

# Physical Meditation: How to "Feel" Meditation, for Those Who Don't

HP Hooded Cobra 666

June 15, 2021

Feeling meditation will take time for quite a few people. Not everyone is going to feel this right away. There are many contributing factors to this.

Among them are general health, bodily density, predisposition, and so on. As one meditates, slowly, the mind will open up to the reception of the new [and quite alien for the physical body] energies.

The so-called "calcification" of the Pineal gland, plays a role here too, same as density created in the body by food, alcohol and other things.

The body can in some people have reactions that are instant [these will be felt] and for others, this can take a while. In some cases, it might take months or years.

A foolproof way to experience benefits from meditation, which will slowly awaken the nervous system and progressively the soul, is to apply Physical Meditation to your regimes. What is physical meditation? It is what the title says. Meditation that is oriented to the physical body, as the first focus.

These Include:

Hatha Yoga. There is no way one will not feel the calmness and relief from this. It will take time, but you will. Eventually, you will feel the "Buzz" from it. Kundalini Yoga. Same as above.

Breathing exercises. No matter how dense one's body might be, this will definitely work its way also to cause you positive effects from meditation. All of this, has to be maintained, by the way.

Void Meditation. If you are a very physically oriented person, it doesn't matter. Void is going to work. When you first do it, you might question what the fuck you are even doing, and thoughts like that. These thoughts are essentially the mind questioning itself for entering a more relaxed state, or out of worry. As void meditation is progressed into, your sensitivity will rise.

Tai Chi or Qi Gong. These border on nonphysical practices, but are some of the easiest ways to feel your "chi". These can be combined with these above so the mind starts understanding about the Chi.

Visualizing of drawing energy from the Sun: Even if not perfect, this is a very simple and foolproof method to give light to the soul. The details may not be understood, but it will do its work. This is the reason the majority of people in the Ancient Times was doing things like the "Sun Salutation" every morning, as part of daily ritual.

Lastly, for those that might be in doubt of themselves, know for a fact, these abilities do exist in all human beings.

As with math or anything else, the more distant one is from these, a little more effort is needed to get to these. Eventually it will happen for every person who devotes themselves to these.

On a final note, some people may also not know exactly what to experience and if it is a spiritual feeling or not. This will come after a while. An example is, you do your breathing exercises, and you feel elation after doing them for a very long time, but you don't understand the spiritual effects of this, or people discard these as simple. That's the surface of these.

After doing months of daily Hatha, you will have far better physical and material circulation and so on. All these things, the more the soul 'awakens' itself, will have more depth to them as practices, and be felt different by the soul and the body.

The mind has to slowly be taught that the higher level of being does exist. This takes a while, because the brain has been conditioned to solely accept the material body as an existing body.

The Norse do have a myth that the human being [or the soul] was trapped in a block of ice [Ragnarok as a symbolic state], and the only thing that survives after this [and gives birth to the new world] is primarily, Thor's Thunder. This is the bioelectricity and it's a theme of all the Ancient Religions.

Ice, however it might be water, it still represents stillness and the element of water in the soul being 'solidified', long story short, density. This is "purified" through warmth and Thor's electricity, i.e., bioelectricity. Eventually the ice will melt, and you will come out of this. Of course, after one comes out, they will be at best really, really numb.

This deals with the feeling of "Not feeling" much if at all from meditation. Regardless, one has to continue meditating to get the voltage going and then move past this "unfeelingness".

The way to cure this, is with progressive rising of the bio-electricity of the body, i.e., with methods described above. Then it's bound to happen sooner or sometime later, so one has to insist.

© Joy of Satan Ministries  
[www.joyofsatan.org](http://www.joyofsatan.org)

---