



TEMPLE OF ZEUS

THE ASSEMBLY OF THE GODS

MEDITATION AND MAGICK

40 Day Meditation Program

CREATED BY

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40 Days of Power — I. Introduction

Zevism is a serious religion and it is spiritual because Zevists are very serious in MEDITATING, which is the ESSENCE of mastering the SPIRIT and SOUL.

In order to do Magick, improve as a person, get to know Zeus all for yourself and finally, become a God in your own right - you must practice meditation and become adept in this discipline.

Let none stop you - not even your own "self".

Do NOT forget to study the [Temple of Zeus website](#) and embrace everything therein.

Read below and do not neglect to do this - as most points and questions will be covered here. If there are other questions, find us on our [Forums](#).

So, we shall begin.

The purpose of this program is to help our new members grow in spiritual power fast, both for their general spiritual wellbeing and to help in the fight against the enemies of Zeus as well. It's very important to mention some things before on proceeding. The enemies of Zeus and those who oppose us, it's true in every sense they do not want Humanity to advance spiritually.

For this reason, our people must be ready to counter all sorts of emotions, attacks and distractions that push them to not meditate. Zevism is all about meditation. Be aware that even your own self, given many times we come from a very unspiritual background, might have reactions in not wanting to meditate. Be aware of this and ready to counter this. There are many people and everyone has a different soul. Different problems may arise that may force you to stop.

The Gods always help our newly dedicated members to advance and become powerful and act as guides. So in the same way, do what feels right and consult your Guardian Daemons and Zeus and ask for guidance. Everyone comes into this life from different spiritual backgrounds, and you must be aware of your own limits.

With that being said, if something overwhelms you, or you have health problems that keep you from meditating, proceed carefully and wisely.

This program will be both for those who have just dedicated their Souls to Zeus and those who are new and need some more guidance as well. By arranging the repetitions in a balanced manner, one will be able to benefit from this program anyways. If something feels wrong, do not do it and if anything makes you feel uncomfortable, avoid this and replace it with another meditation.

In Zevism, one must be **strong**. The Spiritual Elite in Zevism are those who are actively fighting for Zevism and those who persist in growing spiritually. Those are the people who reap the rewards. No matter if you once thought you were lazy, unable, incapable – we are all here to prove to you that you are none of these things. Prove this to yourself as well. Zeus and the Gods are very understanding and patient. I have also tried to compose this program to be short in length for those who lack the time. For people who do not have enough time, break the program in 2 or 3 parts and do this in the morning and night. You get the deal here. **What's important is that you follow this daily.**

You feel like you can't? **You do it.** You feel like struggling? **You do it.** You do not feel anything? **Still do it.** Have faith in yourself and you will **SUCCEED**. I repeat and most people here know: Power does not come so fast and to become proficient, like in any other art, you need to persist.

Last but not least; do not overstress about the results. Some of you may feel results almost instantly and some might grow overwhelmed. Others of our family may be slower in attaining the results or being open in feeling the meditation's effects. **WHATEVER THE CASE, KEEP GOING!**

Many of the people who are advanced today did not feel a thing once, or along these lines, as those who have been very spiritual in past lives are not most people. Zevists are not people who quit. Know that Zeus and the Gods will blatantly show you the signs you need, the guidance to grow and have total belief in them. They guide you and they help you to grow spiritually.

Each day of the 40 day program will be split in meditations for the Morning and Night. By waking up 15 minutes earlier in the morning, you will be all set to go.

Power meditation must be done daily. This is the real 'prayer to God' that should be daily, not what the xians stupidly indicate.

Be loyal in your discipline and your discipline will reward you with power upon which you can gratify your desires. Know that those who fight for Zeus and meditate actively are those who reap the greatest rewards from The Powers of Duat.

Meditations need NOT be rushed, but as you learn to do these they will take shorter time. Not all meditation sessions will be equally good and neither will you have total sensitivity at all times, what is important is these are done daily.

IF YOU FEEL OVERWHELMED IT'S NOT NECESSARY FOR THE PROGRAM TO LAST 40 DAYS - TAKE YOUR DAYS TO CATCH UP AND DO AS IT FEELS RIGHT AND COMFORTABLE!!!!

IF SHORT ON TIME, YOU CAN MAKE ADJUSTMENTS, AS IT'S YOUR BEGINNING IN MEDITATING FOR NOW.



40 Days of Power — II. Notes

A LIFETIME COMMITMENT:

THE PROGRAM MUST BE CONTINUED EVEN AFTER THE 40 DAYS IN ORDER TO KEEP YOUR POWER GOING. BECOMING VERY POWERFUL SPIRITUALLY IS A LIFETIME COMMITMENT THAT YOU CAN COMMIT TO.

MEDITATIONS CAN BE CHANGED FOR OTHER MEDITATIONS THAT YOU FEEL YOU NEED TO DO, AS THIS PROGRAM WILL BE FAIRLY SIMPLE, BUT IT WILL INCLUDE THE BASICS WHICH NEED BE DONE DAILY, SO THAT YOU WILL ADVANCE IN A SAFE AND POSITIVE MANNER, FASTEST AS POSSIBLE IN 40 DAYS, BUT THIS IS A LIFETIME COMMITMENT TO KEEP GOING.

Relax and know, this is not going to be hard, as everything will be explained thoroughly.

In any case, let us proceed.

So, the main aim of this program is to advance you spiritually to where in 40 days:

- 1 You will establish a strong aura of protection that will actively protect you.
- 2 Your Aura will be more powerful and you will be able to feel energy better.
- 3 Your chakras will be far cleaner than they ever were.
- 4 Your chakras will be awakened and open, which is necessary in working magick.
- 5 The levels of your bio-electricity will be far more powerful.
- 6 You will be competent enough to join in the fight of fighting the enemy, if this is what you will, in the shortest time possible. It's advisable that you should.
- 7 You will feel far better in terms of how energetic and how healthy you feel.
- 8 Other effects include you will have a sense of strength and feel powerful.
- 9 Psychologically you will have proven to yourself how capable you are and how you can stick to a program.
- 10 You will have made the Gods of Duat and Zeus proud in your obvious attempt and dedication to grow spiritually. Lazy bums, fearful people and those who want to sit back and watch the world burn...



40 Days of Power — III. Meditations

This meditation program will include the following:



Aura Cleaning

A clean aura will rid you of bad influences and bad energies, keeping you strong and healthy. Should be done daily. Aura cleaning should be done without MANTRAS until the program tells you to do this.



Aura of Protection

Aura of Protection should be done daily as to protect you from psychic attacks and negative energies. Should be done daily.



Chakra Openings

Do these when indicated by the program, as these are important exercises to open your centers of psychic energy.



Chakra Spinning

This should also be done daily and does not take much time at all when you get a hang of it, it also raises your energy levels and keeps your chakras clean and on a higher level of vibration/existence.



Breathing Exercises

These should be done daily once started. These breaths increase the so called "Vril" or "Life-Force" or "Chi" and they increase this energy. Increasing your bioelectricity is the essence of power. Breaths should be done in moderation and forcing yourself should NEVER be done.



Physical Yoga

Physical Yoga will make you more flexible and it also palpitates your bioelectricity, increases your bioelectricity. Physical Yoga in this Program will include Hatha Yoga and Kundalini Yoga, as one empowers your energy flow [Kundalini] and the other [Hatha] increases your flexibility.

[Hatha Yoga Routine](#)

[Kundalini Yoga Routine](#)

WHEN STARTED IT IS MANDATORY YOU DO NOT STOP THESE OR LET MORE THAN 24 HOURS ELAPSE. [For more information, click here.](#)



Void Meditation

Void meditation with your eyes either open or closed. Better open as many times, one may fall asleep without them willing to do so.



Optional Meditations

These will be for those who, during the 40 day empowerment program have felt it does not cover them fully and do not feel they are doing as much as they should. This should be the minority. These can be practiced after the 40 day program is over with.

The meditations that need be continued after the 40 day period are:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Breathing Exercises
- 4 Hatha and Kundalini Yoga

The above must be contained in all meditation programs when started. If one for whatever reason chose to not do these, they can skip them. It's advisable that you should keep on these, other things can be altered and changed, but all these are mandatory to keep your main energy, your Bioelectricity up, running and pumping.

Again, for any questions, come to the [Forums](#).

Let's proceed.



40 Days of Power — Days 1-3

I was, am now, and shall have no end. I exercise dominion over all creatures and over the affairs of all who are under the protection of my image.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes

The same meditations need be done for 3 days in a row.

As you get the hang of these, the exercises will be very easy for you to do, and may total 4 minutes of your day in the morning and in the evening. The Void Meditation can also be done anytime in your day, just by focusing on some object.

So in the morning you just have to put the Aura of Protection and clean your aura and chakras, which totals only around 2 minutes.

Have focus and make sure you fully clean your aura and chakras.





40 Days of Power — Days 4-5

I am ever present to help all who trust in me and call upon me in time of need. There is no place in the universe that knows not my presence.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 5 rounds

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 5 rounds

Adding this breath will increase your power and your bioelectricity and this is the foundation of Pranic Breathing. The above totals around 5 minutes, depending on how much you choose to hold. No more than 5 minutes, still. This is only 10 minutes from your day, total.





40 Days of Power — Days 6-8

To me truth and falsehood are known. When temptation comes, I give my covenant to him that trusts in me.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 10 rounds
- 5 Chakra Spinning

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes

This right here is a mini program and will only take around 11 to 12 minutes when you get the hang of it. It will take less time as you get the hang of it fully. One who is proficient can do these meditations in like 6 minutes. IF YOU FEEL OVERWHELMED, YOU CAN TAKE 2 ADDITIONAL DAYS OR AS LONG AS YOU NEED TO ADJUST.





40 Days of Power — Days 9-11

I requite the descendants of Adam, and reward them with various rewards that I alone know.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 8 rounds
- 5 Chakra Spinning
- 6 Foundation Meditation for 15 breaths

Retain the energy inside of yourself. Imagine you are drawing White-gold energy from the Sun inside your whole Soul.

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning

OPTIONAL MEDITATIONS FOR THE NIGHT

- 5 Foundation Meditation for 11 breaths

Retain the energy inside of yourself. Imagine you are drawing White-gold energy from the Sun inside your whole Soul.





40 Days of Power — Days 12-16

I place my affairs in the hands of those whom I have tried and who are in accord with my desires. I appear in diverse manners to those who are faithful and under my command.

— Zeus, *Al-Jilwah*

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise "Complete Yogic Breath" for 8 rounds
- 5 Chakra Spinning
- 6 Foundation Meditation for 15 breaths

Retain the energy inside of yourself. Imagine you are drawing White-gold energy from the Sun inside your whole Soul. The estimated time of the above should be around 6 minutes.

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning
- 5 Opening of the Third Eye Chakra

[This can be done either in the morning, or the night, whichever one you have chosen. If you have chosen to meditate only in the morning or the night, this must be done for the days 12-16. The night is more effective in opening the Third Eye Chakra.]





40 Days of Power — Days *17-20*

I lead to the straight path without a revealed book; I direct aright my beloved and chosen ones by unseen means. All my teachings are easily applicable to all times and all conditions. I punish in another world all who do contrary to my will.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 8 rounds
- 5 Chakra Spinning
- 6 Hatha Yoga Routine instead of Foundation meditation

Do each pose for 2 breaths, fully breathing and relaxed. At the end of the session, relax fully - this will not take more than 5 minutes. This in total is 30 breaths. Be relaxed and comfortable. Total, around 15 minutes by now.

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning
- 5 Opening of the Crown Chakra





40 Days of Power — Days 21-22

I reveal my wonders to those who seek them, and in due time my miracles to those who receive them from me.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 8 rounds
- 5 Chakra Spinning
- 6 Hatha Yoga Routine instead of Foundation meditation

Do each pose for 3 breaths, fully and relaxed. At the end of the session, relax fully - this will not take more than 8 minutes. This in total is 45 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning
- 5 Opening of the Throat Chakra





40 Days of Power — Days 23-26

But those who are without are my adversaries, hence they oppose me. Nor do they know that such a course is against their own interests, for might, wealth and riches are in my hands, and I bestow them upon every worthy descendant of Adam.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 8 rounds
- 5 Chakra Spinning
- 6 Hatha Yoga Routine instead of Foundation meditation

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully - this will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning
- 5 Opening of the Middle Chakra





40 Days of Power — Days 27-30

Three things are against me and I hate three things. But those who keep my secrets shall receive the fulfillment of my promises. Those who suffer for my sake I will surely reward in one of the worlds.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise "Complete Yogic Breath" for 8 rounds
- 5 Chakra Spinning
- 6 Hatha Yoga Routine instead of Foundation meditation

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully - this will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning
- 5 Opening of the Solar Plexus Chakra





40 Days of Power — Days 31-34

But those who are without are my adversaries, hence they oppose me. Nor do they know that such a course is against their own interests, for might, wealth and riches are in my hands, and I bestow them upon every worthy descendant of Adam.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise "Complete Yogic Breath" for 8 rounds
- 5 Chakra Spinning
- 6 Hatha Yoga Routine instead of Foundation meditation

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully - this will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning
- 5 Opening of the Sacral Chakra





40 Days of Power — Days 35-38

It is my desire that all my followers unite in a bond of unity, lest those who are without prevail against them. Now, then, all ye who have followed my commandments and my teachings, reject all the teachings and sayings of such as are without.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 [Aura Cleaning](#)
- 2 [Aura of Protection](#)
- 3 [Void Meditation](#) with your eyes open for 2 minutes
- 4 [Breathing Exercise "Complete Yogic Breath"](#) for 8 rounds
- 5 [Chakra Spinning](#)
- 6 [Hatha Yoga Routine](#) instead of Foundation meditation

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully - this will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

- 7 [Alternate Nostril Breathing](#) for 1 round

☾ Night meditations for today:

- 1 [Aura Cleaning](#)
- 2 [Aura of Protection](#)
- 3 [Void Meditation](#) with your eyes open for 2 minutes
- 4 [Chakra Spinning](#)
- 5 [Opening of the Base Chakra](#)





40 Days of Power — Days 39-40

O yea that have believed in me, honor my symbol and my image, for they remind you of me. Observe my laws and statutes. Obey my servants and listen to whatever they may dictate to you of the hidden things. Receive that, that is dictated, and do not carry it before those who are without, Jews, Christians, Muslims and others; for they know not the nature of my teaching. Do not give them your books, lest thy alter them without your knowledge. Learn by heart the greater part of them, lest they be altered.

— Zeus, Al-Jilwah

☉ Morning meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Breathing Exercise “Complete Yogic Breath” for 8 rounds
- 5 Chakra Spinning
- 6 Hatha Yoga Routine instead of Foundation meditation

Do each pose for 5 breaths, fully and relaxed. At the end of the session, relax fully - this will not take more than 10 minutes. This in total is 75 breaths. Be relaxed and comfortable. IF THE BREATHS ARE TOO MUCH, STICK TO 3 BREATHS OR EVEN TWO!

- 7 Alternate Nostril Breathing for 2 rounds

☾ Night meditations for today:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation with your eyes open for 2 minutes
- 4 Chakra Spinning
- 5 Kundalini Yoga Routine x4 breaths on All Exercises
- 6 Opening of the 6th Chakra





40 Days of Power — IV. End of Program



Instructions for after the period of 40 days:

- 1 Aura Cleaning
- 2 Aura of Protection
- 3 Void Meditation

Should be done daily without fail, no matter what you add to your program. In cleaning your Aura, you can add the RAUM mantra when this feels right to do.

Things you can do are as follows: Add additional meditations from the Temple of Zeus meditation page. Experiment. The program until the 40th day has taken you to where your chakras are awakened and your bioelectricity is open, exactly as promised.

For instance, the breaths in Kundalini Yoga can be increased daily by one or two until these reach 100. Same thing with breathing in the positions in Hatha Yoga. The same can be done for breathing. You can add more breaths when you feel ready.

Do not fear to experiment. Just know that once you add a meditation, make sure to keep on it daily. This will ensure you will be steadily moving forward.

40 Days of Power

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Stay strong, keep fighting for your own evolution and Zeus.

Let's get back what is, has been and will forever be ours!

HAIL ZEUS!!!!

