

Preface

The foundation of Spiritual Satanism is Power meditation. Satanism is based upon the true transformation of the soul through power meditation. Through power meditation, we work to complete our Creator Satan's unfinished work on humanity, that of reaching the godhead. The greatest working of meditation is the complete transformation of the human soul; the Magnum Opus, that is the underlying message of nearly all legends of the Gods, and the occult. The Magnum Opus is reaching physical and spiritual perfection and becoming immortal as are the Gods. Satan was prevented from finishing his work on humanity. Spiritual Satanism is all about completing this work.

Christianity was invented to remove spiritual and occult knowledge from the populace and place this power in the hands of a "chosen" few to the detriment of all humanity. The powers of the mind and soul are very real. People who are unaware of or who do not believe in these powers are easy to control and manipulate by those who are skilled in using these energies.

The serpent, a symbol of Satan represents the fiery kundalini force coiled at the base of the spine, which upon ascending, transforms the human mind and soul to a much higher level of understanding and ability. This is the true meaning of "Raising the Devil." The Serpent symbol of Satan also represents the DNA helix of life.

The Original Gods [Demons] were unjustly labeled as monsters and branded as "evil" to keep humanity from spiritual knowledge. Because of this, the human race has drastically degenerated both spiritually and intellectually.

Magick, sorcery, spells, witchcraft, etc., are all powers of the mind. The success of any working depends upon the strength and power of the operator's mind, aura, mental concentration, and his/her ability to sense and direct energy. Understanding energy, discerning between different energies, invoking, evoking, and directing energy is the foundation of all "magick." This comes through power meditation. How diligently and consistently one applies one's self to a program of power meditation will determine how powerful one's workings are.

Satanic Power Meditation, Volume I instructs in the foundations for beginning meditation, reveals the structure, functions and powers of the human soul and the effects of power meditation on the human soul and mind.

Satanic Power Meditation Volume One

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TABLE OF CONTENTS

PART I

THE HUMAN SOUL	5
Satanism and Kundalini	7
The Fourth Dimension	11
Physics of the Soul	13
Occult Power in the Brain	15
Aspects of the Soul	17
The Chakras	19
Opening the Chakras	25
Opening the Third Eye	27
The Third Eye	29
Opening the Sixth Chakra	30
Opening the Crown Chakra	31
Opening the Throat chakra	33
Opening the Heart chakra	35
Opening the Solar Plexus Chakra	37
Opening the Sacral Chakra	39
Opening the Base Chakra	41
Opening the 8 th and 9 th Chakras	43
Opening and Aligning the 10 th and 11 th Temple Chakras	45
Opening and Aligning the 12 th and 13 th Hip Chakras	45
Opening the Hand Chakras	47
Opening the Feet Chakras	49
Correct Chakra Alignment	51
Opening the Clairaudience Chakras	55
Opening the Astral Eyes Chakras	57

PART II

FOUNDATION MEDITATIONS	59
Satanism and Power Meditation	61
Basic Meditation Program	63
Preparing the Mind for Meditation	65
Trance	67
Brainwaves	69

Foundation Meditation	71
Energy Meditation	73
How to Clean Your Aura	75
Satanic Void Meditation	77
EZ Chakra Spin	81
The Full Chakra Meditation	83
Sound Meditation	99
Directing Energy from Azazel	101
How to Close your Chakras	103
Flame Meditation	105
Breathing Exercises for Satanists	107

Part I
The Human Soul

Satanism and Kundalini

Bioelectricity, what it is and what it does:

Bioelectricity is also known as the life force, the chi, the body electric, prana, the aura, the spirit, witch power, etc. There are many different names for this energy.

Our bodies run on bioelectricity. Thoughts are electrical impulses in the brain. The brain runs on bioelectricity. When this electricity becomes imbalanced, one has seizures.

The amount of bioelectricity an individual has, determines the degree of their physical, psychological and spiritual health. People, who are ill or depressed, have lesser amounts of bioelectricity. Depression all by itself, is a symptom of too little bioelectricity.

Bioelectricity increases our energy, our immunity to disease, our charisma, instills a positive outlook, and strengthens our thought power. With increased bioelectricity, our thoughts (electrical impulses) become stronger and are more able to manifest themselves in reality.

Some examples of bioelectricity include:

- Buddhist monks, who sat motionless in the street, (protesters), were soaked with gasoline and lit on fire. They continued to sit still and burn to death.
- Martial artists: busting through concrete with their fists, knife hand "karate chop," enduring major, crushing, and lethal blows, unharmed.
- Dim Mak: the deadly martial art of inflicting light specific blows to chi (a variation of bioelectricity) meridians (acupressure points of bioelectric energy flow) during specific times that can cause delayed death, sometimes up to five months later.
- When the mind, through fear, panics, or when one is in a life and death situation, this sometimes enables an individual to lift extremely heavy objects, for example, back end of a car, that under normal conditions, would be impossible.
- Telekinesis- The ability to move objects with the mind
- Pyrokinesis- The ability to set things on fire with the mind
- Electrokinetics- The ability to control objects, such as computers that run on electricity

- Levitation- Some martial arts and yoga masters have the ability to levitate their bodies into the air.

The strength of one's bioelectricity is the foundation of all magickal success. Old spells with strange ingredients have little or nothing to do with the success of a magickal working, the success depends upon the strength of the mind and the aura (the bioelectrical field) that with proper focus and direction, will affect one's environment and others.

Those known as the Gods (very powerful and advanced extra-terrestrials who have genetically modified their DNA so they do not age), have much of this very energy. Lucifer is known as "the shining one." Many of these Gods "known as Demons" are radiant with this very energy. The hieroglyphs on the walls in the Egyptian temples, tombs and inside the Egyptian Pyramids explain how important this energy is in becoming a God.

Reaching true Godhead is difficult and requires consistent hard work and dedication. Mastery of the mind is essential. The spirit, as long as you are alive, is a part of the physical self. Yes, many of us can astral project (leave our bodies at will), BUT, the physical self acts to empower the soul as long as we are alive. My experience with the dead is they do not evolve in power any more, beyond what they had when they were alive. A spirit remains a spirit until they reincarnate physically. Only through the strength of the soul (powerful bioelectricity), will one ascend into godhood.

Kundalini and the chakras:

Kundalini is the highest form of yoga. It is a god thing. All of the tenets of Yoga, Buddhism, Hinduism, etc., and the western religions, preach helplessness, instruct one on how to be a total victim, and try to make sure the results obtained from these disciplines are kept under strict control, if obtained at all. Sacred writings ("Hiero" means "Holy" and "glyph" means "symbol") left for us in Egypt (one of the original centers of True Satanism) are instructions for becoming a god.

The objective of mainstream religions, both east and west, is to keep humanity enslaved and powerless. These religions use fear is used as a tool. "Karma" this, and "Karma" that. Satanism does not preach helplessness. Satan is brilliant, fearless, incredibly strong, and defiant. He rebels against limitations placed upon freedom.

The Chakras

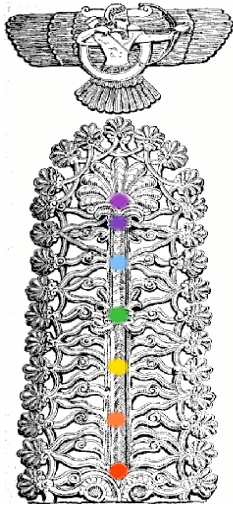
There are seven major chakras located along the spine that are the most powerful. Six smaller, but equally powerful chakras are located on each side of the hips, shoulders, and the temples behind the eyes on the sides of the head.

The most powerful of these are the shoulder chakras. Chakras function to empower the soul with energy. These thirteen chakras are essential to life. No one can live without them.

The seven chakras along the spine are the "seven seals," written about in the Christian bible book of "Revelation." These are "The seven lamps of fire that burn before the throne of God." In many grimoires and ancient texts, the code word for "chakra/s" is "God/s." For example, references to certain "words of power" that "command the gods." "God" is also a code word for one's self.

The authors of Judeo/Christian Bible perverted and corrupted all spiritual knowledge in attempts to systematically remove all of this from the populace. This knowledge has been kept in and exploited by a "chosen" few to the detriment of humanity.

The "Tree of Life" predates Judeo/Christianity by thousands of years. The "Tree of Life" is actually a map of the human soul. The trunk symbolizes the spine and the branches represent the 144,000 nadis that circulate the chi/witchpower. The serpent seen in the caduceus used both by the American Medical Association and in Veterinary medicine represents the kundalini force. Unfortunately, this most sacred symbol which represents healing at all levels has been heinously blasphemed and corrupted by Judeo/Christianity.



They are also referred to as "seals" because the enemy aliens sealed them in humanity to prevent our acquisition of godly power and knowledge. We have been cut off from spirituality and the astral world. Thousands of years ago, we were as the Gods, until the earth was attacked and there was "war in heaven." Our being sealed has caused the human race to degenerate. Imbalances in this energy and blockages, along with holes in the aura cause drug and alcohol addiction, depression, a lack of concern for the feelings of others and other forms of life, abusive behavior and many other things that plague humanity.

Kundalini

The SERPENT OF FIRE is the symbol of kundalini. It lies dormant, coiled at the base of the spine, beneath the Muladhara chakra. The objective is to ascend the serpent (powerhouse of energy) from the base of the spine, through all the seven chakras and out through the crown chakra at the top of the head. In order to do this safely, all seven chakras must be completely open and unobstructed.

In order to handle a large amount of bioelectricity safely, one's body must be strong and all of the seven chakras must be fully open.

Kundalini is the life force and is very sexual in nature. This is the reason the Christian church and other RHP religions ban masturbation and all forms of sex. Sex is the creative power; it is one's use of the life force to create another human being. When one is trained and adept, the use of this force can be applied to many other objectives.

Hatha (physical) yoga can be a big help in stimulating and opening the chakras and very recommended. By increasing our level of physical flexibility, the life force flows easier. One only needs to look at the stiffness of old age and the ill health that accompanies it, old age precedes death.

There are many different methods of awakening this power. Some of these include:

- Chanting- Vibration is very powerful. The power of sound can break glass, weaken steel, and cement structures. Vibrations cause the chakras to open and stimulate the kundalini at the base of the spine.
- Controlled Breathing (pranyama) - Different methods of controlled breathing are specific to each chakra. We are all aware how important the breath is to the life force. The Egyptian God Thoth has said many times "Life is in the Breath."
- Visualization and concentration- Through visualizing and focusing our minds on each chakra, we can open, close, and control them.
- Revamping the bioelectricity ideally, should be done slowly and gradually. One's physical and spiritual self is accustomed to operating on a certain voltage of bioelectricity.

Increased Bioelectricity:

- Can induce intense bliss.
- Strengthens and intensifies the aura.
- Gives a feeling of lightness, floating, glowing and assists in astral projection (where one wills one's soul to leave one's body and return safely).
- Opens one's mind for spirit contact and telepathic communication. Will enable one to resist disease and also provide the power to heal one's self.
- Protects the immune system.
- Provides the power to work magick- true magick without props- empty handed. This is the art of the true adept. Ceremony is unnecessary.

LIMITATIONS ARE NOT A PART OF SATANISM.

The Fourth Dimension

The Fourth dimension is what we experience when we astral project, enter a portal to another time, or experience in an altered state. It is also a level of being in that with a powerful mind and soul, what we think or desire for better or worse often comes to pass, so it is important to maintain a positive frame of mind and control our thoughts.

When someone breaks a limb, the limb is placed in a cast. When the cast is removed, the limb is withered, shriveled, and needs rehabilitation in order to retain its former range of movement and strength.

Meditation opens a part of our mind that is defunct. Centuries of xian religious control have made most of us unaware of the fourth dimension, both psychically and scientifically. As humans, we can only see a small portion of the electromagnetic spectrum. Insects can see ultraviolet light. Certain animals can sense many things that a human cannot. Just because someone cannot see or hear something, that does not mean it doesn't exist, as with ultraviolet light, X-rays, gamma rays and other forms of energy.

When we open our minds, it takes time for us to adjust. I have had a lifetime of being psychic. Even though I was an atheist, I always had another sense, though I tuned out the spirit world. In coming to Satan, the so-called supernatural increased 100 fold in my life. What is a typical day to many of us would completely freak out the average person. The supernatural becomes a part of our everyday life.

Hearing voices and seeing things are the most common manifestation of opening up our minds. This will pass eventually and come under control. This is like physical exercise. At first, you are sore, and then, things come together.

With performing power meditations for given any length of time (they should be done every day), you will experience some serious power. You will no longer need props, spells, or rituals to get what you want. I was reading where this CoS member wrote where LaVey advised people to use props in order to "amplify" emotions and energy. For those of us who do these mediations, this is unnecessary. Your intentions will not need to be amplified. If anything, you will find your emotions and personal power will need to be controlled and toned down. You will see what I mean if you are doing the meditations consistently.

Physics of the Soul

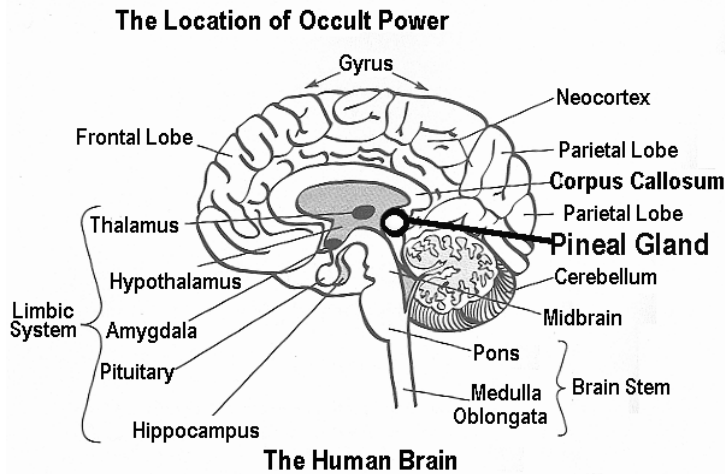
There is a sub-atomic particle, discovered in 1956, called the neutrino. This particle, because of its extremely tiny size, and elusive behavior is difficult for scientists to study. The missing 9/10ths of the universe is thought to be comprised of neutrinos and neutrino-like particles. Although neutrinos have mass, they pass right through physical matter. It has been estimated that a neutrino from the sun would stand a good chance of penetrating a thickness of lead stretching from Earth to the nearest star without colliding with anything.

Recent developments in physics, astronomy, and neurology provide an unexpected breakthrough into the understanding of psychic and paranormal phenomena. The atoms of our physical bodies contain the much finer and faster vibrating neutrinos and neutrino-like particles. These finer and faster vibrating particles compose the substance of the soul, that is joined to our physical body by a magnetic cord that breaks at the moment of death. The soul breaks loose from the body when the body is no longer able to function as a home for it.

When one applies one's self to consistent power meditation, one's chakras vibrate at faster speeds. This takes training, preparation, and readiness, but through the higher speeds, approaching the speed of light, one is able to access other dimensions at will.

Humanity currently resides in a lower dimension. This has much to do with our earth and its position in space. In higher dimensions, colors, shapes, sounds, and thoughts are more vivid. One can see through walls and have the sensation of omnipresence. Telepathy is extremely enhanced and other senses become much stronger and more open beyond anything most people have experienced.

Occult Power in the Brain



The pineal gland is the part of the brain that empowers what is known as the "sixth sense" and other paranormal abilities. It is also the center of bliss sensations and is known as "the seat of the soul." The pineal gland is defunct in the average person. A defunct pineal gland is analogous to a severed spinal cord where the brain cannot send messages to move the body

parts beneath the area that has been severed. The only difference is it affects the soul. In order to activate the pineal gland, power meditations must be done regularly. It takes time to empower this gland and to activate it and use it. The pineal gland works in conjunction with the pituitary gland. Both of these glands are stimulated through the opening of the crown meditation.

The Pineal and Pituitary adapt and lower the frequency of bioelectrical currents. They are psychic energy transformers. Psychic energy enters through the higher chakras, and descends down through the crown chakra where it enters the pineal gland in the brain. As it enters the brain, the rate of vibration is slowed down. An active pineal gland acts as a transformer that further slows down the energy to a lower frequency. The energy then enters and moves from the hypothalamus region of the brain into the pituitary gland. The pituitary further transforms the energy to an even lower frequency so that it can be assimilated and read by the brain.

The Corpus Collosum works to exchange information between both hemispheres of the brain. Most humans do not use the right side of the brain, as we live in a left-brained world. Void meditation silences the left side of thinking and logic, and opens us to the right side, which is the intuitive/psychic side.

Light is essential to the soul. So much negativity has been associated with light because of Christian corruption of ancient teachings, and the new age movement. Light is connected with lightening which is symbolic of the creation and is an age-old symbol of Satan- the lightning bolt. We can travel on light and use light for our own purposes. When the pineal gland is activated and expands, the sensation is extremely blissful. An activated pineal gland will drastically increase your powers and psychic awareness. I accomplished this through rotation of condensed chi/witchpower. This is an advanced meditation and in Volume III of this series. This is a major step in the transformation of the soul and will permanently change the aura.

Aspects of the Soul

Several different aspects make up the human soul. These are the aura, the light body, the chakras, the ethereal double, (the ghost that takes on the image of the physical body), and the intelligence/consciousness. The human soul is also made up of the elements fire, earth, air, water, and quintessence.

In doing research, I have found major discrepancies among authors as to the specific aspects of the KA, the BA, the AKH and the SAHU- the parts of soul as defined by the Ancient Egyptians. From what I can gather, the real meaning of the Egyptian concept of the "REN" is the individual vibration of the soul. This has to do with the Egyptian Kabalah (KA BA AKH). The original Kabalah was Egyptian and the purpose was meditation upon the different aspects of the soul, both separately and together in combinations. This form of meditation is advanced.

The human soul can at will be divided during meditation. This is what occurs with deliberate astral projection or involuntary "out of the body" experiences. Just as the soul can be divided, it can be reunited at will. The soul can be merged with the soul of another person.

The aura can be expended and contracted at will. It can be programmed to attract or repel anything at will. The aura can be programmed by will to act upon the aura of another for better or worse. Our auras act as a filter/barrier to protect us spiritually.

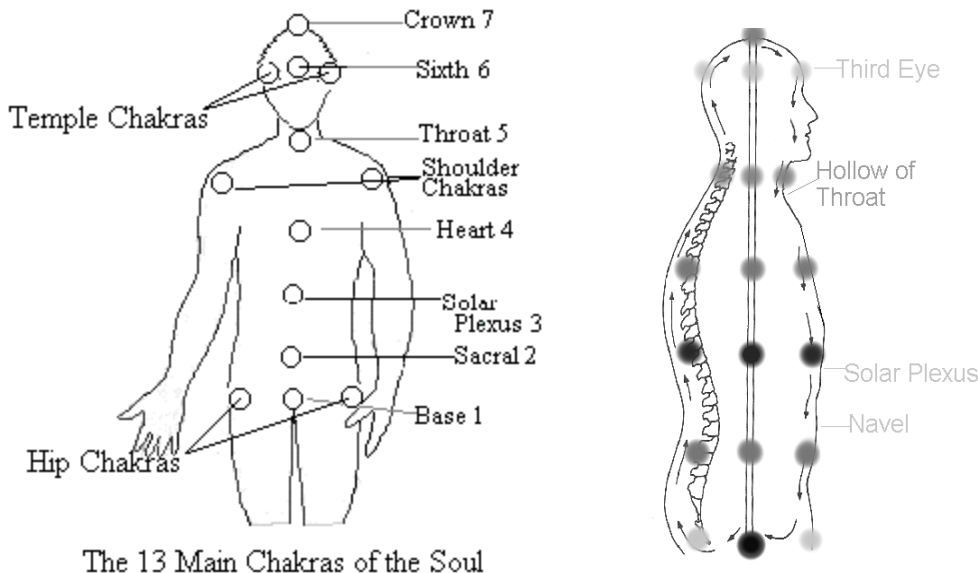
Each aspect of the soul can be meditated upon separately and empowered. Each aspect can invoke and hold each of the elements. This is very advanced and can be dangerous if one does not know what one is doing.



The images at left illustrate two main parts of the soul, the aura on the left and the light body on the right. The aura radiates to the outside of and is an illuminated outline of the body, the light body glows from within. The power, size, and intensity of both depend on the strength of the soul and the life force (chi/witchpower). Bear in mind, the light body is shapeless. Though both illustrations are white light, these bodies can be of any color and can change color as to moods, health, emotions, and so forth. They can also be of more than one color.

The above, I write from my own direct experiences and not theory.

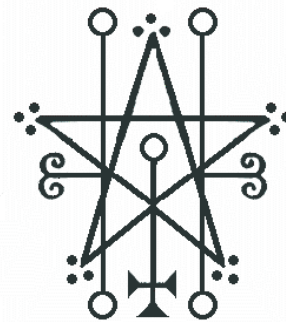
The Chakras



The 13 Main Chakras of the Soul

There are 13 main chakras, with the seven located extending along the spine as the most powerful; the shoulder chakras being close to the spinal chakras in power and the hip and temple chakras supporting these.

The temple, hip and shoulder chakras make up the "Pillars" of the "Temple of Solomon." 666 is the Kabbalistic square of the Sun. The true meaning of the "Temple of Solomon" is the TEMPLE OF THE SUN. "Sol" "Om" and "On" are all words for the Sun. "Sol" is the Latin word for the Sun and is close to the English word "soul." "Om" is a name given by the Hindus to the Spiritual Sun and "On" is an Egyptian word for Sun. The symbolism of the Temple of Solomon is correctly the transformed human soul, but was stolen and corrupted by the Jews and made into another false Jewish character, as with the fictitious nazarene, and nearly everything in the Judeo/Christian Bible. The Sun represents the enlightened, transformed, and empowered soul. A diagram of the human soul can be seen in Astaroth's Sigil at right. The two bars on each side are the pillars of positive and negative energy on each side of the human soul- the black and white of yin and yang and the checkerboard; the glyph for Venus symbolizes the heart chakra. The five points of Astaroth's Sigil represent the five elements, fire, earth, air, water, and quintessence invoked into the three all-important knots of the soul. This has to do with the Tarot, Note As**TAROT**h which was taken from its Ancient Egyptian origins and hideously corrupted into the Jewish "Torah" or "Pentateuch" and "Five Books of Moses" nonsense.



The human soul is in the shape of an equal armed cross. This is represented by "The Four Quarters" The "Four Directions" and the Four Crowned Princes of Hell in rituals.

- The front of the body/soul is the North, ruled by the element of earth.
- The rear/backside of the body is the South, ruled by the element of Fire
- The left side of the body is the Negative Pole. Through the left hand, we take in energy. The left side is ruled over by the element of water and is the direction west.
- The right side is the Positive Pole and is ruled over by the element of air. We direct energy through our right hand.
- The element of Quintessence/either is in the center
- Fire and Air are electric
- Water and Earth are magnetic

Each of the seven main chakras has a specific function and power. All of the chakras, both major and minor directly affect the organs of the body that they are in proximity with. This is a reciprocal relationship in regards to health, as an unhealthy organ will affect the power of the chakra and visa versa.

Kundalini lies coiled at the base of the spine beneath the base chakra located at the tailbone. Kundalini lies dormant until it is stimulated through power meditation or in rare cases, it ascends through accident, being either physical injury or other trauma.

Each chakra is in the shape of a small funnel, like a miniature tornado. The chakras are always spinning unless one wills them to stop as in some methods of astral projection.

A basic overview of the seven main chakras:

1. The base/root chakra known in Sanskrit as the "Muladhara" controls the bowels, the bladder, lower colon, legs, and adrenal glands. This chakra is red in color. Its element is earth, its metal is lead, and it is ruled by the planet Saturn. It is the first of the three knots, the others are located at the heart and at the sixth chakra behind the third eye. This chakra gives stability and grounding. It rules over survival and base instincts. The base chakra gives us the will to survive, our basic self-image, and sense of security. Anger and rage emanate from this chakra, thus the phrase "seeing red." The first three chakras are most influential in workings of black magick.
2. The sacral chakra known in Sanskrit as the "Svadhithana" is also known as the sexual chakra. This chakra is orange in color and controls sexual lust, the sexual and reproductive organs, the lower abdomen, and kidneys. Its element is water and its metal is iron. It is ruled over by the planet

Mars. It influences pleasure, indulgence, sexuality, and creativity. The sacral and solar chakras empower workings of sex magick.

3. The solar plexus chakra known in Sanskrit as the "Manipura" is the chakra of the will. This is where the fighting power emanates. It rules over the digestive system, the stomach, the pancreas, and the muscles. The solar chakra is yellow in color and ruled by the Sun. Its element is fire and its metal is gold. Here is the chakra one uses to impress one's will upon another. This chakra is the '666' chakra; the powerhouse of the soul.
4. The heart chakra known in Sanskrit as the Anahata. It is ruled over by the planet Venus, its metal is copper, and its element is air. It controls the love emotion, the thymus gland, the lungs, and the heart. It controls the circulatory system of the soul.

Now as we know as Satanists, the New Age movement is not only off base, but lacks a lot of knowledge. We hear this incessant message of "love" ad nauseum, of how the heart chakra is the "love" chakra-compassion, self-sacrifice, giving, etc. This is a delusion.

The heart chakra neuter and is the connection point between the upper and lower chakras, like the corpus collosum connects both hemispheres of the brain. The upper chakras deal with the astral; astral sight and telepathy, connecting with others psychically and transferring one's will, sending receiving telepathic messages (3rd eye), astral hearing and communication (throat) and astral knowledge and understanding of the universe (the crown).

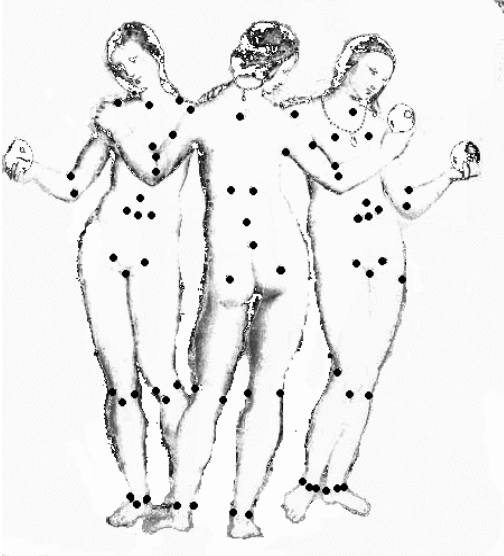
The lower chakras deal with earthly matters- survival (base), sexuality, creativity (2nd) and the will, rebellion (3rd).

The Gods and Pharaohs of Ancient Egypt are often seen with their arms crossed over their chests. This symbolizes protection of the heart chakra. The nazarene who is an enemy to humanity is always seen with his arms open and many paintings with the virgin bitch- same thing- exposing the heart chakra so humans can be psychically victimized.

New age teachings are corrupted and incomplete. What the enemy fears the most is humanity having the knowledge to defend ourselves as a whole and the self-esteem to REFUSE to be slaves.

5. The throat chakra known as the Visuddha in Sanskrit, rules over the neck, thyroid gland, throat, mouth, voice, ears, hearing, and trachea. This chakra is sky blue in color and rules over communication, intellect, and self-expression. Its planet is Mercury, its metal is liquid Mercury or quicksilver, and its element is air. This chakra also rules over clairaudience [psychic hearing], and is the seat of emotion.

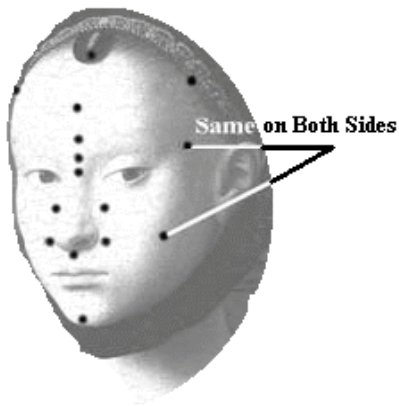
6. The sixth chakra known as the Ajna in Sanskrit is located directly behind the third eye. The third eye is an extension of this chakra and rules the psychic sight. This chakra is the psychic seat of the soul. When activated, it will often light up brilliantly. It rules over the eyes, both physical and astral vision and the pineal gland. It is violet-blue/indigo in color, its element is the ether, its metal is silver, its and its planet is the Moon. This chakra is where the ida and pingala meet and is the psychic seat of the soul. In some workings, energy is directed from the base chakra, up the spine to the sixth chakra and projected out the third eye, as seen in many Egyptian hieroglyphs.
7. The crown chakra known as the Sahasrara in Sanskrit is at the top of the head, right on top. It is violet in color, it rules over the brain, the pituitary, the nervous system. In allegory, its symbol is the thousand-petalled lotus. This symbol goes back to Ancient Egypt. This chakra induces bliss states. Demons informed me it is ruled by the element of water. This chakra rules over all of the psychic senses. When it is opened and activated, one may hear astral voices.



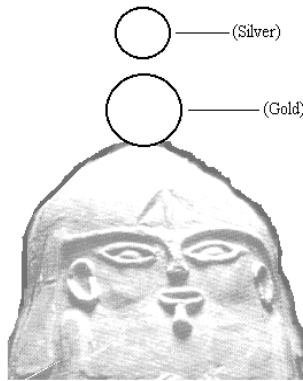
Minor Chakras of the body



Minor Heart Chakras



Minor Chakras of the Face



Minor Chakras above the head

Opening the Chakras

These meditations have been revised. Azazel who is a Master of Spiritual Alchemy worked with me in detail on each one of them. They are extremely powerful and often, the effects can be felt hours later. It is important to follow instructions and if you are new to power meditation, to go slow. If you have already done the former Awakening meditations, it is fine to do these. Quite a few people reported little or no effects from the former meditations that were taken from books.

There are a certain number of repetitions for each exercise. If you find you are getting over stimulated, it is advised you end the exercise and back off. The exercise can be resumed at a later date while you give your nervous system time to adjust to the increased life force. It is strongly recommended to give yourself a few days or more between each exercise.

People who have problems with seizures/epilepsy, or who are on psychiatric medications should not perform any of these power meditations, with the exception of void meditation, unless given the ok by their physician. They are highly effective in opening the chakras and stimulating the kundalini. These new meditations are filled with Satanic energy. Those who have not dedicated or are outsiders should give this consideration. For dedicated Satanists, the effects should be very positive in opening and empowering the chakras and in increasing personal power.

These meditations can produce very rapid results. Standard kundalini meditations of the New Age variety can take years to have a pronounced effect. These meditations, like Satanism are the real thing. Void meditation is highly recommended in order to control the thoughts and mind that will be stimulated by the opening of the chakras.

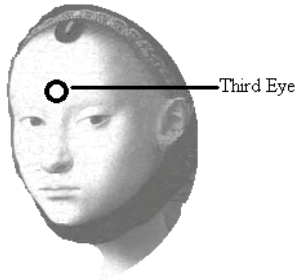
- There are a certain number of repetitions for each exercise. If you find you are getting over stimulated, it is advised you end the exercise and back off. The exercise can be resumed at a later date while you give your nervous system time to adjust to the increased life force.
- The meditations are performed with specific chants for each chakra. Each chant is based on the Yogic Humming Breath. With this breath, you inhale to fill your lungs and with the exhale, you vibrate the chant until you are out of breath, then you breathe in and fill your lungs as before:
 - This breath is normally used with the throat chakra;
 - Inhale through your nose, filling your lungs
 - Exhale on one long vibration, this will draw out the exhale
 - Breathe in again and repeat.

- Some of the chants/vibrations are based upon runes. Runes are based upon the constellations and are the most ancient of alphabets. They are the original form of writing and the cuneiform script was derived from them.* Many of the runes can still be seen in the cuneiform characters. The runes have always been an abomination to the xian church, more so than with any other form of magick.
- For the first through fourth chakras, it is necessary to apply what is known as the "Jalandhara Bandha." This is where you nod your head and press your chin firmly, but gently against your chest. This greatly facilitates the effects of the chants in the lower chakras.
- Mudras (hand positions) are used as these connect certain circuits within the fingers and redirect the life force to the chakra being opened.

You should focus on the chakras in the middle of your body. Extensions are along the spine and in the front of the body. Opening and empowering these are more advanced and specific meditations are given in the advanced meditation volume. Too much stimulation right away is undesirable. Everyone comes to Satanism on different levels. Those of us who empowered our souls in past lives will be much more sensitive to the meditations. This is inborn, but anyone who performs the following exercises will eventually open their chakras.

* From Azazel

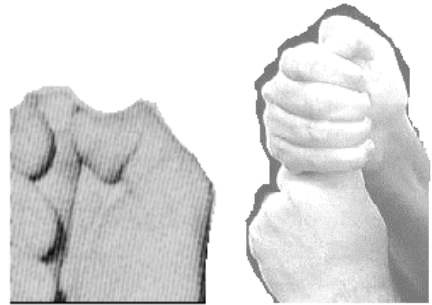
Opening the Third Eye



This exercise is done with a specific tone and chant. You need to do this exercise for 4 days in a row. Regular meditation on the third eye should follow to completely open it up and establish an energy uptake. This exercise only gets it going. Further work is needed and must be consistent to reap maximum results.

1. Sit with your back straight.

2. Place your hands in the position as shown in the photo. Your for people who are right handed, your right hand should make a fist around your left index finger; for people who are left-handed, your left hand should make a fist around your right index finger. The thumbnail should press on



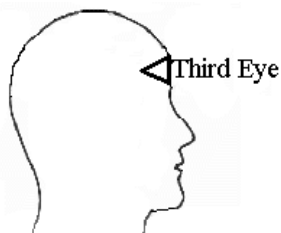
the side of the finger as shown, at the spot where the cuticle ends. When you feel a very faint electrical shock, you will know you have the correct spot. Don't get discouraged if you cannot find it. It should be apparent in those who have naturally stronger auras. What this does is redirect the flow of energy to the third eye. This mudra can be used at any time during regular meditation on the third eye. Keep this position throughout the meditation.

3. Breathe in through your nose and on the exhale vibrate "Thoth." Thoth is the Moon God and the ruler of the 6th chakra and third eye is the moon. Release your breath slowly through your mouth and vibrate:
TH-TH-TH-TH-OH-OH-OH-TH-TH-TH in one long exhale (vibrate the sound one time per exhale, as with the Yogic "humming breath").

Now this is important. Keep the TH and OH sounding at the same time. You should be making the TH sound all throughout the exhale.

Your tongue will be vibrating between your teeth. It may take a few seconds to adjust this to where you feel it in the middle of your forehead (3rd eye), don't worry, just keep on going.

Try to get it to the correct vibration where you can feel it in your forehead. This can take some experimenting. Just do the best you can. You may have to try as many as ten to fifteen times or more to get it right.



4. Do the above 4 times in a row and then relax.

5. Now, align your third eye correctly by visualizing it point end facing inside as illustrated at left.

6. It is very important the above exercise be done for

FOUR consecutive days, preferably 24 hours apart. Then it is a done deal and you will have performed the initial step of opening and activating your third eye.

7. After you are finished, it is important to meditate on your third eye to get the energy flowing, this way it will fully open.

Just close your eyes and "look" at the 3rd eye in the middle of your forehead. It is important to relax and not to strain your eye muscles, even though your eyes are closed. At first, there is usually just blackness depending on how active your 3rd eye is, then possibly swirling colors and shapes like a kaleidoscope. Like scrying into a mirror, the colors and shapes will give way to images when you do the meditation long enough and regularly. Remember to keep your gaze soft and relaxed. Feeling pressure here or a knot is normal after the above exercise is completed. This usually diminishes in time.

WHAT YOU CAN EXPECT:

1. One of the first experiences is a headache or pressure in the center of the forehead. This sensation may also feel like it is originating from within, usually an inch or more beneath the surface of the forehead as it affects the sixth chakra. This is a positive indication the pineal gland is awakening and beginning to function in a healthy manner.

You may also find you can feel this ache or pressure whenever you focus your attention on your third eye or meditate on your third eye. This is perfectly normal and eases with time.

*Some people can experience a migraine lasting several hours. The severity of the side effects will depend on how atrophied your pineal gland is to begin with.

The Third Eye

The 3rd Eye is directly related to the 6th chakra and the pineal gland. It is located on the middle of the forehead above the brows and along with the 6th chakra that sets in back of the third eye and the pineal gland, it is the psychic sight of the soul.

In the average person, the pineal gland is atrophied and dormant. Because of centuries of humanity being cut off from practicing power meditation where energy is circulated like blood where it is needed, many areas of the human soul have ceased to function - another sad result of xianity.

The third eye contains the last of the three knots. Once this knot is open and energy flows through, the crown chakra is easy to open. The third eye contains the astral sight. Through the third eye, astral images are transferred to the brain. The third eye is also important in telepathy and influencing others. I have found in willing others, thought energy should strongly be directed to the other person's third eye, even though this cannot be seen. The third eye is receptive to energy directed at it.

The third eye, along with the sixth chakra, controls the eyesight, the sinuses, and the skin. It is with the third eye that we can see auras, do scrying, and see energy. The pineal gland and the sixth chakra are behind the third eye.

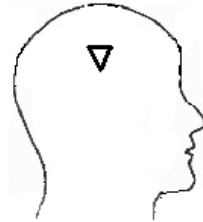
The third eye is the front of the 6th chakra. The 6th chakra is where the ida and pingala serpents meet. When the kundalini pierces this chakra, it opens the last of the three knots. A flash of light is often experienced when this occurs. Opening the 3rd eye is a major step in consciousness. Opening the Crown Chakra

Opening the Sixth Chakra

The third eye is an EXTENSION of the 6th chakra, which is located directly beneath the crown chakra, right in the middle of the brain. OPENING the 6th chakra [this is done the exact same way as with the third eye and should only be done after opening all of the other chakras], will help to activate the pineal gland and much more. See page 27. The third eye mudra is unnecessary.

Because of the power of opening this chakra, I do not recommend to open it until you have opened all of your other chakras. Your third eye should also be all the way open, as it acts as a vent for the powerful energies of the sixth chakra.

I just found this recently through my own experiences in meditation. Every book I have read [plenty] focuses on the third eye, not the 6th chakra, which is directly in back of the third eye. I have found through my own experience, the 6th chakra directly ties into the pineal gland and activates it. It seems to be much more powerful than the third eye.



Sixth Chakra

1. Sit with your back straight, breathe in through your nose and on the exhale vibrate "Thoth." Release your breath slowly through your mouth and vibrate: TH-TH-TH-TH-OH-OH-OH-TH-TH-TH in one long exhale (vibrate the sound one time per exhale, as with the Yogic "humming breath") and try to concentrate the vibration on your 6th chakra.

Now this is important. Keep the TH and OH sounding at the same time. You should be making the TH sound all throughout the exhale.

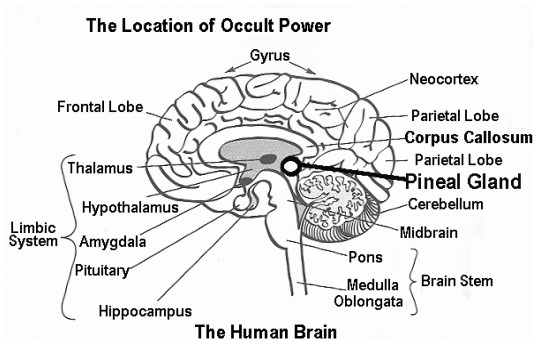
Your tongue will be vibrating between your teeth. It may take a few seconds to adjust this to where you feel it in your 6th chakra, don't worry, just keep on going. Try to get it to the correct vibration where you can feel it in the middle of your brain. This can take some experimenting. Just do the best you can. You may have to try as many as ten to fifteen times or more to get it right.

2. Do the above 4 times in a row and then relax.

3. Now, align your sixth chakra correctly by visualizing it point end facing down as illustrated at left. The color of the sixth chakra is bluish-violet.

4. It is very important the above exercise be done for FOUR consecutive days, preferably 24 hours apart.

Opening the Crown Chakra



In order for this to work properly, you must have already performed the Opening of the Third Eye

The effects of this exercise are extremely pleasurable. A feeling of lightness should follow. Some people may feel energy or tingling inside their heads, or completely covering their heads; a slight pressure in the crown area and intense euphoria. The

pleasant light feeling is what makes astral projection and astral travel easy. The bliss state can occur hours and even days later.

When done properly, this exercise will stimulate the pineal gland and crown chakra. By continually stimulating the pineal gland, it will grow and become active. The pineal gland is the psychic seat of the soul. With this revised meditation, the chant is much more powerful and effective. It is based on the Böjrk rune.* Opening this pathway is also very healing for drug addicts as it naturally induces extreme pleasure.

This exercise should be done only to initially open your crown chakra and stimulate your pineal gland. The vibration is very intense and effective, but produces quite a headache, which can occur the following day. If your crown chakra is open, you will feel lightness and a sense of bliss. If you do not experience these indications after a period of 4-5 days, you can redo this exercise again as many times as needed to open your crown.

1. Breath in deeply and hold your breath for a count of four; do this five times. This helps you to be relaxed, focused, and to enter into a trance state. Then focus all of your concentration on your 3rd eye. You should begin to feel a slight pressure sensation or awareness of your 3rd eye.



2. Now, place your hands in the position shown at left and take a deep breath as you did for the awakening one exercise and hold it for as long as comfortable- (do not push this) and release your breath vibrating b-b-b-b-b-b-b-b (vibrate with a deep, soft hum with the lips almost closed)

The vibration should sound like a bee. The bee was sacred in Ancient Egypt and many other ancient cultures for this very reason.

It is ok to adjust your pitch. You should focus on and feel the vibration in your third eye, then focus on your pineal gland. You should be 1/3rd the way through of your drawn out vibrating exhale and feel the vibration in your pineal gland.

Then, focus on your crown and feel the vibration in your crown chakra. Continue to extend your exhale as long as you are able to.

Breathe in again, repeating this four times.

This exercise is extremely powerful, much more powerful than the former version.

Now, VERY IMPORTANT-

Remember to concentrate on your forehead (3rd eye area), then your pineal gland and finally your crown chakra. You should regulate the exhale so it evens out. This is done for the duration of each chant.

Summary:

1. Breath in
2. Begin to exhale, vibrating b-b-b-b-b-b-b
3. Concentrate on and feel the vibration in your 3rd eye
4. Concentrate on and feel the vibration in your pineal gland
5. Concentrate on and feel the vibration in your crown chakra

Repeat 3 more times for a total of 4 times.

Crown Chakra



Now align your crown chakra by visualizing it point down as illustrated at left.

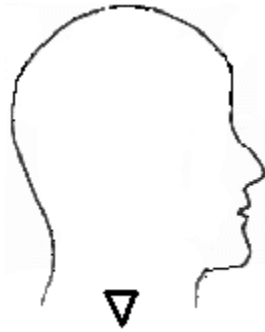
Opening the Throat Chakra



To activate the throat chakra, fold your hands together as in the photo, thumbs touching side by side- do not fold the thumbs. Take a deep breath; hold as in the other awakening exercises and then vibrate: "Nebo" until your breath is fully released.

N-N-N-N-EH-EH-EH-EH-B-B-B-B-OH-OH-OH-OH

The important thing is to feel it strongly in your throat, above the hollow. Do this 5-7 times. Remember- getting the correct tone can take some practice. The chant should vibrate your throat area. This exercise can be done once a week or more as needed.



Now align your throat chakra point down as illustrated at left.

Opening the Heart Chakra

Azazel explained the crossing of the arms completes a circuit that directly affects the heart chakra.



1. Sit comfortably, relax, and go into a meditative state.

2. Cross your arms as in the example. Your hands should be touching your shoulders near your armpits.

3. Position your hands so your thumb connects with your ring and little finger, leaving your index and middle fingers pointed straight.



4. Take a deep breath and nod your head so your chin is gently pressed into your chest. Keep your chin firmly against your chest during each exhale, only raising your head to inhale.

5. Focus your attention on your heart chakra.

Exhale and chant "Amon"

AH-AH-AH-AH-M-M-M-UH-UH-UH-N-N-N

6. Extend the N-N-N-N-N until you have completely exhaled. Try to adjust the tone so you feel it in the middle of your chest where your heart chakra is located.



7. Repeat eight times.

7. Visualize the image at right where your heart chakra is and yourself engulfed in a vibrant green aura and focus your attention on feeling your heart chakra for several minutes.

Opening the Solar Plexus Chakra



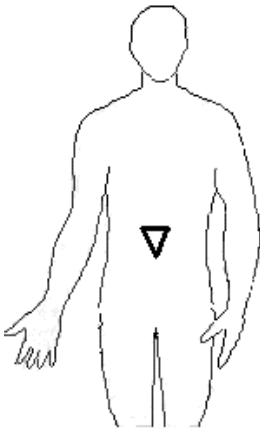
1. Sit in a comfortable position with your spine straight.
2. Relax and go into a meditative state.
3. Place your hands in the solar mudra illustrated at left.
4. Inhale fully and drop your chin to your chest. Keep your chin gently, but firmly pressed against your chest throughout the entire exhale, only raising your head during the inhale.
5. Vibrate "RA"

R-R-R-R-AH-AH-AH-AH-AH

until you are out of breath, concentrating on your solar plexus chakra. Adjust the vibration of the chant so you can feel it in your solar plexus chakra.

6. Repeat 5 times.

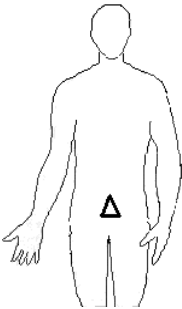
7. Now, align your solar chakra point facing down as illustrated on the left.



Opening the Sacral Chakra



1. Fold your hands. DO NOT fold your thumbs, place them side by side and keep your palms together.
2. Inhale and fill your lungs.
3. Drop your chin to your chest.
4. Contract your anus.
5. Exhale and chant I-I-N-N-N-N-G-G-G-G-G-G-G-G-G (rhymes with the English word "Thing.") and concentrate on your second sacral chakra.



6. Align your chakra point facing upwards as illustrated at left.

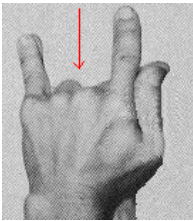
Repeat the above eight times. When you are finished, visualize yourself in an orange aura for a few minutes while focusing on feeling your sacral chakra.

The "Ing" Rune illustrated at right represents the creative life force ruled by this chakra. The magickal qualities of the Ing Rune are its use in sex magick and fertility. The sacral chakra is the sexual chakra.



Opening the Base Chakra

To open the base chakra, place your hands in the position shown in the photo, like the sign of the horns. Your finger pads should be touching and your thumbs should be touching side by side down to the fleshy part known in palmistry as the "Mount of Venus." This mudra produces a heat sensation in the hands and stimulates the base chakra. Don't worry if you cannot feel the heat sensation as this takes sensitivity.



The backs of the middle and ring fingers should be touching, as in the photo at left.

Breathe in and fill your lungs, but not to discomfort and with the exhale, make the s-s-s-s-s-s-s hissing sound.



The Sigel Rune symbolizes the Satanic Lightning Bolt which is a manifestation of the kundalini serpent and the creation; the spark of life. Kundalini is like lightening.

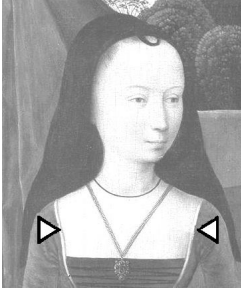
While exhaling with the hissing sound, try to imagine/feel your base chakra as very hot and visualize it about the size of a pea, opening and expanding into a vortex. Spin this vortex. Continue visualizing your chakra lighting up into red/gold and expanding with a bright white/gold fire, about the size of a silver dollar coin in diameter and imagine the feeling of it growing hotter as it gets brighter.

The hissing breath should be done seven times.

Align your base chakra point facing upwards as you did with your solar and sacral chakras.

Opening the 8th and 9th Chakras

Research and revelation from Thoth has revealed the true 8th and 9th chakras are the shoulder chakras. Opening these will align the soul and drastically open energy pathways to the palm chakras, greatly empowering them.

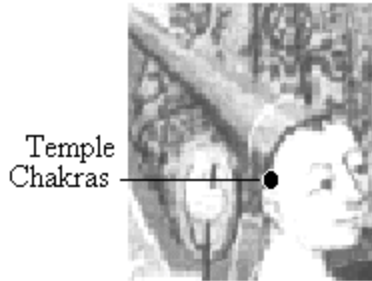


To open your shoulder chakras, all you need to do is to visualize them as in the illustration at left. Focus and meditate on them for a few minutes. A feeling of aching, or pressure is a positive sign you were successful in opening them. This feeling can extend to your arms and can feel sort of like they are falling asleep. Now, align your chakras.

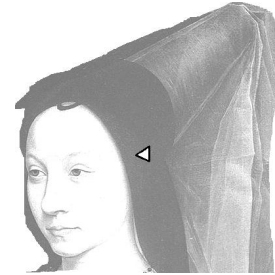
1. Begin with the base chakra and turn the cone so the point is upwards.
2. Do the same with the sacral chakra
3. Focus on the solar chakra and turn it so the point is facing downwards.
4. Focus your attention on your crown chakra and turn the point down.
5. Do the same with your sixth and throat chakras.
6. Now, focus on your heart chakra and visualize two points coming together and intersecting as shown in the illustration on page 35.
7. Finish by again focusing on your shoulder chakras and visualize them pointing inward.

Opening and Aligning the 10th and 11th Temple Chakras

The 10th and 11th chakras are located at the temples, a bit towards the rear and are extensions of the 6th chakra.

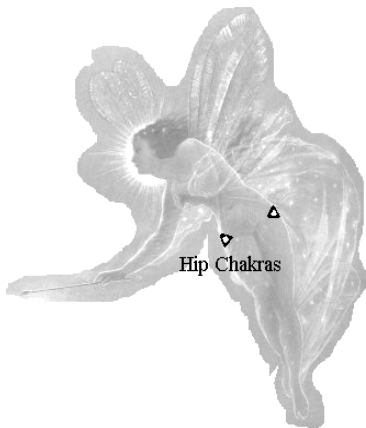


To open these chakras, just turn your attention to each one and visualize it point facing in. Then do the same on the other side. A weird feeling of aching, heaviness, pressure, or aching is a positive sign you have correctly located and opened them.



The temple chakras are extensions of the sixth chakra.

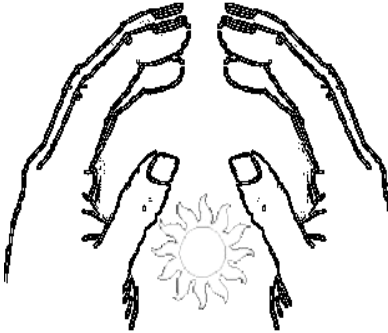
Opening and Aligning the 12th and 13th Hip Chakras



To open these chakras, just turn your attention to each one and visualize it point facing in. Then do the same on the other side. A weird feeling of aching, heaviness, pressure, or aching is a positive sign you have correctly located and opened them.

The hip chakras are extensions of the base chakra, but like the shoulder chakras in proximity to the heart, they are located a bit higher.

Opening the Hand Chakras



What this exercise does, when done consistently is to establish an energy circuit within the hand chakras. This energy can be used for healing, opening other chakras, applying energy or as with Dim Mak, the "death touch." It also helps with telekinesis (moving objects with one's mind and pyrokinesis (setting objects on fire using the powers of the mind and aura). In order to advance with these gifts, a powerful aura is needed to act on the auras of objects.

This exercise should be done at least once a day to get your energy flowing freely through your hand chakras.

1. Sit comfortably and relax. Try to go into a trance as the deeper the trance and level of concentration, the better the results, especially when beginning this exercise. After an energy current within the hand chakras is open and flowing, this can be done anywhere at will.
2. Put your hands facing each other, fingertips almost touching and relaxed. (Your fingers can be slightly bent as in the illustration).
3. With the pad of your thumb, press into the palm of each of your hands, right in the hollow part.
4. Now, focus intensely upon your hands, especially your palms. Feel the area you pressed in with your thumb.
5. Keep focusing all of your concentration and begin to feel a warm glow and energy between your palms.
6. Begin to move your hands an inch or two apart slowly and back again to where your fingertips are almost touching. Try to feel the energy between the palms of your hands. The more you practice and the stronger your energy becomes, keep moving your hands in and out, further and further apart until you can feel your energy as far apart as two or more feet.
7. Now, visualize a ball of white-hot fire like the sun as in the picture above. Later on, you can use colors. Feel the heat and energy from this ball of fire between your hands. This may feel as a tingling or throbbing. For some people, it may even feel cold. The important thing is to get this energy flowing and to *feel* it.

8. Now let your arms hang down and relax. Focus on energy flowing down your arms into your hands. This may feel tingly and your lower arms and hands may feel pumped. This is a sign the energy is flowing. Now repeat steps 5 through 7 above.
9. Do the above exercise 4 times.

This exercise should be done every day for as long as it takes to really open your hand chakras and establish a permanent flow of energy. With the proper practice, you should be able to feel powerful energy between your hands when your hands are more than a foot apart.

Opening the Feet Chakras

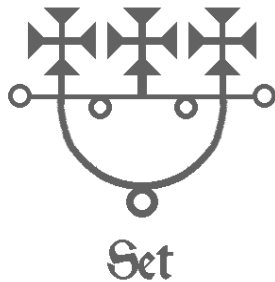


This exercise is done standing. Relax and "breathe" in energy through the bottoms of your feet, mainly your heels. The feet chakras tie directly into the base chakra and sacral chakra. This may result in stimulating your sex organs as well as the feet are tied to orgasm.

Continue drawing the energy up through your feet into your base chakra and up your spine and out your crown. Continue breathing the energy in for a few minutes.

Correct Chakra Alignment

I want to make something very clear here. For any non-Satanists, whether you are so-called "New Age" "Mystics" or whatever, if you proceed to read on, NEVER FORGET- THIS KNOWLEDGE CAME FROM SATAN AND THE EGYPTIAN GOD, THOTH. Thoth is with the Powers of Hell.

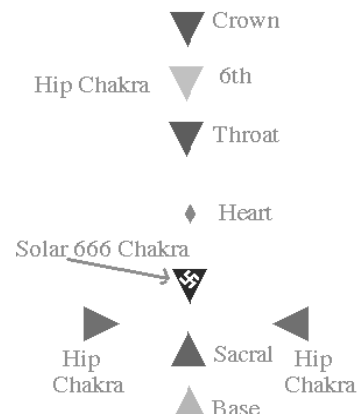


The cross has been hideously corrupted by Christianity. The equal armed cross represents the four corners/quarters and directions, such as when we summon the Four Crowned Princes of Hell during ritual. The cross is a CONCEPT and, as seen in many of the Demons' Sigils. The cross shape is the correct alignment of the chakras on the inside. The correct alignment of the chakras IS IN THE SHAPE OF AN INVERTED LATIN CROSS. THE CHRISTIAN CROSS IS A CORRUPTION AND A BLASPHEMY.

The inverted cross has long been a symbol in Satanism and for very good reason. The third chakra; also known as the 'Solar' chakra, the 'Sun' chakra; is also the all-important '666' chakra, as 666 is the kabbalistic square of the Sun; also represented by the swastika, which is an ancient symbol of the Sun. This chakra, NOT the heart chakra, is the powerhouse of the soul. New Age and related teachings focus on the heart chakra so that everyone is deprived of power and worse. The heart chakra is neuter, and mainly connects the upper and lower chakras.

Popular information readily available on the chakras is not only dangerous but extremely inaccurate. The other three are male and female pairs that should be matched as they work together.

As we know, the crown chakra is known as the 'thousand petal lotus.' The lotus is also known as a lily. Lily = 'Lilith.' In addition to each Demon as an actual living being, each Demon has his/her own spiritual message. Lilith rules the crown chakra. Satan rules the base. Both the base and crown chakras are a male and female couple and work together. That is one of their most important spiritual messages. This merging of male and female is the symbolism behind the illustration of Baphomet, who has both male and female organs, and also the ancient Egyptian Akhenaton, another hermaphrodite.



Now, with all of the repeated emphasis on the heart chakra by new age deluded fools [this is done purposely not only to keep people from true spiritual knowledge, but most importantly, from obtaining any serious spiritual power], when one advances enough in meditation and psychic abilities, one will find the yoni shaped heart chakra is the neuter. The yoni is the symbol for the vagina. The Christians have corrupted this, turning it onto its side into that foolish and most annoying fish symbol, which again, is a blasphemy to true spirituality and is like everything else in that foul program, stolen and false.

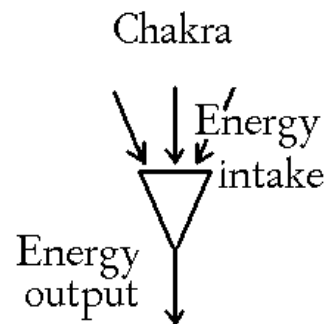
"...seven towers - the Towers of Satan [Ziarahs] -six of them trapezoidal in form, and one, the "center" on Mount Lalesh, shaped like a sharp, fluted point."

-- The Satanic Rituals by Anton LaVey

The above excerpt is also an allegory, as the center is the odd one out, the heart chakra. It does have power, but not the power of the strongest chakra of the soul, the '666' chakra of the Sun. The powers of the heart chakra are minimal. This is why the enemy is always touting it in the mainstream books out there readily available to the public.

The energy uptake of each chakra is at the wide end and the energy output is at the point, also known as the 'bindu.'

So it would stand to reason that the chakras such as the third eye [DO NOT confuse this with the sixth chakra, which is BEHIND the third eye] need to have their wide ends facing outwards to absorb energy. This definitely includes all of the minor chakras. You will find that after aligning your chakras correctly, you will feel more centered and healing and spellworking will come more easily.



All one needs to do is to turn the solar 666 chakra so the point [bindu] is facing DOWN. This is the swastika chakra, the Sun chakra. All Pagan religions preceding Christianity focused intensely upon the Sun. This is the powerhouse of the soul. Thor's Hammer was originally in the shape of an inverted cross. Our earliest beginnings and life come from our naval, and the Sun chakra, the giver of power and life is centered behind the naval. This is where our main store of life-force/witchpower/vril/chi is located. The Sun chakra is paired with the 6th chakra and third eye, also known as the 'command center' which is female.

Now, popular writings tout the heart chakra as the 'seat of emotions.' Again, this is another major misconception. The throat chakra is the seat of emotions. When we are sad and about to cry, the feeling is from the throat, not the heart. The same goes with happiness. Be aware of this. Both emotions come from the throat chakra.

The all popular hear shape, again, this is not of the heart. Its being touted as a symbol for the heart is again, corruption. This is to mislead you. The serpents cross, these are symbolic of the ida and pingala nadis of the soul. They cross on the throat chakra and swoop in the shape of a perfect heart to meet at the tip of the nose, forming a heart shape across the face. The popular arrow through the heart symbol is for 'fixing the energy' representing the risen Serpent of Satan. The number 666, the inverted cross and all symbols of Satan are extremely sacred and carry a hidden message.

Research and revelation from Thoth has revealed the true 8th and 9th chakras are the shoulder chakras. Opening these will align the soul and drastically open energy pathways to the palm chakras, greatly empowering them. To open your shoulder chakras, all you need to do is to visualize them as in the illustration on the right. Focus and meditate on them for a few minutes. A feeling of aching, or pressure is a positive sign you were successful in opening them. This feeling can extend to your arms and can feel sort of like they are falling asleep. When the shoulder chakras are fully empowered, the wings of the soul manifest, indicating spiritual freedom.



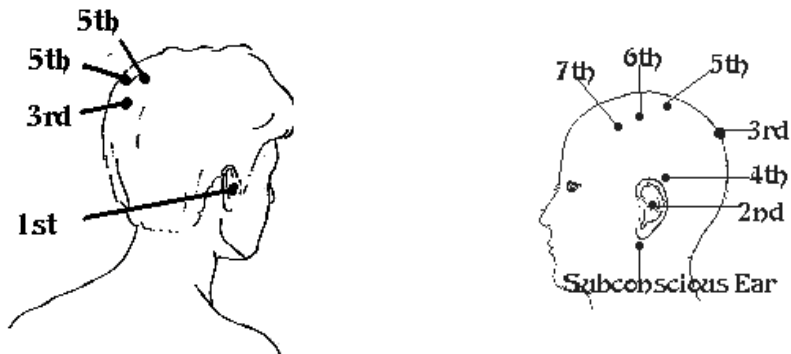
Always remember, when your chakras have been successfully opened and are active, you will feel them. This sensation is usually a feeling of pressure, a slight aching or tingling. Correctly aligning the chakras will drastically increase your power.

1. Begin with the base chakra and turn the cone so the point is upwards.
2. Do the same with the sacral chakra [2nd].
3. Now focus on your solar '666' chakra and turn it so it is pointing downwards.
4. Do the same with your sixth and throat chakras- turn them so they are both pointing downwards.
5. Now, focus on your heart chakra and visualize two points coming together and intersecting as shown immediately below here.



6. Focus your attention on your crown chakra and turn the point down.
7. Finish by again focusing on your shoulder chakras and visualize them pointing inward.

Opening the Clairaudience Chakras



Meditating on your centers of clairaudience, also known as "psychic hearing" will empower your astral hearing. This is useful when communicating with Demons. Just relax and focus on each center, visualizing each one as a bright star. Spend a few minutes with each one.

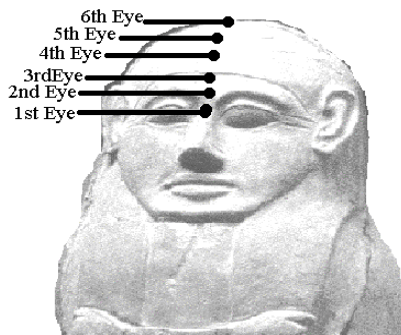
To open each of these minor chakras, just focus on them and visualize them opening up like a star and getting brighter. This may have to be done for several meditation sessions before they are permanently opened. The points are the same for both sides of the head, though the illustration directly above shows only one side of the face.

You will notice changes in your awareness and psychic abilities when doing this exercise for any length of time.

As you advance, you can do "chakra breathing" where you absorb energy with each inhale and slightly expand and brighten each chakra you are focusing on, upon the exhale."

Align them all points facing inwards.

Opening the Astral Eyes Chakras



Meditating on your psychic eyes will empower your astral vision. It is easy.

Just close your eyes and "look" at the 3rd eye in the middle of your forehead. It is important to relax and not to strain your eye muscles, even though your eyes are closed. At first, there is usually just blackness depending on how active your 3rd eye is, then possibly swirling colors and shapes. Like scrying into a mirror, the colors and shapes will

give way to images when you do the meditation long enough and regularly. Remember to keep your focus soft and relaxed.

After meditating on your 3rd eye, visualize your 3rd eye brightening and shining outward like the sun and direct this energy to each of your psychic eyes, beginning with your 1st and 2nd psychic eyes and back to your third eye and up through your 4th, 5th and 6th eye points. You can then circulate the energy up and down as a stream of brilliant light. It is important that your chakras are aligned properly. The points should turn inward, as illustrated in the picture at right.

Another technique which is somewhat advanced is to perform the chakra breathing through each of the centers. Draw energy into either one specific center at a time or do all simultaneously with each inhale. Visualize each center lighting up and upon each exhale, expand each center slightly, like a brilliant star. If you are working on all simultaneously, it is important to visualize all of them at the same time.



Remember to align them all points facing inwards as illustrated above right.

Part II

Foundation Meditations

Satanism and Power Meditation

Power meditation is a psychic cleaning house so to speak. When one begins a power meditation program, one can usually expect repressed emotions to manifest- anger, hatred, rage, grief, you name it. You may find yourself having upsetting thoughts and feelings and not knowing why these are occurring. These emotions can last up to a year or more given the intensity of which they were suppressed in your younger years. Many of us can't even remember, but our minds do. In time, suppressed emotions will be cleaned out and the soul will be able to advance and be free. One will find inner balance and peace.

Learning is another thing. Satanism is intense and for many, embracing Satanism is a first time of coming into one's own. When one acknowledges the years spent as a spiritual slave, without personal rights and is aware of years of unnecessary abuses, one may experience intense anger and other emotions. This is very normal and therapeutic. Just let it out in a constructive way. This is a time of inner change and cleansing; healing. In time, there will be inner peace and balance. How long this process takes or whether one goes through it is individual. I am posting this so everyone, especially those who are new will know this is normal.

In time, we all come into our own and are free from the indoctrination and intense programming that most others are slaves to. There is nothing more beautiful than a free mind, for this is when we can truly advance and to know ourselves for whom we are- not for whom we are expected or told to be.

Basic Meditation Program

When one is new to power meditation, it is important to start out with a program. There are many different meditations on this site for different effects. A basic meditation program should consist of **Void Meditation** as this helps us in controlling unwanted thoughts and with directing our minds.

Breathing exercises are essential to any meditation program.

The **Foundation Meditation** is a very important meditation as it helps us to learn to feel and absorb energy, which is very important in working magick. If you are new, it is best to start out with basic white light. White light is easy to use because it contains all of the colors of the spectrum. With experience, you can advance to working with colors for specific things. Color energy is very powerful.

Chakra work should be included in each meditation session as this is necessary to empower your aura and soul. I have found directed orgasm to be very effective in opening the chakras. Orgasm is a good way to open a meditation, as it is naturally relaxing. If your chakras are blocked, simply direct the energy during your climax, up your spine to the specific chakra. Visualize it as a stream of bright light in the same color as the chakra you are trying to open, and simultaneously visualize the blocked chakra opening and the energy flowing through it. This can take months, but in time, a permanent circuit will be established.

The **EZ Chakra Spin** is fine to start out with before advancing to meditations that are more powerful. Remember, we are all individuals and where one person may experience pleasure and positive results for a specific meditation, another may not. Always go by the way you feel. If one meditation doesn't feel right then stop and try another meditation.

Meditation sessions should ideally last for 15 – 30 minutes a day. If you are short on time, doing just 5-10 minutes is better than doing nothing. Skipping days will throw you behind and when you are new, inconsistency can cause depression as your body tries to adjust to the increased bioelectricity.

Aura Cleaning should also be done daily. This only takes a couple of minutes and in the long run, it prevents any negative energy from attaching itself to your aura. Negative energy causes accidents, sickness, and depression.

Meditation programs should be changed every so often. An indication your program needs changing is when you no longer feel any progress. As long as you are comfortable with a certain program and make advances, there is no need to change, unless you get bored.

The objective of meditation is both to empower yourself and to learn to handle energy. Power meditation opens the energy centers (chakras) in the soul. The chakras contain a lot of hidden energy. Each chakra has specific energies that open different areas of the mind. The chakras also give us supernatural abilities when open and fully empowered, like levitation, telekinesis (moving objects with your mind), and pyrokinesis (the ability to heat objects and set them on fire). Many more abilities come with having powerful chakras.

When all of your chakras are fully open, this creates a free passage for the serpent of fire (Kundalini) which is at the base of your spine. When the kundalini ascends, we become as the Gods. This is the objective of power meditation.

Preparing the Mind for Meditation

It is important to relax both your mind and body to enter a deep trance state where your meditation will be most effective. Adepts can often enter this state easily; by will alone, even in a hectic environment. This takes time and practice, though. Remaining calm, cool and collected in threatening circumstances is one of the benefits of regular meditation. Below is a list of tips on techniques for calming and quieting your mind and body before entering into your meditation.

Hatha (physical) yoga exercises are wonderful if you have the time and discipline before beginning meditation. The energies amplified from the yoga practice and the relaxed state present a medium for focus.

Breathing exercises can be done to calm and quiet the mind before every session. Just tuning into and “watching” the breath is an excellent method of focusing one’s mind and entering the alpha state necessary for power meditation. Listening to sounds is another way. Just blank out your thoughts and tune into the sounds in your environment. This exercise helps to create alertness as well as relaxation.

Sit or lie quietly. Begin with your feet and relax your body all the way to the top of your head.

Be aware of the energy outside of your body for a few minutes and then focus on the energy inside of your body, alternating four or five times. Do this slowly and take the time to feel. This exercise creates an awareness of energy that is so important not only in securing the ability to absorb, direct and manipulate it in magickal workings, but also enhancing your awareness of others’ fields and your environment. This exercise also tones your nervous system.

Sexual orgasm is another relaxation technique that works well. Just stimulate yourself to orgasm. When opening a meditation with orgasm, use this opportunity to visualize the energy from your base chakra ascending your spine and opening your chakras. Orgasm naturally opens and cleans the chakras.

You should be always be well rested when beginning a meditation session. Being tired will only cause you to fall asleep and the goals of the meditation will not be accomplished. You want to eliminate as much distracting physical stimuli as possible, unless of course, one is meditating upon pain or discomfort to strengthen the will. Make sure you are not hungry, but not overly full. When one becomes more advanced at meditation, trance states can be reached and maintained even with distractions. The mind becomes stronger and stays focused according to the will. If your mind is distracted by a pressing thought, identify the problem and tell yourself honestly to put aside the distracting thought in agreement with your mind, that the problem/thought will be confronted and dealt with after the session. You must follow through or this will not work for future sessions. To the extent you follow through is individual.

Trance

A deep trance makes it possible to access the subconscious mind and to program it as we see fit. The active left side of the brain blocks out any attempts to access the passive right side where the seat of the unconscious is. This is analogous to turning off the electricity to a room or a building in order to fix the wiring. The right side of the brain is where we can program our minds to manifest what we want in reality.

To get into a trance state takes practice. Remember, each of us is individual and some may find this easier than others may. The important thing is to be persistent and patient with yourself. Persistence and consistency are everything here.

1. Sit comfortably. Do not lie down because you might fall asleep.
2. Breathe in for a count of six, hold for a count of six and then exhale for a count of six. Do this breathing until you are completely relaxed. Ideally, you should no longer be able to feel your body.
3. Imagine you are climbing down a ladder in the dark. Don't visualize a ladder; just imagine you can feel yourself doing it. On the exhale, feel yourself climbing a step or two down the ladder. On the inhale, feel yourself holding still on the ladder.
4. Now, let go of the ladder and free fall backwards. If you get dizzy or disoriented, just bring your attention to the front of your body and this will stop. This mental falling effect, when combined with deep relaxation and mental calmness, will cause you to enter the trance state.

What is needed is a mental falling effect inside your mind. This changes the level of brain wave activity from the awake level (Beta) to the asleep level (Alpha) or the deep sleep level (Theta). Once your level of brain wave activity reaches Alpha you will enter a trance. Once you get the heavy feeling, stop the mental falling exercise. If you don't like the ladder, imagine you are in a lift [elevator], feel yourself falling on the exhale and holding on the inhale, or imagine you are a feather, feel yourself floating down on the exhale and holding still on the inhale. You need a mental falling effect to lower your level of brain wave activity.

5. Keep doing this for as long as it takes. The time it takes to enter trance will vary, depending on your experience with deep relaxation and mental calmness.

A trance feels like: Everything gets quieter and you feel like you are in a much bigger place. There is a very slight humming feeling in your body. Everything feels different. It feels a bit like putting a cardboard box over your head in the dark, you can feel the atmosphere change. It's like everything goes fuzzy or slightly blurred. Any sharp noises, while in trance are painful.

6. To bring yourself out of the trance:

Concentrate on moving your fingers or toes. Once you can move a finger or toe, flex your hands, move your arms, shake your head, i.e., reanimate your body; and get up and walk around for a few minutes.

What this exercise does:

In order to advance in psychic power, we must train our minds. When we are in a trance state, our brain waves slow down considerably. There are two sides to the brain- the left logical/intellectual masculine side and the right creative/intuitive feminine side. The right side is the seat of the subconscious. This is the area of the mind that is open to suggestion and programming and the seat of our astral power. When the left side of our brain is active in thinking, the right side cannot be accessed. Trance states shut off the left side so we can access and program the right side (subconscious).

It takes training to be able to induce a deep trance state. Deep trance states are not always necessary, but for specific workings, they are very important. Once we train our minds to go deeper and deeper into a trance, this becomes easier and easier and takes less and less time as we become adept. The mind is like a muscle and for most people. This exercise will be an introduction to a part of the mind that has never even been accessed before.

It is **very** important to never be startled out of a trance state, especially a deep one, so make sure you are in a room or area where you are left alone and the phone is turned off. Being startled and pulled out of a trance the wrong way can be extremely painful and the pain can last for days, especially if you are doing energy work in this state.

It is normal when in a trance state for any sounds to be very painful. This is because in this state, our senses are extremely heightened.

An adept can place themselves in a deep trance within seconds at will. In closing, it is not necessary to always go into a deep trance to work with your mind. The trance state is used to train your mind. With very important or difficult workings, a deep trance is often necessary.

Brainwaves

There are four main types of brainwaves: Beta, Alpha, Theta, and Delta.

Beta waves characterize the conscious waking state at 14 cycles per second and up. The conscious mind does not take suggestion very well. Reasoning, logic, thinking and putting into action what it already knows is mainly what the conscious mind does. Higher cycles of beta waves are used in rituals where a lot of active energy input is needed, as in revenge. A good example is in building a circle cone of power. The more excited one becomes, the higher the cycles per second in the brain.

The alpha state operates at a lower cycle, 7-14 per second level. This is the trance state when the body can no longer be felt, and sounds may become painful. This is the meditation and sleep range. Deep meditation descends into the theta state.

In the alpha state, one is open to suggestion as the conscious logical mind is subdued. The conscious defense barrier is down. Hypnosis takes place on this level. When in the alpha state, we can program our own and/or the minds of others. The deeper you go into alpha, the closer you get to theta.

We can influence others when they are asleep or in the alpha state. This is one reason most mages prefer to do their spell work at night when most people are asleep.

Talking to someone who is sleeping will act to program his or her mind. This can be done, even at a distance with intense concentration, visualizing the individual, and directing thoughts into his/her head. This may have to be repeated several times. The strength of your mind and aura will determine your success. Make sure the thoughts you place in his/her mind are commands, as in telling someone something you want them to do for you. Be calm, but firm and persistent. It may take a while, depending on the strength of your mind, but in time, results will manifest.

Psychic experiences can happen in the alpha state. Both daydreaming and sleep dreaming occur while in the alpha state.

The theta state is 4 - 7 cycles per second. This is where all of our emotional experiences are recorded and is of the subconscious. The theta level opens the door to descend even deeper into the psychic/astral world. While it is possible to have psychic experiences in the alpha state, the most profound experiences occur at the theta level. At this level, one is able to experience astral travel and psychic communication, achieve enlightenment, and enter into other dimensions; this is where past lives can be accessed.

Brain wave activity in the delta state ranges from 0 - 4 cycles per second. This is total unconsciousness, coma.

When in the alpha state, visualizing our desires, as if they are real and actually happening will make them manifest in reality, especially if affirmations are included. In theory, it is said the subconscious mind believes what it is told in this state to be true. Affirmations must be stated in the present tense. The subconscious mind does not understand the word "will" as it is in the undefined future tense. "Will" never happens. Make sure the wording is exactly what you want and look at every aspect, or something unexpected and fated could cause things to go wrong. Wording is important and must be planned carefully. One woman wished to win a contest. She repeatedly told herself she would be the best and went through the entire mental exercises. It turned out she was the best, but because of the biased judges, she lost the contest.

The more intense your visualizations, the stronger your mind/thought output will be to act in attracting what you desire.

Becoming proficient with descending into the Alpha level is usually necessary before you can easily descend into Theta at will. This can be achieved through self-hypnosis.

The Foundation Meditation: The Breath, The Basis of Magick, Energy Manipulation, and Mind Power

1. Sit in a comfortable chair or lie down on a comfortable spot and relax.
2. Imagine and will, with each inhale, not only your lungs are breathing, inhaling air, but also your whole body is breathing in energy. You inhale with your entire body. The breath acts as a focus for absorbing energy.
3. Know that along with your lungs, each single inch of your body simultaneously absorbs energy. Like a dry sponge when dipped into water absorbs, your body should absorb energy with each inhalation.

Since everyone is individual, how each of us feels the energy will be different in some respects.

To reverse this, exhale energy out. This can make you tired and shouldn't be done regularly other than to get a grip on how to do it.

- Exhaling energy is for empowering talismans, charging sigils, healing-anything, and everything when you want to put energy into something or to direct it.
- Energy can also be inhaled and absorbed and then directed to a specific area of your body for healing.
- In a very short time, you should be able to feel the energy when you breathe it in. As you advance, you will be able to see it without trying to visualize it.
- Feeling in this exercise is most important, especially when you are new. Do not try to see the energy as this can be a distraction. Just get a feel for it.
- This exercise is the most important for working with your mind and manipulating energy, which is the foundation of all magick.

As you advance, you can use this technique of energy absorption to absorb energy from the Sun and from just about anything you choose.

Energy Meditation

This meditation is excellent for beginners as it gives one a feel for energy and sets the foundation to manipulate it. This meditation also strengthens the aura when done regularly.

1. Begin by relaxing your entire body. The deeper the trance, the more effective, but this meditation can be done at any time and a trance is not necessary.
2. Breathe in and at the same time, draw in energy from all sides of your body, front, back, top of your head and bottom of your feet. For beginners, you should visualize white brilliant light, like the sun. Working with colors is more advanced and most effective when you are a bit more experienced.
3. Exhale and visualize the energy expanding your aura
4. Breathe in again and visualize the energy getting brighter and more powerful, radiating from your entire being.
5. Exhale again and visualize the energy expanding your aura, and the center of your body shining brilliantly like the sun.
6. Repeat this several times, each time visualizing the energy becoming brighter and brighter as it increases in intensity.
7. Now, breathe in again from all sides of your body, top, and bottom and compress the energy inside of your body, visualizing it growing brighter and brighter, and more intense.
8. Relax and let the energy expand outwards on its own like water being soaked up by a paper towel.

You should feel a sense of relaxation and freedom with this.

When working with colors, visualize the color becoming more and more powerful and vibrant. You will notice each color has a different feel to it. Colors can be used to attract according to their nature.

You can also breathe in energy from the front and back sides of your body at the same time to meet in the middle, then do the sides and top and bottom. After this, let your aura expand outwards.

With this meditation, you can also practice expanding and contracting your aura.

How to Clean Your Aura

Cleaning your aura is essential for spiritual hygiene. By cleaning your aura on a daily basis, you protect yourself against psychic attacks and illnesses. A clean aura is charismatic and will encourage better relations with others. People will naturally be more considerate and grant favors to one whose aura is clean and radiating with energy. Here is where we influence people and get them to do as we wish. Negative thoughtforms used in black magick and generated from the ill will, jealousy or anger of others attach to one's aura and invite misfortune-accidents, illnesses and so forth. Cleaning the aura only takes a few minutes a day and is well worth it. When one is ill, depressed the aura is dirty and can take many meditations to clean. What is within reflects in one's aura.

Contrary to many teachings, Satan/Lucifer is the bringer of light. Since the Demons have been liberated, their auras have drastically increased in light. Their power has increased as well. In some of the old grimoires, certain Demons have related their hopes to "return to the light." Those of us who have been working with them understand what they meant by this statement. The light is in the aura. The soul needs light in order to have power. Father Satan levitated in front of me one time. When he did so, his aura became extremely brilliant in light.

Ideally, one should clean the aura twice a day- upon awaking and before falling asleep at night. Cleaning your aura before you go to sleep is essential. The more people you come into contact with throughout the day, the more thoughtforms and energy will attach to your astral body and result in problems. People's astral bodies intermingle on a daily basis. Like viruses and physical germs, the astral body picks up energy.

To clean your aura:

1. Visualize a bright light all over yourself. Hold this for one or more minutes. It doesn't take very long.
2. Now, visualize the light even brighter and more intensified on each of your chakras, like a miniature sun.

That's all there is to it. If you notice your aura or chakras are dirty, repeat the process. This exercise can alert you to any negative energy or psychic attacks and prevent them from manifesting.

Satanic Void Meditation

"Void Meditation" is what is known as "stilling the mind." The benefits of void meditation are the ability to turn off unwanted thoughts and influences at will, being able to control your thoughts instead of your thoughts controlling you (as with the average person), and a sense of inner peace. Void meditation is essential for anyone who practices power meditation, and is important for success in advanced magickal practice. Power meditation changes the strength of our thoughts and it is very important to be able to control thoughts and to turn them off or focus them at will. Thought power, also known as 'witch power' is needed for success in ritual and in using your mind to obtain what you want. Power meditation, strengthens our thoughts, and people who are more aware or sensitive will be able to notice our thoughts and feelings telepathically. Void meditation will train your mind to be silent so others will not know what you are thinking. The Japanese Ninja use this technique to avoid being detected while carrying out important missions that require one to advance or infiltrate, unnoticed. Void meditation trains your mind so you can focus during rituals and in every day life so your mind brings you what you desire.

There are several techniques for void meditation. The goal is to turn off all of your thoughts and focus on the here and now. You get your mind to be completely still for a specified length of time. In the beginning, this can be extremely difficult, as thoughts will come into your head continually. Before you know it, you will again be thinking about something. Don't get upset with yourself as this is very normal and even for advanced practitioners, certain meditation sessions may not go as smooth as usual. Just keep bringing your mind back to focus. Patience and persistence are the keys here. It definitely helps to do some breathing exercises beforehand to induce a trance state. Some people find meditating after a heavy meal causes the mind to be easily distracted.

Always try to meditate when you are fully awake and alert. If you try to do void meditation when you are tired, chances are you will quickly fall asleep.

1. Breathing exercises are optional. This is a simple method of breathing that will induce a trance state:

- Breathe in for a count of six,
- Hold your breath for a count of six
- Exhale for a count of six
- Repeat this several times until you feel relaxed.

2. Now, get your entire mind to be completely still and free of any thoughts for a specified amount of time with no thoughts or music in your head. Your mind should be a total blank. You should focus on being in the here and now. For

beginners, five minutes is fine. Intermediate and advanced practitioners can go anywhere from 15 minutes to however long they feel is essential.

Void meditation can be done with your eyes open or closed. When your eyes are open, you will more than likely see a mist around objects as you settle into a trance state. This is normal. If you choose to close your eyes, you may fall asleep, but this is an individual choice and use whatever method works best.

For meditation with your eyes open:

Choose something small to focus on. This can be a point on the wall, a second hand on a clock, or even a piece of lint on your clothing. Many choose to meditate on a candle flame. The important thing is to concentrate on your object of choice

For meditation with your eyes closed:

Focus inside of yourself and relax. You can put yourself deeper and deeper into a trance with a feeling of falling. This is normal. For people who are new, this falling sensation that often accompanies a deep trance can make you feel dizzy. To stop the sensation, focus on the front of your body.

Everyday void meditation:

Void meditation can be done anywhere and at any time with just focusing on the here and now and concentrating totally on whatever you are doing. This method works best for those of you who are unable to secure any privacy. Just set a goal to focus on the here and now for a specific amount of time each day and you will benefit.

Advanced Void Meditation:

- Visualize an object and hold the image in your mind. At first, it will fade in and out, but as you progress, it will remain longer and longer. This is definitely a needed ability for magical practice and focusing your mind power.
- Focus on a specific chant or sound. You can do this either aloud or in your head. This is what is known as a "mantra." You breathe in and on the exhale, chant a specific mantra or tone of your choice. One common chant used in kundalini yoga is "Sa Ta Na Ma." This is pronounced "Sah- Tah- Nah- Mah." You can also chant "Sa Tan" "Say-Tahn"
- or "Say- Tahn- Nah- S-S-S-S."
- Focus on a specific emotion- anger, happiness, sadness, love, hate. You can choose an emotion going by how you feel on a specific day. This is excellent training for advanced ritual.

- Focus on a specific texture, for example, running your fingers back and forth across velvet or a terry towel.

- Focus on a specific odor or taste.

Advanced void meditation that includes adding physical positions trains both your mind and develops an iron will, and extreme inner strength.

1. Keep your entire body still. Do NOT move. This is what the advanced yogis do. Get into a comfortable position. Don't scratch any itches, just ignore them and stay focused. Muscle cramps may come and go. Ignore any physical fatigue or mental fatigue. Just continue to remain focused.

2. Add uncomfortable and/or awkward positions. Make sure these are taken from a Yoga or Tai Chi book, so that they are physically beneficial. This is a discipline that is taught in many Martial Arts schools where one learns to ignore pain, while retaining intense focus. This strengthens the mind for physical combat and drastically increases your sense of self-confidence. This will also increase your resistance to pain.

Many martial arts masters meditate under cold waterfalls, in snow or other painful conditions. One's physical health must be built up here, for obvious reasons. A cold shower can be substituted. As with anything new, be sure to start out gradual.

These techniques, when mastered, will give one total control over one's mind and emotions. If one faces death, one will not freeze up or panic with fear and the odds of one's survival will greatly increase.

3. Running and meditating; focusing on your running steps, increases endurance both mentally and physically.

Power Void Meditation:

This is an excellent way to empower yourself while doing void meditation. This is advanced and you must have a feel for energy and be able to draw it in as with the Foundation Meditation. Here you don't visualize the energy, you just breathe in and out, absorbing the energy on the inhale and expanding your aura on the exhale. You focus totally on the *feel.* You should be adept at energy breathing before incorporating this method into your void meditation.

EZ Chakra Spin

This meditation only takes a few minutes or less and can be done at any time when you can tune in and focus. It is easy to do and can take the place of a full or extended meditation for people who lack the necessary privacy and/or are short on time.

Turn your attention to the base of your spine and visualize your base chakra as a vortex (like a small tornado). Color the energy a rich vibrant red and spin it. Keep spinning it until it spins fast and on its own.

Work your way up through each chakra, visualizing each one and spinning it until it spins fast and on its own. Visualize each one as a spinning vortex with a powerful vibrant color-

- 1st- red
- 2nd- orange
- 3rd- yellow
- 4th- green
- 5th- rich sky blue
- 6th- indigo (Bluish-violet)
- 7th- purple

When you spin the 6th chakra, focus *behind* your 3rd eye, in the middle of your head. Many people erroneously believe the third eye to be the 6th chakra. The 3rd eye is an *extension* of the 6th chakra; not the 6th chakra.

Each of your chakras should be a powerful vibrant color. Chakras that are dark or tainted are not functioning properly. Keep spinning them and focus your visualization to restore them to their own powerful color. You might also want to clean them if this is the case.

When our chakras spin at a faster rate, this helps to protect us from misfortune and disease. It also opens us to the astral and protects us astrally as well as in the physical world. Remember, though, energy work must be done every day as each day builds on the day before and until a strong energy field is permanently established, short term benefits can be lost or harder to restore.

Full Chakra Meditation

To amplify the powers of your chakras to their full potential, it is important to meditate upon the chakra at the day and hour when it is at its full power. The more powerful your chakras, the more powerful your magick. Research has proven that the Ancient Chaldean planetary hours, are extremely accurate. I strongly encourage you to download the Chronos program from this website:

<http://chronosxp.sourceforge.net>

You will need to download and install version 2.0 of the Microsoft .NET Framework along with this. All of the information is available at the above website. This program is outstanding and calculates hours of the planets specific to your location.

I have found from my own experiences through years of meditation, some meditations are very powerful and other times- little or nothing. The same goes for spellworking. This has to do with the alignment of the planets and timing. Each chakra is ruled and influenced by a specific planet. When meditating upon a specific chakra, if you do this on the day and the hour of the planet corresponding to the chakra, the effects will be 100% amplified. This also includes spellworking and the planet that rules over the working, such as Venus for love, Mars for athletics or rage, etc. For example, meditating upon money when Saturn (limitations, hardships, and loss) is strong, is a total waste of time and rarely will the working produce any tangible results.

The Full Chakra Meditation on the following pages is perfected and extremely powerful.

Each session should begin with correctly aligning your chakra. Instructions for this are in Power Meditation Volume 1 in the section on opening the soul. The meditation for each chakra is in four steps:

1. Specific chakra breathing for the chakra you are working on
2. Breathing energy directly into the chakra you are working on
3. Vibrating the God-name for the chakra you are working on
4. Spending a few minutes feeling the chakra

If you are new to meditation, please read through Power Meditation Volume 1 before doing any of the meditations in this supplement.

THE FIRST, THE BASE CHAKRA, THE "MULADHARA" MEANING, "ROOT."

- LOCATION: Base of the tailbone
- ELEMENT: Earth
- COLOR: Red
- NUMBER OF "PETALS": 4
- PLANET: Saturn
- DAY: Saturday
- METAL: Lead
- VIBRATION: NINIB
- FUNCTION: Survival, grounding
- INNER STATE: Stability

*The traditional chant for this chakra is "Lam" or in Tibetan "Lang"

BREATHING TECHNIQUE:

1. Inhale slowly through your nose, contract your anus and visualize and focus upon energy being drawn into your base chakra and with the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.
2. Hold for a count of four for new people, for an average, a count of ten and for advanced meditators, however long you feel comfortable. This should be the same count throughout the meditation.
3. Exhale slowly through your nose and visualize and focus upon energy being drawn into your crown chakra and with the exhale, direct this energy back down through all of your chakras to the base, illuminating each one.

THE MEDITATION:

This meditation is best performed on Saturdays during the hours of Saturn.

1. Begin by correctly aligning your base chakra, point facing upwards.
2. Perform the breathing for the base chakra for several breaths
3. When you are finished with the breathing, vibrate "NINIB" several times while focusing on your base chakra.
"N-N-N-N-N-N-EE-EE-EE-N-N-N-N-N-N-EE-EE-EE-B-B-B-B-B-B-B"
4. Focus upon and feel your base chakra for several minutes.

THE SECOND THE SACRAL CHAKRA (SVADISTHANA)

- LOCATION: Halfway between the naval and pubic bone.
- ELEMENT: Water
- COLOR: Orange
- NUMBER OF PETALS: 6
- PLANET: Mars
- DAY: Tuesday
- METAL: Iron
- VIBRATION: "NERGAL"
- FUNCTION: Sexuality, pleasure, procreation, creativity. The seat of sexual energy.
- INNER STATE: Creativity.

*The traditional chant for this chakra is "Vam" or in Tibetan "Vang"

BREATHING TECHNIQUE:

1. Inhale through your nose and focus upon drawing energy from your base chakra into your sacral chakra; breathe the energy into your sacral chakra and hold for a count of 6. (This can be varied, however long you are comfortable as holding the breath should never be pushed. A count of 4 or 8 is fine as long as you keep this through the meditation).
2. Exhale and just let the air fall out of your lungs effortlessly.

THE MEDITATION:

This meditation is best performed on Tuesdays during the hours of Mars.

1. Begin by correctly aligning your sacral chakra, point facing upwards.
2. Perform the breathing for the sacral chakra for several breaths
3. When you are finished with the breathing, vibrate "NERGAL" several times while focusing on your base chakra.
"N-N-N-N-N-N-AIR-AIR-AIR-AIR-AIR-G-G-G-G-G-AH-AH-AH-L-L-L-L"
4. Focus upon and feel your sacral chakra for several minutes.

THE THIRD THE SOLAR CHAKRA (MANIPURA)

- LOCATION: Slightly above the naval near the solar plexus
- ELEMENT: Fire
- COLOR: Yellow
- NUMBER OF PETALS: 10
- PLANET: Sun
- DAY: Sunday
- METAL: Gold
- VIBRATION: UDDU
- FUNCTION: Will, power, manipulation
- INNER STATE: Willpower, timing

*The traditional chant for this chakra is "Ram" or in Tibetan "Rang"

BREATHING TECHNIQUE: BREATH OF FIRE

1. Contract your abdominal muscles, forcefully, creating an exhale, by sucking your stomach in real hard and fast. Immediately relax and air will enter the top part of your lungs by itself. Use the rapid contractions of your abdominal muscles to inhale and exhale with this exercise. The contractions should be rhythmic.
2. Practice a few times, and get a feel for it.
3. Do 20 in a row, in and out, using your abdominal muscles in rapid succession at the end of the 20th breath, exhale, inhale and fill your lungs, contract your anus, lower your chin to your chest, hold your breath as long as you comfortably can- DO NOT PUSH YOURSELF!
4. Exhale slowly.

The above constitutes one round. The exhalation should be brief, and the inhalation should be passive and longer. Rounds are increased by adding the number of pumpings with your abdominal muscles. First, try doing three sets of 20 pumpings and then after some time, increase to 30, then 40 until you are doing 60.

THE MEDITATION:

This meditation is best performed on Sundays during the hours of the Sun.

1. Begin by correctly aligning your solar chakra, point facing downwards.
2. Perform the breathing for the solar chakra for several breaths
3. When you are finished with the breathing, vibrate "UDDU" several times while focusing on your solar chakra.
4. "OO-OO-OO-OO-TH-TH-TH-TH-OO-OO-OO-OO"
5. Focus upon and feel your solar chakra for several minutes.

THE FOURTH, THE CENTER THE HEART CHAKRA (ANAHATA)

- LOCATION: Center of the chest
- ELEMENT: Fire/Air
- COLOR: Green
- NUMBER OF PETALS: 12
- PLANET: Venus
- DAY: Friday
- METAL: Copper
- VIBRATION: INANNA or GEBO
- FUNCTION: Emotions
- INNER STATE: Feelings

*The traditional chant for this chakra is "Yam" or in Tibetan "Yang"

BREATHING TECHNIQUE: ALTERNATE NOSTRIL BREATHING

1. Focus on your three lower chakras
2. Inhale through your left nostril for a count of four, closing off the right nostril with your thumb.
3. Switch and close your left nostril with your thumb, and now exhale through your right nostril for a count of four.
4. Hold your breath for a count of six, after the exhale.
5. Keeping your left nostril closed, inhale through your right nostril for a count of four, switch and close your right nostril and exhale through your left for a count of four.
6. Hold at the end of the exhale for a count of six and then inhale through your left again for a count of four, exhale through the right and then hold for a count of six, inhale through the right, switch and close the right and exhale through the left, hold for six, inhale through the left.

This constitutes one round. Perform the above three times and then continue with step seven below:

7. Inhale through your left nostril for a count of four and focus on your top three chakras.
8. Hold your breath for a count of 6 at the top of your inhale.
9. Switch and close your left nostril with your thumb, and now exhale for a count of four through your right nostril, slowly and evenly.

10. Inhale through your right nostril and hold for a count of six
11. Exhale through your left nostril, for a count of four
12. Inhale through your left nostril for a count of four, hold for a count of six, exhale through your right nostril for a count of four.

The above constitutes one round. Perform three times.

As you advance, you can perform this breathing more than three times each. You should perform both for the same number of times each. You can also lengthen the holds, but the time you do this should correspond to the ratio below. It is very important to be balanced.

Inhale: 4
Hold: 6
Exhale: 4

THE MEDITATION:

This meditation is best performed on Fridays during the hours of Venus. The heart chakra does not align as the other chakras. Just focus on the center of your chest.

1. Perform the breathing for the heart chakra for several breaths
2. When you are finished with the breathing, vibrate "INANNA" several times while focusing on your heart chakra.
"EE-EE-EE-EE-N-N-N-N-N-AH-AH-AH-AH-N-N-N-N-N-AH-AH-AH-AH"

Or vibrate "GEBO"
"G-G-G-G-AY-AY-AY-B-B-B-B-OH-OH-OH-OH"
3. Focus upon and feel your heart chakra for several minutes.

THE FIFTH THE THROAT CHAKRA (VISHUDDI)

- LOCATION: Throat
- ELEMENT: Air
- COLOR: Sky Blue
- NUMBER OF PETALS: 16
- PLANET: Mercury
- DAY: Wednesday
- METAL: Mercury
- VIBRATION: NEBO or NINGHIZHIDDA
- FUNCTION: Communication, self-expression
- INNER STATE: Psychic hearing, intellect

*The traditional chant for this chakra is "Ham" or in Tibetan "Hang"

BREATHING TECHNIQUE: VIBRATION BREATH

1. Inhale and with your exhale, vibrate "NEBO"
N-N-N-NAY-AY-AY-B-B-B-B-OH-OH-OH"
or "NINGHIZHIDDA"
N-N-N-E-E-E-N-N-N-GH-GH-GH-E-E-E-JH-JH-JH-H-H-EE-EE-EE-DAH-
AH-AH
until you are empty of air

Repeat the above several times.

THE MEDITATION:

This meditation is best performed on Wednesdays during the hours of Mercury.

1. Align your throat chakra point down
2. Perform the breathing exercise about for several breaths.
3. Focus upon and feel your throat chakra. It is normal to feel a pressure or a lump in your throat which indicates your throat chakra is open and active.

THE SIXTH CHAKRA (AJNA)

- LOCATION: Behind the third eye
- ELEMENT: ether
- COLOR: Indigo/bluish-violet
- NUMBER OF PETALS: 2
- PLANET: Moon
- DAY: Monday
- METAL: Silver
- VIBRATION: NANNA or THOTH
- FUNCTION: Psychic vision
- INNER STATE: Intuition

*The traditional chant for this chakra is “Ohm” correctly 'AUM'

BREATHING TECHNIQUE: VIBRATION BREATH

First Set:

1. Inhale through both nostrils for a count of 2
2. Hold for a count of 4
3. Exhale for a count of 6
4. Hold for a count of 4

The above constitutes one round. Six to ten rounds is ok for new people. Those who are experienced and advanced should go with as many as comfortable. The following exercise should be done for as many rounds as the above exercise and both should be done with the one below following the one above:

Second Set:

1. Inhale for a count of 6
2. Hold for a count of 6
3. Exhale for a count of 4

Do NOT hold at the bottom. However many rounds you did with set one, you need to do with this exercise.

Repeat the above several times.

THE MEDITATION:

This meditation is best performed on Mondays during the hours of the Moon.

1. Align your sixth chakra point down
2. Perform both of the breathing exercises, do the first one first for several breaths and follow with the second for the same amount of breaths as you did with the first.

3. Focus upon and feel your sixth chakra and third eye. It is normal to feel a pressure or an aching sensation in the middle of your forehead, which indicates your third eye, is open and active.

THE SEVENTH CROWN CHAKRA (SAHASRARA)

- LOCATION: Top of the head
- ELEMENT: Water
- COLOR: Violet
- NUMBER OF PETALS: 1,000 petal lotus
- PLANET: Jupiter
- DAY: Thursday
- METAL: Tin
- VIBRATION: MARDUK
- FUNCTION: Enlightenment
- INNER STATE: Bliss

*There is no traditional chant for this chakra.

There is no breathing technique for this chakra.

THE MEDITATION:

This meditation is best performed on Thursdays during the hours of the Jupiter.

1. Align your seventh chakra point down
2. Breathe in and on the exhale, vibrate "Marduk"
"M-M-M-AH-AH-AH-R-R-R-TH-TH-TH-OO-OO-OO-K-K-K"

Focus upon and feel your seventh chakra on the top of your head (inside your head). A beautiful sensation of bliss indicates this chakra is open and active.

Sound Meditation

The benefits of meditating on sounds are the opening of more pathways within the brain. Any sounds can be used for this meditation. This includes any kind of music. Close your eyes and relax. Open your mind and try to 'see' the sounds. Sounds usually come in motion and in specific shapes, colors, and waves. The ability to see sounds is called "synesthesia." "Synesthesia" is a medical term for those of us who are born with the ability to see sounds and/or experience different senses at the same time, like hearing colors or tasting/smelling shapes. A small percentage of the population was born with synesthesia. Synesthesia often fades with age and in most cases, it is pronounced during childhood.

The experience of seeing sounds and crossing the senses is common with the use of psychedelic drugs such as LSD, though drug use induces synesthesia through artificial means and it cannot be controlled.

With drugs, the user is not in control, the drug is, and in self-empowerment and magical practice, it is extremely important for the practitioner to always be in control through his/her own natural ability. Dependence on powerful mind-altering substances creates weakness of character and creates holes in the aura and a weakening of the astral body. I am not talking recreational marijuana use here; I am referring to dependence on powerful chemicals in order to reach an altered state, as some mages have been known to do.

People with synesthesia are often very psychic and highly intelligent according to medical studies. CIA and U.S. Military psychics reported going through stages of synesthesia when performing extensive exercises to open their minds for psychic warfare.

Synesthesia may happen with your first sound meditation or with practice. Close your eyes and note the colors, shapes, and movements of the sounds. You should write this in your Book of Shadows/Black Book/journal if you keep one. You should put aside all thoughts and visions as you would for void meditation and try to "see" the sound(s)/music. In time, other senses can also come into play- what does it taste like? Smell like? The most common experience is to see the sounds, but don't put any limitations on yourself.

Natural synesthesia facilitates clairvoyance, clairaudience, and other psychic abilities. Synesthesia can be a very beautiful experience and a rewarding session of meditation. The more pathways we open and empower in our brains, the more experiences, and abilities we are able to have. We are no longer just using "5-10%" of our brains. To develop this ability fully, one should listen to a variety of music and each day, take time out to listen and "see" the sounds in one's environment. Like anything else, the more we use this ability, the stronger it becomes.

Directing Energy From Azazel

To make full use of your abilities in magick, it is important to be familiar with energy; sensing it, how to absorb it, detect it, send it out and manipulate it. This comes with meditating, sensitizing yourself to it and working with it. With consistent practice, power meditation will naturally increase your bioelectricity. You will be able to feel this energy often, just by being aware of it. Awareness is the key to advancement in ability and power.

1. Lie quietly and become aware of the energies on the left side of your body, then your right side.
2. Direct the energy from side to side and then bring it from both sides to meet in the middle of your torso.
3. From here, expand the energy past your body and into your aura and then contract the energy. You can play with it.
This is an excellent exercise for directing energy at will.
4. Continue to expand and contract the energy until both sides of your body feel balanced. Then feel the energies on the left and right sides together.
5. Feel energy from the front of your body, then the back, repeating the same steps as described above.
6. Do this again, this time from the waist up, then from the waist down, same as above.
7. Now, feel the energy in your entire body as a whole. Practice expanding and contracting your aura several times.
8. The last time, bring the energy together in the center of your body and gently expand it out, expanding your aura, making sure it feels balanced and even.
9. Meditate on feeling the energy gently radiating and expanding your aura for a few minutes.

It is very important to always direct your energy upwards and out of your crown chakra. There will be times you will feel it drifting to your legs and feet. It should not remain there for any length of time as it can create problems because of a lack of circulation.

How to Close your Chakras

This exercise is important, and very useful for shutting out unwanted stimuli. Upon closing your chakras, you will feel a sense of calm and inner peace. Closing your chakras will protect you from both unwanted humans and astral entities as both attach themselves at the chakras. By closing your chakras around threatening beings, you can prevent this. Closed chakras also protect you from psychic vampirism. This exercise can also help to still the mind when done before void meditation as it shuts out a lot of psychic noise.

1. At the end of your meditations, sit comfortably or stand up (whichever you prefer) and begin at the base chakra.
2. See your base chakra as a whirling red vortex of energy. Visualize either doors or shuttered doors and close them on the chakra, shutting out all of the light.
3. Continue this all the way up with each individual chakra, to the crown.

You should feel a sense of peace and quiet, when all of your chakras are closed. This exercise can be done several times a day if you wish to block out unwanted external stimuli and/or to protect yourself in a negative environment like around xians or other undesirables. This is especially effective for people who are natural mediums and easily absorb energy and for those who are easily distracted. Your chakras will open back up on their own after a bit. If you feel you need to open them right away, just reverse the above exercise, open the doors, and spin each chakra several times.

Flame Meditation

Method One:

1. Light a candle and stare at the flame for 2 minutes. Make sure your attention does not wander.
2. Close your eyes and place your hands in relaxed cupped position, palms over your eyes and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision. Keep looking for it and bring it back and keep concentrating on it for four minutes.
3. Relax and empty your thoughts and tune into your breathing for a few minutes, concentrating only on each breath

What this exercise does:

This exercise prepares the mind for one-pointed concentration, which is so important to any psychic/astral workings. With the average person, thoughts are scattered and dissipate into nothing. With the trained mind that can concentrate intensely, the thoughts are single-pointed, focused like a laser, and have power. 100% concentration makes the difference in astral workings. One's will is also developed with this exercise, as a powerful will does not give into distraction. Do not become frustrated or impatient with yourself. It is normal for thoughts to creep in to distract you in the beginning. Total concentration takes time and is one of the most difficult aspects of training the mind.

Method Two (intermediate):

1. Focus on the flame for several minutes
2. Close your eyes and place your hands in relaxed cupped position, palms over your eyes and concentrate on the imprint of the flame in the darkness. The image will tend to move across your area of vision.
3. Keeping your eyes closed, try to enter the imprint. You will find the imprint begins to compact and change color. The bright image will change to pink, then to red and grow dark.
4. Repeat the exercise if you wish.

What this exercise does:

This exercise trains the mind and third eye to direct psychic energy.

Breathing Exercises for Satanists

"Life is in the breath."

–Thoth

The Tarot has always been known as the "Devil's Picture Book." The 0 card of the Tarot is the Fool, which begins the Tarot Trump (The Fool's journey through the Tarot to the godhead) in many decks, especially the ancient decks is illustrated playing a flute. The flute is symbolic of mastery of the breath.

Repeat the exercises 4 times for new people, for average 8 – 10 times and for experienced meditators, how ever many you are comfortable with. Advanced meditators can go as many as 60 – 100 repetitions of each of the breathing exercises below, but this has to be worked up to with each of the individual exercises, and over a period of time. Pushing yourself with these breathing exercises can damage your nervous system. A warning that you are overdoing it is words and speech getting messed up. Letting up and lessening the time of holding the breath and such and this will go away.

Technique #1

1. Inhale slowly through your nose and visualize and focus upon energy being drawn into your base chakra and with the inhale, draw this energy up through all of your chakras to the crown, illuminating each one.
2. Hold for a count of four for new people, for an average, a count of ten and for advanced meditators, however long you feel comfortable. This should be the same count throughout the meditation.
3. Exhale slowly through your nose and visualize and focus upon energy being drawn into your crown chakra and with the exhale, direct this energy back down through all of your chakras to the base, illuminating each one.

Technique #2

BREATH OF FIRE

1. Contract your abdominal muscles, forcefully, creating an exhale, by sucking your stomach in real hard and fast. Immediately relax and air will enter the top part of your lungs by itself. Use the rapid contractions of your abdominal muscles to inhale and exhale with this exercise. The contractions should be rhythmic.
2. Practice a few times, and get a feel for it.
3. Do 20 in a row, in and out, using your abdominal muscles in rapid succession at the end of the 20th breath, exhale, inhale and fill your lungs, contract your anus, lower your chin to your chest, hold your breath as long as you comfortably can- DO NOT PUSH YOURSELF!
4. Exhale slowly.

The above constitutes one round. The exhalation should be brief, and the inhalation should be passive and longer. Rounds are increased by adding the number of pumpings with your abdominal muscles. First, try doing three sets of 20 pumpings and then after some time, increase to 30, then 40 until you are doing 60.

What this breathing exercise does:

1. It increases the amount of oxygen in the body
2. It increases the amount of heat- alchemists in the Gothic and medieval times were referred to as "puffers" and the bellows by the fireplace in alchemy paintings was symbolic of this exercise.

Technique #3

ALTERNATE NOSTRIL BREATHING ONE – HOLDING AT THE TOP

1. Inhale through your left nostril, closing off the right nostril with your thumb, for a count of four for newbies. The best way to do this is to place the pad of your thumb over your nostril.

Eight is standard, and higher counts for advanced meditators who are experienced with this exercise are individual, but the counts for the inhales, the holds and the exhales should all be equal and in rhythm.

2. Hold your breath for however long your inhale was.

3. Switch and close your left nostril with your thumb, and now exhale through your right nostril, slowly and evenly for a count as long as the inhale and the hold.

4. Switch, and inhale through your right nostril, for the same count and then hold for the same count and then switch and close your right nostril and exhale through your left nostril.

The above constitutes one round.

Repeat the above 4 times for newbies, eight to ten times, then build up to 20 times for experienced and up to 40 times or more for advanced meditators.

It is important to relax and take your time with this exercise.

For advanced meditators, the times can vary from being equal, for example, a ratio of 2 on the inhale, 8 on the hold, and 4 on the exhale, but this must be consistent through the meditation. Shorter inhales with longer exhales increase the witchpower drastically in a short period of time.

The above exercise directs the prana/witchpower to the head and upper chakras. This is a great exercise if you find your energy pooling in your legs, which can be dangerous.

ALTERNATE NOSTRIL BREATHING TWO – HOLDING AT THE BOTTOM

With this exercise, the hold is at the bottom, after your exhale and goes like this:

1. Inhale through your left nostril, closing off the right nostril with your thumb.
2. Switch and close your left nostril with your thumb, and now exhale through your right nostril, slowly and evenly for a count as long as the inhale.
3. Hold your breath after the exhale for however long the count for your inhale and exhale.
4. Keeping your left nostril closed, inhale through your right nostril for the same count, switch and close your right nostril and exhale through your left, hold at the end of the exhale and then inhale through your left again, exhale through the right and then hold, inhale through the right, switch and close the right and exhale through the left, hold, inhale through the left....

What this exercise does is to bring the prana/witchpower to your lower chakras.

Technique # 4

First Set:

1. Inhale through both nostrils for a count of 2
2. Hold for a count of 4
3. Exhale for a count of 6
4. Hold for a count of 4

The above constitutes one round. Six to ten rounds is ok for new people. Those who are experienced and advanced should go with as many as comfortable.

The following exercise should be done for as many rounds as the above exercise and both should be done with the one below following the one above:

Second Set:

1. Inhale for a count of 6
2. Hold for a count of 6
3. Exhale for a count of 4

Do NOT hold at the bottom. However many rounds you did with set one, you need to do with this exercise.