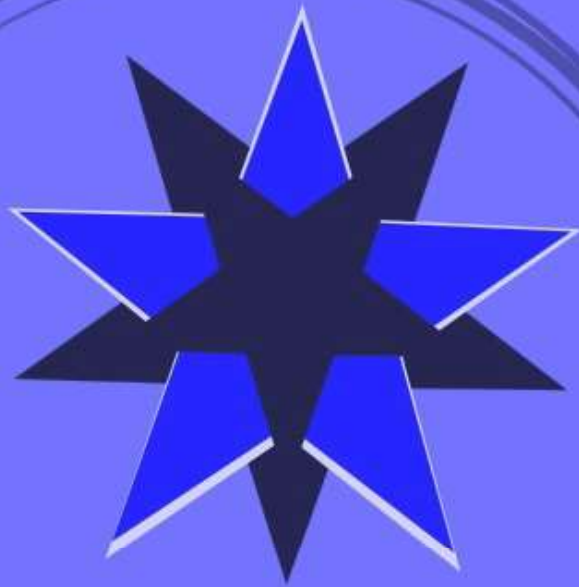
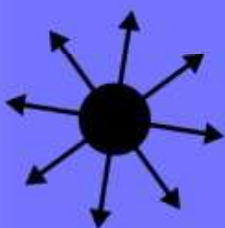


**Frater Akenu**  
**Magickal Curriculum**



# **FRATER AKENU**

## **MAGICKAL CURRICULUM**



Chaos Magick<sup>2</sup>

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## **Introduction**

Finding a complex, consistent and dogma-free occult system is pretty troublesome nowadays, even when we live in the 21st century. This lack of structured materials has led me to write one on my own, based on the teachings I have received and personal experiences from my occult practice.

I have intended to create the occult system as free from any dogma as possible. You will not find any religionistic, New Age or pseudo-scientific labels, explanations or theories, just raw techniques, ready for you to practice them whether you are an Atheist, a Christian, a Muslim, a witch, anything.

### ***What can you expect***

First grade gives you a solid foundation for your further endeavors in Magick, it assures you will not go insane in the process of your occult explorations, you won't panic when you need a calm head and that you will enjoy your trip into the mysteries of occult arcana. You will get few tips how to take care of your body and your mind, your physical and mental health will improve significantly.

First grade should be just a basic foundation, strengthening your body and your mind, making you an emotionally stable person. But I didn't resist the urge to throw in a couple of techniques that will help you manifest your desires and will give you the most important thing in Magick, verifiable results.

### ***Format of the curriculum***

Curriculum is split into the weeks. For each week you learn a couple of new techniques. Some should be added to your daily or weekly practice. Whether you practice daily or weekly depends only on you, set your regime as you wish, I would just like to add that daily practice gives you the most consistent results.

As I said before, not every technique should become a part of your daily practice, some are meant to be used only when needed, e.g. the calming breathing, the cleansing exercise, etc.

## **First grade**

### ***Week 1***

#### **Setting the goal**

This is the first thing you should do. Why do you want to practice Magick? What do you want to change in your life, what do you want to achieve? Will that achievement actually make you happy or will it turn your life upside down?

#### **Keeping the journal**

Performing the art without a journal is nearly impossible. Use it to write down your dreams, feelings before, during and after exercises, also performed rituals and achieved results. This is going to be very important later.

Time by the time we all have doubts, it's just normal, our selective memories work and achievements are virtually disappearing, that's why we sometimes have doubts and that's also why we need journals, to remember our success and our driving force.

#### **Simple relaxation exercise**

First useful exercise you will learn here, it originally comes from Magick but found its way into modern psychotherapy. Long term effects are getting rid of the stress and strengthening your immunity, short term effect is a nice relaxed feeling.

First of all you should sit in a comfortable position, your surroundings should be quiet and peaceful, dim light, some relaxing music on the background, you can also burn some incense to finish the atmosphere.

Take few deep, slow breaths, then raise your eyebrows as far as you can, stress your forehead, hold your eyebrows in the highest position for about 5 seconds, then relax them.

Now close your eyes and press eyelids together as much as you can, hold for 5 seconds, then release.

Form fists with your hands, expand your arm in front of yourself with elbows slightly bent. Now stress muscles on your hands as hard as you can, hold 5 seconds.

Now go for your shoulders, move them up and back as far as possible, once again hold for 5 seconds.

Then continue with your legs, your abs and your pecs.

After all aforementioned muscles were relaxed as described above, just close your eyes and enjoy the feeling for few minutes, relax and let your body and mind to regenerate on their own.

## **Remembering all dreams**

Magick is mostly intuition based, unconscious processes are very important as they reflect our current spiritual state and can also affect our conscious actions. The dreaming is one of these processes.

We all dream, and we dream a lot. In average we have about 5 different dreams per night. Some of them are affected by our diet, by the movie we had seen before falling asleep, some by our actions or events in our life. Some can also show us our future or new possibilities. We can even get visits by astral entities during the dream-state. That's why it's very important to remember our dreams.

Most usual way how to remember our dreams is by repeating affirmation "I will remember all my dreams" or "This my will to remember all my dreams" before falling asleep. Another way would be to use Sigils, formulas, or middle sleep wake up (once you are being awoken after first 3 hours of sleep and you go to sleep again, then you usually remember your dreams much better).

Once we got to the point where we remember some fragment or a whole dream, we should write it down. The reasons are that the memory tends to fade over time, dream might contain some symbolism we don't understand yet or we want to use the dream as a recall trigger, reading about your past dreams also greatly improves chances to remember the new ones.

When you wake up in the middle of night and you remember some dream, you should immediately write it down, else chances are you will forget it till morning.

Still, if you are too lazy to get up or you don't know where your journal is, you can try to use an anchor catchphrase. Create a simple sentence summarizing important keywords from your dream and repeat it till you fall asleep again. In the morning just repeat the phrase and the dream will reappear in your mind. I just have to warn you, if you forget the phrase, the dream will be lost forever.

## **Week 2**

### **Focal meditation**

As the next step we should learn how to focus our mind, the concentration is a very important ability in occult practices.

For the exercise we will need some object to stare at, eg candle flame, dot on the wall, some occult symbol, you can also sigilize your intent for concentrating better and use that as your focal point for meditation.

Sit in a comfortable position with straight back, your focal point should be about 3 or more feet away, on the level of your neck.

Stare at the chosen object, close your eyes as needed, your breathing should be slow and deep, but still natural. Anytime a thought appears (during this exercise you should become thoughtless), just admit existence of the thought and regain concentration on the focal point.

You can switch focal points between sessions but for each session you should use only one focal point.

Practice about 20 minutes daily, preferably after the simple relaxation exercise.

### **Morning exercise**

Good health is very important for Magicians (and people in general), every morning after waking up you should spend at least 5 minutes to vitalize your body. You should create your own routine so I will give you just few hints. Little running in the beginning is a great warm up, then stretching your arms, legs and back, followed by a headstand is all pretty good for your physical body.

As for the energy body we should remove energetic blockages and help the life force circulating better. For this purpose we can use following simple exercise.

Stand straight, but relaxed, your feet should be apart on the width of your shoulders. place your hands in the front of you, arms lightly bent, shoulders and hands relaxed, palms directing each other, being apart the width of shoulders as well, this is the basic posture.

Take a slow, deep inhale to your abdomen, during that inhale move your hands in front of your belly, one hand above the other (hands should be still the same distance apart, as if you were holding some object).

Now exhale and during that move your hands through the basic posture and back in the front of your belly, hands should switch places.

Do at least ten repetitions of this exercise, don't forget that you should be relaxed during this exercise, optionally you can also imagine your body being in water pool to enhance its effects.

## **Cleansing exercise**

This exercise is especially good for handling situations you wouldn't normally handle, it can be used against depression or to quit smoking.

Whenever you experience emotional state you do not want (eg sudden aggression, urge to smoke, etc) imagine all the events that are causing this (bossy chief, annoying mother-in-law, high taxes) and give it a name (eg Hulk or Bob). Now we have faced our problem and named it, it's time to get the upper hand. Imagine a solid wooden box, next visualize putting "Bob" in there and sealing the box. For the sealing you can use a duct tape, chains, whatever you like, seal it well in your imagination and then get rid of it, bury it on some island, shoot it to the outer space, throw it into a portal to some other dimension, etc, use whatever feels suitable.

Now I would like to say that suppressing emotions isn't a very healthy thing, you should always solve your problems. Just sometimes we need a distance from our problems when we are supposed to handle them objectively.

## **Calming breathing**

This is good when things go very wrong, eg when you get a panic attack, breathing feels heavy, emotions overcome you, etc.

The point is that breathing should be slow and deep, but still enough natural. An exhale should be longer than an inhale, for this purpose count to 3 during inhaling and count to 4 during exhaling, the problem usually disappears in a matter of seconds, rarely in matter of minutes.

## Week 3

### Imagination exercises

Now we should develop our imagination faculty for the purpose of controlling our energy.

Simplest exercise for this purpose is as follows.

Start with a flat 2D object, choose a shape and a color (eg a red triangle). Close your eyes and imagine the object you have specified on the black surface.

At first your vision will perish nearly instantly, but by practicing it will stay longer and longer, till it can persist for a matter of minutes.

Next step is to practice this exercise with open eyes, projecting the imagination on a sheet of paper. You can also start working with 3D images, putting some plasticity into your imagination.

As the next step you can start building your astral chamber. Imagine you are in black void, then start building walls, colors, inventory, or you can travel to some distant planet and build it there, be creative and your imagination will thank you.

### Banishing

Now we should learn a thing or two to do when things go ugly. Banishing is a form of cleansing the space, for now I will show you just few basic ways.

**Banish by laughter:** There isn't anything simpler, just laugh your ass off, laugh as hard as you can, at first it will be forced, then it will slowly turn into crazy madman laugh, laugh as long as you can breathe, let it overcome you.

**Banish by smoke:** For this we will need some herbs for the incense (or buy incense sticks), eg white sage, but Jasmine and Sandalwood can also be used.

**Banish by denial:** This is also a very potent way of banishing, reject your astral problems their existence, ground yourself to our plane. To do it, say something like this: "There is no problem, astral entities belong to different plane, I am right here and right now on this plane, there is a floor under my legs, oxygen in my lungs and an empty space all around me, there is nothing to be worried about. There is just me and this empty room". Then go do some manual work to center and ground better, eg go make a food, drink some water, fix some stuff, etc.

### Two chair exercise

This exercise also originates in experiential psychotherapy. It helps us to get rid of our negative character traits (understand "negative" as the stuff you don't like about

yourself).

For this purpose you need two chairs, sit on the one and let the other one empty. Relax yourself and then imagine your alter ego that possess the negative trait sitting on the other chair, imagine its clothes, haircut, everything.

As for the next part, criticize your alter ego, yell at it, say all the bad thing it caused to you.

After few minutes you should switch chair and act from the position of your alter ego, say your feelings regarding the criticism. Keep switching places and have a dialogue. This is the famous two chair exercise.

## **Tarot**

### ***Introduction***

Tarot is a pretty interesting Magickal tool. And as the Magickal tool, tarot is charged when being used. This article sums up my experimentation with tarot and also conclusion of my project. This method will help you to charge your Tarot properly, to learn faster the divination process and also to learn how to feel various energies and how to differentiate them. All you need for this method is a deck of the Tarot. I have personally used Crowley's Thoth Tarot, but it's a matter of personal choice, use what feel aesthetic to you.

### ***Asking question***

First important step is to ask a question correctly. We need to get correct data and we need to verify correctness of our data, for that purpose we have to ask the tarot what will happen tomorrow, not in 4 weeks or in a year. So a good question would be what will happen tomorrow or what will tomorrow be like. After stating our question we shuffle our deck and spread it across the table (or floor or whatever surface you like to work on).

Now rub your hands against each other to make them really warm and itchy, this will improve the perception of energy in your hands. It will also improve blood circulation in your hands.

Open your left hand and move it above the tarot deck. Place your hand above each of Tarot cards and use it to locate the card that answers your question. I personally feel that the card is pulsing and the air is pretty hot above the card, but your experience may differ.

When you found the right card, pick it and turn it over to see it. After you pick your card you can collect the rest of the deck and put it aside, just one card is needed for this training.



### ***Focus on your card***

Next step is focal meditation. Pick one point on the card that appeals you, keep focused on the point. During this step you will find hidden images on the card (mostly faces or whole new figures hidden in the pattern of the cards), so it might happen you will want to change your point of focus on that image. You can do that, just be sure to have one point of focus and don't rapidly move your eyes from one place to the other. In other words, keep basic rules of focal meditation.

### ***Feel the energy***

This step will help you to better remember the card, deepen your understanding of its meaning and it will also help you to feel various energies. Lay down on the floor with your face up and put the tarot card on your forehead. Close your eyes and calm your mind. Observe your thoughts and also observe energy of the card. Keep state of absolute calmness for couple of minutes.

When you are done with the first part of this exercise, you can try to focus on the energy of the card and you can try to spread it across your body. This will help you to attune yourself for tomorrow and it will also help you to develop your clairsentience.

### ***Learn the meaning***

When you are done, take a book that explains meaning of the card. You might be surprised how your feeling is actually close to the definition written in your book. Also, enjoy the tomorrow and have the card in your mind so you can find how well that day relates to the card you have picked the day before.

### ***Conclusion***

I hope you will like this exercise and you will find it useful. I guess you want to know how much time you need for the practice. Needs can be very individual, from couple of minutes to matter of hours, trust your feelings and believe in yourself. If you are not sure about the time, stick with 5 – 10 minutes for each step, at least before you improve.

## **Week 4**

### **Sacred Chamber Ritual**

Stand still and take few deep breaths. Visualize about 1ft wide orb of white light about 1 or 2 feet above your head.

Point at the orb with your index finger and say: "Crown above my head, Kether".

Visualize a ray of the white light descending through your body down to the core of Earth while guiding it with your index finger.

Say: "Kingdom under my feet, Malkuth".

Open your arms like you are welcoming someone and during opening your arms, visualize the ray of the light becoming thicker and thicker till it covers the whole room or space around you. During this say "Through the worlds".

When you are finished, standing with your hands wide open, say "Back to the Adam Kadmon".

### **Willpower training**

#### ***What is a willpower***

A lot of things were said about the willpower in the past but the topic wasn't explained really well. If our real Self is our Will, then the endurance of this Will is what willpower stands for. It's like a muscle strength for the muscle or a bullet for the gun.

#### ***Why is the willpower important for Magicians***

Willpower is a measure of affecting the world. Magician without willpower is like an artist without his tools or a musician without his equipment. Magician with stronger Will wins, same as a bodybuilder with stronger body can lift up more weight.

#### ***Willpower in the history***

You should have already heard some story of old shamans, going without food for months, keeping their bodies in cold water for days or even wounding their bodies in states of trance before doing their rites.

The Reason is simple, the willpower.

By specifying a task that is hard to achieve, and by achieving that task, you train your willpower, the strength of your Will.

#### ***How to train your willpower***

In the modern society we don't have much time to go to the wilderness for 40

days, we have to feed our families and ourselves, we have to pay taxes.

Fortunately, when you know that the reason for being in cold water for a number of days is not about being in cold water for a number of days, but real reason is to do a difficult task, no matter what the task is, you can easily come up with your own training.

Do you smoke? Are you a chain smoker? Can you be without smoking for one day? That's very hard, but not impossible. But beware, make a task a difficult, but not impossible to maintain, if you fail, your willpower will go down, rapidly.

### **30 minutes rule**

This is my favorite training method. Good old Czech Magick :).

1. Are you hungry? Wait 30 minutes before eating
2. Are you thirsty? Drink in 30 minutes
3. Are you tired and you want to go to sleep? Go for a 30 minutes long walk. During the walk you can remember all your good friends and old enemies and send positive thoughts in their directions.

### ***Simple training way for very busy people***

First of all, this is not a very effective way, it does have a minor benefits but compared to the 30 minutes rule or oppressing your habit for days, it is nothing.

Point is to simply specify what you are going to do before you do it.

### **Example:**

I am going to brush my teeth in sake of increasing my willpower

And after brushing:

I have finished my task for increasing my willpower

I know it sounds retarded, but it works.

## **Shielding**

Now it's time to learn something about a protection. The Magickal barrier is used to protect us from any harm when we are expecting troubles or we already are in troubles, a lot of times a shield is casted before falling asleep, after all before we learn the astral projection, the sleep is our biggest weakness, keep in mind that Magicians are most vulnerable when sleeping.

First of all we should say something about a shape and a purpose of the barrier. For the shape, use a simple sphere. The Sphere is easy to imagine, easy to maintain in the imagination, easy to strengthen and also pretty sturdy. In Physics you could learn that the round objects can withstand more pressure than the objects with sharp

edges. The reason is that in case of round objects, the pressure doesn't act only at the pressure point but gets distributed on the whole surface of the object, therefore minimizing the effects of a pressure. By applying the principle "As Above So Below" we can say that what works on a lower plane must work on a higher plane, as well.

As for the purpose, generally you cast barriers to feel safe and to be safe (these two reasons are partially interconnected). Shield's design should match these criteria. You can imagine your sphere being created from whatever material you wish, eg metal, fire, ice, spikes... It can be also dynamic, there can be chainsaws flying around it, etc. But generally keep it simple.

Barrier creation starts with a relaxation, you can also use the Sacred Chamber Ritual to get centered, later you will also learn how to enter deep gnostic state to enhance the effects.

Next step is to close your eyes and imagine a black space all around you. There is just you and the void, nothing else.

Take a few deep breaths in the void to get accustomed to the environment, be relaxed.

Now start forming the sphere in your imagination, bit by bit, slowly wrapping around your body. This will take some time.

Now you are in your little imaginative orb, it's the time to give it some strength. Your breathing should be slow, with small pauses before and after inhales. During each exhale imagine your sphere getting thicker, harder, more visible, more solid. Do this for a couple of minutes.

Now give it a purpose. Inhale deeply and eg say something like: "My creation, I command thee. Thou shalt be living and protect me from any harm until I finally wake up in the morning". By the way, excuse my crappy old English skills.

Notice there is an expiration specified. Without this the barrier might just disappear on its own (infinite time also doesn't work as there is just a limited amount of energy you put in).

Now comes the last step, simple verification that the barrier is there. Expand your hand and try to touch the closest wall, if the sphere is there, you will feel it.

This is about all the basics you need to know about shielding. Try to experiment with shape, size, color, "material" and other accessories, be creative.

## **Telepathy suggestion**

Telepathy suggestion is a simple way how to develop some powers and how to gain some quick results. For practicing telepathy suggestion you need some person that doesn't know you are about to suggest action to, preferably turned back from you. Look at the back of skull of the subject and keep repeating in your mind: "You have to turn back at me. You have to look at me. You must turn back".

At first, the subject will start getting nervous. Then the subject will slowly start

looking around and after a while, the subject will look at you.

Never start this exercise when you cannot finish it and never stop till you get the result. Interrupting the action in the middle is a huge shock for your willpower and next time, it will be harder for you to get results. In opposite case, every time you practice this exercise, getting results will be easier for you.

## **Week 5**

### **Intention and food charging/focus**

Food and water, some of the main resources of vital energy, the essence of life. In physics it is said that for a one eaten candy-bar you could jump about 60 or 70 meters up, this is how much energy such a snack contains. The reason we cannot do that is that our bodies are imperfect, heating a lot of energy out + our muscle tissue and our bones can also take only a certain pressure. Nothing we can do about that, but at least we can divide and process energy we obtain from food and water.

First of all you should control conscious eating. Conscious eating is when you are having a meal and perceiving the meal without any distractions, like TV, nasty thoughts, etc.

When we can do that we can start with the food impregnation. Place your hand above your meal or drink and imagine a white energy being emitted from your hand. During that focus on the goal, what do you want to use the meal's energy for, Finishing current quest at hand? To get some creative idea? To help your body with regeneration? Choose what suits you the best. As the next part just eat the meal.

It is understandable that we cannot always wave our hands above meal like some Jedi, fortunately nature thought about that one. The biggest energy emitter (even bigger than the tips of fingers) is the tip of your tongue. Tasting the meal while eating and simply focusing on what will be the energy used for, is enough.

### **Simple elemental exercise**

#### ***Introduction***

I have made my mind to once more break the oath of silence and share with you another advanced technique. This technique is basically the essence of Magick. It is a simple technique, you will immediately remember it, but it's dangerous for beginners and you will find out why during the course.

#### ***Quality of elements***

Those of you who know ITH, you also know that each element has both a positive and a negative quality. In MHP we don't really care about these qualities, elements are taken as wholes. Advantage of doing this is within much greater source of energy, the energy MHP can use is raw, powerful and aggressive. That's why there is also a disadvantage. Leading unfiltered full elemental energy into your body creates a great distress and if this energy is kept in the body, major elemental imbalance happens. Such stress to your body can easily develop into a sickness, being it mental, emotional or physical.

### ***Procedure of the exercise***

The procedure is pretty simple, one by one, you invoke elemental energies into your body and then you let it out. In the beginning you visualize being surrounded by the specific element, then you slowly start inhaling the energy with the pore breathing. After your astral body is full of the energy, then you exhale the energy with the pore breathing.

During the fire element, you should see flames all around you and you should feel sensations of the heat. Transparent water visualization comes with sensations of cold for water element, transparent visualization with feeling of lightness for the air element and green/brown/black visualization with feeling of the heaviness for the earth element.

### ***Warning***

Make sure that after working with each element you feel just like before the exercise. Even a small fragment of the element left in your body may lead to major changes. Always make sure that everything of the invoked element gets out of you.

## **Sigils**

### ***Introduction***

This is the one of the most active topics in Sigil Magick: How to charge sigils properly. There are various death postures, breathing and meditation exercises, even a drug abuse. The reason is to enter the gnostic state to quickly charge the sigil. Then you usually have to quickly forget about the sigil and its purpose so you don't interrupt the work of your unconsciousness.

### ***Lazy charging***

This is my favorite approach I have developed over the years based on works of Spare, Frater UD and even Patrick Dunn. Partial influence also came from my original system of choice, Enochian Magick.

### ***Everything is in mind***

Most important thing you have to understand is that the route to success and the route to failure are heavily based on your mind. Your tastes and also your expectations are the limiting factors. Esthetic feeling is also very important, I am going to present my approach but make sure to modify it or use some different approach if it doesn't suit you. Feel free to experiment.

### ***What do we need***

First of all we will need one complete sigil created from clear intent. Next part

consists of creating a formula for the sigil. I have already described creation of formulas in "Magickal Formulae" article so feel free to use any of these methods.

I will just note here a one method you can use. Take your intent (eg This my will to obtain strength of the tiger) and select some important keywords (Obtain, tiger, strength). Then reverse these words and modify them so they are easily pronounced, you can also omit repeating letters.

The result could look like this: Niatobah Reget hatog nertas.

As you can see you can also split words into more, add more letters, etc, be creative.

### ***Charging***

Place the sigil in front of you. Relax and take few deep breaths to clear your mind and gain focus. Place your hand above the sigil, palms facing to the center of the sigil. Make sure your hands are in a position that still allows you to see the sigil.

Start chanting the formula. Experiment with your voice, someone has better effects with quiet repetition and someone needs to yell it, you can also try throat singing or repeating the formula solely in your head, be creative.

### ***Advantages***

People usually ask me how many repetitions should be made, I say there is no limit. You can repeat it till it feels right or till you get tired. You can also repeat this charging for a couple of days or till it gets fulfilled (in that cases you do not need to forget about it).

Once you perform this ritual, your mind makes association between the sigil and the formula, so you can place it elsewhere and charge it "remotely" (In fact the paper drawing is just reference point, not the magickal quality itself). This means you can also boost the charging by repeating the formula before you fall asleep.

### ***Feedback***

How do I know that I chose the way to create/chant formula that suits my needs? First of all, it will be pretty easy for you to remember the formula.

Secondly you will have a lot of mysterious experiences during the chanting (Immediate loss of the perception of time, visual hallucinations regarding flashing orbs of light, strong hissing sound, acoustic hallucinations, etc).

And thirdly: your results :-).

### ***Traditional way of working with Sigils***

#### **Introduction**

I decided to create an article about how to work with Sigils as originally intended by A. O. Spare.

Sigil is a result of "encrypting" a message or intent so it can get past the psychic censor and get implanted directly into our unconsciousness. Sigil can be visual or



aural, hidden in picture, sound, mantra or even in a book. Sigil can also be a gesture or feeling but in this article we will focus on visual Sigils.

#### **What is a psychic censor**

Psychic censor (sometimes called Holy Guardian Angel) is a filtering mechanism attached to the communication channel between conscious and unconscious mind. This psychic censor is believed to filter all Magick related communication to assure security of the person. Desires are not the only problem, without psychic censor, your fears could manifest as well.

#### **Theory behind Sigils**

After our intent is sigilized (transformed into a Sigil), we have to temporarily disable the censor. This is done by reaching altered state of consciousness called Gnosis. In Gnosis our thoughts are interrupted and the whole mind concentrates at one point. This state is used to focus on the Sigil, implanting it into our unconsciousness.

Then we have to make sure that the Sigil is banished from our consciousness before Psychic Censor is reactivated else our spell would be canceled.

#### **Requirements for basic Sigil Magick**

All you need is a pen and paper. Specify your intent and write it down on the paper, this part is important for formulating what you really want.

You can use some Magickal alphabet to assure your conscious mind is not going to interrupt the process if you are going to use the same paper for the finished Sigil.

#### **Sigilization process**

After assuring our intent is what we really want, we take letters of the intent and combine them into the symbol of our intent, our Sigil. Letters that are presented more than once are drawn into the Sigil just during the first occurrence.

After we are done we can keep moving, combining and reshaping letters till we are satisfied with the result.

We can also use curls, crosses, crescents, flowers and other symbols to improve the Sigil, to make the intent even more distant for our conscious mind.

If you are new to Sigils, make them more complex so it's easier for you to forget them (banish them from consciousness).

Another way of sigilization is a pictorial one. You create a picture for what you want and then you start simplifying it and reshaping till you get a Sigil. This method is also used for distant healing, you just have to create picture of the person you wish to heal, add initials of the person and some mark of the place that needs a healing, symbol of a needle is usually used for such mark, then you derive a Sigil from it.

Another ways of creating Sigils are: automatic drawing, throwing stones on the floor, splashing paint on the wall, etc.

### **Reaching Gnosis**

Gnosis needed for the charging is split into two categories, inhibitory and excitatory.

Inhibitory Gnosis is the result of long and deep meditation, giving you the perfect state for any spell casting.

Excitatory Gnosis is quick but hard to control, usually induced by sensory deprivation, choking, over-breathing or even a drug abuse, some of these are usually contained within Death Postures.

### **Death Posture**

Death Posture is a way of reaching the Excitatory Gnosis. Traditional one has following key-points that should be maintained:

- Stand on your tiptoes.
- Connect your hand behind your back and stretch your body. Keep stretching your body.
- Breathe very deeply but very fast.
- Have your eyes closed till you reach the point just before losing your consciousness, then open your eyes and stare at the Sigil.
- Make sure you won't hurt yourself when you are falling on the floor.

### **Another Death Posture**

This Death Posture is used by myself. You can sit when performing this one so the possibility of getting hurt in the process is significantly lowered. I found this posture in Practical Sigil Magick by Frater U.D. and I really like it.

Place a Sigil in front of yourself and close your eyes. Hold your breath and use the fingers of your both hands to block your eyes, your ears and your nose. Keep holding your breath as long as you can. When you cannot hold it any longer, keep it for a while till you really can't (fun fact: you cannot choke yourself). Then open your eyes and gaze at the Sigil for a moment, even a split of a second is enough.

### **What to do after charging**

After the Sigil is charged you should immediately banish it from your mind, experience shows that faster you do so, more potent the sigil will be.

To do so you should close your eyes, dispose of the Sigil and evoke the laughter.

### **Disposing of the Sigil**

Sigil disposal can have various formats. From burning the paper through throwing it away up to simply closing the notepad you use for Sigils.

### **Evocation of Laughter**

This is the final piece. Just start laughing like some crazy weirdo, the laugh will be forced in the beginning, but then it will become something more. The laugh is

also great for your health and it is also a perfect spiritual protection.

## **Week 6**

### **Deep Gnosis**

The time has come to speak about the deep inhibitory Gnosis, the best possible state for using Magick, the state where no mental chatter exists, where emotions do not influence our results and where external factors do not influence us to the point we would fail in our attempts. Sounds good, doesn't it?

To get into the deep inhibitory Gnosis we have to relax our body and our mind, lay flat on your back, relax each of your muscles to the point you cannot feel and cannot move your body, have closed eyes during the whole relaxation process and don't fall asleep. This relaxation process can take even an hour so be patient.

During the relaxation your breathing should be deep and slow, but regular, you should also be thoughtless. Any thought that appears should be just admitted and let be, no more thinking about the idea but also no force should be applied to suppress your thoughts, just be phlegmatic about the whole thinking process till thinking stops.

When you reach the thoughtless state of the complete relaxation you are ready to enter the state of inhibitory Gnosis, say to yourself that when you count up to 20, you will enter the Magickal trance, then count each exhale till you reach 20, and that's it.

To consciously leave the state just count exhales backwards from 20 to 1.

### **Finding own mantra**

Now I don't know how much you know about mantras. Basically mantras are Magickal formulae, widely used eg in Yoga. The story is that by a certain number of repetitions a specific mantra can give you certain benefits, manifest certain effects. There are mantras for those that seek enlightenment, memory improvement, a guru or even a better financial situation.

A skilled guru can also find out and give you your very own secret mantra, supposedly a mantra you were given during your birth, the mantra that resonates with your whole existence. By using such a mantra you can unleash your hidden abilities.

So, if you cannot find a good guru or you do not believe in teachers at all, here is how to find your mantra for yourself.

First of all let's talk about Nada, a sound flowing through all the things. It usually manifests during meditation as a white noise, you might have already heard it during the relaxation or the inhibitory Gnosis practice, it's really a sort of a buzzing sound.

So, reach the deep inhibitory Gnosis, say an affirmation that you wish to gain the knowledge of your personal mantra and then focus on Nada. Once you hear Nada, focus on the noise more and more. More you focus on the noise, more you will hear it, then you will actually feel it as well, your body will be vibrating, you will get a sense of your body disappearing, don't be afraid, just let your mind be clean, without thoughts. As this continues, you will lose the sense of your body and also a sense of your consciousness, you will be just the void, nothing else. Then snap, your identity is back and your mantra is singing in your ears, remember it well, it's the key to your hidden abilities.

## Visions

Well, the time has come to talk about visions. Visions fall into following categories:

- prophetic
- precognitive
- regressive
- bat-sh\*t insane

Prophetic visions show you some distant future or event, they can actually go years into the future, but frankly, you never know the exact time when events happen, so not a big advantage. Prophetic dreams can also include meetings with higher or lower beings.

Precognitive dreams show you some near events and near future, that can be very useful, sometimes.

Regressive visions are visions based on your daily experiences, simply during the trance state your brain has some time to process the data obtained from your waking life, you can see that the visions work the same way that the dreams do.

And the last category are crazy dreams: zombies, unicorns, rainbows, monsters, this kind of stuff. Just like regular nightmares.

The analysis of the vision is similar to the dream analysis, but made harder by one fact, straightforward visions are rare, commonly they are affected by your inner symbolism, twisting the plot and meaning of the visions into other shapes. In summary if you are a horror lover, your bat-sh\*t insane visions might be actually the prophetic or precognitive ones, but turned into something more "understandable" for your consciousness.

To figure out your internal symbolism, simply write down your visions (just like your dreams), and return to them time by the time, if there is a meaning, it will become apparent.

Now, the simplest way how to attain visions is to invoke the Air element into your body while being in the gnostic state and then wait, if a vision appears, don't focus on it, that would break it, just maintain the Gnosis and observe your vision

passively.

## **Basic spell creation**

Let's say something about the spell creation now. You could have already noticed there are certain time consuming practices. For example setting up a sufficient shield takes about an hour to be finished. Reaching the inhibitory Gnosis takes another hour, you also need about 30 minutes to relax your whole body or about another hour to obtain visions.

All things mentioned above are just mind states. A State of the mind can leave you thoughtless (Gnosis), or even protected (shield). When we know that a shield is "just" a state of the mind (for an occultist, a mind means much more than for others), we can create shortcuts for these states, generally called spells. To create a spell, firstly you have to enter a desired state of the mind. Secondly you should choose a word, a phrase or a hand gesture you want to associate with the desired state and say to yourself: "Next time I use this gesture/word it's my will to achieve this state of the mind". And then, when you want to enter the state again, just use whatever you have chosen and take a few deep breaths, and you are there.

Spells tend to "discharge" when not used for a longer period of time. Keep that in mind, when that happens you need just to re-charge the spell.

## **Second grade**

### ***Week 1***

#### **Elemental Energy Accumulation**

In the first grade we have learned how to perceive elements, now I am going to show you how to actually accumulate them in your body without causing major imbalances resulting in stress, depression or sickness.

Originally you were supposed to gather each element and then to let all of it go, that was supposed to teach you how to feel elements and how to maintain your original balance. Now we are about to learn how to keep elements in the body while keeping the elemental balance, therefore strengthening your energetic body.

##### ***Be relaxed***

First of all we should relax our body and our mind, there were already some relaxation and calming exercises in the first grade, so you can use those.

##### ***Imagine your body is hollow***

Similar to the mastery of elements body, before we can gather elements we have to make some "space" for them. Just imagine AND feel your body being hollow.

##### ***One by one***

Now we should start accumulating elements. The process is that you visualize and feel the qualities of the invoked element and then you inhale these qualities into your body and with each inhale you accumulate these qualities.

For the beginning start with 5 inhales for each element, with time you can slowly start building it up to 40, but I recommend to simply keep with 5 inhales for following reasons:

- 1) Five repetitions are easier to be kept, you want the elements to be balanced.
- 2) In the future you want to accumulate more and more energy, but you don't want to waste your time. What one would do with 100 repetitions you will be able to do

with 5, therefore saving your time and improving effectivity of your spells, simply by receiving more energy per a breath instead of increasing the number of inhales.

#### *Qualities of the elements*

Fire is hot, red and dry

Water is cold, blue and moist

Earth is heavy, green, cold and dry

Air is lightweight, transparent, warm and moist.

#### *Order and effects*

-Always start this exercise with Fire element, the rest will go easier.

-Use Water as the second element if you are unsure or scared, elements will be more balanced but partially negated with each other

-Use Air element as the second one if you want or need more energy and better effects. Naturally Air feeds the Fire and is also warmed by the Fire, feeding your body with greater deal of oxygen and boosting your metabolism, just be careful for your body not to get too hot, that's dangerous. Air element is also a natural dam between Fire and Water.

-Earth element must be always last for its limiting factors. Earth limit three previous elements, therefore it is good for controlling them.

## **Perception of the Vital Force**

#### *What is the Vital force?*

Vital force is the energy you have in your body, it's the energy that allows you to control your body, without this energy you feel tired. That's enough explanation for now I think. Let's just say that this energy allows you much more than just moving the vehicle called your body as you are about to learn in this curriculum.

#### *How can I control the Vital force?*

First of all you have to learn how to perceive the energy, which is quite hard because it is with you the whole time, it's hard to start perceiving something when you have it the whole time.

Consider your health, most people do not care about their health as long as they are healthy. They usually miss health only when they are sick, that's the only time they appreciate their health.



### ***How to perceive the Vital force***

First of all make yourself comfortable and relax, use eg the Simple relaxation exercise as found in the previous grade.

Once you are relaxed, direct all your attention to your body, feel the body as the whole. You should clearly feel everything, all the place your body takes.

Now focus on your left hand, you can use your eyes as well for this, but mainly feel it.

Focus on your right hand, then left hand again. Keep switching the focus between hands and soon you will notice something changing in your hands, the hands are focused on feel different. This feeling can be one or more of the following: heat, tingling, buzzing, pressure, weighting more... it depends on your personal configuration.

Now you can also start switching your focus between more places on your body, not just your hands.

## **Accumulation of the Vital Force**

Let's say something more about Vital Force. It's the energy inherent to you, you cannot accumulate it from outside, only way is accumulating it from the inside. To understand how to do that we firstly have to understand how Vital force gets into our body.

### ***Where can I get the Vital force?***

First of all, Jews and some other nations that the Soul is stored in blood, that would be for a longer discussion but we certainly know that the Vital force truly is in the blood. So to affect our energy we have to learn how our blood can be affected.

To affect our blood (and Vital force) indirectly we have to drink and eat, a balanced meal on regular level does great things to your energy level. Semi-direct ways of influencing our energy level are sleep and Sun, sleep helps to restore our body and our mind, sunrays maintains our body and our emotional stability.

Direct way of affecting one's blood is a breathing.

The breathing should be slow and deep, but still natural, with slight pauses before and after inhales.

Releasing the energy from storages

Now we know where our body gathers the energy from, we should also say something about energy storages.

Not all your Vital force is available to you, most of it is stored for emergency cases (fear, adrenaline rush, etc), but there are several ways how to release these:

#### *Caffeine*

Coffee doesn't really give you energy (unless you like your sugar with a bit of a coffee), it releases it from your storages. That's also the reason why you cannot live on coffee for years. Firstly your body needs to relax and regenerate and secondly your energy storages need to be refilled.

#### *Alcohol*

In 30 minutes after one shot of a strong liquor a lot of energy is released and your mind becomes brighter, this state usually lasts for about an hour. It works only once, another shots will just make you drunk.

#### *Release without supplements*

To release the energy without external tools including caffeine, alcohol, drugs, etc, there is also another way.

You should be already able to feel your Vital Force, focus on it. Focus on the intent to release your dormant energy, take a really really slow and deep inhale, it's the same inhale that your body does automatically just before yawning, it is highly possible that inhale will actually force yawning to you, but hold it, inhale a bit more, still with the intention in mind and you will feel a quick outburst of energy being released into your body.

### **Vital Force manipulation for the means of self-healing**

So, we have hopefully learned how to feel Vital Force, where do we get it and how to accumulate it by releasing our reserves. Now let's talk about a simplest use of Vital Force, self-healing.

This isn't really a healing, it just makes some part of our organism to work a little bit faster (eg in case of wounds or flus) or at least to relieve some pain (eg headaches, etc). By no means it is a replacement for doctor appointment in serious cases, remember that.

Use the process of energy accumulation described in the previous exercise. When the energy is accumulated, focus all of it into the troublesome area (a wound, a head for headache , nose or throat for flu, etc), with this focus all of the released should go to the designated place. This might take a couple of tries for the first time, but you will eventually get the hang on this.

When the energy was clearly moved to the designated place (always choose just one place per session), keep focusing on the place for about another 10 minutes. This is not an instant cure for all diseases, it just allows our body to regenerate faster, how faster depends only on your practice, in other words on your physical and spiritual condition.

## **Week 2**

### **VFM for healing others**

Healing others is pretty similar to the self-healing, same rules and law apply. To heal another person you have to learn how to send the VF out of your body and how to control it outside your body.

Get a long piece of stick (can also be a broom) and hold it in your hand in the middle.

Accumulate the Vital Force in your body as we learned before.

All this accumulated energy move to your hand that is holding the stick. As you are doing this try to feel the energy that is out of your body, feel the energy and with that also feel the shape, the surface and the content of the stick.

Move the energy from one tip of the stick to the other a couple of times, then expand it across the whole stick. Keep it this way for a couple of minutes.

Then shrink it back and move it back into your body (do not waste).

After you are good with a stick, you can try it onto other person.

## **Telepathy suggestion explained in detail**

In the first grade we have learned about a technique called telepathy suggestion. This training was about focusing on someone and making him turn back at you (or you could also try something else).

Now let's talk how it works.

Vital force, also called a neural energy or also a magnetic fluid, is the energy "created" by your very own body by processing energy from food, from sleep and from the oxygen.

Your Vital force is naturally emitted from the tip of your fingers, from your mouth, especially your tongue, and also from your eyes, ears and nose.

By focusing on a certain person with a certain intent you have directed the emission from your eyes and "programmed" it with a certain action. This is how your suggestion travelled across the air to the subject of your suggestion without saying a word. But why did it work?

Your energy joined the subject's energy and transmitted the message. This would normally be stopped by the psychic censor, the mechanism supposed to protect us from occult phenomena, to protect us from ourselves. But there exist one place where this proection is weak. Base of the skull, where spine grows into the skull, also place where the root of the brain is stored.

Root of the brain controls your body's mechanics through the neural network, in other words it controls your basal functions. In certain cases it also happens that the consciousness is fully shutdown and the brain's root takes the full control, this usually happens in extreme cases where survival instincts have to jump in. As an example we can talk about car accidents. If you ever were in a serious car accident, you most probably doesn't remember the crash itself and also a couple of seconds before and after, and if you do, it resembles a dream more than a memory.

So, by focusing on the place where the brain's root is, you are injecting the basal functions and also the whole neural network. Fortunately it would take excessive amount of energy to cause a harm to the person this way, still, it's a cool feature.

## Mind reading

### *Disclaimer*

First of all, this is not about how to hear thoughts of other people, mind reading in Magick is based on observation and intuition and it is mainly about something we all had but must of us suppressed it during childhood.

There is this problem with growing up, we have to adapt to our society's standard. We have to stay quiet about certain things we perceive because it's rude to mention them. Because of that we suppress certain feelings, we do not want to be rude, right? That's how we lose our mind reading ability instead of practicing it.

What ability do I mean? Let's say you are speaking with your boss and suddenly you get a suspicion, your boss' behavior seems strange, simply different, maybe some other colleague or employee complained on you, after all a good scapegoat is nearly as welcome as a solution to the problem. But you omit this and casually continue in the conversation, but odds are that even if you asked about this your boss would reject it, giving even worse punch right into your intuition.

Next case scenario: you come home a bit late (work appointment, traffic, etc) and immediately as you see your wife/girlfriend/partner you get this impression "she thinks I am cheating on her", but once again you dismiss this idea and later she divorces you or searches for other partner. Or you react on this impression the worst possible case, you try to make up for the late arrival by being more gentle or buying gifts, flowers, etc. That has the same effect as if you told your fiancée that you really do cheat on her (which is something you do not want).

### *But intuition sucks*

Of course, as with any ability, less you train, more you suck, it's same with sport, games or instruments. Grab some violin and play Paganini's Caprice No24 when you never played violin before, I think you can guess what will happen. But of course there are ways how to enhance our intuition a bit better to be able to read people's intentions better.

First of all you have to accept the fact that the verbal communication is just a small tip of the iceberg called communication. Non-verbal communication makes about 80%.

Non-verbal communication includes:

- face expressions
- eyes movement
- hand gestures
- body postures

- distance
- tone of the voice
- speed of the speech
- topics and avoidance of some topics
- extra-sensory communication (telepathy, energy exchange, etc)

By default you should be able to recognize and analyze these automatically, giving you a solid set of information not recognizable from the verbal communication alone, but as we said, we tend to reject this part of the communication because of the social annoyance and uncertainty we feel to cause this way.

#### ***How to train a mind reading***

Firstly you must accept you need this and act accordingly, that will force you to recognize and use this in your daily situations. Soon you will discover you can actually use it to your advantage as it gets more accurate.

Secondly you can accumulate the Vital Force into your head and spine to get some boost for the passive observation. This should also maximize the amount of data you can gather passively.

Thirdly you can research NLP which has mapped a great deal of common communication processes and meanings.

#### ***How to regain the trust***

Most of us do not trust our intuition and it's partially also the reason why our intuitive accuracy is very low, it's a sort of a downward spiral.

To regain the trust try the following procedure:

Every day, right before you take a look at your watches, ask yourself what time it is and answer yourself, then take a look. You will notice that the more you practice the more accurate you are. Sooner or later this will stop being guesses and will become solid and accurate feelings.

#### ***Train with somebody***

Simplest way how to train mind reading is guessing a chosen card. Take a deck of playing cards, pick up a couple of cards (3 - 5), let your partner secretly choose one card and then let the card to enter your mind, don't force it.

Later you can switch into using the whole deck of cards, then the answer is usually

split into following:

- the card is black
- the rank is Spades
- it's a person, not a number
- it's a Jack

Or:

- the card is red
- the rank is Hearts
- it's a number
- it's a lower number (A - 5)
- it's 4

After you call out all your answers your partner shows his chosen cards.

This way you can see what you got right and what you got wrong and you can also see whether these were guesses or not (important, questioned partner do not react between answers, only after a specific card was said out loud, he shows it).

This approach helps you to practice reading people but it also practices your intuition and your inner sight. By doing this experiment often you can eg find out you commonly mistake hearts for spades or Ace and 4, write down, study and analyze your results, that's what improves your practice and your results.

## **Week 3**

### **Basics of psychotherapy**

#### *What to expect in this course*

This is going to be a super-short version of psycho-therapy course so I will skip the usual boring stuff about different methodologies, whether we are talking about CBT, psychoanalysis, psychodynamic, etc, such stuff is truly boring.

All you have to know is that we are going to study the integrative methodology, which became quite favorite recently. The reason is that these different

methodologies are better for some stuff and worse for other stuff. Integrative methodology combines the best of the aforementioned based on different situations. Eg you want to apply cognitive behavioural therapy methods on neurotic problems, experiential psychotherapy on depressions and self-searching, etc.

The reason why you should be interested in therapy at all is hidden within the arcanum of Magick. Magick is not a hobby, Magick is the lifestyle. If you mean it seriously with Magick, it's not okay being Magicians on Friday night during conducting some static ritual or while trying to impress your friends. You must live and breathe Magick, you must eat it for the breakfast, lunch and dinner, as well. Your every sleeping and waking hour must be filled with Magick. Psychology (and psychotherapy) teaches us important lessons about mankind and about ourselves. With these lessons we can easily help people resolve their problems or scare the living sh\*t out of them without silly wand waving and all that pompous stuff, sometimes a word is more powerful than a sword.

#### ***What we learned before***

During the first grade we have already learned and tried some techniques from experiential psychotherapy. These techniques were supposed to help us gain some stable mental health, fight our vices, support our virtues and help us fighting a stress, depressions and panic attacks. These techniques were:

- simple relaxation exercise
- cleansing exercise
- two chair exercise
- calming breathing

If you are not sure which is which I recommend to recapitulate these because these won't be mentioned again. Sorry, guys, I am not Bardon, I am not going to repeat myself.

#### ***Basic rules in therapy***

1. You are not a problem solver, you are supposed to listen to people and in certain cases lead them in certain directions
2. Nodding your head lightly helps to build an impression of a listener, which helps for your client to open to you
3. Listen what your client says and remember it well, if long-term memory is failing you, take notes, but rather after the session, staring at the paper and writing something during session looks like you are not listening to the client.



4. Repeat client's words if you are unsure if you listened carefully or when you think that a client needs understanding. In the latter case formulate the sentence to be supportive.

Eg when client says: "I think no one understands me", formulate the answer as something like: "I get it, you feel as if you were not being understood by other people".

Such reaction usually has a bonding effect, except for few cases that we will talk about a bit later.

5. Feel free to talk about your personal experience or life if being asked by the client, just don't overdo it, remember that sessions are namely about the client. Also don't avoid answering because that could severe the bond.

6. Psychotherapy without bonds do not work, your client must trust you for the therapy to work (sounds familiar?)

7. If you make a mistake during remembering or interpretation and the client informs you either verbally or non-verbally, don't be affraid to admit your mistake, the bond is even stronger when client recognizes you as a human being. From such an apology the client can also learn that it is ok to be wrong and such situations can be resolved in a kind and elegant manner.

8. Some people talk fast, some quickly jump from one topic to another, some speak super slow, leave minute long pauses between sentences and some have just an annoyingly high-pitched voice. Adapt to people's speeds and personal settings and don't lose your cool. Certainly don't go "For God's sake, speak faster!!!" Or "This is so fucking boring!!!", that's generally considered a very bad form.

#### ***What to do if your client is defensive***

In the beginning it's normal that some people are not willing to open, slow down and be patient. If the defensiveness appears later in session it means we omitted something. Either we forgot some information from previous sessions, we misinterpreted what the client told us or we touched some too sensitive topic. It can also be we didn't ask a correct question but in such cases the client usually asks similar question he wanted to be asked. Eg he defensively asks about your life and the reason is that he thinks you are not interested in his life because you didn't ask that question. You will usually notice this in non-verbal communication.

Non-verbal communication is a very complex topics and there are countless books on the topic. To make this section short we won't talk about it in depth, let's just say that non-verbal communication consists of:

-tone and melody of the voice

- facial expressions
- eye movement and positions
- hand gestures
- body postures
- body distance

Always consider these aspects and in long-term process you will know your client well enough to notice when something is happening and what is happening.

As we said before, therapists are not omniscient beings, they are humans. Don't be scared to admit your mistake and fix it.

#### *Pygmalion effect*

Pygmalion effect shows how expectations in someone's abilities can influence someone's future actions and also results. There was an experiment where a group of random students were selected. Teachers of people in this group were notified that these people are highly talented, with a status of geniality. These students then had a remarkable improvement in their grade. Their teachers considered them special and treated them this way as well, which in return gave them better motivation in their study.

On the other side, if you were considered idiot, you would either had to work harder to get rid of this label or you could give up and your grades would degrade.

## **Basics of character recognition**

We like to know our environment, the mysteries scare us. It's the old fear, same fear that caused we avoided a dark. Fear that we cannot control what we don't know.

On the other side, there was a rumour in the ancient Egypt that if you knew the real name of some deity, you could control it, you can even command it to make you immortal. This is an abstract way of saying: "Knowledge is power".

#### *Most basic schema*

Introverted person is someone "locked" in his own world, usually shy, having problems with making a contact with unknown people, day-dreaming most of the time.

Extraverted person is someone always willing to chat, sometimes maybe a bit of an

exhibitionist.

Did it say anything to you? Well..

Introverted person is more locked, which means it is more resistant to the suggestion, extraverted person is more open and suggestible types are more available among the extraverted types. This is also the founding stone of hypnotic show, you need an extraverted person who is also a bit exhibitionist that would go on stage (more of this later). Introverted person would never go on the stage and wouldn't usually even try the hypnotic test (more of this later).

It is easier to get to the extraverted person and get to know it. On the other side introverts are more stable and when you finally get to know them, you know them for good, they will hardly ever change in such a drastic way as an extravert can.

You should also know that extraverts tend to be more emotionally stable, introverts are more inclined to various depressions and usually have a weaker metabolism, as well.

*Schema to study*

- choleric
- sanguinic
- flegmatic
- melancholic

(Yes, a homework...)

*What are schemas good for*

Schemas help us to categorize people into closer groups. Basically such a categorization is stupid because we all are individuals. Knowing that someone is a choleric extravert or flegmatic introvert won't make us know the person as a whole, but it will help us in understanding the person a bit more, having even a small idea of what you can expect from someone is always better than nothing.

But remember that people are not too easy to categorize, eg extraverted/introverted is not an on/off switch, it's a scale starting with extreme introvert and ends with extreme extravert, but people are usually somewhere in between, either closer to

one or the other end.

#### ***Creating a custom schema***

Take a piece of paper and in a 10 minutes write as many character traits as you know, then use these words as a dictionary of your own schema. You will see that when you have a defined set, categorizing will become easier to you, especially if you study this grade carefully.

## **Categorizing people by elements**

Elements contained within body and their portions are not some abstract thing. Astral and physical are heavily interconnected, we could even say merged together, therefore our internal elemental balance affects our external appearance and behaviour, as well.

#### ***Basic correspondences and implications***

Fire: willpower

Air: mental plane, anything related to intellect, thoughts, memories, etc

Water: Emotions

Earth: Material stuff, whether we are talking about wealth or bold body structure, this all is contained within the Earth element. Before we also said that the Earth element is heavy, Air element is light, which means we can reverse the rule here, people with more Air in their bodies and lacking Earth element (imbalance) will have light and weak bodies.

#### ***What is this good for?***

Elemental balance affects both physical and mental states, knowledge of the balance state can help us understanding our subject or even influencing him.

But for our characterization to be accurate, we have to be able to notice details. Let's say you meet a lazy person. Laziness will have some deal of lacking willpower (lacking Fire element), but together with this we can also have a lacking Water element (decreased emotional activity, no motivation). Laziness can also comes with a greater deal of the Air element in the body. In such cases our subject is a great thinker, but spend most of his time "innovating", day dreaming, and hardly does find some time to actual make his ideas come true (through work, which would require the Fire element, willpower).

Person with increased amounts of Fire and Earth elements will be physically strong, doing physical work with ease and as a sort of relaxations, unfortunately decreased Air element will cause this person won't think much during the process, the work will be just a routine, now innovation process will happen. Lacking water element in such cases will cause a lack of empathy, this person will have a love for his job, but will hardly have a real love for another person.

Best subjects for suggestions are greatly lacking the Fire element, usually with increased amount of the water element (extraveracy, showmanship, going with the crows), with Air and Earth elements being about average.

## **Recognizing leading and lacking elements in self and others**

### ***Why should I know this***

If you choose elements to be your main occult correspondence, you will perceive characteristics and health as being consisted of elements. If that's the case, you want to keep the elements balanced in your body.

How to accumulate elements was something we have learned in the first grade and an improved version the first week of this grade. Now, as I said before, it is dangerous if elements are not accumulated in the same amount. Such imbalance can lead to a sickness or a major change in characteristics of your psyche.

### ***Recognizing leading and lacking elements***

Most of this you have already learned in the previous exercise of this week, through the character recognition. But not everytime we know the subject or we are willing to be truthful in our introspections (truth hurts), for that there is a simple exercise that will give you some general summary of how elementally balanced you are.

1. Invoke the feeling of heat to your whole body.
2. Invoke the feeling of cold to your whole body.
3. Continue with invoking a feeling of the heaviness to your whole body
4. Now invoke the feeling that your body is as light as a feather.

The important note is to truly feel the impressions you are trying to invoke. You might have already noticed, some steps went better than the other. Some were eg slower to achieve or you didn't achieve anything at all in certain steps. The reason can be that you are in a cold environment so a feeling of heat made you some troubles or (if your enviromental conditions were ok), that there is an elemental imbalance in your body.

Generally the feeling of a heat is associated with the Fire element, coldness with the Water element, lightness of a feather goes for the Air element and the heaviness comes down from the Earth element.

#### ***Perceiving the energy of others***

This is a combination of what you have learned in this grade. Do the same procedure as when you are healing others with the Vital Force.

When your energy enters the body of your client, use your hands to perceive your client's energy. Focus on perceiving the heat, the cold, the heaviness, etc from the client's body, this will give you some general overview of what's going on with your patient/subject/client.

## **Week 4**

### **Power of suggestion**

Suggestion is a process of forcing some idea to other people. This process can be conscious or unconscious, it can also be verbal or non-verbal. Forced idea can be an action that should be executed but it's not always the case. You can use suggestion to force an ideology, as well.

Simplest suggestion is a direct command: "Buy this product", but such suggestion is very obvious, that's way a salesman usually composes this command into a couple of consecutive sequences. Eg "Let me tell you why to BUY THIS PRODUCT. Don't BUY THIS PRODUCT if you are not going to use it ever again. Listen to the stories of happy customers that chose to BUY THIS PRODUCT"

Another way is a suggestion by position. Whatever the structure of your society or

your book reading club is, people on top usually have more power over you than you'd think, if we imagine this sentence: "I will join you for dinner tonight", said by a complete stranger, then a friend and then your boss, I can tell you which will most probably force you to tidy your house and cook some better meal, that's the power an authority has over us.

Verbal suggestion can be also hidden, using words and phrases similar to what we want to suggest, eg instead of "give me a coffee" we can say "gimmick oh field" (My English suggestions suck...).

Non-verbal suggestion can be based on proximity (body distance), but also pictures, gestures, touches, sounds, smells, light and temperature, eg to cause a person being sleepy we can place it into a room of comfortable size with a nice soft sofa, dim lights, slow and relaxing background music and no distractions (no magazines, books, TV, etc).

We can also cause a person to choose a specific shape from a predefined set of shapes by "drawing" the shape in our communication via gestures BEFORE we inform the subject to randomly choose some shape (a person shouldn't know about the experiment beforehand else your suggestions will hardly take place).

## **Power of image and deception**

To gain a great control over other people, one has to have a great control over himself, his willpower must be exercised and tested each and every waking hour... or you can cheat it.

Who wants to control others without much effort, should build an image of mage (or a witch). Suggestible people who have expectations of you having certain powers will succumb to these powers even if they are not present. The point is that the subject's inner belief does the trick for you. If such a person thinks he is cursed and some problem arrives (like bus being late or having a bad hair day), the curse becomes his personal "truth".

### *Advantages*

I believe we all have experienced at least few occasions when we wanted to help

someone, ease their pain, heal their wounds, help them to find a better job... being perceived as a experienced adept of Magick can certainly help us with those cases, all we have to do in such case is to affirm our client that we are going to help him + we should do some minimal effort from our side. This way you can eg heal massive headache with few affirming words and a minimum expense of energy.

#### ***Double-edged sword***

This goes both ways, expectations and beliefs of our patient can ease our work, but they can also render our work nearly impossible. Trying to heal a hardcore skeptic is like trying to win a swordfight with a lemon, in other words you will have to spend a massive amount of energy as compared to opened and suggestible people.

## **Power of subtle influences**

We hate direct commands because we like to keep our free will, our freedom to do whatever we like. Direct order is like an attack on our rights. On the other side if we change the straight command into subtle message that passes the filter called consciousness, we can implant a seed into the subconscious part of the mind, seed that will hopefully blossom into action.

I have already presented this idea with the coffee example, so let's talk just about possibilities.

#### ***Reversed sound***

Favorite method presented in movies, I have actually never seen this one working.

#### ***Cryptic message***

Just like the coffee example, sentence hidden in another, works quite often.

#### ***Cryptic picture***

One picture holding hidden message, usually encoded into the image using steganography. This message can be a short text or a visual part of the picture, it can be eg your favorite cartoon character holding some Starbucks coffee or a stage built in the way that makes you to always choose a triangle from a set of available shapes (yes, environment is pictorial, as well).

This actually applies to people as well, people you meet every day, wearing certain



clothes and accessories, less apparent their influence is, more it will be working.

#### ***Soft "hints"***

Amazing method where you say just "hints" in innocent questions and you let the imagination of your subject to do the rest. Amazing example is in Shakespeare's Othello. Othello is actually forced to choke his wife by "innocent" chat that makes him think that she is cheating on him. Truly amazing piece of work.

Of course there exist combinations of aforementioned and also many many more, starting with body postures and tone of the voice and ending with hidden frames in movies, but I guess this is enough for the fourth week. After all, this week is supposed to make you aware of such processes, not to enslave humanity, but to protect yourself better.

## **Week 5**

### **Enchantment using elements**

#### ***What is enchantment***

Enchantment is a process of charging some non-magickal object with Magickal energy, therefore creating a Magickal object. Magickal object can be a charm, talisman, amulet or a tool. Charms and talismans are basically to bring you luck, wealth, happiness, etc, amulets are for the means of protection and tools are used in Magickal practice.

#### ***Why to enchant objects with elements***

Elemental correspondence is one of the simplest, you pick a reason, then you find corresponding element and you are ready to charge, no messing around with planetary correspondences is needed.

#### ***Procedure of enchanting the object***

First of all specify what you want to achieve and find some suitable object (don't use eg socks to bring you money).

After you have acquired suitable item you should cleanse it. Let it bathe in the smoke of White Sage and during that say a following incantation: "Creation of

[object type], I [your Magickal name] command thee, be cleansed of all material delusion and dissolve in the holy fire of the Sage. Abandon your physical vessel, abandon your current state of existence and become as I say."

After the object is cleansed you can start with the elemental charging. For that purpose accumulate the selected element into your body while holding the intention in your mind, intention of what do you want to achieve.

Once that is done, place your hands above the object and let the energy transfer into the object, during that you can also say a following incantation: "Creation of [object type], you dead creature, I charge you with the power of [element]. Don't keep me waiting, fulfill my wish and accomplish my desires, arise and be living".

After all the energy was transferred into the object, you can say following incantation: "Creation of my Will, awaken, open your eyes and follow my destiny, join my journey and help me accomplish my goals, that's why you were created, that is now your destiny, spirit of creation I conjure thee."

How long time will the charging persist

This really depends on the type of the object, its material and your mood, but basically a completely unsuitable object might stand charged for about a month. Later I will show how to create a fluidic condenser that will improve the effects of the charging.

## **Enchantment using Vital Force**

Whether you are not the elemental type or you do not want to use elements for particular working, there is a way of enchanting objects using your vital force.

### ***Specify the intent***

First of all you should relax your body and your mind (see 1st grade) and form the intent in your mind. You should also visualize the process and the expected result of your intent, don't also forget to visualize how will your life progress once your goal is finished. If this is what makes you happy, feel free to continue with the enchantment.

### ***The procedure***

So, we have the object we wish to enchant in front of us, we are relaxed and we have a clear intent formed in our mind. Now we should accumulate the Vital Force while still holding the intent in our mind, let the energy to engulf your body, bathe in it.

Once the energy was accumulated, move your hands above the object you wish to enchant, let the energy to flow into the object and to stay there, fixate the energy in the object with your concentration, keep focusing on the process for a couple of minutes.

Once you are done, accumulate the Vital Force into your lungs and exhale on the object, repeat this three times. Now the whole procedure is finished.

## **Servitor creation using elements**

### ***What is a servitor?***

Servitor is a general term for any type of spirit, servitor can refer to angel, demon, deity or an elemental (artificial spirit, don't mix with elementary spirits). Servitor is basically a spell with certain extent of individuality and intelligence. Servitors can be eg info gatherers or can be used in workings where you expect difficulties and a certain level of reasoning is required. In other words a servitor can dynamically change a course of action to meet the desired outcome.

Every servitor should have a defined lifespan (unless we speak about elementary spirits), eg till it finishes his task or after a certain timespan. You can also create a charging formula and simply stop charging the servitor when you want your servitor to fade away.

### ***How to create the servitor using elements***

After we have clearly specified the intent why to create the servitor and chose a suitable element for the creation based on occult correspondences, we can start with the process of creation.

Relax (as usually) and accumulate the suitable element. Then close your eyes and imagine a vast universum. This universum is within you but whatever happens there, happens in your waking life, as well.

In that space visualize the accumulated element flowing into the center and forming the body of your servitor. How should he look? What appearance is suitable for the task? Build your servitor step by step, let yourself be led by reason same as by intuition.

Once our servitor is finished, we should specify its intent and lifespan, this will assure the intent will be followed. After this is done we can go for the final step, give the servitor some name and use that name to command the servitor to become living and that's it.

If you wish to recharge the servitor, just accumulate the used element, then call him into the internal universum where you created him and visualize the element flowing into his body.

## **Servitor creation using Vital Force Manipulation**

Specify the intent, shape and name of your servitor and create a Sigil for him. This Sigil will be used for calling and commanding him.

Place the Sigil in front of your eyes and use it for the means of focal meditation. During that time visualize the servitor and some scenes or events when he follows his intent, accomplishing your goals.

After ten or so minutes start with the Vital Force accumulation, still focusing on the intent. After the energy is accumulated, place your hands above the Sigil (in the manner that allows you to still see the Sigil) and let the energy flow into it, during that say out loud your servitor's name and purpose.

After you are finished, accumulate the Vital Force into your lungs, then exhale three times on the Sigil, before each exhale say: "Be living!". Then you're finished.

## **Week 6**

## Basics of hypnosis

### *Introduction*

This course is mainly about Mesmerism, so here we will learn how to induce hypnotic states using energy. But before that I would like to tell you that you are not allowed to hypnotize people without their permission.

Hypnosis is good for a couple of reasons. First of all it allows us to heal certain problems (mainly phobias, rarely it can cure psychosis, but most of the time it just worsens psychotic states). Secondly we could meet a somnambulist subject with a good level of lucidity, therefore gain a powerful medium for our Great Work.

### *How to recognize a suggestible person*

First of all, the person must be willing for this test. Put your hands on the back of the subject and tell the subject to close his/her eyes. Accumulate your Vital Force and extend it into the subject. After few moments put your hands away, if the person started falling on you, you just met a good material for hypnosis.

Another test is to tell the subject to imagine a black dot on the ceiling, then to close eyes and imagine the dot going back and forth, with each iteration this movement is longer and longer. If the person was moving with the dot or even fell over, you found a good subject

### *How to release a person from a hypnotic trance*

It's my humble opinion that we should learn about the release before we go for the hypnosis. First of all, the subject should be in a state of lethargy (body numbness), later states require special procedures, but more of that later.

To release the person, give it a following command: "After I count down from 10 to 1, you will be fully awake and feeling refreshed and happy.

10, you feel great

9, you are returning back

8, 7, 6, you feel your body again

5, 4, 3, you're waking up

2, 1, open your eyes",

then snap your fingers and the person is fully back from hypnotic trance.

## **Lethargy**

### ***What is lethargy***

Lethargy is the first hypnotic state, in this state the body of the subject is numb, the subject appears to be asleep. In this state it is also possible to program commands to be executed after certain events (Attention: not every suggestible person is suggestible to commands, as well)

### ***Principles of hypnosis***

Few things we should consider before attempting to perform the mesmeric hypnosis. Firstly, your subject must give you a permission for hypnosis.

Secondly, never force your subject into something he doesn't want or is against the law.

And finally, never ever quit the session before your subject is fully awoken (the reason will become obvious once we learn how to induce Somnambulism)

### ***Inducing lethargy verbally***

Tell your client to sit comfortably, take a few deep breaths and explain to him that you will want him to cooperate, eg to close his eyes when you tell him to, or to simply follow your instructions. He should also have his hands on the lap.

#### **The instructions:**

"I would like you to breathe deeply and slowly. Turn your attention to your body, notice that with each inhale your hands are heavier, pushing more and more into your legs.

Notice your arms are getting very warm and heavy, but it's a pleasing feeling, notice also that with each exhale you feel more and more relaxed.

I will count to 5 and I would like you to close your eyes after I am finished.

1, your eyes are feeling very warm.

2, your eyelids are getting heavier.

3, you are feeling very sleepy.

4, and relaxed

5 (no pause here) close your eyes.

You are falling asleep, deeper and deeper into your unconsciousness, after I count up to ten, you will be completely asleep and completely relaxed."

Now count up to ten, very slowly, with each number being said in more quiet voice than before, 10 should be whispered.

#### ***Inducing lethargy using a Vital Force***

Once again, for these two methods your subject should be sitting comfortably. Grab your subject's thumbs with your hands (left hand grabs the right thumb and right hands grabs the left thumb), this creates a circuit. Gaze into one of the eyes (right eye usually works the best) of your subject with the intention to make him fall asleep, this usually takes about 2 or 3 minutes, you can add verbal suggestion to this method if you feel it takes too long or you can quickly switch to the next method.

Grab both thumbs of your subject with one hand (forming fist around these thumbs), with other hand rhythmically wave up and down in the front of your subject's upper and lower part, about 10 waves for upper body and then about 10 waves for the lower body, repeat till your subject falls asleep, here you can also add verbal suggestion but it's hardly ever needed.

#### ***Upper and lower part of the body***

By the upper part of the body we mean head, neck and shoulders, waving in the upper part rhythmically interrupts the fixed eye contact, which also adds to the effect.

by the lower part we mean from the chest down to the belly button.

Don forget, the waving should be in the rhythmical up/down pattern, about 10 repetitions for the upper part of the body and THEN about 10 repetitions to the lower part. You should also remember that a certain distance between your waving hand and your subject's body is recommended, you should be in the personal zone, but not in the intimate one.

## **Catalepsy**

#### ***What is catalepsy***

Catalepsy is a state of rigid, but stiff body. In this state you can position body of the subject in whatever shape you desire and this state will be kept.

This state was used a lot during hypnosis on the state, positioning subject's head and feet on the chair, the body "floated" in the air, usually also some heavy item

was put on the body to show its "strength". According to some legends, coming from stage magic, a hypnotist would stand on the body. This is a nonsense and a very dangerous attempt that could lead into possible injury of the subject, stage magicians used well hidden support of the subject for this feat and in the most cases the subject wasn't really hypnotized, it was a paid actor.

#### ***How to induce catalepsy***

You can either continue with the procedure used in inducing lethargy and in about a hour, cataleptic state will be activated, the state can be verified by grabbing the hand of the subject and rising it. After you drop the hand, it will stay in the position you put it into instead of falling down on the lap as in the case of lethargy.

To induce catalepsy faster, you will have to use a force, force subject's eyelid open with your fingers and the subject will automatically switch to the cataleptic state.

Remember, never keep your subject too long in this state, if you reach the 5 minutes limit, it will become too hard for the subject's heart to handle. Command the subject to become asleep and relaxed again to return it quickly into lethargy.

## **Somnambulism**

#### ***What is a somnambulism***

Somnambulism is a half-awake state of mind. In this state it is highly possible a lucidity of the subject will activate, allowing contact with spirits and clairvoyance.

Somnambulant subject appears to be fully woken up, for this reason it is very hard to differentiate from normal waking state, but without hypnotist's energy the subject will start slowly returning into the cataleptic state, for the outside observer it looks like the subject got stroke.

After the subject exits the somnambulant state, he/she doesn't remember what happened in that state, that part of the memory simply isn't accessible same as when you can't remember events just before and after an accident.

How to induce the somnambulant state



As we said previously, if you keep pumping energy into the subject, next state after catalepsy is somnambulism. During the catalepsy lecture we have said that if you force open the subject's eye, the subject will immediately get into the cataleptic state. From that state you can instantly switch the subject into the somnambulism if you blow onto the subject's aforementioned eye.

#### *The crossroad*

Command the somnambulic subject to sleep so it appears in lethargy again. There you have 2 possibilities, you can either wake up your subject and end the session or you can continue with the work, inducing next level catalepsy and next level somnambulism. A lot of times it takes at least fourth level somnambulism before lucidity appears, but remember, how many times you put your subject into trance, so many times you should put the subject into lethargy and wake it up.

As an example for the third somnambulic state you will have to command the subject to sleep, then wake it up, then put it into sleep, then wake it up and then again, induce lethargy and wake the subject up. Never quit the session before waking the subject fully up and never induce next level state without a good experience with first level states.

## Third grade

### Week 1

#### Black mirror creation

##### *What is a black mirror*

Black mirror is a divination tool used for scrying. It can be used for telling future, seeing past, distant places, performing invocations and evocations, distant healing or reality manipulation.

Maybe the first scrying mirror used was the surface of a running water (eg a river). Later a black bowl filled with water was used, black reflective surface maximizing the effectivity of the mirror.

Water was later replaced with a glass, which was called a solid water and many people believed it has the same spiritual qualities as the water.

##### *What do I need to create my own black mirror?*

- picture frame (round ones look better but it really doesn't matter)
- black mat spray paint

Remove the glass from the picture frame and spray paint it black on one side. Make sure the surface of the paint is regular and there are no weak spots, it must be consistent.

After the paint dried, return the glass back to the frame, painted side should be on the bottom. This makes a nice reflective surface on the top. You can also avoid painting the bottom side of the glass by putting black colored paper inside the frame, but the painted glass looks better.

##### *Alternatives*

We already named the river's surface and black bowl filled with water. These are two alternatives for the black mirror described here.

*Another alternative is the Cagliostro's mirror:*

-crystal glass is filled with water and a candle is place behind it so the flame is visible through the surface of the glass. You then gaze into the flame to obtain visions. This alternative is good because it doesn't require much charging for the mirror to be functional but generally solid mirror is better for transportation and is ready to use anytime when it's charged. Cagliostro's mirror or any water based mirror must be prepared and charged before the operation, wasting the precious times and it also tends to become annoying over time.

*Fluid condenser*

Many people use Magickal fluid condensers, which simplify charging and makes it more stable (mirror without condenser discharges faster over time of not being used). Condensers are usually solid (eg dust of gold and silver mixed together) or there are fluid based condensers made from the mixture of herbs. This one is usually applied on a piece of paper hidden within the mirror.

Theoretically you can also use a sigil as a condenser but unfortunately I have never tried this idea in practice, maybe I will change it before this grade is officially published.

Working without a condenser is fully fine, just keep in mind that your working with the mirror will have to be much more consistent.

## **Pendulum divination**

*What is a pendulum?*

Pendulum is some object on a piece of thread, normally used to find how straight vertical surfaces are.

This object can also be used for divination, simplified procedure is that you grab the piece of thread, place the pendulum into the air, you ask questions and the pendulum swings in certain manner to give you answers.

Many people buy pendulums meant for divination, these are usually made from

stones or crystals with a small chain attached to it. Trust me that you can use any object you desire as a pendulum, whether a ring on a piece of thread or a long hair. Important aspect is that the object is heavy enough to affect the thread (too light object and a human hair will hardly point down)

#### ***Charging the pendulum***

To charge the pendulum to be ready for Magickal practice simply remember what you have learned about the Vital Force during previous grades. Pump the pendulum with the VF with intention to use it for divination, that's it.

You can also cast Sigils to charge it or use any other way you find suitable. Or you can omit the charging for good, after all, Magickal tools are charged by the use, as well.

#### ***Practising with the pendulum***

Draw a cross on a piece of paper. On both ends of the horizontal line write NO. On the both ends of the vertical line write YES.

Grab the piece of thread of the pendulum between the index finger and thumb of your leading hand.

Place the pendulum just above the center of the cross you have drawn.

If you are sitting, your elbow should be rested on the table.

Use your other hand to support the hand that holds the pendulum so there is no shaking that would affect it.

Command the pendulum to swing in the direction of the YES line (your hand must not move), then command it to stop, then to go in the NO direction, then stop it again.

Keep practising this till the movement is fairly visible and consistent.

### *Using the pendulum for divination*

To use the pendulum simply place it above the YES/NO cross, let it rest and ask a yes/no question, swing of the pendulum will be your answer.

Always command the pendulum to stop between different questions so answers are't mixed and confusing.

Also if you don't like the answer don't ask again, that would be just stupid and could force the pendulum to tell you only what you want to hear instead of what you want to know.

Just a quick note: don't take pendulum too seriously (don't take any divination method too seriously), use it rather as a recommendation than some written-in-the-stone-truth.

## **Alphabet of desire**

### *What is the alphabet of desire*

Alphabet of desire and simply a collection of pre-made sigils that can be used to quickly form a new Sigil.

The idea is to save some time and also to gain some additional punch in your Magick by actually re-using the Sigils, charging them stronger and stronger, plus it looks like some mystical occult alphabet, which is cool, too.

### *How to make your own AoD*

Let's start traditionally, make a list of opposing aspects: yours can look like something like this:

Love/Hate

Life/Death

Passion/Poverty

Health/Stupidity

Good/Selfish

Evil/Selfless

.

.

Continue till you run out of ideas.

Notice that some things on my list do not seem to be opposing, the reason is that we all are individuals and what's opposing to me doesn't need to be opposing for you (I also did it so you won't just copy/paste it instead of doing actual work).

After your list is finished, make a Sigil for each and every force on the item, that means do a Sigil for Love, for Hate, etc, till you are finished.

#### ***Charging the AoD***

Well, now you should associate each individual glyph with its intended meaning. You can do it by meditating upon each individual Sigil while holding some example of the intended purpose in your mind, you can also go for old-fashioned death postures, make some ritual to charge them all at the same time or just charge them on the fly while you are using them.

#### ***Usage of the AoD***

You can create an old fashioned Sigil and then include some glyphs of the AoD as a decoration (e.g. in the circle around the Sigil, or to fill some empty spaces, et cetera) or you can build your Sigil purely from the glyphs, composing them in amazing structures or simply putting them on the horizontal or vertical line as if it were a sentence in some unknown language.

#### ***Additional glyphs***

You might find out that your glyphs are not everything you need. Thinking super abstractly is not for everyone, we are practical people and by combining glyphs health/life/love we will hardly make our sexy accountant to love us. That's why we also need verbs and other words. Feel free to add them to your AoD, also feel free to use one-time glyphs for specific things, for example I surely don't need permanent glyph in my alphabet for some client or a friend when I need to use it only once.

#### ***Exploiting the AoD***

So, we can re-use Sigils so we can be more lazy in drawing them with a little side benefit called "more power", but what else is there?

You can also associate each glyph with a word or a sound which then can help you

to use your AoD on the fly, literally creating your very own barbarian language. This gives more variety and usability into your Magickal practice.

So, we can pronounce our glyphs now, what else is there? You can add anything you want. If you add gestures and body postures to your glyphs, you have effectively re-invented Rune Magick.

You can also print or draw your glyphs on separate cards and then you can build your Sigils by simply placing some cards together to gain a desired outcome and then use your favorite method to charge your Sigil. I hope I don't need to mention that such a deck of AoD can also be used for divination instead of tarot cards. You can also carve your glyphs into the stones or pieces of wood, re-inventing the rune divination system.

Generally having each glyph of your AoD imprinted on some deck or a collection of stones is a very good idea thanks to the portability and efficiency. A lot of times we are in conditions where we cannot use a pen and paper for our Sigils, but cards, stones, sounds and gestures are always ready for use.

## **Basic format of the rituals**

For a successful ritual we need to fulfill a list of procedures (no virgin sacrifice included, duh). So, first of all let's make the checklist:

- preparation
- performance
- finish

Too general? Well, let's take a look at these parts in depth:

### ***Preparation***

Preparation starts with a pen and paper. You write down the intended outcome and then starts an annoying process of research... can I use some servitor for my purpose? Is there one already available or need I create one? Does the tradition I am borrowing from have any conditions required to call the servitor, e.g. a specific

planetary time, incenses, color decorations? How many of these can I cheat?

After the study is done and conditions filled or bent for the purpose we can start with the pre-ritual preparations:

1. centering and grounding
2. casting the circle around us to make us look more visible in the spiritual world
3. invoking/inviting deities/angels/demons/forces/divinity/whatever to gain spiritual authority

For centering and grounding you can use the Sacred Chamber Ritual I have presented to you earlier in this book or thousands of other practices available elsewhere

For casting the circle you can use the method available in your practice or you can draw a circle within circle on the floor using a chalk and into the space within these two circles you can write down your Alphabet of desire. You can also just walk 3 times around in the circle or let your Vital force to leave your body, draw the circle 3 times around you and then return back to your body (no wasting).

The circle itself is like a lighthouse, it grabs the attention of all nearby spirits/forces/whatever to turn their attention to you.

Regarding attaining the authority part the simplest way is a prayer to your deity/whatever to bless your ceremony to be successful but can be prolonged by litanies, glosolalia, begging, asking, commanding, whatever feels suitable for the dramatic effect (if you are scared of what you are inviting into your place, more powerful experience the ritual will be).

### ***Performance***

The performance itself is to evoke/invoke the desired servitor (if any) and state your wishes as commands coming from the authority you have attained during the preparation. Also keep in mind to get straight to the point and be specific, as well. Using vague and general terms because you are scared to be "selfish" usually lead to vague and general misinterpretations on the spirits's side with quite a mischief at the end.

Also remember: never offer anything in return, you are not exchanging, you are commanding and the only one you are responsible to for your actions is the



authority you have called prior the ritual, not during it.

### *Finish*

Banishing is generally a no-no unless something really sick starts happening. Unless that is the case, use a standard license to depart, either borrowed from your tradition or use something like this one:

"O, mighty spirits, I thank you for your assistance during this ritual. Now you can return to your places and grant my wishes. Please leave quietly and don't bring any harm to me or my loved ones and be ready for my next call."

Sometimes it happens that servitors lurk on your place even after the license to depart. If that happens, don't freak out, mostly they just like your place and want to stay for a little while, leaving few minutes or hours later. That is actually pretty usual, just don't mind them and mind your own business.

As the next thing you should go to do something physical to get back the touch with a physical reality. For example take a bath, exercise, make a sandwich, smoke a cigarette, just do some activity.

## **Week 2**

### **Charging the black mirror**

Now it's time to charge our mirror. The mirror, just like any Magickal tool, must be "yours", it must become a part of your Self. First part of this process is hidden in the creation of the mirror, tools you craft with your own hands have a much bigger sentimental value than things you simply buy and more time you spend with crafting and decorating your items, more valuable these items will be for you.

Put your mirror in the front of yourself, you can be sitting, standing, the mirror can be on the table, floor, simply anywhere. My personal approach is to sit down and place the mirror on my lap, that makes me more sentimental for me.

Now it's time to let your mirror absorb your magnetic and electromagnetic fluids. Place your right hand just closely above the mirror, waving over the mirror as if you were petting its surface (don't touch the surface, have your hand just above it). Don't make the movement regular, use different patterns, speed, play with it as if you were touching your lover, be kind and gentle.

Do the "mirror petting procedure" for about 5 minutes, then switch your hands and repeat the process for another 5 minutes with your left hand. After you are finished you can put the mirror away, wrap it in clothes or whatever method of storing the mirror that you have chosen.

This procedure should be repeated every day for at least a week before you use the mirror for the first time. Also remember, more often you charge the mirror, more powerful tool it becomes.

Some of you might find it a bit problematic to hold your hand above the surface for 5 minutes, if your mirror has a thick frame, you can use it to support your hand to ease the pain, but this shouldn't be the concern as you are still supposed to do your daily physical exercises as presented in the first grade of this curriculum and therefore your physical body should already be much stronger than before.

## Magickal prayer

### *What is a Magickal prayer*

According to Papus the Magickal prayer is the most pure and divine version of Magick ceremony, as such it shouldn't be done regularly but only during special occasions so it doesn't become a mindless and boring habit, but always stems from the heart.

### *How to perform the Magickal prayer*

First of all, I am going to present my modified version here, if any of you want to learn the original, you should study Papus' amazing work.

First of all, the prayer is a ritual, check for the basic format of rituals as described in previous section regarding preparation and finishing of the ritual (centering, grounding, casting the circle, etc), as for the content of the ritual, you stand facing a direction of East, or North, or black mirror, or a chair and you pray to the force you believe in (God, deities, spirits, Chaos, life current, whatever...).

I understand this might look too simple, but it really isn't. Your words should come directly from your heart, which at first goes really slowly as you don't really know what you can talk about. Can you cuss? Can you beg for something? Can you ask for cursing of your enemies? Can you ask for anything at all?

The prayer should come from your heart so there really isn't any limit of what you can say or how, I should just warn you about few things. First of all, praying people tend to have moral limitations. They think they shouldn't ask about anything specific because that would be selfish. So they usually ask for a "more opportunity to grow". I would say that the force you pray to have a very specific form of humor and you often get what you ask for. Well, how "opportunity for growth" be translated? Sometimes you get some crazy illness no doctor knows how to cure, sometimes your house burns down and sometimes you lose your job and become a homeless. Considering that you originally wanted a new ferrari this fate is far away from your desires.

Secondly don't do the prayer because you have to, it must be a "want", not a "need", you must have a correct mood for it else don't do it at all.

Don't try to be too formal. After all we speak about forces that know about all your masturbations, cussing and drug abuse even sooner than you do (that's a bit creepy, isn't it?). But don't be too informal, a little bit of respect won't hurt you. After your prayer is done, close the ritual as you are used to.

## **Preparing own incantations**

### *What is an incantation*

An incantation or enchantment is a charm or spell created using words. An incantation may take place during a ritual, either a hymn or prayer, and may invoke or praise a deity. In magic, occultism, and witchcraft it is used with the intention of casting a spell on an object or a person and may employ the use of pharmakeia. The term derives from Latin "incantare" (tr.), meaning "to chant (a magical spell) upon," from in- "into, upon" and cantare "to sing". --Wikipedia

### *What to expect*

This grade is mainly about evocations so that will be our focus here. Sorry there won't be much detail for anything else but readers can hopefully fill these gaps with logic.

### *Existing incantations*

Probably every grimoire has its own incantations, most famous probably being the Bornless ritual from Goetia (most probably Crowley's addition, but I can be mistaken).

Grimoires usually ask you to memorize their incantations, which actually isn't a very good practice. Firstly it makes the incantation a routine, something you can do without really thinking about it. Secondly it kills the creativity and honesty.

Your incantations should always come from your heart and belief, partially scripted and partially created on the fly. You can actually even memorize some passages from well known incantations and use them during yours for the dramatic effect or when words are not exactly coming to you.

### *Sample incantation*

First of all we should specify the type of the operation, in this case it will be an evocation. Secondly we should specify an entity we are going to evoke. I don't want to mention any real entity yet so let's go for a fictional one.

Name: Posmiol

Element: Air

Planet: Venus

Ability: To find long lost friends

### **Description:**

Posmiol is a mighty spirit, commanding 7 legions of familiar spirits. His favorite form is an unicorn and he shows in this form most of the time. He can be commanded by the Magician to take a human form, then he appears as a tall old man with long white beard and his forehead has a symbol of pyramid tattooed on it, this tattoo represents the horn of his unicorn form.

In his human form he is able to speak about your long lost friends and give you the description of their fate. His unicorn form makes him unable to speak but in return his ability becomes more powerful. Posmiol in his basic form is able to bring your friends to your doorsteps or force them to contact you in a very short period of time.

It's possible that many of you will actually try this and Posmiol will start his existence, but he doesn't really need to exist for now.

### **Let's start**

So, we have our fictional spirit, now we can finally prepare the incantation to call him, because we didn't see our friend Suz for quite some time and we would like to get in touch again. The prepared incantation could look as follows:

Posmiol, I call you in the name of everything divine and pure, I call you in the name of everything that is black and dirty, I call you in the name of Chaos, appear before me and grant my wish. Appear before me in your favorite form of the unicorn, I call you by the name of all the Sylphs, elementals of the Air element, your base element. Show yourself in the mirror/water/dream. I command you by the forces of Venus, don't make me wait. I command you in the name of Haniel,

mighty spirit, grant my wish and find my friend Suz, make him/her to contact me within next 3 days. Posmiol, grant my wish and bring no harm to me or those close to my heart.

When the incantation is ready, read it a couple of times, maybe modify it a bit, let your creativity to lead you. When you think you are ready, toss your notes away and do the incantation. If some words are forgotten, just replace them during the process, improvise, that's what makes you part of the ritual, part of the incantation.

## **Eyeless evocation**

### ***What is the evocation***

Evocation is a practice of summoning spirits to appear outside of you as opposed to invocation which calls spirits inside yourself (more of that later).

### ***Will the spirit be visible***

For the spirit to be visible you either have to develop a specific clairvoyant sight or the spirit has to manifest physically (we will learn that later). For now we will have to stick with "feeling the spirit's presence", we will have to stick with eyeless evocation.

### ***What is an eyeless evocation***

Eyeless evocation is a ritual performed with a closed eyes. During the ritual you will have feelings of "there is someone in this room with me", actually there will be multiple signals, as we specified before, there are always a lot of lurking spirits around rituals.

This feelings you will have will allow your mind to get to the gnostic state, right frame of the mind to perform Magickal practice. The reason is that the feeling of someone being in your space and you cannot really see him will force your subconsciousness to allow you to access other senses, in return you will be able to feel these spirits even more and freak out even more, it's a recursive cycle. During the first try you will probably hear humming, random words or parts of phrases, you might also see a flash of a figure or something like that.

### ***Warning***

I have already told you how the ritual looks like, how to prepare your incantations, you are pretty much ready for the evocation, but there is one thing I want to tell

you about the eyeless evocation. Once you close your eyes to perform the ritual, keep them closed till you finish the ritual. No matter what you see, hear or feel, don't open your eyes. You might even hear voices of your relatives standing next to you, chances are these won't be what you think it is. For that reason lock your room or hide in some distance place for the ritual.

What happens if you open your eyes? In better case you will see nothing, your mind will drift back to the normal waking state and you just wasted your time. In the worst case you will see something that will earn you a lifetime in a padded cell but I cannot really say you would be actually able to notice that in such a condition. Well, or you will see just an entity you have evoked, but still, don't risk.

Few improvements for the ritual setup

If you don't believe in yourself, use a blindfold. If you want to at least know where the spirit is, put two chairs in your ritual space facing each other. Sit on one of the chairs and you can expect the spirit you are calling will sit in the other one.

If you want to stand during the ritual, just place a summoning triangle on the floor. Solomon's summoning triangle is pretty easy to find on the internet or you can just draw a triangle within a circle, that's it, no brainer.

Don't use normally lit room (that would be stupid), but don't sit in the darkness either (that would be a very creepy experience), use candles to light the room. Dancing shadows will add to the gnosis, plus candle light is very warm and calming, just make sure no open flame is too close to you so you won't burn yourself accidentally.

Have a bag of salt ready in your pocket. If you really have to quickly interrupt the ritual, take the salt from the bag and throw it around yourself in all four directions.

Don't panic! No matter what you see, hear, feel or fear, don't lose your cool, the other chair might fall back, stuff can fall from the tables, glass can break, something may appear to breathe at your face from the distance of few inches, be ready for that and keep calm. If it is unpleasant either tell the spirit to stop it or you can use license to depart to stop the whole ritual or you can use your emergency salt.





## **Week 3**

### **How to recognize a spirit's presence**

To detect the presence of spirits at your home or ritual space is crucial ability. It is crucial for the success of the operation, it is crucial for your health, your sanity, and it can be crucial for saving your life, as well.

#### ***Strange occurrences***

When things fall from the table, television switches on and off no matter what or your wardrobe sings, it certainly means there is some spirit present (or it can also mean you should stop doing drugs). The thing is that this usually doesn't happen, spirits do not usually levitate tables, pets, mother-in-laws... they do not break vases, windows, they do not turn on and off TVs and they certainly won't pay for your cable to watch adult movies. It can happen (and sometimes this happens during the rituals), but most of the time symptoms of having a spirit companion are more subtle.

#### ***Feelings***

The flow of a wind in closed room, feeling like someone's watching you from behind, tapping your shoulder, touching your back, sometimes there are also marks from scratching, but these are somehow attracted just to sensitive individuals. All these can have alternative reasons. E.g. the window lacks the isolation which explains the breeze, feeling of being watched from behind is intuitive process that happens during the night, scratches can be from your own hands when you were scratching your own back, tapping can be a little mischief of your neural network. During the spirit's presence there is usually more than just one symptom.

#### ***Sleep***

During spirit's presence there are more indicators, one of them is a changed quality of sleep. You usually have to sleep more, you always feel tired and even shortly after you woke up, you are out of energy. Lack of energy PLUS wild sex oriented dreams can mean the presence of a succubus or incubus, simply sexual demons. These demons use sexually oriented images, visions and dreams to rob you of your sexual energy, your vitality and even your sexual desires.

#### ***External verification method***

It is a good idea to have some external verification, as well. Something that isn't based on our feelings and ideas. Do you feel tired after waking up? Well, maybe you just didn't sleep well enough. To verify if there really is some spirit that haunts your environment, put a glass of water on the table next to your bed, you can put a lid on it, it doesn't really matter. If there is a spirit in your house, the water will be full of small bubbles during the morning. I know this can sound stupid, but it really works. If you find bubbles in the water, do the banishing ritual and try once more. Next day use new water and check it in the morning. The result will be different.

You can also try this test for your rituals. Someone explained to me that presented spirits like "refreshments" during rituals and bubbles will appear in no time if your evocation goes smoothly. Sometimes it happened to me that bubbles appeared in a matter of minutes when I was just talking about spirituality with my apprentice, sometimes bubbles didn't appear during the whole ritual and the result was usually a failure then.

## **Basic invocation**

### *What is an invocation*

Invocation is a process of summoning entities "inside" ourselves. Evocation calls the entity so we can make our demand. Invocation calls the entity within so we can temporarily or permanently gain new abilities or boost older ones.

Sometimes during the invocation it happens the Magician becomes temporarily possessed by invoked entity and starts talking without conscious control. This memory is usually lost after the consciousness is regained, actually dreams and possessions are related so based on how well you remember your dreams, you will also remember your possessions. You can also use a recording device during your invocations to check later.

### *Simple form of invocation*

A simple way how to attune yourself to the entity and slowly gain its abilities is using its name as a mantra, repeating it again and again through the day. Most usual names for this use are names of deities, e.g. YHWH, IAO, Eheieh Asher Eheieh, AGLA. Sometimes the mantra can also contain an action or intent, e.g. Om namah Shivayah.

My "Spirits, beings of The Light and of The Darkness, don't forget me, stand by my side and do my Will" is also an invocation mantra.

### ***Ritualistic form of invocation***

There is also a way of temporarily boost your abilities in a ritualistic approach.

You close your eyes and repeats entity's characteristics while trying to picture the entity in your mind, say as much as you can and the whole incantation repeat 3 times.

Then visualize the entity looking at you and repeat the whole incantation 3 times as if you were talking to him. So if e.g. your previous incantation started with "He is Posmiol, the spirit of Venus..." then now it will be "You are Posmiol, the spirit of Venus...". Your visualization can start changing on its own, don't panic, it means it started working.

For the last step imagine you are the entity, looking from its eyes at you. Once again repeat the incantation 3 times, replacing "you" with "I", so it will look like "I am Posmiol, the spirit of...". Picture yourself as best as you can, you mean literally feel like you are really the invoked entity. During this process the possession usually begins.

### ***Downside of the ritualistic approach***

For the ritualistic approach you should have at least a decent visualization skills and you also should have something to visualize. Many deities are formless, spaceless, timeless and therefore incompatible with this method.

## **Dream invocation**

### ***What is a dream invocation***

We have already learned about invocation, so let's talk about one specific branch of this practice, the dream invocation.

Dream invocation is a bit misleading term because this practice is more similar to evocations than invocations, except the evoked entity is commanded to appear in your dream, it is invoked into the dream but there appears external to your "dream body".

### ***Basic usage***

Some entities are supposed to give us some information or knowledge. This means we are somehow expected to actually communicate with entities, to exchange information with them. This can be done either through higher senses (clairvoyance, clairsaudience, etc) or through tools (mirror, pendulum, ouija board, tarot...).

Tools like tarot are too general for the exchange of specific information, pendulum is a bit one-sided and ouija is not suitable for longer communication (plus most of us need at least one another person for ouija to work).

Black mirror is not a bad tool, it helps greatly during evocations and evoked entities can also partially communicate with us using images with symbology, but that's still not sufficient enough to replace actual talk. So, unless you have greatly developed higher senses, you will have to work with visions and dreams.

#### ***How to***

During evocation you command the summoned spirit to appear in your dream in a human form able of speech, you also should demand that you will remember the dream afterwards, you can actually use pendulum or other tool to communicate conditions of the dream. This way you can e.g. find out that the entity will appear in your dream, but you won't remember it (which sadly is sometimes the spirit's condition to appear during your sleep).

People usually think that forgetting the conversation renders the ritual useless, but the subconsciousness is a strong tool. Even if you don't remember the actual event, you can still feel assurance and relief (or opposites) based on the information you gained. That's especially useful in desperate situations.

#### ***Dangers of dream invocation***

People also often ask me about security issues. Dream invocation has the same dangers as astral projection, if you allow something to happen, it will happen, so if you are seriously worried about your life, rather avoid this procedure. It's not like the worry about instant death can cause instant death, that would be a very rare case. Most of the times when a dream invocation goes wrong you will just wake up tired in the morning with a very shady recollection of what happened.

Spirit possession is about the same risk as the death, very very rare and only if you

allow it. Generally a strong will with no doubts is a very important tool of Magick, this whole curriculum is based around it. If you got this far (and didn't cheat), dream invocation should be no danger to you. Your dream is yours only and nothing in your dream can go against your Will.

## **Evocation through smoke**

Smoke evocations are probably the most used ones in ceremonial magick. The setup is simple, has a lot of variations and can be done with any level of experience.

### *Idea behind the smoke*

Many Magicians believe that to have a visible contact with an entity, one needs a physical vessel to operate upon. For that purpose sensitive mediums were used to get possessed by the entity and handle the message. Unfortunately this method makes the whole ritual fraud accessible. Is the medium a real deal? Can we really identify a genuine medium. In the second grade I gave you few tips about how to recognize suggestible Somnambulic subjects, but it can happen that some fraud will know Mesmerism or will be lucky enough to pass the test, so naturally we had to come up with something to get rid of our human oracle.

Naturally, the next step were inanimate objects (animals are not very good mediators). But what object is light enough and easy to manipulate, after all we usually do not possess the power to craft clay golems... smoke was the answer.

Smoke is light, naturally moves in swirls, curls (thanks to the air currents) and is easy to shape, even a small blow can change its shape. So if we force an entity to manifest its presence through a smoke, we can have a nice little proof that the ritual works. Plus smoke's natural movement is very mesmerizing and adds to the atmosphere of the ritual and the mind state of the practitioner, multiplying the chances of success.

Actually we can also use incenses in the burnt material to enhance the atmosphere even more. We can pick a specific incense for a specific entity based on its planetary correspondence, we can color the light of the flame with shaders to attain even bigger planetary influence, smoke is actually a very versatile ritual tool.

For the smoke we can use pre-fabriced incense sticks to be compact, we can burn coal on incense plates with a few drops of water for a very thick smoke (using hot or cold water actually lightens or darkens the smoke), we can also make our own incense sticks, just put a bunch of plants together, tie really hard and let dry.

*Spirit's manifestation via smoke*

There are various ways about how the spirit will manifest via a smoke. The least noticeable (and most often in the beginning), is that the smoke will split into two straight lines with a lot of curls at the eye level. Sometimes it also "freezes" in the air. The positions of the smoke is so stable it looks like it was a solid object.

After some experience, you will start seeing faces, hands, even parts of events in the smoke, rarely the smoke will take a full body shape of an evoked entity (to be frank I never saw that one), but parts of the body are quite usual.

The source of the smoke can be put on the chair, on summoning triangle or simply be carried in your hands at the arms' length away from your body during the ritual or some combination of these. I personally like to sit during evocations, so I usually place a summoning triangle on the table in the front of me and put an incense stick in the holder on the triangle. It's compact, quick and easy to set up.

## **Week 4**

### **First scrying evocation: Anael**

#### *Who is Anael*

Anael is one of angels of Venus. He is associated with the Fire element and he is called the messenger of God. anael's field of work are visions, messages, predictions, simply contact with the divine. That's also why Anael should be the first one to be evoked through a black mirror.

#### *First scrying evocation*

Prepare your incantation. Make sure you call Anael a couple of times and you ask him to bless the mirror to give you messages through him.

Mirror should be placed in an angle so you can see a reflection of your face (scrying bowls and crystal balls do not have this requirement). Your environment should be completely dark except two candles placed on the sides of the mirror. Play around with the position of the candles, your reflection in the mirror should be neither too sharp nor too vague. The reason is that your mind needs some reference point in the mirror to start with but having too sharp reflection will beat the idea and too vague image won't give you the sense of depth needed to successfully operate the mirror.

Choose some point on the reflection and observe it, repeat your incantation a couple of times out loud, then silently as well. You will feel your vision getting blurry and distorted. Usual reflex is to re-focus to gain back the sharp image, but you have to avoid this process so the lucidity can kick in.

If you manage to observe passively without refocusing the image will start looking sharp again but the appearing face will be completely different from your own, hopefully that will be Anael. Then proceed as we have learned before in the chapter describing basic format of the rituals.

## **Magickal chain**

### ***What is a Magickal chain***

Magickal chain is a protection ritual. Papus called it the absolute defense. The practice itself is split into two categories: the ritual and the use of the chain.

Point of the ritual is the creation or re-assurance of the chain, usage involves calling the master of the chain to activate it.

### ***How to create the chain***

First of all you should already have some experience with the Magickal prayer, these two are closely related. Secondly you should choose a master of the chain. This can be any long deceased occult master that somehow influenced your art (e.g. Crowley, Bardon, Papus, Spare, Paracelsus, Pythagoras...)

During the ritual you call and pray to the master of the chain. Then you call for guardians of cardinal directions, elementals, spirits, demons, angels... in other words you start at the bottom of whatever hierarchy and you work your way up till you reach whatever force you are used to pray to in Magickal prayer. Entities in the chain can be called specifically or generally, for example you can call specific entities you have already worked with or just elementals generally.

After all required entities are called you then request them to become your chain and appear to protect you any time the master of the chain calls them, you then ask the master to come at your call to activate the chain.

Then you can end the ritual as usually.

### ***Using the chain***

So, the chain is already created and you get into a really bad situation and you need to activate the chain. To do so you don't need to call all the entities again, just call the master of the chain with the request to activate it and that's it.

Time by time the chain should be re-assured, for that use the same ritual you used for the creation of the ritual, it's actually a good idea to keep the ritual description and used incantations in your journal.



## **Shadow evocation**

### *What is a shadow evocation*

During evocations we need some vessel for the spirit through which the spirit will manifest. It can be a smoke, black mirror, fog, water, or light. During shadow evocations you use your own shadow as the vessel for the entity to appear through.

### *Setup*

To set up the operation you need a very dark room. Sit on the floor and put a big candle with strong flame behind your back, far enough so you won't burn yourself, it is actually not a good idea to have the candle too close, because you need to have a good sharp shadow projected on the wall in the front of you. Oh, yes, you should be facing a wall if you didn't figure this out already.

The candle should be the only lightsource in the room so there is only one sharp shadow without any disturbances.

### *The operation*

The format of the ritual is as always, just for the incantation you are sitting on the floor and you passively observe your shadow on the wall, repeat the incantation a couple of times and then you can also sit a couple of minutes in silence before repeating again.

During the operation the shadow should start forming its own shape and "thickness", it should become plastic and start moving on its own as the spirit enters it as its vessel for manifestation.

Continue with the ritual as you are used to.

## **Physical manifestation**

### *What is a physical manifestation*

Physical manifestation is purportedly an event when a spirit attains a physical form during which it can freely communicate and interact with the Magician or anyone around.

We split the physical manifestation into two categories: full manifestation and partial manifestation.

Full manifestation is when the spirit is fully materialized, its whole body is visible and the manifestation is consistent (stable). Partial manifestation can be arms, legs, head, shoulders, usually also flowing from one body part to the other one during the course of the evocation.

#### *Concerns regarding physical manifestation*

I am not a big fan of the idea of spirit being "materialized", I would rather explain it as "Astral light being densified to the point of being visible" than "assembling particles to the form of a spirit". It's true that I was able to achieve only a partial manifestation, never a full one, but I doubt the process is any different. What I believe is really happening during the manifestation is the Magician getting to the right trance state of seeing the spirit as real as it was truly physical.

There also is a claim that anyone will be able to see such a manifested spirit, not only clairvoyant mediums. Well, I worked with people before and they really did see what I saw, but was it because the spirit was truly physically materialized or was it because they were part of the evocation from the beginning to the end and the ritual itself had the same effect on me as it had on them? Would they see the same what I saw if they came in after the manifestation occurred? I personally doubt that.

#### *How to for physical manifestation*

The setup is as always, just in the beginning you state your request for the spirit to manifest its presence in a visible form. Shadow evocation technique we learned before has amazing results regarding physical manifestation, and it can also help you to pinpoint the exact location of the manifested spirit (in the middle of distance between you and your shadow on the wall).

Main problem regarding physical manifestation is time. You must be sure you are able to spend about two hours performing the ritual, calling the spirit to manifest again and again, cursing it and commanding it by all godly and godless names you can think of and doing so till the spirit appears. I know you were expecting a bit more, but this is really no-brainer, it's just time consuming.

## Final words

Thank you for reading this book. I don't know if you have chosen to practice according to the curriculum or not, but at least hope you found some useful techniques here and that you enjoyed your study at least a bit.

Keep in mind that you should always practice responsibly and you should also enjoy it, there is nothing worse than dogmatic, lined-up practice, that gives you no flexibility, no space to breathe. Always make your practice enjoyable, modify it to suit your personal needs and tastes, and if you have any questions or you want to ask about something, feel free to contact me, for example via my personal blog: <http://akenu.blogspot.com>.

I wish you the best for your current and future occult endeavors.

## **Appendix A**

In this section I would like to add few of my older articles to offer you a bit closer look at my philosophy.

### ***About Magick and Dogma***

#### **What is Magick**

Magick is knowledge of interaction of higher planes and knowledge of manipulation of these planes to cause change that can be seen as miracle by non-magicians. The end.

#### **Path of Magick**

Magick is like an ocean with all its hidden beauty and mundane people are like crabs living in the bottom seeing no beauty of the ocean for all the sand they have to walk on. When practitioner enters his Path it is like he is trying to learn how to swim. When he learns how to swim, he can explore the beauty of the ocean, the mysteries of Magick.

#### **Dogma**

Good swimmers tend to help the others that were not so lucky and are trying to learn them how to swim.

For that purpose they write down their notes, ideas, experiences and teach the non-swimmers what they swimming style is. This might look like good and generous idea, but poor execution is sometimes used and dogma is created.

Dogma seems to give a solid and concrete base for the practitioner and ease their practice, but in fact it is the same concrete that makes shoes of the same practitioner and make them sink. Practitioner held with dogma has to work much harder to learn how to swim together with his concrete shoes, but there is always the same point where he will lose his energy and get back down.

Do you remember the first time you have learned how to play chess? Did you learn how to move the figures or names and definitions of millions of styles of playing chess? Did you learn the french defense or how to move a pawn? Dogma teaches on how to win the game in french style, but will hardly show you what the pawn is.

## **How to differentiate good system from dogma**

Starting from scratch is maybe an interesting idea, but we always have to follow some solid base, it's in human nature. So how to find out which system is the right one? How to find out which system is the wrong one?

Simply enough dogmatic systems present their ideas as the only right ones and down-size others. Dogmatic practitioner will tell you all great things about his system and what it did for him and will force you to strictly follow his instructions to gain the same feats. Whenever you hear something in sense of "my way is better than your way" you should raise your caution and be prepared to be thrown to the unknown because that's the only thing that happens when dogma is broken.

Human ego is scared of unknown. Ego is scared that there will be something it doesn't know and has no way of understanding it. That's why we search dogma. Dogma gives the clarity of knowledge, solid and concrete rules and ways which we can follow.

Do this to gain this, do that and you will have this, etc. This is common asiatic behavior of ego. Asiatic view is not completely wrong, just too limited because whatever is beyond limits of Asiyah is challenging for ego and ego doesn't like challenges.

Ego doesn't like challenges because these challenges can show uselessness of the ego which could result in ego's destruction. In other words ego is scared of its own mortality.

The same thing I have just said could be taught by dogmatism, too. And that dogmatism will also tell you to be the lowest of low and to serve to public good, etc. This basically means you have to force yourself to do something and you have to force yourself to be something.

This path is blind and full of mistakes. True path of Yetzirah, just one world beyond Asiyah doesn't mean you will force yourself to be something, you will become something.

Let's say you want to reduce your weight. Asiyah will teach you that by moving more you will reduce your weight. You have to fight for having your reward. You have to do something and you will get something in return.

Yetzirah shows you why you actually are over-weighted and work in Yetzirah changes you. It basically means you don't have to force yourself to move more, you will simply move more.

## **How to find a good teacher**

Why to search for what isn't lost? You are just like the crab not seeing the ocean for all the sand on the bottom. Forget the sand and look above, stay amazed for a while and feel those emotions that raise within. Accept these emotions as yours. Not as ego challenging, but as cure for your ego. That is the first step.

## **Personal thanks**

I would like to take this part to thank all of my friends and Veritas members for having patience with me and my ideas. I also want to publicly thank my personal HGA for listening all of my babbling and supporting me during every of my success and failure. I also want to thank him for allowing me to speak with him before the time has come for that and giving me insight that no dead or living practitioner could ever give me.

## ***Few fundamental mistakes in Magick***

### ***Only my tradition is the real one***

Nope. People of different traditions and practices can easily achieve same results. It's not even true that some traditions are better for something and worse for something else. If you find some tradition that really suits you, you will be able to do anything with it.

### ***Only chasing enlightenment is the right path***

Well, reaching enlightenment is possible only through selfless and devoted practice, I am sorry but that's not really possible if you are consciously chasing the enlightenment because that's selfish, practicing to gain the ascension is a selfish act. Not helping others because you are saving energy for you enlightenment is even more selfish. Rather than that do stuff for yourself, it will have better results in means of enlightenment than this.

### ***Magick is based on the subconsciousness***

Simply no. All worlds, whether physical, mental, emotional, astral or spiritual, are merged together. Is Magick part of the subconsciousness? Yes, same as of everything else.

### ***Casting a circle is for the means of protection***

He he, no. The circle is casted because its energy shines with a very bright light and is visible in great distances like a lighthouse.

Point of the circle is to drag attention, to say to nearby spirits and forces: "Hey, something's happening over there, come closer".

Also, the circle lifts its energy up in a tornado like manner, that can effectively destroy anything above it. Cups and dishes falling from the shelves, glass is cracking, smaller objects "disappearing". One fellow Magician e.g. reported that his favorite chinese tea cups were broken when they fell from the middle of the table while he was performing a ritual in the floor just below the table.

If you want a protection, then banish, then enclose yourself within a Magickal chain, or bubble, or whatever.

***Banish before every ritual***

Congratulations, you have just effectively made your ritual useless, banishing equals to no energies around, which means no spare energies for the ritual.

It's important to banish time by time to get rid of negs or whatever you call these, but banishing once or twice per month is good enough.

***Banish after every ritual***

Take a following scenario, your friend kidnaps you from your home, threatens you to do his bidding and then tells you to piss off his house before he grabs his shotgun. That's what banishing after the ritual looks like.

To do it right, use a license to depart, where you give an allowance to leave to the nearby spirits, you also remind you of the bidding and request them not to bring any harm to you and your family. Also, don't be scared if they don't leave right away, sometimes they like to stay around for an hour or two before leaving. Use the banishing just only when the sh\*t hits the fan.

***I can use any practice of any tradition without the knowledge of its background***

Just no, same as you cannot and should not pilot a plane without a proper training and tests, you shouldn't borrow practices from traditions you know nothing about. Same goes with the mixing, you can analyze and take the core of some practice and create new method based on the core that you will put into your custom system, but don't mix different practices from different traditions unless you want your life to become a misery.

***Everything in grimoires must be done exactly as it is written***

He he. Grab your grimoire and check the language it is written in and it was translated from. Chances are that these two are completely different, which means someone had to translate it for you, and trust me he could had translated it in hundres different ways, each and every sentence.

Words of power that should be kept in its original manner should be kept in the original language, which means that everything that WAS translated can be considered as "do something like this, say something like that" instead of "do this, say that".

Modifying procedures to suit your needs is also fundamental to the healthy occult practices, it helps you to develop intuition, reasoning and also understanding of the matter. But really, take grimoires only as a inspiration, not as the only possible strict procedure.

### ***Magick is meant to be used***

Many people nowadays take Magick as something abstract, mystical, thinking you can reach higher wisdom and mystical experiences by reading about it.

If you want a good read, go for The Discworld. If you want to improve your life or even get yourself out of the dump, do Magick.

Magick is a tool, created for some purpose, and as a tool, it wants to be used for that one purpose. Consider a knife, the tool created for cutting. It wants to cut and it doesn't matter whether you use it to slice bread, carve into wood or use it for the self-defense, that's its purpose. But you won't make the knife to sing, it doesn't sing. Grab the knife into the hand and feel its resonance, try to hear what it wants you to do, feel your hand trembling, slowly waving the knife, letting it's blade taste the air moving around it, trying to fulfill its destiny, its purpose.

It's the same with Magick. Magick is a tool and has a purpose. Many New Age practitioners tried to use Magick for something else and failed. Many RHP practitioners were tricked by the "dark side" to taste the power. There isn't really any "dark side", just Magick wanted to serve its purpose. You won't teach the knife how to sing and you won't slice breads with headphones.

Practice is what makes Magick powerful, practice is what makes it real and undoubtful, practice is what makes results. Reading about Magick is like reading about craftsmanship, it won't improve your ability to actually make amazing pieces of art, it just might give you a technique or two to make it look better, but hands-on is the thing that improves the art.



## ***Sigil design***

### ***What is a sigil design?***

Sigil design is a personal way of an individual using Sigil Magick. It's the style one develops through frequent use of Sigil Magick. The design is influenced by the method a practitioner uses for the Sigil creation, his personal background and also his personal tastes.

Some Sigils are drawn with a lot of curls, some contain flowers, crosses (as in old grimoire books), some are more smooth or sharp, some are even used as a filling within geometric symbols (mostly rectangles and circles, but squares and triangles can also be found, rarely even more complex geometry can be found), some are symmetrical in two or more sides.

The design can also be used as an individual's signature. If you see your friend's Sigil you should be able to recognize its origin based on the design. Sometimes the Sigil even clearly gives away the intent without any use of clairvoyant and scanning techniques.

### ***Why is the Sigil design important?***

Sigil design influences the success of the Sigil. Whether you need more complex Sigils so you can easily forget them or your unconsciousness prefers simplicity and complex Sigils won't work for you. Same it goes for sharp and smooth edges, geometry, symmetry, fillers in a style of ancient grimoires, alchemy symbols or planetary correspondences.

### ***How do I acquire my own Sigil design?***

1. Be creative. Don't be scared to experiment and mark your results
2. Study. Studying grimoires and Sigils of your friends can give you some inspiration
3. Practice. More Sigils you make, more developed and obvious your style will be.
4. Log and compare your results. By having a log of Sigils that worked and of Sigils that didn't work, you can easily spot working patterns in your Sigils and build your style around them.
5. Rinse and repeat. Don't be scared to do the Sigil differently if the first time it didn't work or you weren't satisfied with the resulting Sigil.

## Appendix B

This is from the series of articles called Oath breaker. In this series I broke some of oaths of silence to give you information that is normally not publicly available (mostly).

### ***Meditation***

#### ***Introduction***

Meditation is very complex and beautiful topic. Unfortunately one bound with a lot of garbage. After all, it's a good business model to allow this knowledge only to those who pay well. But because there is no copyright about meditation, no one really can keep this knowledge for their own gain.

Some fragments of full meditation were already revealed, either by initiated or through revealed wisdom.

Many of you have already practiced with these fragments and had great results because even fragments of full meditation are powerful enough.

Today I am going to break one very old oath of silence and learn you something you would normally had to pay for, be guided into or had to figure it out yourselves.

#### ***What is meditation?***

Meditation is a complex process of self-initiation and self-empowerment, many fragments of this sacred procedure were already published and made available to broader public. Practices known as focal meditation and void meditation are just pieces of bigger pie, mantras are just another way of focal meditation, but purpose stays the same.

#### ***How long time does it take to master meditation?***

It is said it take years to master meditation and it takes a long time to get results. That basically applies just for individual fragments, when practicing meditation as the whole complex procedure, mastery can easily come in matter of months, minor results comes during the meditation itself and major results in couple of days.

I am not going to reveal all effects to spoil it for you, just to name few:

Minor results include buzzing, tingling, unbearable feelings of heat and cold, losing feeling of any borders, losing feeling of one's own body.

Some major results are: Clairvoyance or OOB experience.

*How does the full meditation work?*

Full meditation is a process consisted of couple of steps, gradually building energies, changing mindset and reducing one's mundane senses in regard to allow the practitioner to fully concentrate on more subtle experiences.

## **Fragment #1: Comfort**

First important fragment, unfortunately being omitted, a lot. When your body feels some pain or stiffness, this feeling is projected into your mind, causing mental chatter and reducing effects of another fragments of meditation.

First of all, you should take comfortable position, any position where you can sit/lay a couple of hours without problems and nothing bothers you is fine enough.

As next step you should relax your body. Best way is to focus on specific body part with intention to relax it and when this part is completely relaxed, then move on the next one, till your whole body is relaxed.

It is also a good thing to do some stretching exercise before you start with body relaxation, you will be able to relax your muscles with greater ease and more oxygen will get to your blood, as well.

Note: During this fragment, it is pretty common that flashes will start appearing in the front of your eyes, being it either scenes or simply some color filling your whole field of vision and then slowly vanishing in the center. This is pretty common and you don't need to worry about it. Actually this can happen at any point of the meditation, so it is good to know it is nothing wrong.

Another common effects are: tingling, vibrating, itching. Especially itching of the nose is very annoying, but you shouldn't move during the whole meditation, simple way how to get rid of itching focusing on the itching part and direct your breath there, feel your breath, feel how it fills your lungs, direct this feeling to the part with each breath-in and directs it out of your mouth during your breath-out.

It can also happen that you will astrally project during this fragment.

## **Fragment #2: Mental relaxation**

Our body is relaxed and as next step, our mind should be relaxed, as well. During this fragment you should get to the point when no new mental chatter appears, this is preparation for the void mind (mind vacancy).

You should inhale and exhale slowly and deeply, still the whole process should be natural, make sure each inhale and exhale takes about the same time.

Slowly focus on your breath, feel how it fills your lungs, feel your lungs from

inside, feel and direct the breath through your lungs from up to bottom. Breathing to the bottom of your lungs is easily accomplished when your chest stays still during the breathing, but your belly expands during inhale and gets to the original state during exhale, focus on your breath for couple of minutes.

### **Fragment #3: Vacancy of mind**

During this fragment, you should fully stop the mental chatter in your mind, no new thoughts should be created and your mind should be as clear as lake's surface under the Moon light. And most important of all, this state should be passive, actively non-thinking doesn't equal to void mind.

There are couple of ways how to accomplish this task. You can either actively command your mind to be quiet and then slip into passive observantion, you also can imagine two completely opposite things at the same time (black/white vision screen), you can also try to induce two completely different emotions at the same time (eg joy and sorrow). Practice this for couple of minutes.

Note: During this fragment, it can happen you will completely stop feeling any border of your body or you will even astrally project, don't worry about it and don't let your fear to destroy your experience, be completely open-minded and positive about whatever happens to you, feeling of no borders, feeling of void, feeling of your self melting, are pretty common in this stage.

### **Fragment #4: Concentration**

In next fragment you should slip from vacancy of mind state to full concentration upon one object/event, state. For this fragment you can use symbols, candle flame, mandalas, noises, some point in your body, generally any single object. Focus and fully concentrate on the object, gaze at the object when the object is visual. You can use symbol of your religion or even a custom crafted sigil. Gaze at the symbol and let your whole mind and get devoured by it, Keep this concentration for couple of minutes.

Then slip back into vacancy of mind and then back into state of relaxation, then you can consider your meditation session complete.

### **Few recommendations:**

For fragment #4: When you are using symbol of your religion, being it chaosphere, hexagram, pentagram, Jesus on the cross or some sort of saint's picture, be sure to put your hands above the symbol after the meditation and let the

accumulated energy enter your body. You can use visualization to help this process, but choice is yours. This way you can also use Reiki symbols, by drawing accumulated energy from Reiki symbol you can then use Reiki with greater ease without official attunement. You can also use this fragment to concentrate eg on some chakra or energy center of your choice.

Visions can be induced when you concentrate on some reflective surface, being it glass, coffee's surface, black mirror or water's surface.

You can also concentrate on tarot cards to gain new understanding regarding the cards in the process.

Switching between stages: At the beginning, the switch should be as slow as possible, do what is natural to you. Later you should learn to how switch between stages more fluently but without omitting anything.

Annoying/scary noises: Very common during meditation and during astral projection are very loud noises that can easily scare you. Point is that during the meditation we are more aware and even the most silent noise in great distance can sound as being very near and very loud, some undeveloped entities can also scare you this way, don't pay any attention to it, it is not worth of your attention.

Visions: During meditation you can have visions. When some vision appears, don't focus on it actively, the vision will fade, simply keep doing whatever fragment you were at and vision will become more clear and self-explaining. Same applies to astral projection as well, don't pay any attention to the process and don't focus on vibrations when they appear.

Sleep paralysis: It can happen that your body will become too relaxed that you will actually lose ability to move the body for short period of time. This event can be reduced when you focus on some specific body part with intent to wake it up. Good method is to wake up your hand this way and use it to massage rest of your body, this way you will be fully operation-able again in no time.

### ***Conclusion***

I tried to make this article as descriptive and as universal as possible so no matter what you practice or you believe in, you can still use it.

Still it is possible I omitted something or didn't make it clear. Feel free to ask for clarification and I will update this article accordingly.

## ***Mastery of elements exercise***

### ***Introduction***

I have made my mind to once more break the oath of silence and share with you another advanced technique. This technique is basically the essence of Magick. It is simple technique, you will immediately remember it, but it's dangerous for beginners and you will find out why during the course.

### ***Quality of elements***

Those of you who know IHH, you also know that each element has both positive and negative quality. In MHP we don't really care about these qualities, elements are taken as wholes. Advantage of this doing is withing much greater source of energy, energy MHP can use is raw, powerful and aggressive. That's why there is also a disadvantage. Leading unfiltered full elemental energy into your body creates a great distress and if this energy is kept in the body, major elemental imbalance happens. Such stress to your body can easily develop into sickness, being it mental, emotional or physical.

### ***Procedure of the exercise***

Procedure is pretty simple, one by one, you invoke elemental energy into your body and then you let it out. In the beginning you visualize being surrounded by the specific element, then you slowly start inhaling the energy with pore breathing. After your astral body is full of the energy, then you exhale the energy with the pore breathing.

During fire element, you should see flames all around you and you should feel sensations of the heat. Transparent water visualization with sensations of cold for water element, transparent visualization with feeling of lightness for air element and green/brown/black visualization with feeling of the heaviness for the earth element.

### ***Warning***

Make sure that after working with each element you feel just like before the exercise. Even a small fragment of the element left in your body may lead to major changes. Always make sure that all of the invoked element gets out of you.

### ***What's next***

I wish to continue in the oath breaker series and slowly expose a whole system of Magick in it. In this series you will learn the most efficient way how to work in

Astral plane. Look forward for the next article in the series.

## ***Priesthood***

### ***Introduction***

Priesthood nowadays is a term exchangeable with clericalism, but in Magick the priesthood means still the same thing. Adept\* of Magick should take a role of priest and do common actions associated with priesthood: Blessings, exorcisms, healings, confessions listening, public service and at least 1 month each year, during this time the adept should follow a simple set of rules to remain pure.

### ***Rule #1: No exceptions***

Whether a person in need is of opposite religion than you are or a complete skeptic, there is no reason to avoid your duty, you should also be able to pray in any holy house whether it is church, mosque, pyramid or ancient temple. If you do not believe in God then you can pray to and bless through divine force or whatever sounds appealing to you.

### ***Rule #2: No anger***

I personally hate this rule, no matter whether someone just stomped on your foot or burned down your whole house, there is this "no anger" rule and whenever you start having any kind of anger symptoms, you have to immediately banish them by sending blessings to the person that is causing you the trouble.

The blessing can be as simple as saying "May God bless you" with the cross gesture or as complex as a complete 2 hours ritual (be creative).

### ***Rule #3: Nobility***

No vulgar words, no curses, no paid occult related services, priesthood must be executed nobly and for free. You also must dedicate yourself fully to the priesthood, even if just for that one month per year.

### ***Advantages***

Priesthood is categorized as one of the Greater Oaths, that means the successful execution and finishing of the priesthood will greatly improve your willpower, cleanse your astral body from any external influences and improve your personality (rule #2 is great anger management exercise). Priesthood is also one of very few oaths that also increases your spiritual authority, that will be fully apparent even

after finishing the first priesthood cycle.

*Notes*

Definition of Adept in this article is a bit different than what you usually consider an adept to be. Modern definition is a person that is very skilled in occult phenomena, an enlightened person if you wish, definition used in the article is the older one: Adept is a person aspiring to the next degree in Magick.



## Appendix C

Few sample Magick systems I have created/modified over the years

### ***Initiation Into Divine Light Manipulation***

#### ***What is Divine Light***

Divine Light, also called simply Light or Akasha is primal Element (prima materia) which all remaining Elements origin from. Divine Light is positive energy as opposed to negative dark energy called Death Essence by Necromancers.

Light and Dark energy are mutually exclusive. To be more exact, Divine Light is where is no Dark energy and Dark energy is where Light is missing.

Dark energy can be banished either by extraction or by manipulation with Divine Light, I will teach you both.

#### ***Basic rituals based on Divine Light***

Most well known ritual based on Divine Light is Qabbalistic Cross Of Light. It's very good ritual for Aura purification and also for building Spiritual Authority. Qabbalistic Cross of Light was used a lot in Golden Dawn together with Lesser Banishing Pentagram Ritual (LBPR), Greater Banishing Pentagram Ritual and Hexagram Rituals. I recommend learning both Qabbalistic Cross of Light and Lesser Banishing Pentagram Ritual.

LBPR is based on banishing 4 Elements using pentagrams drawn into air. These pentagrams are then charged with Akasha while vibrating Divine names.

Another great ritual is Middle Pillar Rite.

#### ***Divine Light Body***

This is the most basic technique used as beginning for Divine Light Manipulation

Relax yourself and také three deep breaths to get ready.

Imagine your body as empty shell ready to get filled with energy

Imagine Divine Light as pure white energy being everywhere around you.

With each breat in, draw a part of Divine Light into your body using either pores on your skin or just by imagination (Pore breathing technique is very useful for this). Before drawing the energy into yourself you can also cultivate it by

imagining some quality of the Light you want to suck into yourself (clairvoyance, protection, banishing, etc)

Repeat step 4 till your body is totally full of Divine Light

#### ***Clairvoyance Technique***

Use Divine Light Body technique while imagining Divine Light with quality of Clairvoyance

When your body is full, start drawing all of the energy directly into your eyeballs lending them the power of Clairvoyance.

You can also use a confirmation formula: „I eyes are filled with power to see unseen“ or something like that

When you are finished with the exercise, let Divine Light out of your body either directly from eyes or draw it back to your body and then let it go out with pores or imagination

This technique is well described in Initiation Into Hermetics by Franz Bardon together with Fire Water used for enhancing your sight and this very technique (Step VII).

#### ***Divine Light Barrier***

This barrier is good for protection against Dark negative energy.

Use Divine Light Body with qualities of protection and banishing.

Draw Light from your body to either Heart or Solar Plexus or Root chakra

With each breath-in focus more on the energy and intention to protect and banish. With each breath-out let the Light grow into sphere.

Repeat steps 2 and 3 till sphere is enough large to shield your whole body.

Very good imagination technique also is to imagine Dark energy everywhere around you forcing it away with each grow of the barrier.

#### ***Difference between Divine Light Barrier and Aura Barrier***

I don't like to compare these as Divine Light itself is quite complex topic, but let's say that Aura Barrier uses only your own energy as Divine Light Barrier uses positive energy all around you (and also within you)

#### ***Dark Energy Extraction***

This technique is especially good for healing purposes. Most of diseases are attached to some part of body which makes it easier to locate it.

1. Imagine that body part as full of Dark energy (if you are not sure about the location, imagine whole body of patient full of this negative energy).

2. Put your hands in front of your body, palms facing each other. Hands should be about 30 cm apart (about one foot).
3. Imagine Dark energy flowing from body of patient directly between your palms forming a sphere there.
4. When you are done with extraction, use Divine Light Body with quality of banishing.
5. Channel Light from your body to your hands.
6. Clap strongly imagining scattering Dark Energy (very good in this case is also to imagine sound of breaking glass).

#### ***Dark Energy Extraction, version 2***

I have recently had an accident with axe resulting with 4 stitches on my index finger and inability to clap for a week. That meant I had to develop another version of Dark Energy Extraction where you use just one hand.

Method is about the same except you hold your hand like you were going to create a Psi ball and you draw Dark Energy there.

Contraction of Dark Energy is limited so it can overgrow a bit, don't let it get under your Aura, always have some distance.

When you are done, point your palm facing down and send Dark Energy to Earth (grounding of energy).

#### ***Personal experience with Dark Energy Extraction***

I haven't chosen white and black intentionally or because of some convention, it's how I see it. Divine Light as very bright glow and Dark Energy as a black or rather very very dark grey smoke.

First time I had seen this was quite scary as I had seen Dark Energy getting through my hand!. It would be also good to say that Dark Energy is not forming perfect sphere in your hand(s), but rather a fluffy sphere-like shape (maybe similar to cloud).

During sending negative energy to Earth the energy doesn't move as sphere (at least not in my case), but rather slowly expand moving downward in a shape of pillar. It really looks like a pillar of smoke.

You can also use water for grounding negative energy (very similar Water Magick technique was described by Franz Bardon in Initiation Into Hermetics).

Don't forget to perform Qabbalistic Cross of Light and LBPR after any work with Dark energy.

#### ***Divine Light Healing***

This is different style of healing, you are not working with Dark Energy directly,

but rather banishing it with Divine Light.

I don't have good experience with this as Dark energy always seemed to simply avoid Divine Light by moving to different parts of body. It's funny feeling for patient when their pain moves.

Divine Light Body with quality of healing and/or reducing pain, etc

Put your hands on patient and channel energy to your palms

Channel Divine Light out of your hands into affected area of patient forming it into big orb touching your palms and sending away Dark Energy

Don't forget for purification rituals after this kind of healing else you are asking for a great deal of side-effects.

Another way is to suck Dark energy into your hands while channeling it through your body to Earth, but I don't recommend this practice.

## ***Initiation Into Aura Magick***

### ***Prologue***

Aura Magick (AM) is Magickal practice of working with Aura on many different levels. AM is pretty new field for me so not many things done so far. Also my clairvoyance is not well developed so you can perceive things differently than I do.

### ***What is Aura***

Aura is energetic cover around our bodies. This cover protects us from Astral influences and also reflects health state of our physical body. Or does physical health reflects state of our Aura? You be the judge :-).

Although Aura is under common circumstances invisible to us, we still perceive it with extra sensory perception. That means we don't know or don't see the Aura, but we react on it.

There is so much to know about Aura and if you want, you can ask Wikipedia about it. I would just like to say that you should take care about your Aura and cleanse it regularly. Good practice for that is Lesser Banishing Pentagram Ritual or Water Magick from Bardon's working model (detailed description of this technique can be found in IHH).

### ***How to see Aura***

Quite simple training technique is this:

Put a piece of white blank paper on table

Put your hand on the paper and relax

Point your eyes to your hand, but don't look directly at it.... Try to see through the end to some distant place behind it.

If you succeed, Aura will appear.

#### ***How not to fool yourself***

By looking a long time at some object, its after-image will “burn” into your eyesight, giving it delusional image of “aura”. This effect is very unpleasant as it can lead to false positives, but there is a simple way how to check what you really see.

Turn your head a bit (or just change positions of eyes). If, what you really see, is an Aura, it will stay around your hand. I guess it's useless to say that after-image will move together with your vision. If that happens, relax a bit and focus on something else till the after-image disappears from your vision and then try it again (or you can use after-image to train Trataka, but that's a different story).

#### ***How to sense Aura with hands***

This technique is much easier to learn and maintain as it needs less focus and a false positive can less likely happen, but always be cautious of your results.

Sensing Aura with hands is also very helpful for healers. We have already told that Aura reflects a health and not only on physical plane :-).

#### ***How to do it:***

Rub your hands till they are till they are hot, red and itchy. This will make your hands much more sensitive for Aura perception

Put your hands about 1 mm above object which Aura you want to “scan”. Ideal object in that case is an arm of your partner. For those unfamiliar with metric system, 1 mm is as close to the object as possible (but not touching it).

Now start rising your hand(s) slowly up (very slowly, 1 mm at a time) till you meet a place of strong vibration. It can be also described as magnetic field or you slightly hitting to some obstacle. That's the first layer of Aura. If you are lucky enough, you will feel even the second layer that is above the first.

#### ***Aura Manipulation***

I have already told you a few things about Aura, most important was that we react on it even when we don't physically see it (or we don't sense it in common manner). This influence happens in subconsciousness. One of basics of AM is Aura Manipulation which gives you tools to transform and shape your Aura. This part will be good for Direct Magicians as it can well fit to their model.

#### ***Aura Barrier***

This is basic protection for Aura Magicians. First of all you have to relax and feel the Aura around your body. When you succeed, you can start slowly expanding your Aura around your body to the shape of sphere. This is also very good practice when you feel sad or sick, not speaking about Astral strength of such barrier.

This is also very basic technique of Aura Manipulation and every else technique quite follows in this manner.

### ***Invisibility***

By transforming your Aura you can also get some sort of “invisibility”. It's not invisibility in a physical sense, it's more like you will remain unnoticed...

Let's put it this way... You stand near bar and wait a very long time to get a drink while other people get a drink even when they just arrived. You meet someone and after few minutes that person even doesn't remember ever speaking with you. This can be very depressive, but sometimes also very helpful. Imagine never getting ticket for black ride again or never get stopped by those annoying people in subway trying to sell you some insurance.

How to do it? Answer is simple :-). People with smaller Aura are less likely to be noticed. In Aura Barrier you have learned how to grow your Aura into a big sphere, here you have to learn how to “pack” it and make it as small as possible.

On the other side, if you want to make your idea work without putting much effort in protecting it, make your Aura big and huge. Bigger your Aura is, more visible you are and also people will more likely stick to you and to your plans.

### ***Aura Transformation***

When you have learned basic method how to see or sense Aura and how to expand it, here is another tip. Aura is an energetic cover of our body and by default, it appears in the same manner as our body. While making Aura expand like in Aura Barrier, you can also change its shape.

Let's make this experiment. Let's expand your Aura and then shape it to lion or something people will most likely avoid (Quasimodo, group of angry police officers, whatever suits you). When you are ready try to go through a street full of people. If you get from point A to point B without any stop or need of avoiding people, you have just learned this trick. Don't forget that even when people usually don't see the Aura, they subconsciously feel it and react to it. Let's also make sure that you have a poker face so you are sure that people avoid you because of your Aura and not because you look at them like you're gonna shoot.

Different approach is to shape your Aura as something nice (rose, tree, heart) to attract people to you. Good to mention that you can also use Astral colors or smells to modify your Aura even more.

### *Aura Connection*

This one is my personal invention I warn you that you should take this seriously before trying it. Aura Connection is the simplest method of healing others based on the fact that Aura of ill person is usually weaker than Aura of healthy individual. By connecting two Auras you will make them to balance themselves between each other (I guess you see the problem now).

Touch person you want to connect with (easiest is to hold your palm on person's chest on heart chakra). Feel Aura around your body and also feel the whole Aura of the other person. Now comes the tricky part. Erase the border between Auras and Aura just one. You have to feel shape of such connected Aura in a perfect sense. You can easily say it works because you will lose a lot of energy (AM usually uses only your own energy, so if you want to use some external source, draw in the energy into yourself in advance).

There are more side-effects. By balancing Auras this way symptoms of disease you are curing can also manifest on you, that's also why it's important to know how to ground negative energies.

This is unfortunately out of the scope of Initiation Into Aura Magick so let's just stick with Aura Barrier or one of your own practices.