly awaken them. Though don't go neglecting your lower centres by skipping to this one first. A poor foundation will collapse in on its self after all. This is where a majority of the energy is directed and shot up during tantric sex or kundalini.

## Chi

Chi is the substance you might all know as energy. It permeates everything. We are swimming in a sea of this energy which is never ending as far as we know. It allows for all life to happen and for the universe to exist. It can exist in a raw form and be transmuted into anything one desires. Using the powers of man to craft items is transmuting this energy to the physical. Our bodies are always being supplied with chi through the air we breathe, the sun and other cosmic phenomena, our sleep, food, earth's magnetic field and other people.

There are two main forms of chi which is yin and yang. One is a subtle and passive form of energy which allows and yields. It is cold, slow and magnetic. This is called yin and it comes mainly to us from the earth's field. You may draw this in through your root chakra and the chakras in the palm of your hand and middle of your feet.

Yang is a much more volatile and fiery counterpart to yin. It is warm, quick and electric. You may use yang to direct and lead yin. To control and guide it. Yang is heavily found in what is called the heavens or the skies. This is from the sun, other planets and cosmic phenomena. This energy can be drawn in through the third eye, breath and crown chakra. It is also produced by the body along with yin by certain processes.

Food has a yin and yang quality to it as well as liquid. All of your organs and chakras are either yin or yang. You can classify and categorize the entire body and then even entire world by these two forces. This won't be necessary for now though. Always remember that these energies may be dual but they are only different polarities of the same force. As everything dual is actually one when looked at with a higher perspective. This is shown through the Taoist symbol.

Your amount of chi will dictate your bodies overall health. Health leads to spiritual development through the higher glands and organs in the brain like the pineal, pituitary, hypothalamus, thalamus, corpus callosum, cerebrum and cerebellum. This is why it's important to develop and focus on your health in this kind of field.

The accumulation and working of chi is the basis of Qi-gong. Tapping into the flow of chi is what we are going to learn. Not only your own flow but the flow of the world around you. Everything projects an aura or energy signature that you may interact with. Trees for example transmute negative energy into positive energy and are helpful advisories in this field of work. Water also acts as a path or conduit for chi. This is why it is beneficial to find a positive natural area for chi cultivation. Your backyard or a local park may work just fine for this.

## Exercises and development - Meditation

I suggest you set a routine to do 15 minutes of mindfulness meditation every day. This can be done at night but preferably in the morning or evening when the sun is out. If you can do this outside then it is also preferable. Try to pick a single posture or asana for your meditations like padmasana. Sit in this posture with your tongue touching the roof of your mouth. Just before the teeth is the easiest and most comfortable place I've found. This is called the wind position as shown in the above pictures. You may put your hand in a mudra like the index touching the thumb for concentration. Focus on your lower naval area tan tien and breath slowly and deeply pulling energy into this area. The more focus you can hold on your breath and tan tien the easier and clearer your mind will be through this meditation. Do not interact with thoughts but do not push them away either. Allow yourself to be like water and the thoughts to be as light shining straight through you. The intention of this exercise is to practice zen or no thought.

### "Six Healing Sounds"

Since this exercise is an auditory exercise I thought it better to link a video of it.

<https://www.youtube.com/watch?v=yMHHxwlt4>

To convert and simplify what he says. Smiling equates to projecting positive energy. Looking equates to projecting your awareness and also visualizing the organ, colour, etc within your imagination and tactile feeling it.

This exercise may look comical at first like many of Mantak Chia's, but once you experience results you will start to understand the power of simple visualization exercises. I recommend this exercise be done whenever you need to get rid of negative emotions and rebalanced yourself. You may of had a

sour or tough day, or a bad experience with someone and feel unbalanced. This is a perfect exercise for those situations.

## Feeling Aura Electromagnetism

Begin by rubbing your hands together or bringing awareness to your hands. If you have already completed Robert Bruce's book then your hands should begin to heighten in sensitivity and you will start feeling the energetic components of the hands. If you still need a little boost then I suggest you start spiralling energy around the palms through either tactile or visualization of a white energy spiral. We're trying to activate the palm chakra and strengthen the aura field in this location. Once you feel as if your hands are sufficiently warmed up then it's time to feel auras. Put your hands together in a prayer position and slowly pull them away. Focus on the magnetic like sensation that arises from your energy and how it changes when you pull both hands away from each other. You will start to feel there are certain locations at which your hands wish to settle. This may be around a metre or a half away from each other. That is the size of your aura and can be increased through energy work or even basic thought and emotions. Now think of something that brings pain or disgust to you and feel how the aura field shrinks. Do the opposite by spiritually empowering yourself. Focusing on divine bliss and love and your aura will expand. You will notice the aura field settles at different locations during both of these thoughts.

Once you have the hang of this you can start testing it out on other living beings. Ask a partner if you can feel their aura field or if you don't have anyone willing you can use a tree. Put your hands near the greenery of a plant and try to tap into the aura of it. You can make some tree friends this way.

## The Inner Smile

This is a great exercise to get you into distinguishing negative and positive energy in your own body. Negative energy festers like an infected wound and will only serve to make your life miserable and unbalanced. That's why we have grounding and "spiritual cleaning" exercises that can be done. The inner smile is a very thorough version of this that focuses on the organs. It's a good exercise to learn because of how it leads into higher up versions like the wisdom chi-kung. A tip with all exercises is that there is no right or wrong way to do something. Instead it is a question of effective versus not effective. Your intention and imagination is key.

I will include a video for this practice as well since I figure it will be more beneficial.

<https://www.youtube.com/watch?v=A8MmAKbek9A>

To explain the practice. The intention is to feel every organ with your tactile sensation and to project loving positive energy into it. You will pull energy in through the third eye point and drag it towards the organs. The order I do this is thymus, lungs, heart, liver, gallbladder, spleen, pancreas, kidneys, bladder, prostate and sexual organs. Then I will collect saliva and pour chi into it to swallow which leads into the stomach, large intestines, intestines and bowel. Lastly is the Head which goes left and right brain, cerebellum, corpus callosum, thalamus, pineal, pituitary and hypothalamus. Finish by pulling energy down the spinal cord and throughout the entire body washing it of any negative energy. You can wash the energy down to the earth to recycle it.

I heavily suggest looking at the anatomical diagrams given previously to see the location of these organs. You may not be able to feel each of them individually at this point but with practice it will

come. Don't worry if all you can do is send positive energy to the general area. As this still is extremely effective.

I will also post a picture to go with the previous 6 healing sounds that summarises the organs and their element/ colour. Though don't put too much thought or worry into elements right now as it is only required for advanced work and medical practices.

## Yi

This is not so much an exercise but a basic explanation of yi. Yi is what you will be using for all of these exercises and is the way you direct and control chi. Yi is a combination of your intention, mind, focus, will, the fire element, tactile and visual imagination.

## Chakra Meditation

Hopefully by now you're well enough adapt at feeling and moving energy around to begin working on your bodies major energy centres. These are call the chakras as previously discussed and are located around the front and back of your body. I've linked many pictures to show the locations of them so it's up to you to use your sensitivity to be able to feel and locate them.

Let's move on to stimulating the chakras. There are an infinite amount of ways I've found to stimulate chakras but I'll give you my few best. First you want to pre warm and stimulate the body by bouncing your awareness up and down from feet to head. Another good method is to imagine pulling energy in from all around you, charging up your body. Once you feel you're warmed up enough you will want to start from the bottom most chakra, the root, to the crown chakra one by one. The next step depends if you are a visual or kinaesthetic person as most of these techniques do. You will grow accustomed and favour one specific way of utilizing your yi. Start to feel the location of the root chakra, bringing awareness to it. Next use one or multiple of these techniques. Spiral the energy whichever way feels correct at this centre. Gather the energy from all around you into this centre. Feel the centre burning with energy. Feel imaginary hands ripping apart the centre and tearing it open. Feel the centre expanding and pulsating.

Visualize each chakra as a coloured sphere for the visual people. Visualize any of these above with your visual or tactile sensations. You may also add colour coding for each chakra and the energy you're pulling. If you start to feel energetic sensations, pulsations, electricity, a glob of energy or a light sharpness you've tapped into the centre.

Remember the golden rule that everything you do works. It's just a matter of how well it works. Work on each centre individually. But you can work on both back and front centres of the dual chakras with experience. After a while you will be able to activate any of your centres by simply willing it with your yi. You can take this into your practical life as well. Need to work up some courage to say something? Start activating the solar plexus and throat centres. Communicating with spirits or using visualizations? Get your third eye working.

## Absorbing Yin and Yang Energies

As we mentioned previously there are two main forms of chi. Yin which comes from the earth and yang which comes from the heavens. We're going to learn how to ground ourselves and absorb these energies. When I first started I had a mental barrier which said "You mean I can just pull in energy from anywhere at any time? Free energy?". You may have a similar one that will be broken

down by these practices. You can indeed pull in energy at any location of your body for a quick boost to heal a pain or quickly energise after an exercise set or even to just detoxify negative emotions. Except using the mentioned centres are most effective at it.

Grounding is the act of connecting your bodies energy circuit to the earth. Take your shoes and socks off and go stand on the earth. Start stimulating the chakra in the middle of your feet and hands. Also stimulate the root chakra. These three areas are the main areas which can absorb yin chi. Yin is cooling and grounding. It helps to counteract and balance the fiery yang chi from organ activity or exercise. Back when I was learning to handle the excess of yang my body produced from kundalini I would have to take off my shoes during exercise and ground continuously to avoid overheating and energizing. This later went away as my energy body strengthened to handle the excess energy. Try to feel (if you are visual or tactile) or imagine a line from your palms, feet and root chakra to the earth's field. The earth's field expands far into the air so even if your hands and root are not attached physically they are still able to gather the energy. A good position to take is tree position. Though I've found even padmasana will work just fine for grounding(though it is preferable for the beginner to touch his feet to the ground). Calm your mind(this should be done for all practices) and work on feeling the cold magnetic sensation of the earth. This will feel almost like your aura fields magnetism. If you cannot feel it do not worry. Energy sensitivity comes with practice. Feel yourself drawing and sucking up the energy into your body as if you're made of straws.

Drawing yang is very much similar except the centres used are different. For yang we will use the crown, breath and both third eye points. Start by stimulating these points as previously shown in the yin tutorial. Then work to draw in and drain the energy from the heaven. This is best done also on the earth when the sun is out. You can face the sun with your eyes closed (or open for the sun gazers) and draw in the cosmic energy. Yang will feel a lot faster and warmer than yin. More energetic.

Once you have drawn in either of these energies you may put them to use in whatever you wish be it chakra work, energizing organs, energy healing, general aura enhancing, fuelling body parts, satisfying hunger, purification of body, psionics, ritual and more. I suggest once finishing your meditations that you end by spiralling the energy in your lower tan tien. Feel as if the tan tien is absorbing this energy. To feel your tan tien try to place awareness around the lower naval area. You might feel a fleshy almost void like substance and area which is the tan tien.

## **Desire meditation**

Being a practitioner of esoteric arts means you might find yourself having trouble managing desire and controlling yourself in the case of masturbation, food, drugs or other comfort items/habits. There are methods through energy work that one may transmute these pesky thoughtforms into beneficial energy. All desire stimulates and builds up in the sacral chakra. It is here that acts as a womb to bring manifest towards what we desire be it positive or negative. Some of us with self control issues will understand the difficulty of brute force willpower to controlling this area. So I give a much more effective method of controlling your lower centres.

Next time you start to have cravings, be it food, sex, drugs or other desires close your eyes and go into a light meditative state like all other exercises. In this state your perception to energy internally and externally is greatly enhanced. You will notice that there is a glowing of energy inside of the

sacral chakra in between the tailbone and pubic region. Each progressive attack of the desire thoughtform strengthens and brings you closer to this region. To banish the energy here you simply need to draw it upwards. Either draw and sweep this energy to one of your tan tiens (I recommend the lower as always), chakras, organs or through the micro/macrocosmic orbits (to be discussed later). You may even pour this energy down into the earth if you do not wish to store and transmute it. Continue this until the desire starts to dissipate. With practice you can focus on your sacral area and another area to simply will the energy to move. No dragging, drawing or sweeping will be required. Think of it like plugging two parts of a circuit together. The energy flows naturally. This is a tip as many of the tips are for all exercises as you will develop these abilities with practice and tinkering of your own energy body.

## Food and Water

Ever wonder why you're taught in the occult to bless your food and water? It is because all energy has intelligence. If you eat food pre-packaged and processed by machines or workers then chances are you are not going to absorb good energy. Negative emotions bleach and stain anything they come into contact with. Leaving black residue that either needs to be transmuted, banished, or washed away. In the case of our own food it acts as almost like a magnet for energy. To bless food we program the intelligent energy inside of it with a desire of our own. The stronger the intention the stronger the effect.

Begin by relaxing and entering your light meditative state. You should be able to do this within a second or two. Closing your eyes can help significantly. Bring awareness to your hands and start activating the aura field around them. This is done simply by awareness or the stimulation of the energy within your hands. Place them over your food, water or even any object you wish to program/bless. Think of what it is you wish to program into the item if it's health, dedication, courage or wisdom. It can be anything as your imagination is the limit. Start summoning strong emotions at the heart tan tien. As if the desire already exists in your life. Start to pour this energy down your arms into your hands and feel as if the aura of your hands and the food/drink is connecting and absorbing your energy.

## Organ Tonifying

If you've diligently been practicing the inner smile then you will currently have a little practice and a good feeling for your internal organs. Good thing is that we can take that to the next level with using chi to tonify the organs. What this means is that we're lacquering the electro conductive fascia surrounding the organ with chi. Essentially this fascia is the battery which the organ feeds off. I like to use this to improve my digestion mainly. I'll warn you that using it on the pineal will create for an intense night of dreams.

To tonify organs you simply need to work up some chi. Moving chi around in the body through energy bounces or other activities will create yang chi. You may combine this with yin that you draw upwards from the earth in the naval as a cook pot to create something we call "original chi/force". It is a balanced chi that can be used for many qi-gong activities such as the microcosmic orbit. Once you have your chi ready and circulating in the naval it's time to pick our organ. Let's pick the pineal gland. To feel the pineal you will need to tighten your eye lids, mouth and anus. You should be able to now feel tension in a gland at the upper back part of your head. To feel the pituitary you can simply look upwards and you should feel a gland around the third eye area. Either draw your chi



upwards to either gland or feel the naval connecting and making a circuit with the gland and move it via the circuit made. Start to "wrap" and spiral the chi around the organ. Feel as if the chi is spiralling inside of the organ like a miniature chi galaxy.

Always remember to purify the organ of bad chi before tonification. Simply change the polarity and project your positive energy or love into it to do this.

## Energy Healing

By now I hope you're starting to get a feel for the basic things that energy can do. If you don't see the common theme it's energy + intention funnelled through a chakras = results. This does not mean you can just go setting things on fire wily nilly since everything takes practice and time.

Where you get the chi you want to use is up to you. You can draw it from the heaven, from the earth, air, other living creatures or even yourself. I heavily suggest getting yourself in a comfortable grounding position and hooking up into one of these energy sources (preferably the earth). Start drawing up the chi and setting your intention to heal. You will also want to convert the energy into positive and loving chi. If you wish to use visuals then stick to using white. Other colours are used for very specific problems in medical qi-gong (You may study medical qi-gong if you wish to complexity this). Put both your hands together, activate the palm chakras and warm up your hands aura field. Place the hands directly above whatever wound or pain you wish to heal and start projecting a strong field of healing and positive energy. You can imagine the wound burning up or you may even draw the negative chi and drain it into the earth. Continue this for a minute or two and your pain should significantly reduce or be eliminated. Do this several times each day until your injury or pain is gone.

## Microcosmic Orbit

This being one of the main practices in the Taoist repertoire and rightfully so. It flushes out and energizes the main two channels of your body along with all the chakra points in those channels. Both front and back channels are equally balanced in this practice. Take a look at the last pictures posted to get a visual idea of the circuit you need to make. It is also suggested to perform an energy cleaning or banishing ritual before this. Some examples are basic grounding meditations, baths, LBRP, six healing sounds, inner smile or other favoured exercises.

We start this practice in our usual asana(posture). Making sure to touch the roof of your mouth at the location just before the teeth. This closes your front circuit. You will also need to tense and tighten the anus and perineum lightly so no energy escapes at the root. Many people are susceptible to energy loss from this point because their muscles are weak and forgotten. For an extended and detailed version of this practice where you use body movement for warm-ups and also work on the original force refer to Mantak's book "Awaken healing light". Start drawing in energy from whichever source feels most comfortable. You may use the breath effectively in this exercise to form a rhythm for your cycles. Breathing the energy down the front of your body, drawing it through each chakra point down to the sacral. Exhale while drawing your breaths energy and extra energy from the sexual organs down the root chakra and back up the coccyx, through the spine and finally to the crown. Draw this accumulated energy through each chakra in the back channel on this journey. You might find that the chakra points on your back are much more difficult to feel and might require some individual work to find and open them up. Continue breathing and leading the energy from

your crown back down to the sacral chakra. Passing all other front chakras in this process. Exhale at the sacral region to complete another cycle. This will eventually become one continuous fluid motion from exhale to inhale. You may perform this while in motions like walking once it has been practiced and learnt. Complete as many cycles as you feel are needed be it 10, 20 or 100. With practice you will be able to use your entire body to draw energy to a focused location wherever your yi is located in the orbit. Doing this will allow a much greater accumulation of energy for your body.

## **Chakra Healing and Development of the Higher Circuits**

Alright. Now this part is work. I won't sugar coat it or make it out to be any more glorious than it is. You'll cry like a bitch and need a shower or two. This is true development of your own emotional and energetic self. I've already made a basic thread for emotional healing and shadow work here <http://8ch.net/fringe/res/50246.html> . Study it well enough that you understand the theory and practice. Now we're going to take it up a notch and work it into the chakra system. The purpose of this exercise and information is to remove all the emotional traumas in your chakras. Then we develop and strengthen the wounds until they turn into a scar, a remnant. This work is ESSENTIAL before attempting kundalini. If you don't remove your imbalances and develop your chakras then they will be enhanced 10 fold from kundalini. This means your anger, desire, ego, fear, pain and any other negative quality starts to control your life until you remove and control it. It's not easy to remove a weed which you've fed. It may be possible to do but it's much easier to cut them while they're young. This work is not for those who can't humble themselves and change. Purification of the mind is the age old lead to gold. So you need to treat this work with absolute respect.

Let's get right down to it. Each of your chakras is related to a certain period of development in your life. Chances are you've only developed the first three to really any practical extent(root, sacral and solar plexus). This goes for about 80% of humans. Each chakra will have a wound from that period of development. Think of these wounds like your trials and given tests in life. If you were not fed properly as a baby then your root chakra will remember that and in adult life you will fear for your survival. Or maybe you were poor and never were able to satisfy your ego with material possessions in highschool which has lead to a solar plexus mark. This leads you to buy expensive clothes and cars to impress others around you. To understand our own wounds we must first know the chakras. Your wounds to do with the root chakra will always be related to how you were treated as a little baby. They will be to do with survival and fear. The sacral chakra develops after this in early childhood. Problems here are related to your desire, be it for food, sex, drugs or other dependencies. Your solar plexus develops around adolescence. Wounds in this area will be to do with your ego. The ego is like your personal avatar, the way you present and think of yourself. You're going to need to go into deep meditation and ask yourself/ recall all of the traumatic events in your life. Go through each chakra trying to remember/decipher what might of happened in your life and how you were mistreated. Refer to my previously linked guide for a thorough explanation on how to fix this. But basically you need to change the memory into one where you were given what you needed or where everything went well. For example if you were not fed correctly you need to change the memory into one that you were fed properly. If you are bitter about not finding love in your younger years you need to change your memories so that you did. This releases all emotional bindings and ties to your past wounds. You may feel awkward about this. But just do it. Confront the pain so much that you can only feel love and bliss for the memories that you might of been raped, starved, abused or

harmful. Not in a way that you enjoy it but in a way that you see it as a wounded child. Be compassionate and loving to this child.

Go through each memory in your life, reliving it and alchemizing the negative emotions into positive ones. This is a long process which can take several days of work to get thoroughly fixed. You also need to start externalizing these changes which should happen naturally. If you have a dependence on a drug and then clean the wound related to this one you need to actually stick with the change and give up your addiction. These changes will usually come naturally after some time.

Next circuit is the heart chakra, our 4th. Developing this is a little more difficult and thus most of humanity still struggles to understand it even exists. That's why most people can't understand your mystical or occult experiences. When they can't even tap into compassion they will never be able to even comprehend that something higher exists. They say the heart chakra is like a door or bridge to the higher centres of your being. The lower three chakras are your lower self (Which most of humanity is trapped in) and the highest three are your higher self (Creativity, spirituality and perception. That's why you can probably still talk to your artist or stoner friend). This is how you know we're getting into serious stuff. To put it simply I'm decoding a lot of occult intangible gibberish into practical techniques and information. To develop the heart chakra you need to gain humility and compassion as well as true self love. This means forgiving everyone who's ever done you wrong, apologising to everyone you've ever done wrong to and starting to love yourself so much that your body and mind are a home (This is all done in your imagination through visualization. I would never make you leave the house young wizards). People without self love cannot feel comfortable with who they are. They also do not treat their bodies and minds correctly.

The meditations for this chakra are similar to before. Enter a meditative trance state and bring up one by one everyone you know. Your mother and father are especially important as we need to integrate the "divine masculine and feminine". \*fun jokes\* How do you know someone's still internally a (man)child? They hate and can't deal with their parents or everyone of a certain gender. This is shown in mythologies as the hero slaying or defeating his parents (Jupiter killing Saturn. Or as Mantak says "Slay the Satan"). Imagine someone in front of you and forgive them, say sorry to them and allow them to do the same. You need to "feel" as if this is actually happening. Your subconscious can't tell the difference between reality and fiction. Many people have blocks at this point where they can't forgive their parents or someone who greatly hurt them. Think of it this way. If you were raped as a child and cannot forgive the person who wounded you, you're still being hurt and restricted in life by this person. But if you give up the attachment to them then you've essentially freed yourself from it.

Next is the part about self love. You need to change your internal dialogue to one of love and respect for yourself. Instead of saying "You're useless for failing this" or "why did you fuck up and masturbate/smoke dope/drink/binge eat again" try to use an opposite positive polarity. "We'll get it next time" "I can change and become better" "I understand your pain and will help you change". You might find yourself changing your diet, exercising, quitting addictions and negative habits, finding new friends and love, exploring new avenues of yourself, taking up new hobbies and many more things when you start to work with yourself instead of against it. This is where your meditation comes in handy. Through mindfulness meditation we're able to "catch" ourselves in negative thought loops or pre-programmed self hatred. You might also notice in certain locations and

activities you will have more of these negative thought loops. You can try a banishing ritual like projecting positive and loving chi in the rooms or on the items of these activities. We can leak and stain items with so much bad chi that we create a negative talisman(The opposite can be done "lucky charms").

As a freebie I'll throw in some information on developing the throat chakra and third eye. This is not going to be a guide as the previous one for the heart is. Well it kind of. is Figure it like planting seeds. Your throat chakra is the centre of self expression and creativity. Seeing as we express ourselves through our creativity and voice. To develop this centre you'll want to take up a hobby that you can express creativity through be it arts, craft or other. Remember that creativity can be expressed in almost anything even if it's cooking or a binary activity like coding. You can even creatively make your fingers dance on a table if you so desire to get the ball rolling. This will allow you to learn more about yourself since whatever you pour creativity into will resemble your true nature. Think of it like pulling your true self outside of your mind into reality. I heavily recommend everyone to take up a hobby which uses their body like singing or dancing (tai chi) that you can perform anywhere be it in the bath/shower or outside at a park. By this I mean you can pull it out whenever you want. You can even pretend you're the next mf doom if you don't want to sing.

Your third eye is what you see with. Everything is energy, a singular vibration. Your third eye is able to see the entirety of this vibration. Except most people's perception is shrouded by lies and negative imprints, past failures, etc. Meditate over this for a while. Developing this centre will require you to learn how to perceive what is beyond your two eyes. Using the imagination we're able to perform amazing feats. I've scryed into people's rooms and told them correct details of their clothing and room features. Entered others bodies only to see that their location appeared exactly as imagination. Picked up on thought channels in rooms which are later vocalized. Read minds, Learned and received practical information and meditations in the astral. Intuitively been guided to spiritual plants and many more things. I would be here all day listing the perception shattering experiences I've had but these are some examples of the abilities we can perform with our third eye centre. I believe there are many books in psionics and parapsychology which you may develop these abilities in. One of our helpful members has been talking about cyclomancy for this field of development.

Anyway If anyone is game enough to actually do any of this work feel free to ask questions to clear up any misunderstandings or for some general guiding in it. If you want to go for kundalini (I'll write a guide for soon) then you will really want to clean up your emotional body wounds as much as you can. At the end of the day there's only so much you can do to prepare for it though. Either way your entire life will flip upside down and you'll be forced to drown in the filth of your own suffering and childhood wounds until you climb out of it bloody and bruised. But I can't deny it's worth it. Godlike development awaits for those who feel the call.

### **Astral Projection - Scrying Method and Gateways - Basic Introduction**

Aight let's go over some basic stuff just so you're clear on what you're doing.

The astral plane is related to Yesod in the Qabalah, the womb of Gaia as they say. That means in "human measured thought distance" we're right next to it. A little different from the mental and causal planes which are thought of as further away. In this case we're only using distance to grasp an idea since you may exist in all planes from any location. I'm probably only complicating things more than they need so don't think too hard on this.

So really the astral plane could be thought of as a dreamy plasticine wonderland of psychedelic-esc fun where you get to play with spirits, gods, ancestors, other people, bodhisattva/teachers and other astral critters/beings as well as world creation to pre-manifest, draft out some physical skills and objects among many other things. The astral is your imagination. Same place you go in astral projections, dreams and lucid dreams. Except you're just in a personal bubble for dreams and lucid dreams mostly and where astral traveling is more like a multiplayer experience where you start interacting with over people/energies in whatever vibration/plane you're in.

So how do you get to it? quite simply you just use your imagination be it auditory, visual or other. Sounds too good to be true right? You'll want to enter a really deep trance state for the best results and also do a little bit of chakra work on the third eye and qi-gong on your pineal for the best results and connection. Start firing up your imagination. Think of it like you're navigating in a land where your thoughts are your vessel. Want to go to another country? think it. Want to see an astral replica of a friend? imagine them in front of you. Now this may sound kinda lame "you mean I just use my imagination?" "Isn't this kind of rubbish or fake?". Those questions will be answered once you start pulling "light" out of darkness and surprise yourself with true life progress. If you want you can let your subconscious take you on a trip like a rowboat in a streaming current. You may also astral project via conscious sleep but that is a little more advanced than what most of our neophytes can handle at this stage. This is what most books will give you techniques for. It comes naturally when you heal your body, charge up your lower tan tien and do other qi gong activities like juicing up the pineal and pituitary glands. But that's going to take time and hard work so get comfortable(or agitated).

Another fun technique which I used to mainly use back in my Hermetic and Qabalah days is to use "Astral gateways". You've probably already seen planetary sigils and tattvas before(if not then look them up and probably check out that Qabalah thread I wrote a while back to get an idea on the spheres). Well It's time to put them to use. Start by meditating and lightly glancing at one of these. Your sigil/tattva will depend on what plane you wish to travel to be it the Earth, Martian, Venusian or some kind of gate in another grimoire like the Necronomicon. Then when you have the sigil burnt inside of your mind you simply need to "adjust/align" your vibration or intention towards it. Some people find putting it on a door or making a portal and affirming the sigil into it works well(I used to use the portal method since I clip into world geometry with astral doors). You can feel it swallowing you and the energy of the sigil becoming one with you and opening something up inside your mind. This is good fun since you can meet tons of useful spirits to scry of and work with.

I recommend keeping a pen and journal in your hands during this if you're using the scrying method.

Astral memories are held in short term so they will burst like a soap bubble.

I recommend during a shielding ritual before each sessions as well as learning or creating a custom astral fighting style. Sounds ridiculous except you'll thank me when you have to take on some nasty astral critters after opening a gateway to who knows where. You might also want to banish or ground yourself after to clean of any residue.

Without getting too far on an astral development tangent I do recommend everyone to set up what the western magicians call an "astral alter". Pretty much your own astral home that you can mess around in when you're not traveling. I have a huge disc shaped stone tablet with intangible writing on each piece in the middle of a forest.

While you don't need to use a human vessel it is good to create one so that you can practice human world skills in the astral. I've once taken this to such a level that I was both practicing skills in astral form while doing tasks in the physical plane. It's kind of like the ghost hands techniques in Robert Bruce's books. Give it a shot.

## Kundalini Rising/Raising the Dragon

Alright. Here's my final main piece for this thread. After that I won't be writing up threads or exercises until the community grows and they're needed. There's not enough good information on

Qi-gong, energy work and the occult in general on the internet when it comes to practical and useful work that you can understand without decoding. I say this as a means to try inspire you to take my work, make it your own and forge upon it. Whatever you feel you're here for in life to do. Whatever you feel ties you and binds you to this world. You're going to need to work on it and walk the path yourself. Others can give you little bits of information and guiding that might make you think a little differently. But ultimately you're on your own. Become the master.

With sharing this well guarded(probably rightfully so) and dangerously powerful exercise I would hope that you're able to make your own calls for if it's time or right for you to do. It's not for the faint of heart or the undedicated. This will put your esoteric progress and life in general on overdrive. A man can waste 50 years before deciding it's time for a change. But after this you're going to suffer psychological and ego death on a weekly basis if you don't change with the unleashed forces. Your life can become a living misery akin to depression and apathy, to emotional instability and the "magicians craziness". Your entire body can suffer damage to the nervous system, inability to exercise or to move it beyond the bare minimum because of intense overheating and "short circuiting". Just like the cleaning hands of a psychedelic, you will be shown every last piece of filth and trash stored up in your mind and ego. You might quit your job, school and give up friends, family or people you thought you held dear. Your entire life will slowly change for better and worse since both paths eventually lead to freedom from suffering. I'm not trying to say this is all bad as more power and energy than you could ever imagine will be at your fingertips. The ability to perform and learn faster than ever before, like a child. To grow physically and spiritually at enhanced rates. Wells of creativity, intuition and mastery open up to you for consumption. You will become super human. Mundane life becomes easy mode but controlling and managing your own self becomes the opposite. This is why I've posted a detailed thread and second last post about emotional body healing. You'll want to scrub every last fault and problem that you have before trying to accomplish kundalini. Else wise they're enhanced 10 fold. Every emotional problem, habit, fault and delusion in your life. With this they will be shed quicker than ever, but you need to be a strong person to handle it. Also I heavily suggest you have been practicing energy work for at least 2 months every day. You need to build up a strong nervous system and energy body so you don't suffer any possible damage. Though you can heal the damage done. A minor detail I remember is that you need to be practicing a meat free diet for (I believe it is a week in advance though I'm not sure on this. You'll need to source this somewhere else) this to properly work. Other things are eating a light meal or fasting for that day(energy work is hard with digestion). You may want to also ground and bathe or clean your aura up before this.

Now that we've taken that out of the way let's get onto the actual practice. Firstly I'm going to admit that I had no idea on the theory of kundalini when I risen it(this is not a onetime deal but damn is it effective the first). In fact I had done it about a month and a half after reading and practicing Robert Bruce's New Energy Ways book. One night I had been intuitively guided to perform a strange series of energetic exercises and techniques which progressively lead to a full kundalini experience. Later on I figured this out after studying the theory and practice of kundalini in more detail. I've come to the conclusion that you don't really need the theory for it. In fact it can just overcomplicate and confuse you more. Study it if you want but I will only be giving what you need to practically do it.

Start by pre stimulating your energetic body. I perform this while laying down on my back(I did it in a bed the first few times and now on the floor except things can get a bit intense there) and have

found padmasana to be uncomfortable and restricting for the energy flow. Once you feel your energy body is ready you can start by opening the chakras, drawing energy to them and using your own personal technique for activating/opening. Do this until you've reached all the way up to the crown chakra. This work is just to get your energy body open and warmed up. Next start to draw energy from whatever source works best for you be it the hands, feet, third eye, crown, perineum or other into your root chakra at the perineum. The idea here is that we build up a huge amount of energy at the root which we then warm up and build into an explosive push that unlocks the dormant kundalini energy inside of your tailbone or sacral chakra. Continue building up energy at the root chakra for around 2-5 minutes. You'll want to have your intuition guiding you this entire process so follow that. Eventually once you feel it is time, start opening and activating the root chakra. Just as if we were doing normal chakra exercises except this time it will feel stronger and like we're building something up. This part of the process is the build up phase where we need to keep activating it until an explosion of energy happens. It can take up to around 5 or more minutes until the root chakra explodes. You'll start to feel your entire energy body pulsate, grow, electrify, lighten and do other strange things. Your coccyx might start to feel electric and your heart chakra might start beating rapidly like the first few OBE attempts. As you continue to build up and pressurize this energy in the perineum it will feel like your entire body is building up steam and is ready to explode. You might feel jolts of energy which make you spasm so try to keep still if you can. Eventually this will all come to a climax where the energy shoots right up your spinal cord to the head. At this part you might feel entirely like jelly or like you've separated from your body or are in two bodies. There is many strange phenomena that can be experienced at this point and usually intense amounts of energy and astral projections can follow that night. At this point you've successfully raised kundalini. Congratulations.

I suggest you to perform this at least once a month for as long as you can to continue the development and modification of your entire energy body. Kundalini is a slow process that eventually engulfs all of your chakras and completely changes them. Not to say you won't gain effects and benefits the next morning because you completely will.

### **Sexual alchemy/Tantric masturbation**

I had a bad feeling that I had forgotten an exercise. I figure this is one that might help some of the masturbation addicts here. You'll need to have a good feel for moving energy and the microcosmic orbit before attempting this practice.

Let's get straight down to it. First exercise we'll be learning to control an erection (Can't help you on this one girls. Either experiment yourself or go read Mantak Chia's many books). It's fairly simple since all you need to do is create a circuit from your testicles and penis to the back of your head or right at the pineal gland. We've gone over creating circuits in previous exercises and if you can't do that just sweep and drag the energy from your genitals up the back of your spine through the microcosmic orbit. For finding the pineal all you need to do is tighten your anus, iris and mouth. This will create a tension in your head where the pineal is located. This pulls the fiery yang chi out of your genitals and into your head where you may accumulate it to charge the brain or bring it down into the lower tan tien through the microcosmic orbit. Eventually you will be able to control an erection within seconds. A convenient trick for modern society.



Once you've mastered erection control you're basically done. All you need to do in your own sexual practice is repeat and continue this energy drawing tactic. Also learn to control your breathing and tension of your body especially the hips. This will help to alleviate energy blocks. Continue slowly building up energy at the head or running it through your microcosmic orbit while masturbating/ in intercourse until you feel it is enough. This energy is very potent and can be used to heal or enhance your body. It also works well to energise yourself through the microcosmic orbit. The final piece of this is stopping the ejaculation. Technically you have taken out the "light" from your sperm but it is good protocol to hold onto the nutrients. Try this while urinating to get a feel for it(though note that it will require more tension and strength to hold in sperm than urine because of the force behind it). Take your three main hand fingers and press them up against the perineum behind your leg. Try to hit the middle of the perineum with a strong amount of force that it closes up the pipe where the urine and sperm come out of. I will supply an image to give a better idea of this.

Anyway give it a shot. Don't get mad if you accidentally ejaculate all of your built up light. You've still captured and harnessed a lot of the energy inside of it so don't feel too sad. Though I would not advise using this practice as an excuse for your own lust.

## Using the chakras

I felt like I should make a little write up so here we are. I'll teach you a practical application and ability of each chakra(There are many!! But you need to find them out yourself with experimentation). I want everyone to start playing around and experimenting with this. You can do most of these(if not all) right now. This will help give everyone a more practical "understanding" of their body. Learn to use the vessel artfully as your tool.

First we all know the root chakra is about survival. Next time you start feeling a biological emotion to do with survival focus on this centre. It may be hunger or fear. Start honing in and feel the root. Calm it down via your will and energy. Next is our sacral. Do you need to conjure up more energy and desire for a certain project? Feel this centre and rev up that desire. Keep feeling as if you REALLY want to do something. Then we have our solar plexus which is will. Are you a floppy dead spineless jelly fish? Kindle this area until it alights into a fiery solar orb of strength(Feel the dragon or warrior inside of you). Feel your passion, will and rageful power(in a good way) channel from this area. At the heart we can feel absolute bliss. You don't need alcohol anymore once you've unlocked this. This is the centre where we can control and cultivate our emotions(For ritual work as well). Try to make yourself almost drunk with the feeling of love at this centre. It will help you connect with others. At our throat we can activate creativity and self expression. You might be a shy person who has social anxiety. Next time you need to talk to someone try focusing on the throat chakra and powering it up. See how much more open you start to feel. Mileage for the next two will depend on your own abilities and experience. Powering up your third eye helps immensely with visualization. Any ritual work will require this area since it opens up your metaphysical 6th sense. Let this one slide unless you know what you're doing and actually need it. And at the 7th chakra our crown, we open up to let our true self come through. Opening this up will allow your intuition and guidance to sky rocket. You know that voice which tells you not to do things and to do some things?

Do this right now. I want you all to have your own experiences. By now you should all know how to activate a chakra at will so this should be easy. Activate your solar plexus and get some work done or force yourself to do something spontaneous. Cultivate a new desire to do something at the sacral.



Create some kind of artistic work with the help of your throat chakra or do some scrying and astral projection via using the third eye. If you're reading this for entertainment then you're wasting your time. Start cultivating your own abilities and control over your body. When you control the body and mind you control the world. A couple minutes of your time to try the exercises in this thread will lead to true knowledge and wisdom of a part of yourself you've never known existed.

## Intermediate Routine

This routine is intended to be done (If wished) in two parts. It will take you  $15 + 15 = 30$  minutes to do. This routine will cover your entire energetic side. All that's left is for you to do the physical side which is your stretching, weights, cardio or whatever you wish to do. It's intended to be a quick routine that compresses larger techniques from 10-15 minutes into 2-3 minutes.

Start out with 15 minutes of mindfulness meditation. I can't begin to say how IMPORTANT this is. If you can't do anything else in your day at least get 15 minutes of mindfulness. This keeps a thread connection to the divine meaning you can never slip fully from grace if you do this every day.

Next move into about 2 minutes of warm-up exercises. Do a cleaning exercise like imagining a solar orb above your head running white liquid into your body washing all the negative energy downwards. And then pull yin from the ground into your body to stabilize it. You may also perform an inner smile or 6 healing sounds. You can even use an ordinary bath or shower and visualize the water cleaning your aura. Finally you may also imagine your astral body surrounded by a white field and in that field is a white cloud that cleans your aura. See how many different exercises we can use to fulfil the same intention.

After that we spend 3 minutes working on the lower dan tien. Start tracing a red silhouette in your lower naval as if you looked at a birds eye you would see the silhouette (horizontal). Or you may roll it in circles and spiral it. We simply wish to warm it up. After that imagine pulling solar energy through your entire body (pore breathing) into this dan tien. Breath energy straight into it through naval breathing.

Spend 2-3 minutes warming up the chakras. Start at the root and pull energy into it via pore breathing or pulling via the hand, feet, perineum, crown or third eye points. Work your way up to the crown remembering that there is a chakra at the front and back for each chakra besides the crown and root.

After you've done this you will want to pull more energy into your naval area. Pull some energy to your kidneys warming them up activating your original force. Spend about 2-3 minutes on this exercise. Pull the kidney energy and the scraps from the lower dan tien into the naval. Spiralling it imagining you're holding a solar ball. Pull yin from the perineum(your connection to the earth) and yang from the heavens into your crown down to the naval. Combine all these energies as if your naval is a big cook pot.

Our final and most important exercise will take the remainder of our time, 5 minutes (though if you're serious on advancing further I would bump this up to 10 then 15). Take the energy we've gathered at the naval and start cycling it down the front of your body. Cycling it within the microcosmic orbit. Try clear all the meridians within the front and back channels of your body. After sufficiently cycling you may take this energy into the lower dan tien (you can charge the other as

well but I suggest the lower only until your energy body has developed). Spiral it into the lower dan tien until you feel the energy is all collected.

## Yin fields

I'm an avant follower of blessing food. Might as well make it useful in some way other than silencing the emotions and bodies cries(hahaha, oh help me). So one day I'm blessing a coffee cup and notice that I can enter a state where there I "connect" with the liquid, as if there is no difference between me and the drink. Ultimately there is none except for your perception of it. If you can intellectually understand it this far then you can perform this technique. It is a little more advanced than some of the others but at the same time it's very simple. We've discussed the use of "yi" to focus our mind, perception, visualization and all that other stuff in order to direct and control energy. Well this is very similar except you're learning how to control it outside of yourself through using what I like to call a "yin field". I use this word because in this practice we're using our yi to tap into a passive "yin" field of something outside(or inside) of yourself. Be it a meal, computer, book, other person, planet, empty space/air or something else. Try to imagine it as if you're projecting your own awareness outside of your body like in astral projection. But you're growing in awareness of what you are connected with. If you know much astral theory you can then understand that it's kind of like we're becoming aware of the object or areas astral presence and linking up with it. Whoah, that's a lot to think about. I think a picture will explain this easier.

There are a few preliminary exercises and requirements for this one. Though I can see that you could develop them while practicing this technique. You'll want to have a basic level of energy sense. Let's begin. Go into a trance state and warm your energetic body up. The fuzz or static is what you want. Try to project this around your hands. Left is yin and right is yang. As long as you can feel we're good. Next is some experience in food blessing or any kind of lesser magic. Ideally you need the ability to "tune" yourself with an intent or certain frequency. Can you feel as if you're falling? or that you're made out of metal or stone, and as heavy and dense. And then how about your emotions. Can you feel intense levels of joy or pleasure at will? In food blessing we simply pick an intention and feel as if it has already become a reality. Immersing yourself in the pleasure and success it brings. And now we're going to take it to a higher level of complexity.

Start out by picking an object. Preferably solid like a cup or cutlery and something that wont dirty your hands. You'll want to feel it all over and remember how it feels. This is actually just a crutch as with higher ability you can feel it with mind alone. You may be able to do this already. Once you've felt it with your physical hands begin by touching it with your astral hands. To do this you simply need to imagine as if you have another set of hands which are imaginarily touching the object. Feel the density, texture, weight and stability of the object. Now create an astral or imaginary cloud of energy which feels the object and immerses or bathes it within the chi. You may want to put your hands over the object to help you. Can you still feel the object with this cloud? After this try to merge the cloud of energy with the object. Connecting with the structure and formation of it. As if you're reading the "yin" or passive schematics of the object. This is best done first with water. Get a cup of water and immerse your yi cloud into the water. I call this cloud a "yin field" as it's a field of yin energy since you're trying to feel and pick up on the objects impressions. Feel the Spatial area of the water, the liquidity, density and weight. Shake the cup up a little and try to put yourself within it again and feel the movement. Almost as if you're being shaken back and forth. Practice by projecting out a yin field on different kind of objects, your body and empty space.

If this practice is too difficult for you currently then take it a step back. Perform the same exercises except within your own body. Pick a location on your hand and create a spherical or other shaped yin field within it. Keep your yi held on this area and feel how it awakens the circuitry within your hand. I suggesting creating a sphere within your lao-gong point in the palm(google brutha). We can now change this yin field into a yang field. It becomes yang once we change from passive observation to active forcing and intention. Start to imagine this sphere burning with energy. Similar to our previous chakra exercises. You can feel it spirally with energy, burning like a sun or pressurizing and gathering within like a black hole. Create a custom sensation which you personally feel works best for you using either tactile, visual or both imaginations.

Now that we've briefed over changing our passive yin field into an active yang field we can test this out through some experiments in order to learn how to use it more. Go grab a glass of water or one of your meals and put it in front of you. Warm up both of your hands by projecting an energy field around and inside of them. Place them around the food item. Start to project your yin field around and inside the food item and remember that you don't need to visualize a link or chain from you to the object but it may be done if it helps you. Feel the object, become it! The texture, the warmth, size and any detail you can bring to mind. As if it is a part of you like your hands and feet. Now start to bring up your intention for the ritual that you wish to impress within your mind. It could be a goal, a change of habit or anything else that changes your current state and consciousness. Feel as if you're already experiencing the future where this is a reality. As if you've jumped time and achieved your goal. No doubt within your emotions and mind that it exists already. Bring your awareness back to your yin field in the food and change it to a yang field. Imagine as if the object you're blessing has become the future where you've achieved the goal. A good way to think of this is that you pick an apple, put a yin field around it and try to form the apple to taste like an orange. As if your field carries the intention to taste like orange and you're simply merging the two.

Try to get the concept down and do a little practice with it. I have a few more exercises which use this yin field concept which I will go over a little later. Stuff like cultivation using it and healing. Essentially this is my way to explain and teach "yi". Except it's a method which takes it further because you can now tap into the astral component of reality with your energy. We're essentially fusing western and eastern. Anyway I thought I would try to learn photo editing to give a comical but helpful visual representation to this and future exercises.

## The breathe

"To control yourself you must control your breathe." In each skill that I practice be it martial or body arts, artistic pursuits of visual and musical arts, patience and control of ones will, or spiritual practices in meditation there are two key factors. Control of the breathe and control of the posture. Your spines location decides how far the energy from the sacral and coccyx runs through the spines. Slant it around the stomach below the solar plexus and you will be overcome with desire for appetite. Hold sexual arousal and the energy will go no further than your sexual organs. Close up your heart and feel inadequate to expression and your energy will stop around the heart and throat points. Vulnerability allows expression of your true self. Though one must learn to become a master alchemist and allow all harm to pass through like light and water.

Onto the breathe. Breath inadequately and your spine will not have the energy required to fuel each centre. You may notice depressed folk cannot hold their posture correctly and will breathe

shallowly. Spirit is the same word used for breath or air in many cultures and languages. Rightfully so. To control the breath is to control your bodies energy supply. Not only that but the lungs act as an internal biological pump. Each exhale massages the organs and sets a natural rhythm of your entire body - the sacral spinal rhythm. Try to understand how the breathe is so intimately connected with your bodies current level of energy and creative fuel. Not only that but the breathe is your bodies main source of detoxification as the skin and lungs remove around 70-80% of the bodies toxic yield. This is difficult to understand at first but through full body breathing becomes a realization. The faster and harder you breath the more your body pumps blood and lymphatic system. Your lymphatic system cleans out all of the toxic waste within your body. This is why you might find yourself feeling light toxic shock and weakness after exercise or breath work which works the lymphatic system.

<http://thedaobums.com/topic/39387-get-the-most-out-of-your-mco/page-2?hl=diaphragm#entry648120>

Think of your breath as the bodies control mechanism. We as conscious beings understand that the body is not us, but simply a tool or our own vessel of God - the self - nature. First we must understand proper breathing techniques. View the pictures I'll include about the upper diaphragm. You have under your lungs a balloon like parachute which expands and contracts to allow the lungs to expand. You need to breath from this area which is located just below the sternum and above the intestines. Try to breath from this area like a pump. From the chest. Around the middle not at your shoulder or upper chest area and not around the intestines or belly region but within the middle. Combine all three areas to form a full breath. You will know you have this down when you can breathe completely silently. You need to train yourself not to breath from the nose or throat region which cause sound and strain/stress. Breathe in as deeply (to the lower naval - urogenital diaphragm area- lower dan tien) as you can without straining or causing unneeded pressure. A full silent breath at around 3.5 seconds in and 3.5 out. Try to always become conscious of the breathe. This may be difficult and annoying at first but with consciousness of the breathe brings true awareness and control of the body and mind. You can first start this practice in your mindfulness meditations and allow it to branch out. I also suggest breathing in fresh outdoors air. Open a window, door or two if you are able to.

Now onto utilizing this breathe. Your natural rhythm will set your body into the heart or true self state. This is who you are beyond the ego. This could be thought of as your creative childlike self. To enter the lower self or your body increase your rhythm by 2x. If you breath at 7 seconds per cycle then increase it to 3.5. Notice how your body starts to pump faster and how you become conscious and aware of your body. This is good for any kind of exercise as it allows connection with the bodies subconscious. Now slow the breathe down by 2x to 14 seconds a cycle and notice how you relax completely and start to enter a deep trance state. Slow breathing is the key to entering a theta and then delta state. It slows the bodies organs and processes to slow down (the breath is the key to how fast your body works and pumps) allowing you to enter the non physical counter part of reality. Partner this with some chakra meditation and you'll have a powerful sense of visualization - near perfect for the advanced practitioners. This slow breathe allows you to feel your entire energy body and interact with it with much greater strength. I'll call these two breathing techniques the yin - slow and yang - fast breathe. Try out the yang breathe while you begin a physical training sessions and watch how your lifts increase. Then try out the yin breathe during your meditation or ritual work.

You can begin to see how we can have complete dominance over our bodies by means of the breathe. You may trigger this instantly. A small warning is that if you're digesting a lot of food the yin breathe will be very difficult.

As our Second bonus technique I'll teach you the left and right brain breathing technique. Any of my pranyama yogis will know this one. You have two brain hemispheres, the left which controls your scientific functions like logical work and the right which controls the artistic like creative abilities. These also control the opposite locations of the body. "Ida flows through the left nostril and Pingala through the right nostril. Ida is also called Chandra Nadi (moon) and Pingala as Surya Nadi (sun). Ida is cooling and Pingala is heating." So your Ida channel is Yin and the Pingala is Yang. Feel your breathe and see which nostril it is mainly coming out of. Left will mean your Ida is predominate and the right will indicate the Pingala (This runs on a cycle throughout the day. Ida night and Pingala day I believe). Our exercise is changing the flow from Ida or left to pingala or right. To activate Pingala you will plug up the left nostril (Ida) and breath through the right. This makes the left brain activated. Vice versa. So you can think that whatever nostril you block will activate that part of the brain. Block the left nostril to activate the left brain hemisphere and vice versa. This might be a little confusing to understand but please do try to understand. I'll post a picture to show the correspondences of the left and right brains for what they do. Also you may activate both brain hemispheres by blocking the left nostril. Exhaling. Blocking the right. Inhale, exhale. Then repeat it with the other nostril for around 10-30 cycles. This energizes the brain significantly. Give it all a shot. That last section may require a bit of meditation. This is your que yogic brothers to add your experiences on this.

Final technique in this breathing mega series is of direction of the breathe. This is for the students who are having trouble feeling energy. Instead we are going to use the breathe as our energy source. Simply breath in and try to "feel" as if you're in taking an etheric sense with your astral senses. This may be directed and guided to your lower dan tien for storage or to any part in the body like a wound or pain. You will find that it removes the pain and increases the healing of that area. Try it! There are many other uses of this technique as we can use it for our chakra work to breath into chakras to activate and warm them up. You may find you enjoy using the breathe as a directing force for your own energy work and use it as your main tool. A martial artist will use and direct his own breathe to enhance and control the flow of his bodies movement in this manner. The aspiring guru and daoist master will do the same with their meditation.

One last thought I wish to give everyone is of full body breathing. Our body naturally does this but as most functions it is inferior to a conscious version of it. The kidney cleanses and detoxifies through the skin. Through conscious interference you are able to use the entire body for breathing. Not only this but you can also draw in chi through it as well to enhance your bones, nervous system, ligaments, muscles, organs and other energetic parts. Ponder over it and give it a shot next time you're in meditation. Feel the entire body and will it to form an in and out rhythm with your breathe.

## **Blockages (in the MCO)**

During your practices with energy work you may find certain areas in the limbs and especially the Microcosmic orbit which are difficult to move energy through. It feels as if the energy is squished towards the sides of your body and tries to find an alternate pathway through. Just like a blocked pipe it reroutes through failure of pass. These are your energy bodies blockages. They need to be

worked out and removed for you to live a more fulfilling and complete life. Think of your micro cosmic orbit as a solar system. Each planet orbits around the sun in a perfect way. If there is any disturbance in any orbit, each planet will be effected and it throws of the entire system. The same way with your body how it is your own personal solar system. Think of the energy like water chipping away at a stone. Gradually the blockages will be removed with time if you put in the work. Here today I have a few new handy techniques which I've found help immensely to remove the blockages.

First you need to map out your own blockages. Either mentally or on paper depending on which you prefer and require. Run the microcosmic orbit through your body and take note of where it feel difficult and weak to pass through. This may feel as if the energy wishes to pass around or that you simply loose concentration and body awareness every loop at that point. With more energy means more sensations so feel free to pool as much energy at the naval before starting a session(as well as drawing in some kidney jing and sexual energy to ramp it up if you wish). Next you'll want to run energy through the limbs, arms and legs to find out which spots are effected there. You will find your blockages correspond to certain meridian channels - organs and chakras. These blockages tell the story of your own life since they are a replica of your energetic to physical problems. I noticed this while clearing my own blockages memories would appear of experiences of the past and present to show what I've been doing to cause them. An example would be you may have a root chakra blockage out of continuous fear. This burns part of the circuit and disallows it going any further. Or a solar plexus blockage if you always feel you cannot express your will freely. A throat blockage if you're shy and unable to communicate naturally to others. You probably get the idea about now.

There are two techniques which I give to help you in your own journey. The first is the "Cosmic yin, yang spiral". To perform this technique you simply pull yin from the earth with your feet or perineum depending on the posture and spiral it through your legs, body (blockages will try to halt this flow. Relax and slowly allow it to pass like a wave of water. Heavy but gentle), down and up the arms, neck and head. Do this in whichever direction intuitively feels natural(clockwise or counter). Then pull yang down from your crown point and do the same except in reverse. Continue for another cycle or as long as you feel necessary. There is a Gif picture given to visually show this.

Our second technique is a simple reverse flow technique. View the gif of the dragons quest to create a harmonious body in alignment with the dao. This young dragon passes through a blockage in the yang warming path (up to the crown on the back and to the root on the front) and then back to the yin or cooling path. To perform this technique you simply perform the microcosmic orbit as usual except whenever you encounter a blockage you run the energy back and forth throughout the entire body area where the blockage is. By this I mean don't just run energy up and down a small path of the sternum. But the entire sternum and rib cage area(Wide instead of thin). Or not just at the spine. But entire back of the torso(in the area the blockage is). This clears all of your meridians as well as the main chakras. After the blockage has been loosened continue the orbit path until you come across another. Run a full cycle and repeat. You may combine both exercises and do one after the other. Wrapping around the heart area and pushing up and down the sternum/rib since the entire body does not need to be spiralled if you just wish to clear one blockage or area.

This may add an extra 10-20 minutes to your practice time since blockages are rather tough to counter. But I'll wager that after a couple days or a week of practice you will feel better than ever.

Old habits and cycles will pass and you'll become a greater master of yourself. Remember that your blockages in life are what manifest as blockages in the energy body. Fixing the microcosm fixes the macrocosm. Good luck!

## Improving your vibrations

Once you gain higher levels of sensitivity you begin to feel vibration influences and your own internal state. This vibration level changes through exterior crystals like food, water, people, technology, or really any form of light communication vessel or light in general (music with proper or improper hz tuning, the sun). Be aware that your posture and relaxation (blockages and MCO) will influence it along with your mood and current state of energy and happiness. Most of you who practice these arts may have noticed that many (I believe I've maybe been around two or three positive people while being conscious of this) if not almost all people you come across are subconsciously(or consciously) steal your energy and lowering your energetic state. This may start to feel like a kind of toxicity or suffocation where you need to drink more charged water, take a bath and get outside to counteract this disgusting feeling. The best tip I can give is either to limit time around poisonous people and/or to create your own energy shield through simple visualization and intention.

Nature is the source of all so to get back into nature is the most healing, grounding and energizing thing you can do. Try to perform as many activities as you can outside in nature if this is a possibility for you. Make your house a natural state with crystal, plants and anything which produces "orgone energy". At the moment I'm testing out magnets as I hypothesize magnetic jewellery and house magnets can draw in negative energy(like a miniature earth). Always keep a window (or multiple) open if you're able. Purify your water, put Himalayan salt in it and whatever crystals you wish the water to absorb frequency from. Then leave this water out in the sun. Himalayan salt can also be used for baths to self banish and energetically clean. Most people and electronic devices project negative energies into our aura which need to be cleaned through grounding or absorbed (Which is where the magnets come in). Remember that the earth is a huge ground which pulls out any negative energy within you. Meditating outside not only energizes you from the sun but cleans out much of the energetic waste. Another note is on food. Try to eat as many water rich alkaline(electric) foods that you can.

All of this along with proper maintenance of the body and energy work will develop you into your own solar system, radiating with light and energy. A little note on circuits - hold hands with another person to create a circuit. You can project your own chi outwards and if your flow is strong they should be able to feel it. You may also ask to project chi on their forehead and back of the head with both hands. This produces some amusing results.

Know that any way light can be transmitted it can be manipulated to both frequencies. Our water, food and even electrical poles and street lights all poison our bodies energetically. There is a war going on to keep you stupid, sick, weak and drained. Start slowly improving and making adjustments to transform your house and body into a positive zone or if you can set away from common man and the forces that control.

## Tree-gong

From the amazing teachers and creators of "Qi-gong" we have a new practice by the name of "Tree-gong". This revolutionary practice will make you new leafy friends and transmute any negative

energy you may take on. Quite simply we do this to recycle our negative or sick energy into positive and usable energy. I don't know about you guys but I'm the kind of guy who can get pretty pissed off. You look at me the wrong way and I'll fight you. No I'm only joking(kind of). So to avoid fighting every runt that offloads their waist on us we need to learn cleaning methods.

Throughout our day we can pick up a lot of negative energies from other people exploding in our face or relieving themselves verbally. This creates negative thoughtforms which perpetuate some pretty nasty thoughts in our own mind, draining us and wasting our time(empathy's a bitch). We're left in a bad mood while the other person leisurely pleasures themselves, now emptied of the days stress. Either we can transmute this energy within ourselves(I never find this works well enough), send it back to the person who offloaded it(this produces powerful but disgusting results. It's best not to get involved with this kind of black magic as you can cause serious damage to others depending on the influences and your own power), or ground it. I'll teach you a simple way of grounding it with a tree.

Stand near a tree planted within the earth. Older the better. Place your hands on this tree or near it. Start up a connection link by mentally connecting your aura with the tree. Wait till it gives you an affirmation(no tree molestation allowed guys). Then start to project your negative or sick energy out of your hands and arms into the tree. Create an energetic cycle or circle that travels it into the tree and up your legs into your lower dan tien. You can also use other areas like the crown to project it. If you wish the cycle may be done in the opposite way of cycling down the feet and taken into the crown or hands.

Feel free to further experiment and figure out what can be done with tree friends. I hypothesize some quantum world shenanigans since trees are all connected (as we all are) through the earth. Like a natural internet. I imagine some cool magic can be done with this.



# Hermetic and General Western Magic Tutorial

## Introduction - What can I find here?

Hello and welcome to another theory and practice tutorial. The original intent of this thread was to teach evocation since I've always felt it to be one of the most major and integral techniques that an aspiring metaphysician/occultist/wizard should learn and master. Namely because of the effectiveness of it in "bending" reality. Chances are if you're an occultist on this site then your life is not all sunshine and rainbows. Most of us have come from having nothing and being screwups into alchemizing ourselves to a far greater human than we ever thought possible. Evocation is one of the tools which allows you to take this to the next level. Ideally western magic in general is good for this. I'll teach you some practices which can be applied for both lesser and higher magic. As always, what you do with this stuff is up to you. Do the work, make it your own and use it to better your own life.

## Disclaimer

Be careful what you wish for. Be careful about crazy wizard syndrome. Don't take things too seriously or let it get to your ego. I suggest you all to read my previous Qi-gong thread since I merge eastern and western esoterism into a wholesome combined field(Though I will be keeping it simple for the new comers. Though you may add the energy work parts in later to amplify the rituals). Finally the most important thing to know is that there is no right or wrong way to do any of this. You're always doing it right. But there is a gauge of how effective you've done it. For example if you keep chanting a spirits name but still don't hear them then chances are you've still made contact(we'll go over that later).

## What is Expected of you?

I do expect you to have a decent grasp of the occult already if you're thinking of undertaking the practices here. But if you are a complete occult noob then this read will do you good and if you feel like undertaking these practices then by all means do. You should know by now a basic understanding of things like the 5 elements, 7 chakras, planar theory, egregore and deity theory, basic planetary magic Qabalah and lesser magic. I'll be going over and giving a simplified explanation for most of these while we go through the practices but it will aid you to already have some understanding in these fields. What's absolutely required is that you are currently performing at least 10 minutes of mindfulness meditation per day. This is so you can still and quiet your mind enough to perform the rituals. Aside from that you're ready to jump in.

## What are we "Really" doing in Ritual

We're combining physical actions, emotions, objects, words, symbols, energies and other elements with a mixing pot called our imagination. All of this unlocks corresponding parts of the subconscious and collective "god mind". We impress our own will on the astral plane which is known as the womb of Gaea. Everything in the astral plane manifests downward. This is why when you become more conscious and aware you start to notice that everything in your life is just a manifestation of a previous thought be it conscious or unconscious. Like a dancer in performance, the magician truly is an artist. Using gestures along with imagination to impress symbols into astral matter, calling upon energy or what is personified as entities and gods, speaking divine frequency to give life and power to all of this. Every part of ritual is just a show and play to impress our subconscious mind. But do not think lightly of this for impressing your own subconscious impresses the entire world. You will soon

find this with your own experiences that the world around you shifts and bends to your will. Strange anomalous events seem to happen and your own views of reality crumble once again as they have many time before.

## Elements of a Ritual

I mentioned some of these elements previously in which I will expand upon here. Firstly there is the use of your imagination. Drawing a banishing pentagram or planetary hexagram is completely useless if you do not "see" it and "feel" it being created with your own internal vision - the imagination. We are using our own chi or energy which acts as a vaporous liquid to really draw these symbols and sigils, intentions or ideas into the astral plane which overlaps our own physical reality. I want you to understand that your imagination is creating impact in other worlds beyond your physical eyes. We are beings capable of multi-dimensional control and manipulation.

Next are the toys or physical implements such as daggers, wands, pentacles and cups. Depending on the order or school of thought will depend on the tools used if any. All of these are simply enchanted and imbued items to act as physical representations of their symbolic subconscious true meaning. For example a magician may use a wand to represent his will. It may also represent an element. You may use an item to represent deities, elements, energies, zodiac houses or other. It's just like using a sigil of a planetary god to access their archetypal force and energy. These all put magicians into "the zone". A magical mind state. This is the same thing for robes, candles and many of the other items. While some do have actual purpose like fire is a portal to the astral and incense is a good manifestation base, a lot of them are just for tradition and habit. If you understand the second law of correspondence or analogy this will be easy for you to grasp.

Your physical actions and emotions are key elements to making any ritual successful. The physical action is your dance to direct the flow of the ritual. While you may bring up a sigil or banishing pentagram within your imagination, it is much more impacting to draw it physically along with the imaginary part. The body also helps for integrating energy work into the ritual since your hands are excellent energy exchange points for your shen (upper dan tien chi - spiritual energy). As for emotions, these act as a directing and fuelling element for the ritual. My first groundbreaking evocation was done in a wrathful fury. Emotion works exactly like a hot iron for your subconscious. Allowing you to draw new thoughts into it. It can also act as a radio frequency crystal for your current state in the astral. To say that it will dictate what plane you're native to and the kind of entities that are drawn to you.

Finally we have symbols and energies (deities, gods, egregores, demons, angels, spirits, faeries, etc). Wherever there is energy there is intelligence. Ancient cultures around the world would categorize this energy and personify them. Calling them angels, spirits, demons, nymphs, salamanders, fae, gnomes and other such names. Every time you start a fire you're calling upon the energy of the fire spirits. When you're washing your hands the water spirits. People are controlled by all manner of entities. The common man has far too many aura gaps to have any protection. This is why some people seem to become "possessed" by depression or other ailments. Others "invoke" the wrathful forces of Mars or an artist might invoke the divine beauty of Venus for a performance. The thought loops inside of your mind are the entities around you. A thoughtform is just a thought that thinks after all. Thinking equating to much more than you currently are aware of. It would be quite a

lecture to go through intelligent energy so hopefully these basic ideas have sufficed to get you thinking about what spirits are.

We as magicians call upon these spirits or energies by using their given name and symbol/sigil. Sigils being a geometric creation which the subconscious mind can access and tap into acts as an astral telephone number for the entity in question. Asking an energy force to do your bidding is like calling up a friend to go run an errand for you. Sometimes they can do it much better than you can and surprise you of the results.

## Journaling

Journaling and documenting your occult work is one of the most important skills to learn. Keep a general day journal, health journal, occult journal and any other journal you might find useful like routines, cultivation or other. Not only can you look back on your journal to remember and figure out the kind of rituals you might have done but it also serves as good documentation when you need to share your work or compile it. You may cast of a ritual and then forget all about it which starts to lead havoc in your life. Or maybe you just need to go back through your successes and create a new foundation for your dedication. Journaling has too many important uses to pass up. Always be writing down each occult event, be it ritual, synchronicity, tarot readings, evocation, spirits or other notes. Remember to write not only the ritual but what results came later.

## Altars and Magical Tools

Do I need an altar and the tools that long along with it to perform magic? No, not really. At the purest form ritual magic is all done via the mind and all rituals like the LRBP, MPR and others may even be done astrally to the same effect. I've done rituals with and without tools finding good results in both. Your altar acts as your own magical workstation in physical reality. You will create one physically and astrally as well to conduct rituals up there. The altar can be thought of like a physical representation of our subconscious. This means we get to customize and personalize it for ourselves. There are many kinds of altars and purposes for them but let's start out with a general beginning altar for ourselves. I will link some pictures of my own altar (the current state of it has changed slightly from the pictures date) to give a basic idea and a full explanation of each and every item on it.

Go find yourself an altar base. Be it a table, box made out of metal or even cardboard. It can be the floor of a closet or a small corner in your room. It's preferable to not have your altar in any room you spend a lot of time in but most of us will end up having it in our bedrooms due to space constraints. Performing rituals starts to change the energy of whatever room it is done in. This means after a certain time and work the room will invoke strange or different feelings. You or a family member/friend may have already noticed this. This is why it's preferable to have a dedicated location to perform your esoteric arts. Though do what is necessary for your own situation. Energy cultivation is best done outdoors and ritual is best done indoors I've found. Once you have found a location for the altar and a suitable object (or floor) it's time to get a cloth. Usually you will use a colour specific cloth for the ritual except since this is a universal/general altar it may be any colour or pattern. You don't technically even need the cloth but it does serve as nice decoration. The more effort you put into this the more you will subconsciously attach to it and respect it. The next required element is candles. I suggest using 4 candles for each elemental quadrant. You may also use two candles one black and one white to symbolize the two pillars of the qabbalah. You may even just

use a single candle if none of these are appealing or none at all. Fire helps to excite and awaken the subtle senses. It also acts as a portal to the spiritual realms. Currently on my altar there are four candles symbolizing the elements and a little cloth I scavenged laying about. Make do with what you can get.

Next we'll go over the tools and objects. Our main tools for ritual use are a wand or dagger which acts as the extension of your will and an item to channel shen or spiritual energy through, incense for a manifestation base, a black scrying mirror/black bowl/ fire brazier, sigil paper, pen, summoning triangle and circle of protection and an offering holder. As mentioned previously, none of these are required. Most of my earlier rituals were done with these tools and then I slowly dropped them all except the sigil paper which then I finally let go of last. They all act as symbolic "Training wheels". While these are the main tools there are many others that can be used like a lantern, spiritual jewellery and robes for example. I'll briefly explain the tools on my own altar. I have four tools to represent the four elements. The violin bow acts as a sword to represent air. The war fan (covered up in purple fabric) acts as the wand for fire. The black chipped bowl represents water and is used for scrying, offerings and fire (try to find an actual black bowl if you want to use one. Water wears away at most paints). The incense acts as my earth element and is a manifestation base (Gives energy something to form in). Other tools on the altar are the crystals. Four for each element and many placed all around the altar to act as batteries. I've set up a complex energy grid system with these so that they store and feed the intention of any ritual performed. Around the cloth is a journal, pencil and eraser for note taking. Above that are mantra beads and two tarot decks. You might have noticed the tarot cards spread all over the altar. I place these symbolically related to my current altars intention. To the far right is a wooden lantern that acts as an "on and off" switch for the altar (I personally like eastern styled things which is why I use it along with the fan). Next to that are some items like scissors, sewing thread and rosin. The sewing thread was a request and the rosin and hair dressing scissors are ancestral items. If you're trying to communicate and connect to your past ancestors then it is good to use items that they are fond of. Below this is my offering plate with two sweet potatoes on it. Similar thing as before with requests. Spirits will communicate what they want no matter how strange some might be. Generally your offerings will stay preserved through the energy of the altar.

Each item needs to have a significance to you. You may use a toilet brush for your wand and potato as a scrying tool if it resonates with you personally. What I'm saying is that there's no wrong way to do this. Set the altar up around its purpose (planetary energies, pathways, spirits, elements, themes, rituals, people or other). Use items that are special to you and bring out the qualities you want. Maybe you want to use a pencil as your wand or a pan as your bowl. It does not matter as long as you trust and believe in it.

You might be asking around now "How do I set an intended purpose for specific items". We use our enchanting skills for this. You simply need to enter a trance like state and build up energy with an intention. This is easy if you already do energy work. If not then try to feel as if you're drawing and breathing in energy all around you with your body inside one of your dan tiens. So either at the heart, naval or head. Give this energy the intention you have by simple will or affirmation. For example if you're trying to enchant a dagger to become your magical tool then hold it in your hands while pouring out the energy with the intention of its purpose to be your magical implement, an extension of your own willpower. Allow the energy to flow into it and merge with the item. This is all

done via the imagination. Through every sense you can muster up. Every time you use this item it will be consolidated further in your mind that it is the tool you've created it as. You may be a planetary magician who uses an item for each sphere. Your thoughts of war, strength, will, courage and anger give your battle axe of Mars a certain "magical" quality to it. That every time you pick it up you start to enter "a zone". A new state of consciousness which invokes red bloody Martian energy. Crowley used a new ring for each magical personality. You can do the same with a piece of jewellery or a robe if you wish. Every time you put the piece on you "become" the magician. This is when you give up and forget every part of your old self and life for the duration of the ritual. Eventually it becomes inbuilt and this item BECOMES "magical". It's just like a lucky charm.

Anyway go have fun some setting up an altar and making magical tools. Remember that it's meant to be personal and all within your own means of acceptability. Butter knives and masking tape circles will bring you closer to the other side than you could ever imagine. As A side note I recommend putting pictures up on your altar or above it to do with your own intentions. Be them comic book, anime, movie, cartoon characters or even the gods themselves. The main key is what works with YOU. You may notice by now that regular people build up what you might think of as an altar. Areas of space with personal items that take them into their memories or dreams. It may be a traveller who puts his acquired items on the wall or an artist who has a slanted table full of pens and paper. A work station and area of mental invocation. These can both describe the altar but it is far more than only this.

## Explanation on Spirits

As magicians we work with energy. We've learnt to categorize this energy through planetary spheres, elements, pathways, the zodiac and other. That's why if you pull open a grimoire you will usually see a degree, element or planetary sphere for each spirit. This defines the alignment (for practical reasons the purpose and use of this spirit). Familiarize yourself with the Qabalah since it is a roadmap and compass of the ritual magician. <http://8ch.net/fringe/res/34915.html> Here's a little write-up I wrote quite some time ago. Other than this go search up pictures of it to get your mind thinking. I would suggest you to at least build up a basic understanding of what each planetary energy represents. If you're familiar with mythology then this should be of no problem.

What are spirits you might ask? They are energy. Usually this energy is personified by a given appearance and name. The energy of Mars is that of pure will, aggression, force, the masculine principle and so on. This is how we create the archetype of a red warrior with a spear. The spear representing the masculine principle again. You will soon find or have already found that everything in the occult is heavily symbolic. Thus I've posted a picture of Baphomet to get your mind thinking in symbols instead of words. You can ponder this further by thinking of the fae are the energetic personification of nature, salamanders of the fire element and gnomes of the water.

There are two schools of thought. One that says all deity and spirits are simply part of one's biology, mind and nervous system and the other that thinks they are external. I personally like to understand that we have the "potential" of all energy or spirits within and that the external reality is merely a tool in which we use to bring out this energy. You stub your toe and get angry which causes the invoking of an anger spirit. You might sit in nature and be given great ideas from invoking the energy of nature. Or maybe you listen to a beautiful piece of music and feel inner divinity, invoking the energies of Venus. You are a microcosmic version of the macrocosm so this should be

understandable. Think of it like you have a closet full of archetype figures which you pull out when you wish to either "become" or request the aid of one of these. In fact using crafted figures is a method of performing ritual.

Spirits reside in the astral plane. A non physical realm which overlaps our own reality. This can be accessed simply by the use of your imagination. When you call upon a spirit you bring it astrally into the current room you're in. You can mental/astral project to this room or use a scrying device to view and interact with the spirit. You may also bring it into your body or another vessel. There is a third technique which we call manifestation that the magician will bring this energy into reality via the use of blood, yang chi, incense or other "manifestation bases". This acts as a thick vaporous substance that allows the energy of the spirit to inhabit as a body. Meaning you and the spirit both meet in between worlds per say. I personally rather astral evocations since they can be done within less than a minute and serve the same purpose as a full manifestation.

## Evocation/Invocation

First we need to go over the trance state. In day to day reality you are usually at an active beta state. This is your alert state. Next is the alpha state. This is when you dip into relaxation, maybe watching tv, listening to music, reading or eating food. We need to go further than alpha or beta for ritual work which is where we enter theta. Theta is the state you start to hit once your body is fully relaxed and you're in what you might think of as meditation. If you keep your eyes open and relax your gaze you will start to see tv like static. A fun experiment is sitting outside in theta with a piece of white paper. Gaze lightly at the paper and wait for the theta state to set in. I won't ruin the results and fun of this test. Anyway to hit this state you simply need to drop mind. Completely relax the body and almost "flop" over mentally and physically. Still the mind enough that it can begin ritual orientated work and you're all set. This is not difficult so don't make it any more than it needs to be. You should be able to train yourself to enter this state within a second or two.

Next we need to prepare our ritual tools. What tools you use is up to you. You don't need to use any at all but I suggest at least using sigil paper and a journal as a basic crutch. A reminder that all of these tools are simply subconscious reminders to help you enter certain states and to focus your will. They help the untrained and inexperienced magician achieve better results. Your circle will act as a gateway between the microcosm and macrocosm (Everything inside the circle is a direct representation and mirror of everything outside of it). The triangle acts as a space for the spirit to inhabit (think of it as a room or sofa for the spirit). Your incense acts as a physical substance for the spirit to inhabit and manifest in. The candles are to light up your scrying device, cause burn in effects, set the mood and open up the subtle senses. A wand or ritual dagger act as an extension of your will allowing you to reach further. Offering bowls hold energetic offerings like flowers, food, liquids or others to give to the energy (simply calling the spirit will feed it enough energy to perform your request). Any garments act as a tool to separate the magician from his human ego. The journal acts to hold notes, sigils, speeches and other things you may want it for. And your sigil paper which I think is the most important tool acts as a gateway or telephone to call the spirit into your presence. What tools you use is up to you. I suggest using thick black marker to draw sigils out on white printer paper. This helps you keep focused.

I'll now give you the fundamental barebones of what you need to do to make contact with these forces. It might sound simple or basic because of how much I've stripped away and refined. But I

assure you once you get results you won't complain. First thing is mentally preparing yourself. This is done through a banishing ritual. You usually want to clean both inside and outside so I suggest either taking a bath or doing a little bit of mindfulness to get yourself in the mood. Next is the external banishing. You may either perform a LBRP (I'll explain this one later on for the newer people) or perform a simpler banishing using energy and water. To do this you hold out your palms and project banishing energy out. You may view this as white light coating the room you're in. You may also create banishing water with salt. Pour your intention and energy into this water for it to banish all unwanted entities and then sprinkle it around your area. Especially into the corners of the room. This work prepares your room and body astrally by removing the current energies or spirits from it. Think of it like cleaning up your apartment before calling a friend over. We'll also want to set out and prepare our tools if using any. Try to have everything near you on the floor and set the spirits quarters out in front of you. Light up the candles, burn the incense and get ready.

Enter your favoured posture(asana) or simply sit cross legged on the ground. Keep your palm sized piece of sigil paper lightly in your grasp. Start to relax your entire body and enter the theta level trance state. Gaze lightly at your sigil taking in the entire image and not focusing strongly at any part. You may start to see static around you, this is a good indication of the theta state. Start attuning yourself to this sigil by impressing it into your mind. See the sigil glow in front of you in blue energy just like you will do in an LBRP. Feel as if your entire consciousness is a radio crystal which is aligning to the energy and power of the sigil. Call upon the name of your spirit. Try to pour your emotion and power into the calling of this spirit. It may be done mentally if you are unable to physically call for it. Continue aligning yourself deeper to the energy via entering a deeper trance state. Lose your conscious mind in this work and allow the subconscious elements to take over. Keep gazing and chanting the spirit name until you start to feel a presence. It may be a weight or different quality of the room. Strange phenomena may occur around you or you may feel energetic activity like pulsations in your third eye points. The more you're able to lose yourself and merge with the ritual the better. Don't be expecting fireworks and a puff of smoke which shows a cartoon demon right in front of you. It does not work that way I'm sorry to say. If you don't notice any effects but have still tried to sufficiently call the energy then don't be worried or disheartened. Chances are you have not developed your spiritual centres enough to hear, see or notice the energy. But you can still progress with the ritual

Onto communication. Since we've just called the spirit into our astral presence this means all communication and exchange will be done mentally. If you wish to see the spirit then ask it inside your imagination to see it(your inner monologue). You will be given an imagine or a person/ other being will appear mentally. This is how your mind interprets the energy. Talk to this energy via the use of imagination and mind as well. It may feel as if you're talking to yourself and for all intensive purposes you technically are. Just a long hidden and kept secret part of your inner being(you'll stop caring about the ridiculousness of ritual and stop self doubting once you get good physical results). Don't disrupt or halt the flow of information by allowing your ego to enter the exchange. Many people self doubt so heavily that they can ruin any connection. You may notice you get answers back which you've never known or heard of, new information. Anyway if you're not particularly interested in having a conversation then it's time to cast away our intent and ask for whatever goodies you're in this for. Remember that we're communicating with something that does not primarily speak English so you will want to use pictures as well. Conjure in your mind an image of exactly what you want or want to have done. See yourself in the situation where your ask has been fulfilled and you have what



you want then project it and give it to the spirit(They can see everything you see and hear everything you do internally). Along with this you should tell exactly what you want the spirit to do. Be stern and strong. "I command you to perform this or to do this" While giving a mental image of exactly what it is you want. After all has been said and done you simply need to say your goodbyes and close up the ritual. I personally do not perform a closing banishing ritual as I believe it is disrespectful and can disrupt the energy.

To give a simplified basic instruction for someone who self doubts, you simply need to enter trance and gaze at your sigil while calling the spirits name for as long as you intuitively feel needed (Or a minute for potato intuition), ask for what you want and close the trance/ritual. Sounds easy right? Well it really is just as simple as that. An easy minute long ritual to cause all the change in the world in your life, direct the flow of it and manifest what is beyond your current grasp. If only we'd been taught this kind of stuff in school. I've given the basics on how to make things happen. If you want explanations of little things like how to full manifest, what invoking is, using scrying devices or other tools and other ritual shenanigans you might be reading in your grimoires than I suggest you ask them as questions and I'll write them up as later segments. I do expect you guys to already know things like basic rituals, lesser magic(Mainly how results manifest), astral work, where to source spirits in grimoires and the other basics of this form of magic. Though I know there are newcomers who probably can't even understand half the simplified terminology I use so do feel free to ask questions if anything has not been given clearly and such.

As for grimoires I suggest you get yourself a copy of the lesser key of solomon (goetia spirits are my favourite, Paimon is insanely powerful) or other known grimoires like the necronomicon and Franz Bardon's book to evocation. You can find sigils almost anywhere nowadays even plastered all over the place online. Have fun evocating. Remember that you are the God and that all is mind. You can't do this improperly and wrong so stop self doubting. If you can't keep your mind together then go masturbate over sigils like the lesser magician you are. I'm only joking. But seriously if you need to calm down your self doubt or ego then do some other lesser magic like sigils, thoughtforms, mantras, autosuggestion or Neville style imagining.

## **Sigils, Mantras and Thoughtforming - Lesser Magic**

I figure we did not have a decent thread up dedicated to the most basic forms of magic (Though one of the most useful on this physical plane) so I will do a summarised writeup explaining the fundamentals and how they work so you can gain a good understanding of it. There's many forms of lesser magic be it candle magic, auto-suggestion(mantras), sigils, thoughtforms(reality creation), cooking(Enchanting food), rituals, enchanted items and just about anything you can channel your will and emotions into. I would suggest picking one and developing it fully or picking two and using them for specific reasons. This will be a large topic so I will go over the "how" of lesser magic first. Then go into the "how" of results and how they manifest. After that I will be giving out basic formulas which then you can either use or learn to develop your own with the understanding you have. I'm not going to hold your hand and writeup a "you must do this and that" formula. But instead try to encourage you to understand the fundamentals so you can then adjust and work out your own.

How does lesser magic work you might ask? You have an idea of what you want done. This is called our intention. Your intention acts the structure or mould of what you want to project into the astral



plane (or your subconscious mind). Then we have our emotions which acts as a fuel to push and actualize the intention. This emotion is a currency which you use to create the thoughtform in the astral (or impressing it upon your subconscious mind). And then finally we have the will element. This acts as a physical force to bring your goal into manifestation (though some rituals will manifest without you doing a thing. Some still require will and actualization) by making you or another bring it into our reality.

Think of it this way. You want to buy a melon. Your thought-plan of how you will get to the fruit store, which store you will go to, what you will buy it with, what kind of melon you want, how you might eat the melon are all details of the thoughtform or intention element. Now you may only have the intention to get a melon. This is fine as the ritual will usually work the small how's its self out if you are able to follow the subtle pulls and leads(rituals will lay out the dominos, you just need to knock the first one down). Then the element that makes you "want" to go out and get that melon is the emotion. Be it the emotional, mental or physical hunger that causes you to want that melon. In a ritual setting we are able to utilize any form of emotion. This in a physical setting acts as our desire to get what we want. This is why rivalry can be good for people to improve from. The strong clashing desires and will to become greater than another grows great improvement. And then finally once our blueprint and desire to manifest it has been created we must gather up our willpower to bring it into reality. One way to think of it is that the melon does not exist until you think of it. Your emotions and thoughts bring that specific melon which you will buy into reality. Then you go out and find a path to buy it. Usually you will be "lead" and "guided" to complete your objective. You'll notice people around you start giving cues and clues as to what you might need to do. But I'll go over that more later on once I speak of how results manifest.

Let's go into the subconscious - conscious model of thought to explain how this works. I like this one because even people who are "fuzzy" in their experiences, understanding and knowledge can get along with this example. You have a conscious mind which is the current mind you are reading this with. It's the mind you use to interact with your reality. The "awake" you. I'm sure we all know what our conscious mind is by now so I won't go into much detail on it. Then we have our subconscious mind which is the hidden side that we tap into during meditation and deep theta trance states. Your subconscious is the mind that remembers and allows you to remember how to ride a bike, play an instrument and anything you need to do that is a habit or routine. I would say about 90% of your day is subconscious. Think of each and every habit you perform. Eating, your work or study, what entertainment you might view, the substances you ingest, the activities you do, even browsing /fringe/ is a habit. Habit and routine are two things to learn if you wish to become a master of your own self and reality (I can do writeups on those later on if people wish). As a side note I suggest everyone to pick up a hobby like an art that they can do every single day as a habit and routine. You'll learn a lot through analysing it. Anyway, if you're able to understand that about 90% of your life is all subconscious through habit and routine you can then begin to entertain the idea that learning to change and manipulate this subconscious is a good and very important thing to do. This is exactly what we're doing through ritual is reprogramming and rewriting our subconscious. We're impressing and injecting a foreign "programs" (the thoughtform created via the ritual, be it a sigil, mantra or other method of intention). A computer example is that rituals are basically self inflicted viruses that hijack parts of our own personal operating system or subconscious. In fact relating the subconscious to an operating system is a good way to understand it. Our default processes that are

ran are all subconscious. And then the way we interact with them or bring new processes and programs in are conscious.

There is a barrier between our subconscious and conscious mind that is broken by emotion. This emotion "thins" the membrane that locks you out of self-writing your own subconscious mind. This is to stop people from ruining themselves. You may begin to understand how traumas work. You see a lot of people, we call them mundanes who seem to inflict their own self destruction through seemingly idiotic actions (egotistical wounds, abusing dopamine, etc). People who act more on subconscious than conscious mind. They look like robots or at the level of a dog to a man who is conscious and practices meditation. These people keep performing self destructive or improper behaviours because their minds were impressed at a young age by strong levels of emotion. They have not taken the time to perfect and self evaluate through shadow work (subconscious delving). Any time you feel a strong level of emotion it means your subconscious will become active and go into receive mode. This is how through pain and emotional abuse a child will learn to become just like their parents. Other animals are also usually trained through pain and abuse or rewarded with treats and love. As a fun little side note this is how people manage to develop "degenerative" or "altered" sexualities and fetishes. You can ponder that one on your own if you'd like to understand it. Try to think up your own examples to understand this idea of emotion + information = impression on the mind. A famous salesman might tell a joke or two to get emotions flowing or wait till someone has dropped their consciousness state and then they offer a positive affirmation of "you want this, don't you?".

I forgot I have to explain consciousness states. Alright. Try to keep with me cause I might be going all over the place but it will be worth it in the end. Just re-read this or meditate more over it with your own practical examples and understandings if you need to. Anyway we have four basic levels of consciousness which is beta - aware and conscious, alpha - relaxed, theta - meditative state, delta - unconscious/asleep or in very deep meditation. The deeper you are in a theta state the easier it is to impress your subconscious. This is called a trance state which I have explained how to enter previously. Essentially you just relax the body and focus the mind. Easy and only takes a few seconds. Propaganda and brainwashing is given in television broadcasting since it is a time and place that we dip into alpha and even theta or deeper for those who sleep while watching tv. So essentially what we do as magicians and mystics is intentionally put ourselves into these easily manipulatable states so we can start to "rewire" our own internal world. This is also the way that you tap into the internal planes like the astral but we'll go over that in another writeup.

Did you get all of that? Good! Cause we're going to go over another example for the more "occult" minded people. The traditional folk that don't care for that Freudian and Jungian occult intellectualization (Psychology is just the occult intellectualized at its basic level after all. Still viable to learn for various reasons.). There's a land where dreams are made and majestic strange creatures walk. This of course is the astral plane or your imagination. Everyone has access to this shared hub (It is called the collective subconscious to give a relatable understanding to our past example), thus it acts as humanities communal dumping ground of thoughts and stray emotion. Everything that is here on earth has been created by a thought. Even the plants can be manipulated by thought (see the example of a spineless cactus). Thoughts go into the astral plane as thoughtforms. Or a thought that thinks (Ponder that). It can be of any shape, size, purpose, intent, colour or whatever other detail. A thoughtform can be something as simple as the idea that gets a man from one train to

another to a complex tulpa like imaginary girlfriend of that same man. So you can think of the astral plane as a plasticine like world where all of these thoughtforms live. They all fight amongst themselves for energy and resource just like setians do in the physical plane. And as we should currently know, everything in the astral manifests downward. Does this mean every single thought I have will manifest into reality? NO! Think about it. If you have a little thought to go eat an apple, will you go out and get an apple then eat it? Maybe. But unless you put the desire (emotion) and willpower into it then that thought won't go anywhere. Thoughtforms without sufficient energy (What /fringe/ refers to as loosh or I may sometimes call chi) will not influence or interact with anything. Now here's where we're really getting into the heavy theory. And I'm going to say I KNOW this from experience and YOU will too soon enough (This is where you start to understand how YOUR magic works and why you get stupidly amazing results from some seemingly silly rituals(I'm looking at you sigil masturbators)) and practice/ manipulation of systems to learn them. Remember our last example of the apple? This thoughtform will probably have dissipated and returned to the cosmic aether once it did not become actualized as reality. BUT! For the purpose of example let's say that an experienced magician scryed out your thoughtform, evoked it and started to feed it energy. Now understand that thoughtforms exist all around you (people think of them as ghosts or spirits). Also that the thoughts you have that are not your own (try to be conscious and see which thoughts are and are not yours) are these thoughtforms(Think of all those nagging and pestering thoughts you get throughout the day). That's how you pick up on what is in the area. Go into a shady area and pick up on the vibes / thoughts you get to understand this. \*back on topic\* our evil magician has turned our past apple thoughtform into a monstrous and magnificently powerful demon of applageddon appleocalypse. We'll name this creature "Aplucifuge". This malicious little apple man has been infused with the dark desires to force weaker willed individuals into buying apples! How this manifests is that wherever the thoughtform is astrally located (remember that the astral and physical both overlap) is where people will start getting thoughts to buy apples. You may have had a drug addiction in the past and have tried to quit. You feel an immense pressure pulling you back, thoughts that tempt you with dark desires of self destruction. This is a thoughtform. If a thoughtform has the power to control and enslave a humans willpower than what else do you think can be done with them than just force a person into being a drug addict? This is how results in magic manifest. Through subtle and slight adjustments and manipulations eventually your goal is reached. This is of course if your ritual intent is more "Exterior" in the way that it requires people other than yourself.

If you can understand all of that it means you should know that by changing the internal subconscious (astral plane) mind through a trance state by injecting our intentions (Thoughtforms) and using our own emotions (energy) to fuel and impress then it leads to action and willpower for either us or other people. Get it? If not then we're going to pretend this is like school where you remember formulas until one day you might actually think about it and "understand" it.

There's still one last piece of the puzzle to fit in before we can start free styling this ritual work. We need to learn how the subconscious thinks. It's very much like an animal. It does not think in words (though it can be trained to) but thinks in symbols and uses emotion. You need to keep everything in the ritual at present tense. No "I wills" or "I wants". Either you got it or you don't. So keep to words like "I have" "I am". They feel strange but will be more effective. Next is to use positive terminology. This means you can't say "I don't smoke" since you're using the word "don't" - do not "Not". No no's. Use polarity to change a negative to a positive(fear to courage). Next is to believe it will happen. This

can feel ridiculous even at higher levels when you've already had tons of results. But you can kind of bypass it by just doing a really damn good ritual pumping it with everything you have. And after the ritual is done its best to forget about it. You don't want to disrupt the thoughtforms in their job.

So let me try give a summarized version of the practical work that you can apply to any kind of lesser magic.

Step 1. Create the intention - phrase - thought.

We need to first create out current tense and positive intention. This can be a mantra like "I have a job" "I am healthy". Don't limit yourself here. Or it can be a pure intention like that you want to get a new car or start up a business.

Step 2. Create the ritual - sigil - mantra - thoughtform.

This is where we draft out our ritual. So if you want to use a mantra you can just use the previous worded intention like "I have a job". If you want to make a sigil then knock out all the repeating letters and vowels which turns "I have a job" into "h,v,j,b". And if you're using reality creation you need to plan out a visualization where you see yourself achieving or have already achieved exactly what you want. Or maybe you're an oldschool pagan who wants to collect herbs and special items to put on an altar and use visualization in one energy building session to get it done.

Step 3. Take a step back step.

I had to add this because I've done a lot of stupid impulsive rituals which I'm embarrassed to talk about(Let's just say when we have not dealt with our shadow side we can bring terrible things into our life). Think over your intention if you REALLY want it or if it's GOOD for you. Maybe you're shooting of a ritual to find a dealer. Should you really be doing this? Or you're in an imbalanced and lustful state trying to find a girlfriend. The best tip I could give is be honest with yourself. Also spend some time to think over it. You may find you don't even want the ritual the next day. This is not a necessary step since each life screwup will make you a better person and magician in general.

Step 4. Energy building.

We have our skeleton and now let's give it some life. First enter your state of trance via meditation and relaxation. Dances, music, alcohol, plays, tantric masturbation/sex and all manner of things may be used to give your ritual energy and emotion. I would suggest to think about your results. Imagine as if you already had the money that you desire, the partner of your dreams or whatever other life change you desire. Keep building it up around the heart centre which is your dan tien of emotion. Wrap yourself up and become drunk with your own desires of whatever it is you wish to manifest into reality. As you do more magical work you will become better in this aspect of building up emotion. A quick and dangerous way is to pop your own emotional bubbles. Recall a traumatic childhood event or bring up something that really angers you or pulls out emotion. Though you may want to alchemise the negative emotion into love since it's the most efficient fuel(The thoughtform you create will feed of its original source usually).

Step 5. Channelling the energy - putting it all together.

Once you have the energy you need to direct it to your intention. In the second step we created a tool to help us channel. This is where you will gaze lightly at the sigil and see it glow with power. Pushing that energy into the blue glow, fuelling and feeding it. Or you will play out your visualization of exactly what you want to happen, getting up to the point where your wish is granted and feeling the immense emotions flood as if it were actually happening. Loosing yourself to the mantra which you may be repeating until it sounds more like wordmush to your conscious mind.

Step 6. How results manifest.

You're still going to need to work at your goal. If you ask for a job you still need to apply for jobs but you might find that a friend has recently opened up a new spot at the business he works at or you will be swamped with calls for jobs you never knew you applied for. People will subtly tell you directions as to where to go or you may intuitively gain this information. It will feel as if life is squeezed into a line which aligns to your will. Doing exactly what you want will become simple and will run smoothly. Depending on the kind of ritual you do will depend on how much work you need to do on your own end. This is where having a clean and efficient vessel or body comes in handy. Anyway have fun with lesser magic.

Remember that there is no right or wrong in this field. There are many different paths to the same result. Also ask me any question you need. Even if your question is a complete neophyte question like "Uhhh. I don't get how to make a sigil. Can you give me a formula?" As long as you're doing the work and trying to learn, understand and improve your life and condition I will spend my time to help you. Ultimately you will want to be performing magic in EVERYTHING you do. Eating some food or water? Bless it with an intention, see that energy of the intention pouring out into the meal while you recall exactly what you want to happen. Have a job interview coming up? take a minute to see yourself winning it easily. Want to go for a walk tomorrow? See yourself walking and enjoying it the day before. Get what I mean? I heavily suggest you spend 5 minutes or so before going to sleep to think up and perform some visualization magic before you drift off in that heavy trance state. See everything you want to do happening. This also acts to focus your intentions and resources. You will find you don't have the income to do what you want until you focus the desire. Then it "magically" seems to arise. This is because you're manifesting the object at another level. The astral.

*\*side notes to ponder\** Thoughtforms rule the world!!! They're almost like astral parasites. So let's start using them to change our own life! Anytime you have a goal or need something done in life stop for a second, imagine it already done and start pumping that emotion. The idea of magic is to change your conscious state so remember that you need to align your current conscious state with that of the rituals desire and goal. Don't do a ritual to start up a garden if you aren't willing to change your current conscious state to that of a positive garden happy one. A final sidenote is about energy. This is why internal cultivation like qi-gong is so important. Where do you think your physical, emotional and spiritual energy comes from? These kinds of practices build them up. Also having a clean lifestyle where you don't binge out on drugs or food that suck up your energy.

## **Assuming a God Form, Modernization of Magic and Astral Work**

I will give a quick overview of this lesson since it will be made up of three mini-lessons or parts. The first part which is the raw fundamental teaching is to assume a "God form". This simply means to merge your own astral thoughtform with that of another thoughtform. So you're putting your own

personality and that of a God or other thoughtform in a blender. This is done in the astral with an astral body that you create to represent yourself. Now we're not going to be traditional because this is a living system as all are. This means that instead of merging yourself with YHWH or some other grandfather egregore, we will be using fictional characters. What is the difference between Mars of the old mythologies and Bruce Lee?(Insert any person/character real or fiction). They both have thoughtforms or astral personalities and presences which represent and embody the warrior like masculine force. It's just that Mars is a very raw archetypal character of the fundamental energy he encompasses and expresses. But I hold off on sharing too much as this will be explained soon. To tie this all together we'll be taking an introductory look into astral work. We'll set up our very own pocket dimension in the astral with an altar that we can do work at. The lesson will be structured in a way that you can easily fill in your own preferences and practice it. These are all easy practices which will set up the groundwork for any further astral work that you decide to do so I heavily suggest it. Think of it like we're crafting your very own non physical work station. Anyway let's get onto the required theory for this lesson.

Back to our example with Mars and Bruce Lee. Take a look at a picture of the Qabalah(I will include one that I drew up a little while back). This is our categorization tool of the universe. Though it's a much more "un-organic" tool compared to the chakra systems. But it is the best we have for Hermetic magic and it works well at that. See how there are 10(11) spheres? These are called sephirot or sephirah. But we're going to learn them by their planetary form to make it easy and relatable. Try to think of each planetary sphere as a fundamental principle and energy of the universe(Remember that you are a microcosmic version of the macrocosm). So if we baked a cake which is the universe it would be made up of these 10(11) ingredients(I could take this analogy pretty far with the pathways but I really don't want to). Or instead, if we wanted to tell the "story" of the universe we could have 11 main characters which all personify these fundamental forces. Wait. Did we just decode mythology? You bet!. Take a look at the Gods of all religions and you will start to notice something. They are all the same except in different cultural clothing and settings. This means Zeus is the same as Jupiter and Jesus is the same as Sol which is also just Horus or the main character, the hero, aka YOU. Hermes is Mercury who is also Ganesha or Tehuti. You get it? Qabalah is so important because it gives us a raw and fundamental skeleton to understand each energy(sphere, archetype, God). Meaning we can boil all mythology down into the Qabalah. And you might be sitting in your chair all adventurous and ready for a new world of exploration. But wait, you ask "What if I never studied Qabalah or don't have a background in it?" Don't you worry young neophyte! For I will have already turned this into a secret and hidden four part lesson just like Da'ath is the 11th "hidden" sphere of the Qabalah. Which hides in the shadows( Our subconscious mind) and gives knowledge to those who wish to explore it. This sphere explains the phrase "To bring light from darkness".

Let's take our journey through the universe, peeling away one layer at a time. Our first sphere is Malkuth. This sphere represents everything of physical reality. Your body and the four elements. Work on this sphere will actually be done with the Tattvas(elemental sigils) to connect with the elements(If you don't know what the four elements represent then you will either need to self study or wait for another write up). Next is Yesod which is commonly thought of as the astral plane. This has all kinds of relations to our dreams, our false self and that of non physical manifestation. After we remove the elements that you know as "physical" like objects, we enter the sphere of Hod or Mercury. This layer of reality is all about logic, mathematics and the intellect. The part that wants to

use language. From the left brain to the right brain we enter Netzach/Venus. This sphere deals with our creative faculties and our emotions. Next is Tihpareth which is where our higher self is. It represents divine solar brilliance. The kind of energy that people like Jesus personify.

Geburah/Mars(One of my favourites) which is the masculine principle of will, strength, power and force. Chessed/Jupiter which covers law, order, philosophy and "systems". Binah/Saturn is about time and cycles. Chochma being Neptune is about the higher occult abilities, think the pineal glands abilities. Kether/ Uranus is the true self, the self, the divine spark. Da'ath/Pluto is the subconscious mind, it is darkness where knowledge can be found. I'm just going to link a bunch of pictures and you can try make some more sense of it. Qabalah is one of things where you need to meditate heavily over it and integrate it within yourself to really understand it. But those basic descriptions will get you going. Just spend some time viewing Qabalah media if you're interested in it.

Taking two steps back we go to our first example. You could now say that Bruce Lee represents the Martian energy. So assuming a Godform in his image will empower that part of you. Now here's we go into the "living system" part of things. Chances are you've only heard of Mars in your history class or maybe you've read a book or two on mythology. But your knowledge of Bruce Lee is probably vast in comparison to someone like Mars. What I'm saying is that I suggest you pick characters from stories you personally know and admire. Think of someone who has positive qualities that you respect. Be it a videogame, book, anime, movie, tv show, real life personality or whoever. These are the "Gods" of our age. It could be said that the egregore of Mario is more powerful than that of Loki. So you want to pick someone who's personality you have good grasp of. If you wish to stick with mythological figures then by all means do so.

Before we assume the Godform it is required that you have a safe and suitable place to do it in. This is where we get to crafting our astral space and altar. What you need to do is imagine up a location. It can be any terrain or size and contain any number of objects and decorations. I personally use a forest since it is calming and gives the illusion of vastness. Next step is to clear out a floor to walk around on. All you need is around 2x2 metres of space to perform ritual in. You may decorate this in any way you wish if it's with quadrant candles, altars and cloths or some other esoteric design(You can even get a monument to Baphomet up in there). I use a large Hermetic rose cross to act as my "spawn" location of sorts. To summarize I'm telling you to make up your own imaginary zone. It can be fun if you let it. You need to remember every detail and be able to bring it up perfectly the same each time. This way you strengthen and use the same thoughtform. Acknowledge this place as your astral temple and make sure to always bring yourself here while doing astral ritual. Next step is making yourself an astral body. This is what they call the astral body of light in some other traditions. You simply want to create a body for yourself. Preferably the same as your physical body in a robe or some basic clothes. Acknowledge again that it is your astral body. Place your awareness inside of this body as if you're a ghost possessing it and test it out. Move your arms and legs and try to simulate it as much as you can. You will also want to remember this body and recall it any time you wish to perform astral work.

Now that we have our temple and body it's time to put them to use. Take yourself to the temple and enter your body. Time to bring up the character you've previously selected. Create them as if they were a 3d body right in front of you. Then you simple need to "posses" them as well. Almost as if you're wearing two pairs of clothes. Merge your current astral body with the personality right in front of you. You need to use your intention and will for this to think "I wish to take on all of the

positive qualities of this person". And feel as if you're integrating with them. This may feel like an entirely imaginary exercise though I will give a brief explanation of how it works. Every time you perform any ritual you're impressing energy into your aura. Drawing pentagrams and other symbols puts them in your aura. Just like a middle pillar ritual where someone will chant God names which bring them into their aura and body as well. So by merging with a personality you are in fact merging your astral self with them. And as we know everything manifests downward. If you proceed to do this every day as a routine you will start finding your own personality changing and that you have the opportunities to develop further towards the Godform you've merged with.

Create an imaginary altar, then body, wear the body, bring up a character and then possess them taking on their essence. Sounds pretty simple right. Give it a shot. All this stuff will help you in further lessons about astral work when we start to pull light from darkness.

## **Mental projection/Astral work**

You ever have one of those experiences where you're laying down in a psychedelic fuelled trance thinking that you've figured out the universe, as if everything within it is connected to you and at your own fingertips? Your mind expanded and within another world almost. As if you've truly become God, at least within the circle. But then you slip up consciousness and remember you're in bed, having forgotten everything you journeyed? Welcome to astral projection.

Last lesson we went over creating an astral body and altar. To do this you simply need to create your own little wonderland that you can imaginarily bring up whenever you need to. As for the body, same principle. Think up a vessel that you always can remember. Keep it simple. A lot of you want to astral project so I'm going to be giving the method to doing it via mental projection or scrying (Though don't come crying when you figure out that you've already had the ability all along). "How do I know any of this is real?" You might ask. When you scry into a friend's bedroom and tell them exactly what is going on or scry to a person and know their exact co-ordinates you might take it a little more seriously. There's tons of fun stuff you can do with this. I suggest reading some of William Walker Atkinson's books. Those are where I learnt a lot of this. Though I've heard Clouancy works just the same. Anyway it really does not matter if you trust yourself or not because I'll be teaching a method that you don't rely on exterior entities to channel through but your own self talk and mind.

The astral plane, being your imagination is ALWAYS at your grasp (This means you can be in two worlds at once yes, though it's exhausting). This is how we're linked in and are always sending out impressions and influences to it via our thoughts and emotions. Your current astral space can be known by analysing the current thoughts and impressions you feel (Or even scrying to the room you're in). This is what's "around" you. So anyway, in the astral we need to know how to navigate. That's really step 1. We use these geometric patterns named sigils as gateways. Namely the tattvas for the elements and the planetary sigils for the planetary energies. Do you need to use these symbols to enter (let's use the fire plane). No! They are merely guides. It's like how the number one can be represented in sticks or other languages. You can think of the feeling of the fire element. Think of fire, see the fire triangle. Anything that links you to fire will get you tuned in. The purpose of these symbols is to give an easy link to the plane. The astral plane is exactly like the internet. Except if we had virtual reality. If you want to source information on the internet you set your intention and



start searching on a search engine. The astral is the same except it's instant speed and controlled via thought. Pretend you are a radio tuner and set your "frequency" or intent to where you want to go.

There are two forms of the imagination. Passive and active. We need to learn them both in order to use the astral. Passive imagination is when you yield yourself over to whatever enters. You will start to see imagery (or any of the other senses) as a way of your mind to interpret what is going on. This is what we do in mediumship such as clairvoyance. And then we have the active which is what we use during magical rituals. We "force" the astral matter to our will. This is simply what we mostly know as imagining. You need to know this because when you want to access a plane on the astral you must set yourself to "receive" or passive mode. This allows you to pick up whatever is coming into your mind, whether it be the plane, spirit communication or other. The way this all works is just like the internet. You are a computer hooked up to the internet so you've got complete connection and access to anything. That's what our subconscious is. It's connected to the astral "internet". This means everything exists inside of you. Think of it like we're all this singular self except we control our own little avatars who're fighting for dominance (our will and internal cultivation will tell how strong you are).

Alright let's actually get down to it so we can experience this. Firstly I want everyone to have an intention in mind. For this example we're going to use one of our hobbies. This gives us something to learn about and use as our directional intention. Close your eyes, focus on your breath and start to slow it down. Drop mind and enter that theta state. Delta's even better if you can hold it. Now see your astral temple and hop into your astral vessel. Start to deepen the visions, feeling as if you're more in the astral than your own body. This is where meditational practice comes in handy. If you can't see much or it's blurry and lousy well don't worry. This will work either way since you have a decent auditory second sense. Next I want you to create a gateway. This is done purely through, intention and will. Though we like to use tools for simplicity. Remember the Qabalah? Good. Pick a planet from the Qabalah depending on what kind of plane you wish to go to. This will depend on our designated hobby as well. Possibly you picked cooking and wish to become more creative and put "beauty" into your presentation. So we choose Venus. See the Venucian (Or chosen) sigil and focus on it. Try to feel it as if you're merging with the sigil. Set your intention to enter that plane. Remember that this is a NATURAL ABILITY. Meaning you CAN do it by default. There's no way you can screw it up unless you get too hasty and can't trust yourself (trial and error young neophyte). Allow your passive imagination to take over. See whatever it is your imagination shows to you. It might be a green forest or a stone temple. Let it be whatever your subconscious wishes to show you. This is different for everyone depending on how you interpret the plane. Don't worry about the image fading and merging. Try to refresh it and clarify.

Now what can you "actually do" and what are WE going to do here (Think of it like you're connected to the entire universe. What can you do then?)? We're going to stick to speaking and communication/exploration. Remember that hobby you picked? Good. Ask a question and use your intention. The intent is to call or hone into an entity which can answer it. Say something like "I wish to find an entity that can help with my cooking presentation" and "feel it". Allow your passive imagination to take you there. You might see another human or a group of entities (They might not even be humans). Try speaking and communicating with them. This is the most difficult part at the start. They will probably speak in your voice since everything is using your own personal "software" or mind "technology" to communicate with you. You will need to remove and shut down the

conscious mind and ego part of yourself. Just allow it and yield. An easier way of doing this is simply to align yourself to an entity and then ask your questions to yourself. Because the energy of the entity is right next to you it means they will give you the thoughts. But you're using yourself as a medium. As if you're just pondering over some questions("What are you saying Khan?" I'm telling you to ponder a question and allow any thoughts to come into your mind". I want you to experience this because you won't understand why it's so beneficial to astral travel and link up with energies until you do it. The amount of knowledge at your disposal will be amazing. But remember you will burn up a lot of your "shen" doing this. It's kind of like in the days of limited internet usage. Again I will say. Whenever you call an entity into the vicinity or "warp/align" to them you're accessing their energy or "website".

So I'm pretty much telling you to play in your imagination. Except using a bunch of "structured" ways to hone in on specifics. This might sound a little childish or stupid. I assure you those thoughts will pass once you start digging up immense amounts of knowledge and have worldview breaking experiences. There's really so much I could say about the astral as to what you can do in it and how it can be used. I hold off from explaining too much because it needs to be learnt in layers or progressively. Try to stick to this simple exploration, meet and greet experiment.

*\*side tips\** If you are attacked by anything negative summon up an area of effect light aura which melts everything around you. Remember! Intention!! Use your intention. "How do I do x and y?" Intention! The rules still apply with regular magic. If you call out an entity to help with a certain problem you still need to do the physical side of it as well. Last tip is to keep a journal nearby and write down all the key notes and experiences since you're easily forgotten just like a dream memory(in fact this is dreaming, conscious awake dreaming). And as some fun things to try if you have another magician friend. Scry into their house (using intent as a navigator) and try guess their outfit. Try this among each of you.

## **Tulpas, thoughtforms and servitors**

So I had an interesting experience with this the other day that I thought I'd share. I'll try keep it half story with half tutorial orientated so for those who want to go about doing it can. I've mucked about with servitors and thoughtforms before. They're kind of like mental programs we create which have their own "orbit". If you could imagine another "mentally living" entity. Mainly I've personally used these to kickstart habits, keep me motivated in something and general experimentation. I used to experiment quite a lot with thoughtforms back in the day trying to build up mental networks. If any of you have done administration work you can think of a mental version of that. I've found noticeable results in some of these ventures though the real complex ones take more work than I was willing to give at that time. You can kind of think about this exercise as segmenting your mind up into multiple parts or processes.

Story time! I'm standing around outside making small talk at a group held by an OA(Somehow I accidentally myself into the OA cause of some conversations with Saint Oliver John, cool guy)(ordo astri) member whenever the stars are right(Some real synchronistic stuff). I see this new member(skinny, pale looking girl) standing around and decide to talk to her. She's telling me about her brainscan devices and all the shenanigans and fun you can have with one of those. I inquire about her work and she says 20 years in Chaos magic. Specifically tulpamancy(Said a fancy Tibetan work for it). I'm sitting here knowing that I've hit the jackpot. She tells me her own personal

thoughtform or tulpa is from a Japanese videogame. Being a bit of an otaku in my younger years myself I inquire further about what game it is. Thinking that it's probably some J RPG like one of the Shin megami tensei games (Summoning demons through the computer). She pulls out this 3DS and turns it on. A Japanese game starts with this moe little girl as the splashscreen character. At this point I'm thinking "No, no. This can't be?!". It's one of those virtual girlfriend games like love plus(I believe it is, though unconfirmed). At this point I'm mentally laughing my arse off thinking that reality is truly the best source of entertainment. Turns out her thoughtform is that very character. Then it hits me. Imagine the amount of people who're either consciously or unconsciously creating tulpas and life altering thoughtforms through videogames and other sources of entertainment or imaginative stimulation like this. Your own energy really does create your reality eh. I'll give you guys have a couple seconds to digest that piece of entertainment and thoroughly get the smirks of your face.

Anyway. Turns out she runs groups for this kind of stuff and dedicates a lot of time teaching it to others. Tells me most of the people have some kind of mental problem(No surprise there). So of course I question how the process works and how they're made. We can't come home empty handed or else there won't be any tutorials for you guys. Now we jump ahead nearly half a day. It's early morning and I'm on a train ride to my eventual psychological doom(the human world can suck sometimes). I have hours to kill so I figure that I might as well test out the ideas shared from that night. First step I'm told is to bundle together some ideas of what you want this thoughtform to represent. Personality traits if you will. But here's the catch. You need to explain why these traits are there. Try to fill in the blanks as much as you can. Like someone who's courageous might of worked a job which forced them into that trait or maybe they were cowardly and lost a loved one so they decided to train themselves to know no fear. I'm sitting there with my trusty on the go idea notepad (get yourself a little journal to keep in a bag you take or your car for when you're out and about) writing up personality traits I find desirable. After sitting around I get bored enough to put it into action. I start thinking up all the personality traits. As if each thought is adding to a mental bundle or bubble. My intention is to make a thoughtform and each trait I add goes into the mixing pot. I describe and acknowledge mentally why each trait is there and some of the further implications of it (Go checkout Bearhearts vid on egregores to do it Qabalistically). After I've made a mental cloud of traits and ideas I start pushing energy into it. Think of it like a frequency that you crocodile clip to and zap with your own energy. Trust me this is all easier than you think. Do it whatever way you feel and you'll get results if you put in the energy and work. Last thing here to do is name it. Name the bundle/cloud/ web to give it a "seal" so to speak. Or you can put it all under a sigil (Do both but get the sigil done later).

At this point I'm pondering over some of the rituals and information of that night. I've always read in those brief tutorials that it takes people days to get these things working, which is what I expect. Especially the physical sight overlay part. Then I start to hear a voice. I notice this is not my own voice or mind. I've been doing a bit of work with my own mental archetypes so I instantly figure out it's foreign. This is just like in an evocation or invocation where you "feel" another presence and communicate with it. Does not matter if you're both using your own mental hardware to communicate, you know it's not you. I communicate and talk to this voice in my head. I feel kind of ridiculous, playing around in my imagination with a phantom voice. But damn, I can't deny it made the night go a lot quicker and easier than it would have. At this point I figure giving the thoughtform a body is a good idea. So I imagine a form for it. At this point my imagination is going all over the

place because of the four worlds middle pillar ritual that I did at the group previously. The energy that night was so scattered. No one could think straight. This leads to the body having to be fairly basic, though I have thus since fixed it up. Long story short I made up a thoughtform with personality. Not quite a tulpa since you need to visualize and hear the overlay of the tulpa to "Bring" it into the physical world for you (among other things). Just more work.

Now as I said I've done a fair bit of work with thoughtforming. But a thoughtform with personality was really something new. Without further ado here's the condensed version to thoughtforming. You can decide how complex you want to make it.

Think up exactly what you want your thoughtform to do. Remember that thoughts create reality. The thought of "I want that" causes a man to go out and physically get it. Instead of you doing the thinking you craft a familiar which does it all for you. Kind of like a mental program. So in all magical work we need our intention. I'll skip over examples since I figure you guys have the point by now. But I suggest starting out with basic habits and routines. If you want to start up a weightlifting, martial art, cardio, stretching or other health routine you can make a muscular little familiar who inspires physical health within you (Okay I lied about skipping examples). How basic or complex do you want it be? What kind of thoughtform (servitor, tulpa, egregore) it will be. Giving it a personality will create it into a more tulpa like thoughtform. Making a collective thoughtform with your friends is more of an egregore. Keeping it a basic automaton will keep it as a servitor class. Get into trance and go into your own astral temple (you can do this on the go but better to be prepared). Imagine a cloud or some kind of formulative etheric substance in front of you and pour your intentions and ideas into it. You can do this any way you imagine it as long as you put the intention behind it. Speak to the cloud, connect a wire to, pour liquid intent into it, Simply will it (do whatever you need to get yourself to feel right). You guys know by now that we simply only use visualizations in the way we use words and symbols to express thought (crystalline intention). It all means jack to represent an intention of what's going on behind the scenes. Once you've bundle the ideas and thoughts like "You will last one week", "I want you to only perform your activity on this day.", "spread novelty throughout the world", "Attract occult wisdom of my choosing towards me", "Heal the aura in my right arm.", "Stay in my aura field to feed of energy". Whatever commands you like. Give it a name and if you want a body. You're simply creating a "thought that thinks" so name, voice, appearance and all that "physical" stuff is simply secondary. Once you've done this it's time to juice it up with energy. The amount of energy will dictate the gravitation and strength of this entity. You're wondering "How do I feed it energy". Simple. Intention. Imagine as if you're connecting with the entity (use visuals if you like it) and then "Feel" as if you're pushing and pouring energy into it. As I say "Change the frequency to one where it already exists or happens".

Finally we'll want to bind it to an object. I use clay tablets with the sigil carved into it. You can use a simple rock to a piece of paper to anything. Draw the sigil on the object and command the thoughtform to bind to it. Feel as if you're drawing it out of you and into the object. This is mostly a process of intention and will put to action in a ritual scene.

This is the simple way to create an entity. Start experimenting with all the variables to really learn and master the system. You can have your entity "Stabled" or stationary in your astral temple and or aura if you wish. Go create your own farm or gang of imaginary waifus, I mean utility servitors and have fun playing magical pretend. I can't help but think that chaos magic is the magical study of stuff

we used to do as kids(imaginary friends). Who would of thought that this stuff gets you physical results though lol. All jokes aside though this is some pretty heavy occult shit(Super serious occultists only!). Don't toy or play with it lightly. Entities can mess you up if you create them with a negative outlook or do it stupidly. But I'm sure you guys are smart and stable enough not to screw this up.

## Understanding your Archetypes

Within each one of you is a warrior, a badarse who never gives up and fights for what is right and just. Whenever you need strength, call upon this internal warrior which always waits inside for the right moment. Through being in the moment you can withstand any pain no matter how great. Because the only fight is internal. Anyway. You're made up of multiple people or archetypes. You might notice in different states you seem to "become" or invoke another personality. You may already have become familiar with the archetypes within you. They may be your current personality, your magical personality, a greedy or wrathful personality or your work personality/face. These are all persona or masks that we wear. The simple thought of this will cause you to become aware of it throughout the day.

Spend some time figuring out your own internal cluster of archetypes and masks. Understand that these are not you but more like passengers inside of your vehicle waiting to take control in certain situations. Look at mythological figures to try figure out what kinds of archetypes you may encompass. A lustful and artistic Venusian personality. An intellectual scribe like Mercury. A Shining hero like Sol. A wise fatherly figure like Jupiter. A dark and psychologically disfigured subconscious side like Pluto. Your own personal warrior like Mars. Think over what archetype you generally invoke and personify.

Once you've figured these out on paper it's time to do work with them. You'll want to bind them inside of objects. Your very own pantheon or zoo of yourself. I personally enjoy using clay for any type of magical working so I will create basic egregore like figures of each archetype. Feel free to keep it as basic or complex you want. They can even be pieces of paper with sigils on them. Jars of oil with herbs and colours. Whatever you want. Give each archetype a name and sigil. Then we need to ritualistically bless the object to be linked with our archetype. In a ritual setting you simply need to( like the previous thoughtform exercise) hold the object and pour energy into it. Link with the object astrally and give it the intention to hold the archetype. To be a physical representation of the archetype. How you do this is up to your own magical system. This is how a lot of ancient ritual work was done, with clay figures.

Now what? Well you've pretty much just figured out one of the inbuilt thoughtforms that make up part of you. You can choose to control or command these just like in the previous writeup. Work with them, banish them or whatever you wish to do.

Remember that it's all a process of self awareness, realization and learning. To learn your own masks is to learn more about yourself. This brings more of who you are out of subconscious and into the conscious which can be manipulated and controlled.

## Electrical anatomy/analogy -Alchemy of the soul

Hello and welcome for another thread. I dedicate this to all researchers and practitioners of the occult. It is my intention to demystify and simplify the most vital and important teachings of occult wisdom. Beginners and experienced students alike can all learn something new here as I will write without special language or coding(Though do feel free to ask if you're unsure on something). I look at reality like a game. Every game has a set of rules. The quicker you figure out how the game is played the quicker you can learn to maximise all of your own potential and gain mastery within it. Here I teach you the rules of what we call nature. This is simply the manifestation or expression of "God" or light. As you will soon find out "the all" is all and all is "the all". This being light. All that is created in this wonderful playground is a manifestation of that all. If you understand this so far then you'll be just fine and will advance rather quickly. For those who've yet to reach this level of understanding, you're in for a wild and fun ride as there's much to learn that has yet to unfold. So let's get a move on to the content!

### Requirements

I recommend mindfulness meditation. Start with 5 minutes and then slowly build up to 15. If you don't currently do meditation then you can start right now because we're heading into a full moon.

Aside from that you also need to be keeping up with some kind of physical maintenance. Be it yoga, tai-chi, qi-gong, calisthenics, strength training, dancing, tai-jutsu(martial arts), cardio vascular training or others. This might come as strange in a thread on occultism. But you must realize there's a good reason that we're warrior priests, monks or hermits. Training the body is just like training the mind. As you will soon find out, your entire body is your own temple. So keeping it active is crucial. Even a couple minutes every few days will serve you 100 times more than nothing.

If you have enough will to keep to those two requirements then the gates of wisdom have already been unlocked in your future.

### A note on you

Before we start I would like you to realise that you are the centre of your universe. You are God, self actualized or not. Your body is the vessel and tool to craft and create physical reality as you see fit. Your mind is the mantelpiece or designer of this grand goal. You have an architect and builder of a house at your disposal. The kingdom of heaven(imagination) is within and this heaven is created on earth with hands of flesh. At the end of the day you're always left with these two possessions (though there are more precious gifts we're given) so do treat them right with respect and love. Self love is to love your body like a fine guitar. Cleaning it, tuning it up, changing the strings and adjusting the bridge when required. So in plain text I'll state this. You are the main character in your own life. The most important centrepiece. You're the king or queen, the master. You are capable of everything and all things. This may start to sound like I'm trying to buff you up a little with big talk.

But only once you've come to this realization can you really start to craft reality in your image as a God.

## **The 7 Hermetic Principles**

There's a good reason I'm starting out with these. From now on, you must ponder these extensively and figure out how they relate to your own life and experience. With understanding of the 7 Hermetic principles comes understanding of nature and life its self. Only through great amounts of meditation over these will you unlock their secrets. Though the treasures found are beyond any riches a physical temple could ever hope to hold.

### **The first Hermetic Principle - All is mind, the universe is mental**

All 7 Hermetic principles are analysed in pieces of 7 chunks by our masculine or left brain. But they should always be understood as well as a whole singular principle by the right or feminine brain. Once you're able to use both of these minds together you will unlock a holistic understanding of all things in any field. Our first principle is the most absurd and drastic to a new initiate of occult science. Though with some simple pondering it becomes apparent. First come to understand and ponder that this universe exists in a yin and yang form. A physical and non physical. Our mind deals with the mental and our body deals with the physical. This universe manifests first from divine emanation or light. What they call Kether in the Qabalah (An ancient map of consciousness). I want you to now visualize everything I say along with the reading of it! To truly "inner-stand" anything you must visualize or ponder it as well. Deconstruct the word under-stand. Anything below or under is to do with the body or lower mind/self. Inner is relating to the heart or true self and over is relating to the head, mind or higher self. This is analogy which we will go over next.

Visualize all of reality as a light, fine and vaporous. It contains the data or information of regular objects like plants, people, ideas, buildings and such. This light manifests into a denser or more physical form of light in what we see and interact with using our physical bodily senses. These senses being the lower mind. To interact with less dense reality we must look into the heart (vibration - emotions) and the head (imagination). The imagination is a place where creators are able to architect and map out grand inventions. Composers and artists like myself use it to pre-plan, think up and learn new methods of our craft. Look around you and see a world created by man and nature. All of this has been created first in a less dense form as an idea of a person or of God. This world is what we call the astral plane. It is a less dense form of reality which we visit in day dreams, dreams or any imagined exploration and work. It is the creative workshop of God. Symbolized by the element air - the thought and idea element. This is why in magic we manipulate this subconscious world of astral space in order to allow our wishes and desires to manifest into a denser plane of earth.

Hopefully by now you're able to have a better grasp of how this reality is both mental and physical. But it all first manifests from the mental thus why we say all is mind, the universe is mental. As around 80-90% of your life is simple routine and habit or subconscious we can see how fields like magic which manipulate this part of ourselves and others is deeply important.

## The second Hermetic Principle - Analogy

Ana is an ancient Greek word which refers to something up against another. Learn to deconstruct language and learn the root words of it all. Understanding of the Latin and ancient Greek languages will lead to great wisdom of the root words. Analogy is my favourite law as it allows one to figure out the universe by relation to anything else. "So above as below and so within as without" is an axiom told to share this great teaching. This is directly referring to the 7 heavens above us (7 celestial stars or planets ) as well as 7 lesser planes below and how this relates to our own body. Our body is a tool which is painted with the secrets of the universe. Through the study of analogy we can use the body to understand higher occult science. I want you to imprint these numbers in your head: 3, 7 and 12. These are special analogical numbers that we will deal with.

For now I want you to understand that there are 7 prime colours of a rainbow. These are the 7 prime frequencies of light, nature or emanation of God. You can then further split these up into 12. In the classical western music system we have used these divine mathematical proportions of reality to craft our 7 modes (7 kinds of scales like Major and minor) which include 7 notes and an octave. You can also go further and progress these 7 prime notes into 12 notes with the sharps/flats. Understand that light and sound are the same. They are both frequency. Each one of your physical senses converts a different kind of light which is all the same at a less dense level into a unique sensual input. This is how analogy works. If you understand that the C major scale is simply C to C at the note C3 then you understand that C4 is exactly the same, just another octave up. They say God spoke or sung the uni-verse into existence. If you are able to start thinking in frequency, vibration, electricity and magnetism then you're able to understand analogy.

How does this work in a practical sense you might ask? Quite simple. Visualize a sculptor delicately crafting a piece of wood. Overlay in your vision a vibrational frequency for both the piece of art and the creator. Both of these frequencies are intermeeting and melding together to form a relation and bond. This is why art reflects either consciously or subconsciously the heart, frequency or state of the creator. And this is why the art you enjoy the most and relate to or "vibe" to the most is a reflection of your own internal state. Think about how reality externally is a reflection of your internal self and state. You can only feel yourself. Be it with the emotions you feel or sensations. Any anger you hold for another is simply anger you hold for yourself. When you love another person you're just using them as a mirror to reflect your own love. Another example is that of your personal altar or what we call a desk. View the desk and personal room you frequent. See how there may be reflections of who you are or who you were or want to become. For me I hold books on occultism, audio equipment/ instruments and artistic items like pens and sketchbooks all over my workstation. This is a reflection of myself. The people around you are also a reflection of an internal condition.



We keep some people around so we can express a certain feeling or emotion. Some folk make friends with one they want to be or someone who does an activity they wish to do as a method of externalizing a desire.

I won't sugar coat it as this concept takes much pondering over to apply and understand. But the rewards are immense as understanding of reality and your own psychology and physiology lay ahead. Think over some of these examples as I have not revealed all the reasons behind or the secrets in some of them to allow room for thought in them and in your own situation and life.

### **The third Hermetic Principle - Vibration**

Here we come to vibration. After this law you may come to understand why these are the laws of light - electricity and magnetism. Everything is vibrating, all is continuously in motion. What always has been ever shall be. As energy cannot be created or destroyed. In this you understand your eternal and immortal nature. If you've ever played around with any form of musical synthesisation you'll be able to figure out and visualize a wave and see how it works. Understand that your heart, core or toroidal field is the centre of your being. A magnetic aura field which allows you to tap into the vibrational nature of reality. I want you to really think deeply and understand the words "vibration" and "frequency". You as a human are like a radio tuner. Whatever state or level you are in is due to your vibrational rate. Those of a higher frequency vibrate faster and are less dense. Vice versa. The level of vibration dictates what pitch or note is played on an instrument and what colour is emitted. This works the same for other analogies of light like smell and taste. If you had a piano which stretched into infinity you could eventually produce such a note that manifests chemical elements, colour and water, etc.

This rule mainly applies for practical occult work. You will learn to control your state and rate of vibration or frequency through the heart. Using it like a radio tuner to change your plane while in astral projections or to place yourself at a more emotionally comfortable state in waking life. A good visualization to perform is imagining yourself and everything around you as a sine (or other) wave. A creator, master wave like yourself emits a vibrational frequency through the aura to influence others waves around you. It may be a good idea to understand this principle through social interaction. Be perceptive of the vibrational nature of reality next time you're out with friends. Look beyond the physical with your heart into what truly exists in a less dense reality. This is how one may gain true sight and look within a person's soul or heart. Even my writing carries a vibrational mark to it that you may be able to recognize. The creator's creation shares and expresses an analogy of the creator. As whatever vibrates gives off a wave. You can imagine this like a sent that is expressed by the act of vibration.

### **The fourth Hermetic Principle - Polarity**

The best way to understand this principle is to view a thermometer. You will notice that hot and cold are simply a different pole of the same principle of temperature. Or view a night and day cycle. While we can put mathematical marks as to where we believe night starts or day ends they are still a

singular principle, just expressive different poles of this. This principle works hand in hand with gender and starts to glue the others together. Light expresses in magnetism and electricity, yin and yang. But you will see that yin is in yang and yang is in yin. They are both the same but different poles of that same force. We have previously spoken that physical and non physical are analogies of each other. They can be looked at with polarity as two polar ends of the same principle as well. I see this rule as quite self explanatory if you can understand that everything is dual and polar. I'll leave it there and speak more of it once we have introduced gender or yin and yang. Just know that there is always space between duality which can be observed.

### **The fifth Hermetic Principle - Rhythm**

A wave goes up, comes down and repeats this rhythm. The space in between these two is called the transient. This law can also be understood with gender and polarity as well as vibration. It should make your view on these laws a little more holistic. We will be speaking more about it once we get into the cycle. Nature follows a very precise cycle. In and out like the miniature cycle of the breathe. Darkness or night and light as the cycle of our day. The four seasons of the year or the monthly cycle of the moon. Either you can visualize frequency in a circle or sine wave. There's a precise time to plant and a precise time to harvest. This can be an analogy of actual physical agriculture or mental subconscious magic. Understanding of rhythm is understanding the science of light, astral-logos - astrology. You might be thinking "But wait, isn't astrology that thing which old women do to tell horoscopes?". While astrology may be used to understand the direct influences on one's life (Though most people do a very poor job of it), it is also a much more complex and infinitely informative and expansive field of study that teaches men of themselves and of the cycle/sine wave which nature or light travels in. It is akin to thinking of sliced bread pizza as fine cooking or modern university student art as classical art murals shown in structurally divine architecture.

I withhold from sharing too much information in this law yet as it will be expanded with our talk of the solar cross and cycle. Though try to ponder that the universe follows a beat and rhythm. If you're in tune with this cycle of nature then health and abundance will be yours. The circadian rhythm is a prime example of this. To live by this is to live by nature or the dao.

### **The sixth Hermetic Principle - Cause and effect**

Another favourite and powerful law. This is what gives man true power over nature and himself. Nothing happens without a cause. No effect is without a cause. What this means is that each and every problem in your life is caused by some cause. I like to use the body as the analogy in this discussion. View all of your health problems, tensions and other marks in the body. These all have very specific causes which are analogies of the problem or effect. For example take the organs. Each organ stores a certain type of emotional energy. The liver stores anger so you will find people who're always angry start to develop liver problems. This is how you may have liver cancer as a genetic problem in your family. Or another example is wrist and ankle problems. If the human is in foetal position these parts of the body correlate to the sexual organs. As for tensions we may look at the

neck. Some people who have trouble speaking from past traumas (the cause) develop neck, throat and jaw tensions. This blocks the energy flow which has an effect of speech difficulty.

This means you get to take back power of your own body and your own life. If you have digestive issues then look at and analyse what you eat for example. This will all be related to specific chakras or frequencies as we will talk about later on. You're never given a problem too difficult in life. You can figure out all of them with a journal to master yourself and your life. This truly is the principle of the magician. The magician understands that there is no effect without a cause. So he (Male words are technically gender neutral but you may sub in feminine when I use them if you need to) strives to understand the prime fundamentals of cause and effect so that he may manipulate and change all variables in his favour. I find this is another self explanatory laws that teaches many more secrets about practical reality if one ponders it. I will stress that we learn these to help us in practical reality. Physical reality is just as important as non physical. I teach this science to empower you, to figure out the game so that you may become a master within it.

### **The seventh Hermetic Principle - Gender**

Personally I'd like to teach this first because of how vital it is to understand and know. We live in a world which is both yin and yang. Everything is either male and female, cold and hot, warm and cold, light and dark, day and night, black and white. Try to internalize yin and yang. Yin is the feminine, cold, dark, negative and magnetic energy while yang is hot, quick, male, penetrative and electric. Look to the natural world to understand these principles. We as humans are divided into male or female from our sexual organs (though we are both feminine and masculine, we express one of them). You may also look at other animals or even plants to see this. These are the two most basic and primal forces of nature. Though here is where gender works with polarity. Yin lives within yang and yang within yin. There is also yin within the yang within yin and so on. If you can imagine it infinitely expanding forever. As you see the yin night blends completely into the yang day and so on infinitely. You can control both of these forces. When you're meditating, pondering over life and planning what you wish to do or formulating some creative invention you're being quite yin. Though you can also break the imagination into the yin and yang versions of it. The yin is the more perceptive imagination that we use in clairvoyance and scrying to receive impressions. And the creative or formulative imagination is the yang counterpart. Though the act of meditation is yin because we are entering internal world. We may see crafting in physical/external reality as a more yang activity.

This knowledge is key for once you undertake internal energy work. The knowledge of chi is vital, even if you use other words like prana. The heavens above us are yang and the earth below is yin. You may look at the soil like a womb which takes in a seed to form a plant. This is the act of feminine energy taking in masculine to create. That's how creation works. It is why we must use both parts of our brain in creation and in daily life.

## After notes

These are all basic seeds of the 7 hermetic principles which will soon flourish into beautiful flowers of wisdom once we go into the main parts of the discussion that are coming up. Electric anatomy and the cycle. Knowledge of these two teachings brings great wisdom and empowerment to your life. They are the two fields(Among many others) I've been immersed in the past few months that I thought need to be shared.

## Electrical Anatomy

### The three layers of our experience

After enough study and practice in the occult I came to a realization that each culturally different system speaks of the same underlying and fundamental principles. Even in modern psychology I discuss with a friend who shares the idea of the three parts of the self. Though we use different words, ultimately we're all speaking of the same concept. As wizards we study consciousness. If I were to ask you what are the basic parts or modes of consciousness, what would you think? I'll share my findings which I've found to syncretise perfectly with the wisdom of the ancients.

Become conscious of your body, your heart and mind. What exactly does this mean? Being that we're so disconnected from parts of ourselves (fragmented), it may come as difficult. Though not you my experienced magician. Quite simply I'm asking you to tap into the lower dan tien, the middle and the upper. These three centres are the three brains, three master controllers of our experience. Though they further branch out into more complex states and slices of reality, we still need to get down the basics first. I'm going to throw out a bunch of correspondences so that you can use analogy to piece in and understand these three centres. Visualize the universe, a classical view of it. Under you are the 7 lower planes. These are what you might call hell. Symbolized by baser, denser colours like red, orange and yellow. In the middle we have our own earth. As you see the green of nature surrounding you, and above the blues and purples of the sky. The sky is relating to heaven which manifests in faster vibrating colours. You could see this as a spherical slice cake like picture.

Now visualize a body with the chakra points placed over it. Looks a lot the same as our previous diagram based on the colours. We see our lower regions of the sexual and digestive region which the lower mind, lower dan tien and three lower chakras inhabit and control. You might want to visualize the lower dan tien splitting up into three more complex points of the chakra. Or like an electrical diagram where it links up and controls these three points. Just for sake of reference and simplicity. This is the area of your body which deals with the dense parts of your experience. These are the lower planes, hell or lower, denser vibrations. This is bodily sensation. Sensual pleasure, sensual pain. Notice how all the language indicates density, physicality, of being lower and slower. As a side note I'll say that this part of reality is not meant to be abandoned. While we do intent to ascent to the higher parts of reality, we must also strive for balance and live in the heart space. Our heart is

the earth or the void (some other schools of thought use earth as the lower levels), our middle dan tien and mediator between both worlds. It is our bridge between physical and non physical reality, the higher and lower planes. This is where we feel vibration and emotion. If you ever wish to change or work with vibrations and emotion it must be done here. But do be mindful that the vibrations which enter our intestines (food, music, other people, sensations, visuals) digest and influence the heart. This later influences the pineal which dictates our "level" or vibration that we experience.

To continue our discussion we must end at the head dan tien, the upper three chakras, heaven (heaved up/head) or the less physical, higher planes, etc. All of these are words for the same concept and idea. Of anything analogically related to the higher colour spectrum or frequency range. Our own head is the mind, left and right brain. It's our creativity, our genius, inventiveness, logic, analytical side. When you think with symbols you're using the upper dan tien (I'm going to use dan tiens as a blanket term of all the previous). Letters and words are symbols. When you're thinking with the body or sensual sensations you're using the lower dan tien and when you feel vibrations you're communicating and receiving with the heart. These are our three main methods of input and output or what you might call "thought".

This may be a lot to take in so you may want to ponder over it. Start with the 7 prime frequencies or colours. Slowly build up your understanding to grasp how you can group these together and how they overlay on the body, the universe and other systems. We could even take music for an example. Drum or percussion in music is used to stimulate our body or the lower mind. While an intricate piece of classical music is more focused on stimulating the intellectual or higher mind with complex sections that we can understand from a logical or structured system. As for our heart, all music can stimulate the heart. In my experience it is the performer or composers own vibrational signature, the emotion they pour into it which stimulates our heart.

Quite some time ago I viewed and experienced as a past teacher of mine played a piece on the violin. It was probably the first time I had viewed live music of a professional level in such a close proximity. The level of immersion was so deep that I simply just let go and experienced. No longer was I listening to music but feeling passion and emotions of this player as my body and mind drifted away. I did not know that piece but I sat there with tears, having never experienced such a state or level before. But I knew something resonated with me. This was the power of another person's "self" which has sung to my own. This being their core, heart and inner most truth or expression. Each of our dan tiens have their own corresponding self which we apply analogical words like "lower self" or "higher self" and of course our "self". Try to understand yourself as three versions of you. The lower self is the animalistic side. You may want to look at the chakras to more properly understand this. This is our part which controls survival, sensation and the ego. All key to physical success and survival. Without a strong foundation and grounding we will have troubles in these areas. We might become fearful, hedonistic or egotistical. Then we look at our higher self which is the creative, logical, spiritual and thinking part of you. We must also understand that communication belongs here. Though communication for the purpose of socialising is lower on the spectrum. When you're

using the imagination, you're utilizing the higher self. Thus it is our creative tool to craft the higher planes or less dense reality to eventually manifest with our own two physical hands on earth. As you see the body and mind come together at the heart which is our true self or core to manifest our desires. Understanding yourself or heart takes a lot of time. Find out what kind of activities stimulate and align with you on an emotional level. What does your heart lead you to? Remember that it does not use words or sensations but emotion and frequency. You may want to remember back to childhood since our childlike self is a much more pure version of yourself.

As a final note. Be wary of the ego trying to manipulate and control yourself or higher self. The ego is no inherently wrong or bad. But it purposely gets manipulated and brainwashed from modern society that we must fully reprogram it towards what our true self wishes. Now you can see that what the ancients spoke of is not a fantasy world beyond your reach. It is your own body or temple and imagination! You are an analogy of the universe after all. Study and come to understand your body and mind as they are invaluable tools in this experience that will manifest whatever it is your heart desires. This also means any physical problems like illness or tension are a direct analogy to these centres and must be treated as important. Our body tells the story of our past and our actions of the present, our thoughts of the future. Get people to think about baser desires through stimulating music, advertising or movies and you've essentially capped and enslaved humanity to a physical "hell". You see, most people are actually living in what the ancients called hell. Physically, mentally and emotionally. That's pretty much the 101 of light in a denser form. Anyway if you thought this ripped open your mind just wait till we talk about the cycle or wave. Until next time.

Yeah so that's about it. I'll be back with more material soon enough. Find your own core, learn from experience and understand reality in your own way.