

WITANWEYR

MAGIC, MIND AND BODY, THE PRAXIS

Magic, the why and how book.

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What is magic, how does it work, why does it work when it does, and how do you do it.

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By William I. Hegeman

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- Formularies
- Candles

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- Grounding
- Meditation
- Prana or Chi Development
- Visualization
- Symbolology
- Dream work
- Candles
- Basic Yogas
 - Hatha
 - Pranayama -core
 - Kundalini (Basic) –core
 - Qi Gong –core
 - Martial Arts –basics

Paranormal Development

- Personal Self Development process, what to expect, what is needed, and what is expected from you.(Lecture)
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 - Qi Gong –core
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Critical Thinking

- Hermeneutics
- How to
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 - do deconstruction,
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- Why, When, Whom, Caveats, uses, pitfalls, edifications and warnings. (Lecture)
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- Various forms of ceremonial magick

Tribal, Social and Natural

- Animal Spirits
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- Tribal Roles
- Social interaction

- Mediation
- Tribal Values, Social and relationship focuses:
 - Honor, Integrity, principles for living
 - Relationships, honest relationships
 - Children and family members, focus on the support and growth of individuals
 - Mentoring, Education , Learning Relationships
 - Apprenticeship, work, discipline, Working relationship
 - Wisdom, knowledge and Common Sense, relationship to and support of the keepers of knowledge.
 - Culture, Family, Tribe, relationship in the group, with other groups and support of the family.
 - Property, Career, work ethics

Ja	Ma	Cha
Career	Honor	Mental
Prosperity	Integrity	Relationships
Wealth	Fame	Physical
Imbolc	Oestara	Bealtine
SE	S	SW
DA	La	Na
Culture	Heaven Sun	Future Lives
Family	Spirit	Children
Tribe	Earth Moon	Relatives Past
Yule	Ra	Litha
E	Center	W
Ga	Ba	Nga
Wisdom	Discipline	Teacher
Knowledge	Work	Mentor Communication
Common Sense	Apprenticeship	Student
Samhain	Mabon	Lughnassa
NE	N	NW

Preface

There is a body of esoteric knowledge, through either by religion or ritual that, in various cultures, are found to have a magical efficacy.

It is not my intention to do a comparative analysis of magic, as it is found in every culture. However, I will attempt to outline or paraphrase what I have researched or have confirmed by practitioners how these practices make magic.

By the end of this book, it is my intention, to outline how magic works, and the basics of the methods on how to practice it.

It is my hope that my meager knowledge of quantum physics, string theory, human physiology and psychology, that a logical weave of inter-related disciplines, can describe plausible means that magic will and does work in the manner that it does. I will bring the various practices and methods that either are in use or have been practiced to support my hypothesis. And in so doing, it is my intention to fuel new research in parapsychology to examine my string of conjectures of how magic works and how the human body interacts with the world around it.

The scientific rigueur required making scientific examination of my conjectures, needs to be made. In the 21st century, technology has developed where materials, and quantum construction techniques, could provide the means to tap into the understanding of the weak nuclear force and perhaps bring science out of statistical analysis and probability and into solid methods where engineering can be successful in all of the areas physics, and make practical use of it. We are on the verge of the unified field theory. The demesne of Academe in the arena of physics is dancing in circles due to corporate and governmental strictures. It is where only bureaucrats of the highest magnitude and can extract research funding, and those in this country are indentured intellectuals with no freedom to pursue, with all creative endeavors, the sciences that will drive us forward. Bureaucrats and any creature hobbled in its environment, I can not imagine to have creativity, will or means to extract the secrets of the universe in the current climes of intellectual, cultural encumbrances.

In the past decade the progress of astrophysics has made considerable leaps, due to Hawkins and the Hubble Telescope with the rest of the community. When quantum physics takes its next leap in sets of understandings, it will shed light and change the paradigm on many sciences.

In no way do I wish to provide antagonists of the supernatural (the realm of deity and religion) that are skeptics, scientists, or rationalists, methods of arguments against the supernatural. I hope to augment the understanding and relationship with the divine. Our cultures have demonized language that has been used regarding magic, and the people who practice it. People who for lack of identity have recreated their identities reshaping old words, abandoning perfectly good words, and for political and psychological self-empowerment reclaim words that are not apt. As a pagan, I am not going to insert myself into the relative pros and cons of the theology or theaology of the various movements. What I will do is delineate a useful set of definitions to describe and make use of words common in English to have precise meanings in the study of the paranormal and supernatural.

The tendency to extol ones virtues and claim a superior knowledge, and other wise sell oneself, is usually a standard in ones introduction. Please let me avoid that, while trying to give a sensible background. Nor do I wish to extract sympathy. It is often difficult to explain the facts of ones existence without some person identifying or being revolted by it, and applying their dictum of metaphysic, and assessing a predisposition about this person. An autobiography would in a likely hood confuse things even more. Let some these following statements simply be facts about my existence and not read anything into them.

I had both a high IQ and experienced paranormal phenomena at an early age. My capacity for art at an early age was discovered by my parents and was vigorously discouraged and my interests in all sciences were tacitly encouraged. My family and suburban life filled my existence with various insanities and the television show "Star Trek" gave me a hero out of a logical race named Spock. The contrived personality took me completely outside of any cultural personality trajectories, and left me in a position to reflect as an outsider, and have perspectives external to every aspect of existence, except for the emotional consequences. I channeled those forces to drive myself onward. The lack of support, and instability of my family left me without the ability to approach colleges with a means to justify my existence, and lack of finances that under normal circumstance in 1975, would have availed to me a college education. I was accepted to MIT, RPI, and dozens of highly regarded technical colleges.

Consequently, I spent 4 years in the marines, banking on a GI-Bill. I found out it would in effect be worthless in 1979-1980. The quality and availability of hard sciences and professors in community colleges were deplorable. Upon finding that a student with an Associates Degree and 2 courses in material testing could nearly command a salary twice that of a nuclear physicist with 2 years experience on a nuclear accelerator, was a blow. The other shoe that fell was to talk to engineers, professors at RPI and found that to live in these professions who must sign all intellectual rights to anything they have, had or will ever have done, away. As a person of conscience, this was unacceptable.

I spent most of my life studying, and subsisting in out and out relationships, and multiple menial jobs. Eventually I fell into the computer field, from where I have resources and time to reflect. As it is with many people who have been abused and where mystics cannot but only share a shadow of understanding of their place in the world, the mundane and spiritual facts, of their existence, serves no purpose. The attempt in explaining ones life is difficult; simply, we have no common frame of reference, with a common person. As a product of the 60's and 70's observing my government, and corporate behavior as it manipulated the Americas, if not the rest of the world, my skepticism, and being a person on the fringe of society, finding a place in mainstream was difficult.

Spiritually, my family was fairly secular Protestants, in the northeast. I, on the other hand, had visions of and sensing of being with the Tao. Had visitations by noggins (bog fairies or bogeys), and had my grandfather say good bye to me after his passing. I developed an understanding of mortality at an age about four, and a decided set of awareness.

If you are acquainted with Robert Heinlein's "Stranger in a Strange Land", and having an affinity with Michael Valentine and Spock, you might understand the following incongruence. I logically looked at the paranormal as something separate from the supernatural. I also thought that psychic abilities are normal abilities in humans. I

bought a copy of PhD Evans Wentz “Tibetan Yoga, the Secret Doctrines”, started teaching myself psychic disciplines. I found escape from my home going to a Baptists church on weekends. I didn’t find it incongruent, but the other Baptists did. The indoctrination into fuzzy rationalization versus honest and logical thinking, I found incongruent. With my own personal experiences, and explorations I have left that cult behind. I dedicated myself to learn wisdom, without going into a biography; it has been an interesting trip.

Skepticism, logic, inquisitiveness and a need to verify my sanity, studying metaphysics, was a path. I have come comfortable with my knowledge of magic and its underlying methods and means. The completion of this book will signify my next step on finding a means and method for generating a paradigm for society, through a religion. Hopefully with the underlying understanding of the paranormal, the faculties of the mind, the tool of one’s body and the opportunity of a life, there may be an underlying sanity check in anyone’s religion. It is through some philosophical metaphysic that most revolutions in culture take place. This is grist for any intellectual wheel that will present me future challenges.

I hope that this book will at least provide the reader with tools; and with that seizing their personal power and start controlling their own life, at least, at a spiritual level.

Good Luck.

Magic the art and science

The art and science of survival and how to understand is our most fundamental tool and for studying our selves.

What is it about man that dreams beyond his own existence, limitations and to relate to things consciously and rationally inanimate? Man developed a brain to plan beyond this moment, and to plan for yearly cycle. Man developed a language and the ability to use it to harness the behavior of others and its self, to increase its ability to survive. Man had relationships. Man held patterns of behavior in each other and nature and planned on how to work with each. It's the sheer complexity of Mother Nature and its fellow creatures, that the science of breaking it down to abstract pieces that can be used over and over again, and to combine them to something new, which can be shared, and be understood as whole. The whole concept is held in a complex emotion matrix that exacts patterns of behavior toward each piece of the world, or to stand in its wake of sheer awe.

The planning for a lean year and surviving is a power. The power to survive, to succeed, and to find a way when none currently is present incorporates belief, hope and reliance to those relationships in one's own world. The need to feel safe and in some sort of control of an often unstable and dangerous world, religion and culture provides emotional and social support. The ability to control those properties and relationships is what religion and culture provides mechanisms that a group and individuals use.

This book is not about the anthropology of man and its rise to a dominant species, or the fact that it is practically the only one that will create spiritual precepts about it self. We see the essence of it in whale song, and baboon obeisance prostrations to the morning sun in east Africa. There is a lot of research and books currently available on the market that does address various forms practices and philosophies that go with it. I would expect the reader of this book is at least acquainted with one system or another before they take this book into their hands. However, this world has born to it many talented people who have "a gift", "the talent", "the shine" or "a calling", and need help to understand it in an unforgiving, and unsupportive environment. In this book you will not find all the tools you need; but I do expect that you will have enough to get started.

What this book is, it is a manual on how to understand what magic is and how to develop a skill, or make use of a talent that one has with it. In the pagan and esoteric circles magic is spelled magick, to differentiate it from legerdemain. Legerdemain is the word for sleight of hand and the art of creating illusion. I will use the word magic. Many in the pagan community view magic, as a mental construct, to allow personal personality change, which provides them an ability to succeed in life. Ritual, religion and the art of theatre do indeed do that. And in this book, it is my intent, that you will be able to do that also. Magic is a real capability of people, to access and manipulate not only reality, but also the fabric that imbues our everyday waking world with the realms of worlds and dreams we all can imagine. If you are agnostic and not convinced adversely, the techniques in this book should give some firsthand access to the experiences that you will be able to decide for yourself. If you are skeptic, or fanatic believer that is contrary to your views, put this down and don't waste your time. If on the other hand you want to entertain the possibility that magic, as is, is not good or evil but the means where those of faith can add their spirituality to it, please do so. The Gods should get involved in the world. Or at least, maybe I can explain to you where you can understand that as a

fanatical skeptic, you exercise a magic that keeps the world exactly the way you perceive it.

Too often people pick one book after another, on magic for reasons that are clouded by their own existence. Greed, power, loneliness, disenfranchisement, escapism, all are not good reasons for learning magic. Alternative religions can and do have magic, and people are attracted to them for the same reasons, but including, a better paradigm for living, healing, and perhaps a community of like minded travelers in life. Why are you looking at this book? Magic is work, discipline and a way of being. There is nothing simple about it. There is no simple do X and Y will happen. At the time of this writing I expected to drive to work, except the transmission died. I work hard, make money, and pay for it. Reality is the first of all true realms that we must acquaint ourselves with before endeavoring in magic.

Many books on magic are inundated with the trappings of cultural idioms, practices, rituals and languages that seem and do ask for the full and total immersion of it to learn it and to succeed in it. There are good reasons for it. The way it is taught takes cultural idioms and emotional constructs that are necessary for the body and mind, to exercise a pattern of energy that identifies with the world around it in a specific way to do specific things.

What does this mean to you? Cultures are not stable any more. They are in such a flux, that such magical practice loses its efficacy and its translation as it changes. If there is a body of energy to tap into, the cultural mental and emotional drift of the people practicing it either pollutes it, or it isn't identifiable with the same set of rituals, because the associations with it have changed. So how do you do it? You have to master the basics, in the simple and abstract way, which can be reapplied for one epoch to another. You have your mind and body. That is the only tool you need. An abstract set of work skills, can be kept as a skill and a talent, regardless of one's environment.

If you are of a skeptical and scientific mind, finding that you are plagued by paranormal anomalies, perhaps this will help you put it in perspective.

Where I can, I will relate relevant current magical practices and my thoughts about how they relate in context of what I am writing.

The mind will develop its own set of symbols and concepts to harness what you will learn to develop. That is a metaphysic, the rules and understanding of your own mind. The Art is learning to mix blend and let the intuition allow it to flow like ink on a paintbrush. The real test, can you integrate this spiritual reality with the mundane life, of making a living and getting along with everyone else. The changes that one makes to be able to do these things will change your thinking, the way you feel, and your personality. It is a struggle to keep it all managed day to day.

I hope to address the day-to-day issues that magical people need to deal with.

I hope to present the basics of human physiology and a hypothesis how it works with the world around it with low frequency radio waves and or internal electrical potential for manipulating objects with it and orienting behaviors of electro-weak forces. Too many people use inapt thoughts about gravity, parallel dimensions or electricity. These things may bear some relationship to magic but I'd rather work on what I have found reasonable correlations, and posit possible approaches to put it to test in a lab.

I will interject personal concepts of spirituality and morality within this body of work. I hope it is generic enough to be incorporated into your own metaphysic. I will do my best

explain what I have experienced, as compared to, what I think, feel or what is my best conjecture. That too is a discipline. In this book I will attempt to show the discipline of explaining what things are in an accurate way. What I mean to say, is if that is what I think, I will say I think it. If I say I feel or sense something, and attempt to describe it, it is my feelings and my interpretation of it. Your perceptions will be different. As so it should be. The discipline of the mind, emotion and self is essential to accomplishing anything; the art of magic is no exception.

Magic is a loaded gun. It requires a keen, ethical and disciplined person to manage that privilege. My ethical side of my personality would wish to deny people the ability of doing evil. However my perception of evil is its own self-fulfilling practice of nihilism. It is its own law of diminishing return. Man will battle the practice of evil; and, I gambling that there are more people who wish to do good or do better for themselves, that will counteract it. Please be one of those who walk in Life and Love. Good luck with this undertaking.

Definitions and Language

Language for discussion versus being part of magical or religious methodology

Before I start into the meat of the why, wherefores and the how to, we are all thinking in a way to conform what we think, know and how to think. Am I telling you how to think and what to think? No, you must learn for yourself. With a sordid chuckle, I have to admit that I look to do that to myself when I pick up a book. And at the same time I am applying all of my intellect, skepticism, and any analytical faculty to bear to determine the truths of any writing. I ask you to do the same.

In any religion and culture we use in common a common language, a set of cultural icons and premises that color everything we think. The most common set of words we abuse are think, feel and believe. I hear from believers of any faith, that they think this and feel that, as if their beliefs have passed to into the certain and knowable. Belief is that which we act upon as fact. Faith is that belief where one accepts what one does not now in fact. I ask that you learn to know in fact, and to work with your best knowledge of what works. Always, ask why, how it works, how it ticks, what are the anomalies. Anomalies, found strung along a bigger picture clue you into larger mysteries, to know. As much as neurological studies have gone, there are misunderstandings. For example, I read this article; they found the “God Gene”. Of course there is an instant uproar. This is where people who have this gene are more likely to believe in god. That is a scary concept for people. Neurophysiology does provide an interesting lens on how we process information, and have experiences that are outside real experience. I will get to this later. The management of memory and emotion, or its mismanagement can cause false memory or perceptions. Language is a tool for us to handle the abstract, the nebulous, and our relationship to our self not only to others. “Know thyself” is not just some philosophical tenet started by Socrates, it’s the discipline of the only tool and vehicle you have save death can part you with.

Beware of the trap of being convinced of your thinking, we all cloud it with our history, our feelings and emotional commitment to values we adopt. Memories need to be evaluated, along with our mental and emotional states. The emotional state from a different point of view will change the facts of the event. Emotions not only color our actions, but how we remember an event. The event of one's life always has some emotional context with it. It is in that emotional context can we remember that event and ourselves at that time.

Think of something that is hard for you to remember. Then instead remember how you felt about it. You will be surprised on what you remember. Then you need to think about what those feelings may have exaggerated.

We are conscious, thinking beings, believing that they have a profound control over their perceptions. It is absolutely true and false at the same time. Humans construct filters and thinking patterns. This isn't programming, but it does define the parameters of what we are allowed to think. I am writing this to basically an American audience that has Christianity and a mainstream American point of view. Let's say, for the sake of discussion, I don't believe in the Bible. The common assumptions are that I don't believe in the existence of God, nor do I have a set of morals. Nothing is further from the truth, especially if I was a devout Hindu or someone of some other faith. If I said I saw my grandfathers' ghost, there are only several explanations that are allowable. One is that I could have hallucinated it under stress or grief. Another is that I would be mentally ill. Lastly, that in holding that is a possibility and a ghost does not fit in the perception of what the afterlife should be, the perceiver and the perceived are considered to be evil or of the devil, or at least, hallucinating. This last attitude is safe and convenient. It is far easier to assign blame or an evil; to what cannot be put into one's own viewpoint, or frame of reference of understanding. It is convenient to take a convenient catch all to dump all that does not fit in ones tidy little way of looking at things, into something that is "demonized". Demonized, is such an apt word. It is so easy to banish all experiences that don't fit into ones "metaphysic" (world view) where you are absolved from ever understanding. And if you get everyone else to share this behavior, no one else will ask you to do the work to understand it. Neat simple easy and lazy, that is about it in nutshell. It is from sheer laziness, or lack of will to incorporate anything outside of our own little world. It is easy to absolve ourselves from doing this type of work, because it doesn't apply to necessities of life, shelter, food, water, sex and all the tokens we apply these same varieties of life to. The psychology of power is the economic control of others for these same things. Religion, social psychology, power and politics all play in an import role of the control of magic, in society. This is a wholly different discussion. Words are used with highly emotional content. The concept of demonizing a word and a concept tied to that provide an immense amount of control of people who follow the emotional response expected of them. The discussion of pedagogic practices of apologetics and the normal social communications of sociopaths isn't appropriate in this discussion either. The word liberal and conservative in the time of this writing has polarized this country. The term in political circles is called shark baiting. It isn't important what the context of the discussion or what is being said, as long as the emotional leader of the group can ply the emotionally charged word to the person or a thing and get the desired effect. If you are to have control over your mind, you must be

aware of the affects of others have on you, and choose to be your own person. This is important for anyone regardless if they wish to practice magic.

The words, witch, wizard, sorcerer, occultist, have been abused by centuries of polemics. The words like worldview, beliefs and reality, overlap in such a way that defies discussion. Spirit, soul, psyche have overlapped in today's speech that the notion of their having been a science of understanding that each word's connotation had differences in the time of writing of the New Testament, today is unthinkable.

I will endeavor in the following text, try to use the words defined in the next chapter as consistently as I can. Even in a community where people believe in the efficacy of magic, definitions and perceptions differ widely. Bear with me, those of who are quite versed in these subjects and orient yourself to my definitions so that concepts may make sense to you.

Words and language together is a framework for how we think. Neuro-linguistics is an immensely useful study that can show ourselves the modalities that we speak from. We can say we grasp, sense, understand, see, or hear a piece of information. The modalities would be tactile, feeling, thinking, visual or auditory respectively. We have passive, reactive or type action criteria in our personalities showing our pattern of response to situations or information. I highly encourage the reader to take time to acquire books on the subject, and use it as a tool to understand yourself and others more clearly. Various languages have grammars and idioms of expression that implies specific thoughts and behaviors. The learning of those processes is difficult, because much of it is taken for granted. Exposure to other cultures, peoples and languages can help put your own view of yourself in perspective.

Words used for discussion.

Instead of an Alphabetical listing, the grouping is based on subject areas. I will discuss each subject group so that words will have relevant meaning in its context.

How do we think? It is very important to accurately understand what we talk about. It is even more important to accurately describe what goes on in our head and in our experiences, when one attempts to do magic. We take abstract information or patterns give it a label, after we learn other patterns for making comparisons between other patterns we can say something useful about each and how to predict and an event. Or sharing patterns with others, we can communicate. I need you to not only think about mastering how you think and feel, about magic, but day-to-day practical things. I meet many people who embrace magic, but fail to succeed at anything except gaining derision and being ostracized. The number one thing I try to teach people is that you always must deal with reality. Fantasy fails to deal with anything real. When one fails to work with reality, ones actions tend to ultimately fail. Know thyself.

Words for the mind

Thought – this is the formulation of information on an abstract level that can be communicated and is made aware to the individual conscious thinker.

Thinking – this is a conscious process where the individual is choosing information to work with and processing it with known patterns or algorithms.

Faculties – these are developed patterns of information processing, that individuals don't necessarily instantiate in the process of thinking, but are a set of algorithms of processing that includes means and methods of acquiring information, and acting on it. Faculties are usually built consciously and have had repetitive success in its operation that awareness and auditing of the process may not be part of its functioning.

Abstract – this is where a complete thought or piece of information can be conveyed in a token of it either through language, or other means of communication. The word “eye” is an abstract that conveys that one is talking about a visual sensory organ of some being. In this culture “the finger” conveys a derogatory expletive non-verbally.

Concept – this is an abstract that are a collection of abstracts, patterns of processing or emotional patterning applied to the whole. Concepts are used in cultural context, and there are overloaded ways of taking one complex group of things and interpreting it. The words “dude” or “aloha” can be ubiquitous in their respective environments, convey a lot or little. The concept of a car versus an individual car, depending on the investment the individual puts on it and the use of it as token of expression, convey mountains of information. For example, “my life is the way it is because I don't own a car”. This conveys lack of money, freedom, the ability to socially engage their selves, or in other cases its sense of appropriateness. For example; “Is a beat up pickup truck something appropriate for a prom?” The conveying of information through concepts, require preparation and understanding of each person. Without doing so the investment of what one concept means to one person, can mean something totally different to another. The concept of grace philosophically and theologically is very different between a Lutheran, a Catholic and myself.

Emotion – this is the physiological energizing process that is attached to memories, and behaviors. It is also the means that a being communicates to the body through its sympathetic, or parasympathetic nervous system and its kinesthetic senses to prepare it for a set of activities. Neuro-physiologists have found that damage to the temporal lobe and or the pons gyrus (usually associated with language) shows that it seems to damage the ability to remember with an attendant inability to emote with stimuli, or evoke emotion. It affects the ability of individual to recall information.

Emotional Matrix – this is a term that I use to describe a set of emotions invested in a faculty, or a memory identifying with an event or a thing. There is an understanding in the clinical psychotherapeutic community that emotions affect personality, behavior and memory. It is called state dependent learning or

behavior. For example, a fully functional alcoholic fails to remember information, or even how to do a job of many years when sober. The amount of life that has been invested in an alcoholic state has created a physiological and emotional pattern in the brain that the individual can function from. When the individual is free of the mind altering addictive substance or behavior, they don't know how to get into that mental state without the effect of the substance or behavior.

The ability to learn has been shown to increase when the individual can become enthusiastic. This is an emotional charge that helps the brain cement the information and actions required from what is learned. It is also interestingly enough to point out that enthusiasm can be used to replace or rewire the brain. It is the use of emotion that can wire the brain for memories and learning new tasks or faculties.

Subjective – this is the state of understanding a piece of information or an event, based only on the individual's means and methods of gathering and processing that information.

Objective – this is a state of understanding a piece of information or an event, based on the shared abstracts and processing of the information between 2 or more individuals, where also it can be conveyed accurately to a third individual who was not there to experience it.

Hallucination – this is a memory or a collection of subjective experiences, which have absolutely no correlation with anything that can be objectively apprehended.

Vision – (as in having a vision) this is a memory or a collection of subjective experiences, which have absolutely no correlation with anything objectively apprehended, except it has a process that can corroborated with subsequent external information or objective experiences.

Apprehension – this is the thought and the memory of an experience placed in the context of one's own ability of interpreting information based on formulated methods of the individual. This is based on the definition of understanding.

Impression – is a collection of sensory or unconscious conceptual identifications of an event, or experience.

Emotional Mental Construct - this is where faculties and emotional matrix are a distinct set of processes where an individual can evoke, to act and/or to process information. It is a state of being or an abstracted personality functioning in a discrete and usually in a conscious process.

Memory – is a collection of apprehensions and/or impressions, which can be recalled for subsequent conscious processing.

Living Memory – is a collection of apprehensions and/or impressions, when recalled for subsequent conscious processing, it also evokes an Emotional Mental Construct, to process the information in the state of being when it was experienced.

Conscious – This is where one is mentally attentive to the sensations, experiences, and thought processes of his or her self.

Unconscious – this is where either the ability to process information and experience is limited, or it is the behavior or processes that is ingrained into ones being and which there is no consciousness to be aware of those actions.

Subconscious – this is where certain functions of personality or faculties operate at a level, where only peripheral aspects of it are made and operated consciously by the individual. The functioning subconscious processes, are not monitored actively are of a liminal perception, or the underlying method or functioning are not known, but its existence and effect can be managed consciously or be made aware of consciously.

Awareness – This word will be differentiated from the term consciousness by the activity one spends consciously of auditing and reflecting on the operations, behaviors and experience the individual is in. The ability to view the self retrospectively, gives the individual a way of separating their self from the emotional matrix that defines their state of being and looking at it from various perspectives based on other faculties or emotional mental constructs.

Ethics – these are a set of rules and behaviors accepted by cultural, tribal or social structure, that individuals of these groups abide by. This is totally separate from morals. There may be an implied set of morals that members these groups abide by, but in practice these are more likely laws, etiquette, or other culturally accepted behaviors. The admonishment not to commit murder, serves to keep a group cohesive and functioning. The custom to say “please” and “thank you” are informal rules are an implied ethic, that keeps a pattern of social communication normalized. Without it, the emotional and psychological patterns of the community are disrupted.

Morals – this is a person’s individual set of rules. Often this is confused as laws or commandments, given in some religious context. If a person accepts those rules as personal guidelines to guide their actions, then those are part of his morals.

Logic – this is simply a set of rules that are applied to information to arrive at an answer. Ideally the answer should be a correct one, and that can be verified by other logical means. There are many people whose perception of logic, include the reaction to emotionally invested abstracts. That can be termed fuzzy logic or

thinking. Very often the logic that people used will formulate answers that fit in their worldview.

Wisdom – is the awareness of the logic process, and the supervision of that process with other information, logic and the experience to when and if the answers found are to be trusted or not, or to be acted on or not. Work, discipline and experience are needed to develop wisdom.

Metaphysics – (dictionary.reference.com)

1. Metaphysics - (*used with a sing. verb*) Philosophy. The branch of philosophy that examines the nature of reality, including the relationship between mind and matter, substance and attribute, fact and value.
2. (*used with a pl. verb*) The theoretical or first principles of a particular discipline: *the metaphysics of law*.
3. (*used with a sing. verb*) A priori speculation upon questions that are unanswerable to scientific observation, analysis, or experiment.
4. (*used with a sing. verb*) Excessively subtle or recondite reasoning.

Metaphysic– (dictionary.reference.com)

1.
 - a. Metaphysics.
 - b. A system of metaphysics.
2. An underlying philosophical or theoretical principle: *a belief in luck, the metaphysic of the gambler*.

You have a metaphysic. It is the how and why you do and believe what you do and act. When you study magic, philosophy or any new branch of study, you will redevelop and reapply your metaphysics.

Words for a social context

Family – this is the most atomic grouping of people. One example is the fact of being raised by a pair of responsible adults. It is also to have the covenant between a set of people to see to each other's mutual survival. These are where we get our initial set of instructions as a person. Or it is where we learn to adapt to the set of skills this group has to succeed. This is also where we learn or adapt the rule sets of larger groups.

Tribal – this is the most basic grouping of human's, this includes a set of differentiated tasks, worked into by groups of families to plan on succeeding as a group.

Culture - This is a superset of social rules that guide the ethics and behavior of most people in a specific grouping of groups of people. Or it is a shared sense of Identity

based on commonalities or shared values. Culture is also a set of unconscious or taken for granted behaviors that interact with that “setting or parameters” of that group. It is this that a magician must become ultimately aware of.

Society – This is a formal structure with a shared set of rules and expected behaviors, which define the inclusion or exclusion of its members. A citizen follows the rules, a felon does not and is excluded from society via incarceration. A homeowner of a specific county is a taxpayer. Fraternal organizations are societies with specific rules, jobs and membership. Some churches or religious sects also are a society. Societies do not necessarily are inclusive of family or tribal units. Carpenters in a trade union, rancher organization share specific that cross cultural or tribal boundaries. A corporation has a culture, a work group or business unit maybe a tribe; and an example is that IT professionals may make up a society within that group.

Psychometrics – The branch of psychology that deals with the design, administration, and interpretation of quantitative tests for the measurement of psychological variables such as intelligence, aptitude, and personality traits. Also called **psychometry**.

(dictionary.reference.com)

The psychic term of psychometry of retrieving information from objects I will use other terms.

Words for the mind how we think about ourselves and the world

There is a need to think about parts of each of our selves. Most people take for granted these separate senses of our self. We say we are getting our self together, or putting ourselves together as a package. The Greek philosophers developed terms like psyche, nous, and others. I will use the following.

The following definitions may differ quite differently from one philosophy to another and between different religions. These definitions I use below I give distinct differences for clarity of discussion and my personal methods for describing the internal bits of ones being.

Mind – the aspect of your thoughts and personality and all of its processes.

Psyche – the essences of your personality, memories and individuality.

Body - The physical corporeal thing that you inhabit, and function as, while being one of a sentient species.

Spirit – This is the astral material, which keeps the soul and body together. There are various degrees and type of spirit; and magic is some aspect of the use of spirit.

Soul – This is what keeps memories, functions and personality that one keeps from one life to another. This is what you are after everything else is gone.

Reality – This is the objective facts and stimuli, of what things are and how it works that every one experiences.

World – this is the subjective parts of reality that the individual chooses to work with and is usually shared with one or more people, which have a collective experience.

Worldview – this is the subjective apprehension of one's own existence and how it works for the individual only.

Universe – this is the assessed and shared apprehension of what all of existence is in a totally mundane and scientific sense. This is the natural world, along with the use of astronomy as far as it can be determined, its structure, and as far as possible the objective reality in the natural world.

Cosmos – this is the world, the worldview, and the makeup, history, and function, of all parts of the natural, paranormal and supernatural worlds.

Words to separate views of magic

When we talk about the aspects of spirituality, the numinous, nebulous and incomprehensible aspects of it, language and how it's used to talk about spiritual things gets extremely fuzzy and overlaps with other terms.

I have separated the spiritual world of apprehension in to three groups. The more common of spiritual experiences are clearly very close to fitting in these three groups. These areas are supernatural, paranormal and preternatural.

These definitions will be used as I go through the graduations and stepped levels of different types of magic.

Supernatural - The Realm of Gods and Heavens is the realm of the supernatural. Magic involving the supernatural realms has fundamental differences from other forms of magic. The underworld has many confusing perspectives about it and I will try shed light on what they are. Culture, religion and the cosmology described therein are a result of or due to the inter-relationship with higher order beings, oneself and society. Often an underworld has reference to people, culture or as an antithesis of heavenly realm. It is therefore part of the supernatural realm.

Paranormal, are part of a set of experiences that do not involve the gods, culture or from cultural perception. I separate paranormal from supernatural where psychic or spiritual experiences that are separate from religious perceptions, from gods and their environments this includes paranormal activity that comes from individuals or from natural phenomena. A poltergeist is an example of a paranormal phenomena. A

poltergeist is a manifestation of telekinetic happenings, usually from a fractured personality of a stressed adolescent. For the sake of clarity, I'd like to group the belief of fairies, woodland or land spirits in the paranormal. The studies of fairy beliefs show that spirits tend to be similar in look, behavior and habitat across the world regardless of the cultures influence.

Paranormal – This is the term that I describe magic, beings and the core basis of any magical or spiritual experience. Many may use this term to embrace most if not all of magical experience. All people are within the paranormal world of experience, regardless of their ability to sense it.

The first set of terms deal directly with a type of magic and experience that is directly apprehended. The source and behavior differ, between the worldly level and heavenly experiences but are nevertheless spiritual in its existence.

Preternatural – This is a term to describe unbelievable things that are solely within the realm of possibility of human ability. For example, a guru, fakir or martial artist that is able to take great stresses to the body while lying on a bed of nails. A lot of it requires training. People, who have exceptionally high strength to weight, have a peculiar type of muscle. Or people who are extremely fast with fast twitch muscles. Some things that many may do are unbelievable but are possible. Just like photo-eidetic memory.

Lastly, there is considerable overlap between each of these levels. However, I hope the reader realizes that the separation is there merely, for the individual to analyze the source, inspiration and nature of their experiences. Everything we experience can be compared to many things. What I'd like the reader to do is identify the components and the relationship that each aspect has with them, to nature and to deity.

Words to describe energy or types of spiritual energy

Astral – this is a term that many use to describe the essence of spiritual matter, but also includes concepts of forms, intelligences, information, and other properties that people ascribe to it.

Spirit – this is the material that makes up the spiritual existence of anything apprehended or manipulated in some paranormal means. When I speak of this term I will use it in the context of spiritual matter.

The next three terms come from China and their description of spiritual matter.

Shen – this is spiritual matter. It is perceived to be an essence of something. It is thought more of as a spiritual essence that is passed to individuals from parents. I use the term to describe in general an undifferentiated state of spiritual matter.

Sha – this is fast moving spiritual energy. This is an energy that can disperse spiritual matter or manipulate it.

Chi – This is spiritual matter and spiritual energy that has been cultivated to be used or is connected to spiritually functioning aspects of a being both in spirit and in body. Chi is spiritual matter that has aspects from its source.

Notice that Shen, Chi and Sha are spectrum of manifestations of energy.

Description of beings

Afterlife – This is the experience of an individual when body does not comprise its being. What is normally left is the spirit and the soul. The afterlife may or may not have access to some supernatural world.

Ghost – this is a disembodied individual. A ghost usually is comprised of spiritual matter a formed chi, with a soul or a group of functionalities of the personality that is replicated in spiritual matter. This may or may not have a soul.

Apparition – This is an appearance of a ghost except that its source is based on a physical environment that is impressed with a memory and generates or play back recorded information with spiritual matter.

Poltergeist – this is a separated spirit from a living person, but is still intrinsically part of that person. When it becomes disconnected it may become larvae. The typical poltergeist is a manifestation of large psychological stresses or trauma.

Larvae – is a form of a spiritual being that was a part of or was created from the emotional behavior or experiences of an individual that acts on its own.

Doppelganger – The major difference between a doppelganger and a poltergeist is that it isn't created necessarily from traumatic stresses. This is usually a result from a highly charged and committed routine that carries out a subconscious process.

Fetch – This is a developed aspect of self that is usually created consciously for spiritual activities by an individual.

Homunculus – This is a developed aspect of self that in medieval terms was creation of miniature human, was an object of practicing alchemy. In my definition this is a spiritual fetch that is built solely for collecting information as an extended sensory apparatus.

Guardian – This is a spiritual being that protects something or someone.

Genius – This is a spiritual being that is in general the essence of something, this could be a planet a place or some special environment.

Daemon - This is a spiritual being that is usually based on a place.

Deva - Devi - This is the male and female title of a Hindu God or Goddess respectively. Erroneously, some term that these are land spirits.

Asura - is a class of Gods that are jealous. These have historical distinction between the different family of Gods from the middle East to and through India.

Fairy – This is a spirit that has an affinity to nature, but has some sort of affinity for humans.

Wight – This is a land spirit. This is more of a being of an environment. Land spirits and the fairy have many different names, types and behavior and vary from culture to culture. Mythological references are very useful for understanding what many of these creatures might be.

Sorcerer – is a magic worker who uses thaumaturgy, who may use things that have magical properties, and is only interested in what it can do for his or her self.

Magus – is magic worker who use thaumaturgy, working with the spiritual matter and energy that is directly available to the individual.

Arcanist – is a magic worker who like a Magus, has well defined set of rules, rituals or practices that achieves the desired affects.

Witch – this is an overloaded word. A witch can be a sorcerer, magus or an arcanist. A witch can be a Wiccan, which is a belief system with specific sets of rituals that might in most contexts work with a Deity. This is a person who may practice magic, but does so in a context of working with Deity or a set of Deities. In west African contexts a Witch is a thaumaturge that works magic for selfish reasons.

Shaman – this is a person who works magic within a cultural framework and is initiated by other persons within the same cultural set framework. The original term of shaman is of a particular type of magic worker associated with a tribe in Siberia. They serve a group of people.

Medicine person – this a magic worker in the context of Native Americans.

Witch doctor – this is a pejorative term ascribed to magic workers that have prescribed roles in various communities.

Mystic – this is a person who pursues spiritual experiences, usually within a religious context.

Occultist – this term is used to described magical practitioners, usually ceremonial magicians. The word occult refers to originally when a planet obscures a star, which means a hidden eye. It refers to information and practices hidden to the average person.

Ceremonial magician – this is a person who works magic by ritual, with prescribed means and methods.

Chaos mage – is a magician who uses whatever means available that works for them.

Priest – or priestess is a person who is dedicated to a Deity or set of Deities. They may perform rituals or duties. They do not necessarily have to practice any type of magic at all.

Minister or Pastor – this is a person who serves the community of followers of a Deity or a set of Deities.

Demon – this is a creature that may have had a purpose like an angel, but is specifically a destructive purpose to people and the world. The term demon as applied to beings included in Shinto, Hindu or other Asian cosmologies their purposes vary across the descriptions I have given. When I discuss them I will try describing their functions beyond this definition. These are beings with supernatural presence.

Daemon – this is a being, genius or entity of a place or a thing. This a natural paranormal being.

Psychic – is a person that apprehends information beyond the standard 5 senses.

God – God, Goddess, Deity, These are spiritual beings that have powers and abilities, that are extraordinary. These beings usually have an interest in people and have relationships with them or the deities that do.

Demigod – this can be Deity, or a deity that is part half other creature, like mortal people. This is a way to describe a deity or a power that doesn't have the power or presence that are described to a chief or primary set of deities.

Angel – this may be a demigod, or spiritual being that was created specifically for the purposes of a deity, to work as a spiritual adjunct, or to fulfill some specific spiritual job.

Words of spiritual Places

Supernatural – This is the environment and magical area, where Deities and the realms of the Deities exist. This is also the type of magic that works with Deities, their realms or things directly related. Supernatural functions can also be solely within natural realms without the participation of human activity.

Overworld – This can be considered a realm where Deities exist, but not necessarily. This can also be referred to as a heaven. This can be considered a realm of astral and

spiritual existence that is supported by people, usually resonating with the real world. Overworlds in my viewpoint are places where the soul and spirit of people can exercise their mind and psyche. I usually ascribe that overworlds are places where individuals can have access to concepts that are beyond the capacity of their physical limitations. The apprehensions of Emotional Mental Constructs (EMC) that a person can have here have deep and trans-formative affects. These EMC's can reside in the person as a faculty that helps improve their own thoughts and understanding.

An overworld is a function of supernatural, that can function from nature also, without human activity as it does with heavens.

Heaven – this is a realm of existence, which belongs to or resonates specifically with deity. An example is, Asgaard is the spiritual realm of the Aesir. Sometimes heavens may have a correspondence to an astral relationship to real phenomena, i.e. the moon, the planets or to a place. This is the supernatural realm aligned with humans and or Deities.

Underworlds – are where astral realms may be where a type deity exist and are balanced from the overworld. Also, underworlds when paired with a purely nature oriented overworld. This is usually a place that resonates to the real world. People may be part of its support structure; but it is more likely to have its support structure in Nature and the primordial astral constructs that are extremely difficult to apprehend with identifiable abstracts. The apprehensions here, concepts are emotional, visceral and usually very compelling. The EMC that one apprehends in these places helps to understand existence in the real world, and the flows of the astral or spiritual matter and energy in it.

Hell - this depends on the culture that it is ascribed to, and are aligned with humans or Deity based supernatural realms, an underworld paired with an overworld. Nifheim from Norse cosmology, I'd ascribe it as an underworld. Hell in the faiths descended from Abraham may have strictly underworld potency and affect, but the overall affect and purpose, seems to have strictly overworld import and impact. This term is an overloaded term that just does not fit logically into a conversation, regarding magic. If I use this term, I will treat it like a realm that has a specific purpose to affect those who are there.

Basic list of words for skills and tools

Physical Reading, also called, Psychometry – this is the ability to read physical objects to get information from relating to what energetic happenings that happened to it.

Psycho kinesis – this is the ability to either move or change the physical state of a physical object.

Telekinesis – this is like psycho kinesis but at a greater distance.

Clairvoyance – this is the ability of a psychic to see an event not directly available to witness.

Clairsentience – this is the ability of a psychic to feel an event not directly available to witness.

Clairaudience – this is the ability of a psychic to hear an event not directly available to witness.

Telepathy – this is the ability to convey or receive abstract information between intelligent beings. i.e. The ability to actually converse in a language psychically.

Empathy – this is the ability to physically identify and mimic the emotional or physiological processes of another being.

Astral projection – this is the ability to create a form with astral material and to extend ones senses or abilities through this spiritual apparatus.

Ectoplasm – this is astral material that is concentrated enough where it starts to manifest physically.

Thaumaturgy – this is a term where one affects things magically directly with the spiritual matter and energy available, or that can be magically accessed. The person who does this generally is not working with spirits, or deity.

Theurgy - this is a term where one affects things magically, usually with the presence or influence of other spiritual beings or Deity.

Geomancy – the use of magic with the physical environment or being able to do divination based on the geographical environment.

Invoke – this is the practice of having deity or some other spiritual being become one with or reside in oneself, for a spiritual purpose.

Evoke – this is the practice providing a spiritual space for a spiritual being to be for a spiritual purpose.

Symbols – this is just the abstract use of letters or pictures to convey information about something.

Glyphs – this is a pictorial symbol.

Sigil – this is a contrived or created symbol that may either convey how to use magically, or has been affected magically.

Rune – this is an abstract symbol that has an identity with a pre-existing astral energy or construct, which is called or activated with a magical act.

Ward – this is a magical creation that is designed to protect or seclude a place from other magical influences.

Magical language – this is a language that identifies with a type of set of magical experiences and practices. Egyptian would be useful for Egyptian magic, Hebrew for Kabala, Sanskrit with Hindu mantras.

Chant – this is the use of repetitive sounds to make an effect or to create a state in ones being for specific EMC's.

Incantation – this is a prescribed use of words and language to create a psychological impression to bring an individual or a group to use a set of EMC's.

Rite – this is the magical purpose of a magical act or experience. The rite of passage, the rite of confirmation, the rites of spring are examples. This does not necessarily have to have prescribed rituals.

Ritual – this is a prescribed set of actions, which has a set specific purpose to it. I pat my pockets checking for keys, wallet, and cell phone before I exit the house and shut the door. This is my mundane ritual to make sure I don't get locked out of the house. If I light candles for magic I may do a chant or impress the candle with energy before I light it, so the candle has a purpose. Both are rituals.

Practice – repetition to become proficient at any one thing.

Esoteric – this is the teachings that are hidden from the masses or common group of people with a cultural framework, of spiritual practices.

Exoteric - this is the teachings that are made available to all people within a cultural framework for religious and spiritual practices.

Apprehension and Comprehension

Our ability to think, remember and to act on what we know depends on many things. Language, culture, family, schools and neighborhoods are all important in shaping us and on what we might achieve. To break out of those molds and strictures we have to work hard. The practices of most esoteric teachings provide methods for people to step out of their normal means of thinking and being.

Beyond any natural abilities or tendencies that one may have from birth, it is managed, coerced and disciplined to behave in specific ways since birth. Exposure to languages develops the brain to be able to perceive specific sets of frequencies; and where people are able to distinguish subtleties in a language that someone brought up elsewhere cannot. The magazine Scientific America had an article showing where one was exposed to

different languages, their ability to discriminate and interpret sounds depended on where they were exposed to language as a child.

Influences and Filters

Most every thought, concept, and culturally acceptable behavior is an influence and a filter. The influence tells us what is normal, what is right, what should happen and when. This same influence, teaches people how to deal with information. It is a filter on how we view our life. Most societies that have magical people working for them have mostly marginalized them. They do not fit cultural or social norms. What they have as an advantage from their other members of their culture is that they can look at the system as an outsider. This gives them an alternative viewpoint. Usually it's subjective, but their yardstick is different. These marginalized people sometimes deal with other cultures, and have the ability to make a comparison because they aren't as influenced as someone very comfortable in their world. In today's culture many of us deal with many subcultures. Some people are more adept to find the commonalities and work with them, and leverage the differences. Leaders and business people, have very specific goals. Those goals are filters on how they will make comparisons.

Magical societies, fraternities, dream quests, shamanic journeys and other revealed mystery traditions break participants out of their normal personality and put them in a place to view their life from a different point of view.

Family

Parents, grandparents, or other influential family members exert from birth very specific expectations of children, if not of just each other. There are expectations to act, view, value things in the same way, what we say, and what we do. In certain dysfunctional families there may be cycles of abuse, asymmetrical behavior expected. These are still relatively normal expected power exchanges. Although abuse is bad, it is many societies a normative power exchange, with expected behavior roles. Sociopaths extend their abuse to the workplace or anywhere they can exert control over another person's mind and behavior. The cycle of abuse remains because the emotional mental construct has a dynamic of perpetuating itself.

Emotional patterns create the energizing patterns that people learn, think, behave or function from. If they can change the emotional pattern, they don't have the emotional mental construct to support a personality, memory or function. This is state dependent learning. They need to learn bridging emotional techniques to apply emotional energy to remember, and to act differently. Ritual helps with this, and so does good clinical psychotherapy.

Culture

Carl Jung brought into psychology the concept of archetypes. We have personality expectations of leaders, heroes, the self-sacrificing parent, matronly grandmother, the shyster, the conman, and the good & faithful servant. These names are applied to people, sometimes accurately, sometimes not. People expect them to fulfill the roles that people assigned to them. It takes work and initiation to move from role to role, and out of a role placed on one. The language and the behavior have to be internalized in such a way that others believe that role. This is acting; this is a process of being and becoming. We get

caught up in these expectations, and it is painful when you step out of an expected pattern.

The hardworking teammate when he changes to challenge the leader, and take on the role of visionary, it challenges the norm. Not only does the leader work hard to re-establish authority, his peers become uncomfortable, not knowing how to act with this person.

The games we play, are invasive and preoccupy a lot of our abilities to think and do little else.

The most painful lesson of anyone dealing with being psychic or studying magic, is how to act normal enough to get along. It is even a more difficult lesson learning how to be yourself and carving out a space in your culture, and developing a respect and educating a new role in your group to allow yourself a better life.

Exposure to anything else

Anything that has ever challenged your thinking, or the way you view your life, helps you expand the scope and understanding of the world around you.

At the same time, anything that is energetic, motivating, enthralling, awe inspiring, has imprinted the experience into your being. That process of experiencing everything at once is a gestalt, and emotional mental construct that is a memory. It is important to learn how to categorize these experiences, as well as, the subtle experiences. It is this means and methods that you develop the handles to increase apprehension of experiences, but also to use those experiences take that energy and place it into yourself or your environment. That is magic.

Any experience can be useful to expand one's being, proms, promotions, or golf outings, can all be useful, and traps of new cultural encumbrances. One can be exposed to powerfully spiritual places. They too can be informative and challenge and grow your perceptions. They too can be traps.

Misapprehensions of things paranormal

The how, why and where of the paranormal are riddled with cultural images, thoughts, behaviors, preventing people to experience anything different than what they are taught to experience.

I remember I was about 5, and a mouse came skittering under the edge of the cupboards. The only clue on how to react to this was from cartoons, where the lady of the household jumped up on a chair and made blood-curdling screams. Of course this brought my mother to the kitchen wondering if I gutted myself, or some other foolishness. It was the same other foolishness. She wondered why I was screaming about a mouse. My mother calmly, amusedly, and with a slight expression at being perturbed, told me that the cartoon was first of all silly and inaccurate. Secondly, she told me that I didn't have to do a thing, for it would go hide, and that I scared it more than I was of it. We do silly things because of what we learn from our environment.

Every group of people, who practice esoteric disciplines, or magic, and even different religions, has very specific definitions and behaviors for anything spiritual. The words spirit and soul have very different meanings to people in the Christian faiths, never mind all of the other religions. We define practitioners of magic as either evil or saints. We talk about witches without a proper historical context. Neo-druids have very little information to base their co-opted use of the term druid to themselves.

I would like that when you look at magic as techniques, and what people do and what their intent is to determine what you think of them versus the labels that may apply to them. You will learn to realize that what you may become is very different than most of the terms people use in many cultures.

The Environment

The World Around us

The primary concern of magic workers in hunter gather tribes is survival. It is through the world of nature and our relationships with each other and nature that we can describe what happens to us. Each culture describes gods, and spirits that have control or affect parts of the natural world.

Guru's and Taoist's and other masters of their techniques, magic becomes a side effect of learning to live longer, or be able to incorporate their being with other immortals i.e. gods. What they have in common, they adopt one or two environments to honestly and wholly immerse themselves in. Taoist's identify with the natural world. Yogis identify with deity. Others identify with Deities, as their whole world. The process is to bring one's mind into complete and honest absorption in either. It is a lifelong process.

We as humans have the unique ability to delude ourselves, create meta-logics that defy reality to rationalize anything. Cultures tend to perpetuate this, and we all collude in the process. Magic and the disciplines of magic force one to be brutally honest with oneself and the world around you.

The Ordering of the World around us

We use closets, pigeonholes, cabinets, file drawers, pantries, wallets and all sorts of containers to fill the things we use in life. We put labels on experiences as good, bad, icky, strange, sweet, sour, bitter, loud, and soft and others, and if asked what things we classify as parts of those experiences, we can easily name them. The more complex experiences of the woods, the mountains and perhaps abstraction about each one such as wet, windy, cool and dry, can be remembered but not very easily described. Each and every experience is a spiritual memory. How you order and define these experiences will help you be able to practice magic. The better you can remember the experience, the better you can relive the experience.

Nature

Have you ever stood at the edge of an ocean or the top of a mountain, and felt awe, a peace a sense of being that is so profound that defies description? Have you stood in a place where the trees are twisted and gnarled or a swamp and felt that there was something odd, spooky, out of place? Do you get a special contentment by planting things? Have you stood in a woods, and sense that there is something trying to express itself in your mind? I would rather bet that most of you holding this book in your hands have. I know that each of you have many other experiences that are every bit memorable and profound.

There are good reasons for this. Nature has very powerful energetic properties. Some places just seem to resonate with individuals more profoundly with others.

Elements

Each esoteric practice people learn to identify with specific elements. Elements are the most basic items where if they were to be broken down any further you would only have that primary component. For example you can break down mud to earth and water.

The Greeks started to philosophically separate the elements into opposites. Fire, earth are a pair. Thanatos and Eros are a pair of principles. They divided elements by hot, cold, wet and dry. Many of the western magical practices divide the elements to earth, water, air and fire. This addresses each of the physical states of matter, solid, fluid, gaseous and plasma. There are psychological symbolic meaning overlaid with these elements, the physical, emotional, mental and rational respectively in most cases.

The Chinese use several element systems.

The five element system refers to energy called chi and how it works in the body. The energy flow in what they call meridians in acupuncture. The elements are water, wood, fire, earth and metal. Each in turn increases the energy of the next one. Water helps trees grow, wood feeds fire, fire creates earth and the earth supports metal. It is a symbolic system as well, and is a useful tool to explain how the body functions holistically, using the sympathetic nervous system.

The Chinese bagua element system refers to the natural world. These aspects of nature are fire, earth, marsh, heaven, water, mountain, thunder, and wind. They are identified with each of the five elements.

Geomantic feature	Element	Direction	
Heaven	Hard metal	NW	
Water	Water	N	Moon
Mountain	Earth	NE	
Thunder	Hard wood	E	
Wind	Soft wood	SE	
Sun	Fire	S	Sun
Earth	Earth	SW	Earth
Marsh	Soft metal	W	

The I Ching provides a system where each of these elements are combined with each other resulting in 64 symbols representing a type of force or aspect of life.

The four emptiness's are the traditional Greek or Western elements of earth, air, fire and water.

The Western elements earth, water, air and fire are used to describe sets of experiences. This method is used in ceremonial magic that uses kabala, Wiccan ritual work, or some other variants.

Each element system influences or has been influenced by the culture around it. The culture or religious influences have large models and cosmologies to further refine how the experiences are categorized or are expected to flow.

The flows of experiences are very important for religious uses, and for mystery religions, this can set the individual on predictable emotional mental pattern and response set of experiences. This helps defines the individual's method of processing information. This

way the celebrant will achieve some sort of ecstatic or emotional connection to the process and the information that is revealed by the end of it. Every element or compound or discrete physical thing has a spectroscopic signature. We can take a prism and separate the colors coming from objects and scientists can tell you what type of elements and compounds it is made up of. That is just from the electromagnetic spectrum of visible light.

Weather

How many times to you hear people that say they feel blah, because of rainy or dreary weather. Have you heard of the term mountain climbing weather? It just seems like they feel more invigorated and can take on just about anything. We have heard of Seasonal Affective Disorder SAD. What is it with people that have a need to hoard things when there is a bad snowstorm coming in? There is some sort of stimulus that gets people act or react to. There is.

When there is a storm front coming in, there is compression of air and the moisture in it and it generates low frequency radio waves. Lightning discharges create electromagnetic disturbances. Wet weather blocks a certain amount of low frequency radio waves. Certain type of cloud cover over the United States HAM radio operators enjoyed because they could generate “skip” where specific frequencies would bounce between layers of the atmosphere and cover much greater distances.

Geographic features

Many places are considered holy or spiritual. They usually are mountains, caves, lakes, rivers, valleys, deserts, or just some special places. There is a good reason why the Chinese and Hindu use geomancy.

Mountains generally lie on fault lines. Geological movements of plates cause great stresses on minerals and crystals that generate bursts of electromagnetic radiation.

Marshes have a decay of organic material. Tri-phosphates breakdown and generate electromagnetic energy.

Water when compressed generates electromagnetic activity. This happens in underground streams, and in thermal inversions in lakes and ponds.

Ice formations when it expands stress and generate electromagnetic discharges.

Deserts can generate static electricity like lightning clouds and discharge electricity through sand, which has silicon crystals. Crystals that have electricity flow through them can vibrate or give off electromagnetic frequencies, and vice versa.

Trees have water and resin. You have compressed water for electromagnetic discharge. Resin will retain a static charge, or repel it.

Space

The first thing that skeptics debunk about astrology, they use gravity as the only force to make their assumptions on. The one exception that can't be debunked is the moon. The moons influence does show a significant effect on the mental stability through statistics from police, EMT and emergency rooms. The moon does have a significant influence off gravity on the earth. The earths own internal movement of magma a plate movement exerts various changes in both gravity and magnetic flux.

What does get through to the earth? The atmosphere lets in gamma rays, ultraviolet (depending on the ozone layer), visible light, infra-red (heat) and radio waves. It depends on the angle of incidence (the degree of angle that an electromagnetic wave approaches a surface) will determine whether it passes through or is reflected bouncing off.

The earth generates an extra low frequency ELF wave from between 5 and 10 HZ. It varies. Places like Bristol, UK have an ELF wave of 18 HZ (if my memory serves me correctly), and Sedona, AZ 32 HZ.

Various spacecraft have picked up background electromagnetic frequencies EMF, from other active planets like Jupiter, and Saturn. Do planets or asteroids have any affect? In my opinion that would be highly unlikely. Mercury doesn't have an active magnetic core, but does it have an effect? This author's opinion is yes; but I am not sure as what it is or why.

People

I know if you take a sensitive multi-meter that detects electrical currents and put it anywhere on the body, you will get a reading every time you twitch a muscle. There is electrical activity due to nerves, water compression from working the muscles and I believe activity from our organs and through our fascia and tendons. Charges across the skin can either resist electrical discharge or allows a flow. We generate electromagnetic radiation.

Electromagnetic Frequencies

The world is flooded with background electromagnetic radiation. And most of the world will absorb, reflect or react to it. Whether the human body can respond to low frequency electromagnetic radiation, needs to be studied. There have been studies that monitored behavior of animals with correlation with seismic tremors. Animals do get nervous when seismic activity is on the increase. I suspect that our sympathetic nervous system, our kinesthetic senses and our tendons and fascia are part of that process.

Discipline

I have introduced the basics of words that will be used in the following manual. I have introduced the concepts of emotion and thought and how it applies to your memory. This conceptual memory that evokes emotion will generate spiritual effect in the world around you. And the emotional memory construct is a pattern of experience that we can label with abstract words, which help us, access and experience the spiritual reality around us. The discipline of separating yourself from your emotional attachment to your experiences will help you audit the way you experience. This will give you the ability to choose different ways to experience.

If you do nothing else than this, to help you become aware of yourself, I will consider this book a success.

The Human Body

Hello, I am your body. I will tell you when I am hungry, when I breathe more or less than expected. I will tell you what touches me, how you move me. I will tell your brain how much adrenaline I am using. I will let you know parts of me that the smooth muscle tissues are expanding and contracting. I may communicate this through your organs, and glands. I may act on my own, because my organs talk together, let each other know what we need and want, or when one of us is working the way it should. We will prepare you to go to open spaces when there are tectonic plate movements, or to seek shelter when storm fronts move in. We will do what you ask of us speeding up our heart, slow or speed up or digestion. We will bring the blood to the center of your body, when you are in danger.

Sympathetic and Parasympathetic Nervous System

How many times have you thought something was spooky and your hair stood up on your arms or your neck. You have just contracted muscle tissue in your sebaceous glands. We think of our autonomic nervous system that runs all on its own, and generally we can't change it. Our culture generally doesn't accept that, as a possibility. In the 1960's Hindu mystics came to the United States, were hooked up to EKG, and showed them that they could put their heart into fibrillation, or a flutter, basically stopping their heart function. Many cultures practice fire walking, which has shown people increasing blood flow to their feet. This is controlling the sympathetic and parasympathetic nervous systems. If you control peristalsis you control your enteric nervous system, the muscular function of your alimentary canal.

Most magical disciplines start teaching you to be aware of your body and start taking control of these bodily nervous systems. The first and easiest thing that is taught is breathing. The practice of controlling or changing how you breathe, you're exercising control of the autonomic nervous system. It is very interesting that doing this, you control your emotions and steadies your nerves.

The most common of spiritual techniques for purification is fasting. The enteric system is the only place besides your brain that produces serotonin. Imagine what things you can do for your brain by making more serotonin available to your system. I don't believe that serotonin can go through the brain blood barrier, but nevertheless it is interesting. This is a process that changes your liver, pancreas and other organs function. It frees them up from processing food, proteins and amino acids. It is as if we are telling the organs to be prepared to do something else.

Acupuncture meridians; connective tissue

Acupuncture meridians have been found to stimulate the sympathetic nervous system in studies. When stimulated the chemicals noradrenalin/norepinephrine and acetylcholine are found in higher concentrations.

Acupuncture points aren't on the pathways to the sympathetic nervous systems. Acupuncture points connect to confluences of connective tissue. I am listing the

following articles, to help explain the mechanics that actually can send electrical signals down connective tissue channels.

The theory is that collagen, the primary protein that is in connective tissue, acts like a liquid crystal. The physical manipulation of the protein with the water that is in its layered in it transmit a proton exchange, basically creating an electronic signal. The collagen fibers are aligned along the length of the connective tissues, and the charge flows in that direction, and not across the fiber.

I would assume that muscle contraction and release, from organs that are interacting with the sympathetic and parasympathetic nervous system, would stimulate the tissue for an electronic signal the other direction. The articles below do a much better explanation of the findings.

“Relationship of Acupuncture Points and Meridians to Connective Tissue Planes” by HELENE M. LANGEVIN* AND JASON A. YANDOW (THE ANATOMICAL RECORD (NEW ANAT.) 269:257–265, 2002)

“The Acupuncture System and The Liquid Crystalline Collagen Fibres of the Connective Tissues”, “Liquid Crystalline Meridians” by Mae-Wan Ho (Ph.D.) Bioelectrodynamics Laboratory, Open University, Walton Hall, Milton Keynes, MK7 6AA, U.K.

David P. Knight (Ph.D.) Dept. of Biological Sciences, King Alfred's College, Winchester SO22 4NR, U.K. (American Journal of Complementary Medicine (in press))

I had thought that there was more of a direct interaction between the sympathetic and parasympathetic nervous system and acupuncture points. I thought that there was probably a specific frequency that was interpreted or sent. I am inclined to doubt it. Anything that would be frequency based would be possibly compression from muscles, or sound vibrations. There may be a signal rate down to organs through this nervous system, but it is likely just the amount of signal, like it is for sensory or motor nerves. What it does seem to provide instead of a standing wave pattern, but a three-dimensional patterns of charge potential inside and outside of the body.

Some eels send out electrical charges to protect themselves, sharks, and coelacanths detect prey by electrical signatures. It shouldn't be too far of a stretch that we could develop similar or more complex skills.

If we can manage electrical potential patterns in our body, we may be able also interpret changes also.

In the past 15 years there has been work in quantum physics understanding electro weak forces. (These are forces and effects between electro-magnetic and weak nuclear forces.) The phenomena have been called London's forces, Van Der Waals forces, Kasimir's effect and Lamb's effect are the ones I know of. The charges are carried by the exchange of the hydrogen atom, from one water molecule to another, inside of the collagen fibers. If this is the mechanism, it would explain a lot to why there is a need for intense discipline with mind, body and emotion, like Hindu mystics, and other ascetics.

Physiology

There are several aspects of how our bodies work that affect or thinking.

If we are sick, we are affected with a malaise. If we are tired we don't think well. Any type of physical state that we are in it affects how we think. It also affects the way and what we think about. Any major organ that is degenerating affects the brain. Many organs manage waste, and excessive waste affects the body. Sick livers create ammonia and many other toxins, or fail to make the necessary enzymes, or fail to metabolize food in the proper way. All of those actions are needed to be healthy to keep the brain in its optimum functioning state.

Too much of any food will cause the organs over-respond and cause a general imbalance in physiology. Too much sugar, affects the pancreas and the liver. Too much protein can affect the liver and the kidneys. Too little minerals affect how we manage calcium and potassium which helps regulate the heart and nervous system. Sodium and chlorine are necessary to keep the electrolytes and bodily fluids in balance.

Every esoteric practice includes the control and moderation of food. Nearly most religions call for regular fasts. The reason is simple; fasting helps cleanse the body of bodily waste. This helps the mind to be clear, and function better. The moderation of eating meat help reduces the overuse of liver functions. The reduction of raw sugar, simple carbohydrates reduces the need of the pancreas to overproduce insulin.

Psychology

How do you think? How do you feel? Are they at all different? How do you act when you're around your parents, your friends, or your co-workers? Does your feelings or energy levels changes, in each environment? Do you change physically, having more or less energy, more or less happy, angry, and enthusiastic? This all makes a difference. All you have to do is imagine you're in the other environment and see how you change what you say and act.

We do change our physiology when we want to change the way we want to act, or think. This is an altered state. Can you play-act a role, where you can and do act like a different person? Sure you can. This emotional change just sets the tone on how you know how to act and react.

What if you want to be somebody or something else, and think or do something else? Enthusiasm has been found to help people activate or create neural pathways. The Enthusiasm helps to encourage dendrite growth between brain cells. Stimulated children thrive and grow and become intelligent. Enthusiasm is a charged emotional state. New endeavors and new opportunities to learn, finding that emotional mindset and hold on to it. Of course, as long as that emotional mindset works, within the environment where you wish to exercise the faculties you learned. The discipline is to hold on to a positive emotional attitude for activities, knowledge and behaviors that you want for a set of faculties. You will find that being aware of each state of mind for each faculty, where one can cycle through these altered states, and multi-task like you never have before. Ceremonial magic uses these separate altered states to identify with various aspects of Deity. The practice of developing a separate mindset, emotional attitude, a posture, sets the magicians mind to remember and to catalog behavior and experiences in that state. This builds an emotional investment in the specific operations that the person is doing at that time.

Dream quests, initiatory rites or vision quests, the body and mind are prepared by fasts, repetitive operations, indoctrinations, and other disciplines that create a special emotional mental construct (EMC) for these experiences. This not only sets the mind at a state for experience, but to have a really intense one. The repetitive operation can queue up the EMC. The symbolic and abstract attachments through the indoctrination can create an iconic representation that also can queue up the EMC.

Various shamanic practices or rites are designed to create such emotional states that generate a catharsis. Let us say that one of the rites is designed to help generate an emotional healing. The event, the experience and the pattern that even may be used to create a re-occurring dynamic with the world around the individual, needs to be experienced in a different way. With it re-experienced, and with other support structures to create a different EMC and facility, those experiences can be learned to be managed differently at a fundamental level.

EMC's create neural pathways and the emotional and physiological pattern when in that EMC re-enforce it making it stronger. This can make it feel so intense and so overwhelming that one may feel like it will never get any better. All the logical or rationalization won't make it go away. Drug therapy can help lessen that burning out those pathways. But, if we don't have a replacement paradigm or EMC to change our action and reaction pattern, we are likely to reinforce it more.

Trauma that is compounded with systematic abuse is an insidious process that defines reaction patterns that reinforces the torments. The difficulty here is that there needs to be some substantial sense of self and a support system for it to establish itself a completely new personality. Even with all the pain, the losing of self is terrifying. That is why it is important to generate a sense of a new self that is protected loved, supported, and reinforced over and over with functioning aspects of the self co-opted from framework of abuse.

Goddess religions provide many of the components for this healing. I am very glad to see it here in the United States. There is a cadre of sisters who have been through the ordeal. They are support and symbolic of the growth ahead. There is a ritual that identifies with strong women and goddesses. A goddess can be an iconic identification where one starts identifying parts of oneself with a "higher power" that is loaded of positive and strong symbols. Rituals are repetitive and occur during moon phases and solar phases. Rituals held at specific moon phases, can standardize on a hormone level, making it that more successful in remembering and reinforcing an EMC. Solar rituals set the stage for aspects of life, both symbolic and hormonal can help integrate a sense of self with the cycles of life. Testosterone works on this yearly cycle. In stronger or lesser degrees, women have estrogen and men have testosterone. These cycles can be experienced in differing degrees in individuals.

Ceremonial rituals, for specific tasks there is some concern about holding the ritual at specific astrological periods. This may further indicate an anecdotal identity with possible physiological reinforcement that low frequency radio waves may have. The waves may not in of themselves affect a person, but the mental and emotional preparation or attitudes can make one susceptible to them.

If for no other reason, it may create a complex emotional and mental cycle construct that helps a person play out if not consciously but subconsciously that broadens ones experiential capacity. If you plan on changing or adapting to different energized states

for your physiology, your perceptions will change. The preparation and anticipation of these changes can help create a coherent methodology of remembering things from one energized state to another.

Mystery traditions, take people from one station to the next, emphasizing a state of mind, and a set of personalities, this provides transitions and a working paradigm and a cultural framework to work dynamically in that group. The reinforcement of identifying with the elements, air, fire, water and earth, having properties of mind, energy, emotion and the body respectively, or other expanded co-relations give metaphors or abstract symbols to help shift from one state to another.

The initiation, deprivation and effort, sets one's mind to be even more determined to see it through to the end to examine and experience the whole of the magical groups set of experiences. Also, the physical postures that have specific social conventions can reinforce a psychological underpinning of a group. For example, if you want to impress someone on the necessity of secrecy and that the group would find it very wrong to violate that trust; a ritual would serve that purpose. For example, if you lead a person blind folded, and bound and kneeling, to reveal, by removing the blind fold, a dagger at ones throat, that would evoke a submission, and a definite perception that the group means business. Trust and support are so very important to create cultural underpinnings and dynamics that help individuals adjust and deal with these new experiences with others who have experienced them before. There is also an invested emotional attachment to these experiences, a sense of uniqueness and of being made to feel special, that such experiences are not shared lightly. This develops an identity with a group.

This is why it's traditionally a province of groups, covens, lodges, or religious monasteries, to bring people into their spirituality. Mysticism, with spirituality, usually has a certain amount of mental and emotional preparation. The communities provide the support and means, along with, the language to help frame the experiences.

Master and disciple relationship provides similar support system from someone who has had the same experiences.

It is how you frame your experience, that means whether or not you can integrate them and your abilities in a day-to-day life, and how it affects your thinking. If your experiences fundamentally change the way you act and behave it can adversely impact how you function daily. Then again it may help you, if you use the mental techniques to adjust your personality to be successful in your environment. Many psychologists and skeptics view magic as nothing more as a tool to adjust ones personality to perceive things differently and to act and react differently, causing one to believe that something fundamentally has changed in their lives. They are right. You change yourself. And you have lost your old self also. Not all of it, but you will have the ability to pick and choose the aspects of yourself, and choose how and what way you can act; while you are also integrating new experiences.

Culture has this need to maintain itself. Am I talking about a group of people and their behavior as a living being? Yes. Tribalism that extends this need to maintain a coherent identity is an extension of animal behaviorism called species conservatism. Why do they call a group of crows a murder? Crows gather in the spring and fall into a convocation. They will pick out members of the flock that are flawed or that don't fit their phenotype (the parameters of their genetic expression) and they will kill them. Sometimes this is expressed also in caste, pecking order, or dominance. This may be a reinforcement tool

to maintain and establish a social order, but on a broader sense this expressed in its worst form in humans as bigotry.

As people we form or are the victim of cliques. We associate with subsections of groups. In high school, we get identified as a preppy, a jock, a nerd, or any various names for troublemakers or the elite. And even in these groups there are those who dominate, lead and/or mother other members. The work that Jane Goodall has done with chimpanzees is a magnifying glass on the base behaviors that we exercise. They have politics, feuds, genocide, infanticide, dominance and cycles of reinforced abuse. What drives people? What motivates others and yourself? What should I be thinking about when I experience this or that? What behaviors or actions am I taking for granted? What patterns should I notice? How do I file these experiences away?

The Mind

The mind, all of its rational processes all of its behaviors and experiences that you wrap around your sense of self in; what can you do to make that grow. How do you allow yourself to see the truth, separating convenient lies and rationalizations from your own thought process? How do you not take the culture you were brought up in for granted? When we think about things we have generally two directions that we take. And people who have difficulty talking with other people generally have different modes or directions of talking. In the past few paragraphs regarding clique behavior, I demonstrated an extrapolation, which goes from a generalization, and supported it with specifics. Many people take specifics and reinforce it with other related specifics to make generalizations. The applications are different. But that is not why people stick with one or the other. It's from habit, practice and experience. Applications work better for different things. People who pontificate tend to go from specific to generalization, and selectively seek specifics that fit in the framework. People who look for patterns and methods follow threads that lead from one to another, down to specifics, and look for a repetition in a pattern. Both can reinforce the other. And these are generalizations, that don't necessarily fit all of the time either.

Neurolinguistics is a study of psychological, neurobiology, linguistics behavior by the patterns of language we use. Normally these patterns are a study of the nervous system and its disorders; however, it paints a very poignant picture on how a person functions. There are many fine books in print that discuss at great lengths on how to interpret language and identifying related behavior, making it work for you.

Anomalies and how they are handled, are different matter altogether. Many make the anomalies conform by forcing it to fit by applying an inappropriate convention to the information. Or take that experience and attribute it to a faulty or false experience, and dismissing it. Both are immensely easy. I ask you not to do that. We have a need to judge something, to order it in our worldview. Sometimes, setting a piece of information in a new category, as something else to be understood, or needs more information to make sense of this, or 'hmm this is interesting jar', will allow you to eventually piece together a much larger pattern. Or you could see a set of specifics that are created by other peculiar patterns or patterns external to your set of common experiences. Notice that I ask questions, and not answer them, for you. Pick them up. Make up your own questions. They are the tools for awareness. I noticed one of the rational parts of

building my faculties within my EMC's even for business was what questions do I need to ask. I noticed that people of different positions asked different questions. I learned how to ask those questions, and you start to be identified with this new position. When you start framing your language and how you speak, then you become accepted in that position. When tools are demonstrated with proficiency then that is like a memetic code that people of the group know to accept you by. The method is a cultural phenotype, identified with memetics. And you can be accepted or brutalized whether or not you fit in. (Memetics is an experimental study of words and semantics. Memes are symbols of language that encode ideas and a culture that is used for transmission.) - This is where you can kill the people but not the idea (the pen is mightier than the sword.) The questions however are different. Questions work like mitochondria. Mitochondria have DNA sequences are passed by the mother in the egg. The genetic code included in mitochondria, help the cell know how to make what type of enzymes and when and how to help with its ability to have energy to thrive. Questions set up the mind and subconscious. Try asking yourself a question you don't know. Expect that the mind will help you find the answer. Questions that you use to setup to analyze experiences, or help figure out your next set of actions, keep your faculties awake. The more enthusiastic you set your question, the more it will turn your mind on to analyze information as it comes in. You will create faculties that will increase your awareness. The Eternal Question is my metaphor that I use to create a circuit in the brain that doesn't stop. With it not being regulated it can make you a bit obsessive. If you have noticed bright people, they do have some obsessive type of traits. It is the focus of the mind. There are magical or mystical practices that have people concentrate on objects, processes or Gods. This is a ritual of concentration. The application of questions with an object can help you develop an awareness with that object. I will give some samples of Eternal Questions. It is important that you create and frame them for your self.

Physics

*Skeptic red flag, warning the BS meter is reading tilt.
Okay, with that out of the way, let me say a few things.*

Reich has done quite a few studies under academic scrutiny for many years. When someone does statistical analysis, and there are specific patterns that push the statistical norm by 3 – 6 percent, is it enough. That is a fair question. Scientists that look for a good working process with Newtonian physics, expect a 99% correlation with a cause and a predictable event. Quantum physics, events are predicted out of parts out of a million events, plus or minus a giant fudge factor. Yep, there is quite a bit of fudge that goes on in laboratories. But can you make the phenomena repeat consistently and is it small enough to ignore. Damn, shouldn't those anomalies be looked at more carefully for patterns? Sure, but that won't get you funded either. Statistics need to be properly applied to the science in question. If it weren't for a few effects where acupuncture can help certain types of pain management consistently, it would be dismissed altogether. What acupuncture does is look at a complex system and has applied metaphors and patterns that the practitioner learns how to interpret them and

apply the techniques. We can't see elementary quantum particles but that doesn't stop physicist from assigning things as spin, charm, flavor or other associations, that also have statistical assessments for these particles.

As I put forward as a primer on magic, its esoteric framework, and nature, I will put forward my conjectures how these natural occurring energies occur, and the expected effects. I don't expect that the average person would care about these thoughts, simply the practice and the effect is what most people want to see. However, it is information, something to think about, fuel to feed the mind. If these ideas are off, maybe they touch on something that people in fields where they can examine parts of these things and connect the dots, where I can't.

String Theories, and unified field theory or not

String theories have been used as attempts to unify the known forces in quantum physics and model that with astrophysics. The forces, are gravity, electro-magnetic, weak nuclear and strong nuclear. The theories propose that there should be a mathematical process that could link all of these forces together, neatly and elegantly. Good luck.

The closest tool is, yet again, a statistical modeling tool called quantum loop gravity, which bridges quantum and astrophysics. The unified field theory is that holy grail of physics.

The closest expression of what happens magically may be the electro-weak theory in quantum physics. It describes effects of energy exchange and conservation, but how things can attract, repulse, and change places.

We can change the pressure of water in our muscles, change electrical potential in our tendons and fascia. Just those basics are enough can change the charge, electron orientation and proton orientation of hydrogen atoms, that, described as what happens in London's and Van DerWall's forces. What types of Lamb's effects happen when there is a proton exchange for the movement of charges in collagen fibers?

The notion of gravity with astronomy is sheer bunk. The effect is too small. The extra low frequencies of electromagnetic radiation emitted by planets with the correct angles on the atmosphere can be recorded. We have very large antennae that do that. Our bodies may not pick up on it directly but the effect on other objects affecting or perturbing the electromagnetic charges of objects we more than likely could feel. How these frequencies and repetitions affect people's personality with their physiology is worth studying. With that said, it is likely temperament, and upbringing, which generates patterns of EMC's that would flood the body with its own signals, ignoring external ones. This would explain the wide range of possibilities of reliability to its total unreliability in another person, with astrology, or any divinatory processes altogether.

If these quantum forces have shapes of space and time and they identify with other objects that have similar space and time dimensional shapes, perhaps, there may be some transference of force between objects.

Electro-weak spectrum of forces

How do I tie this into a person? I look at the body's use of collagen fibers everywhere, and its relationship to the acupuncture meridians.

In the past 15 years there has been work in quantum physics understanding electro weak forces. (These are forces and effects between electro-magnetic and weak nuclear forces.) The phenomena have been called London's forces, Van Der Waals forces, Kasimir's effect and Lamb's effect are the ones I know of. The charges are carried by the exchange of the hydrogen atom, from one water molecule to another, inside of the collagen fibers. If this were the mechanism, it would explain a lot to why there is a need for intense discipline with mind, body and emotion, like Hindu mystics, and other ascetics.

What does this indicate? There are a lot of competing forces preventing that. And the force to overcome those natural forces needs to be strong, precise and consistent. That sounds a lot like a lot of practice. It is.

Ordering, Experiencing, and Changing the Universe

Every religion and culture molds your mind on how you view and experience everything.

That influences the metaphysical teachings of each religion, or magical tradition. This includes the names of Gods and Goddess and what they represent, their minions, their enemies, the elements, their stories, lessons and morals all shape what you think.

Let us start.

Liberation, Heaven or Psychic abilities:

When you invest enough time to understand the essentials of being aware, the emotions become complex and dynamic. You will use the patterning engine of the right brain to recognize patterns, the flow of energy, emotion and your place in it.

Your spiritual outlook will be challenged by your beliefs, and vice versa. Those beliefs had been based on cultural imprinting. What is this processing doing for you? What Spiritual process or path are you choosing?

I will briefly describe some of the differences that esoteric disciplines are used for in various beliefs.

Liberation, it is the concept of either escaping completely from all incarnations or worldly attachments. Attachments are an advanced concept that I will discuss latter.

Although attachments may be an advanced topic, it does require some explanation. The emotional mental constructs function dynamically with the world around it. There is a psychological and emotional investment in the way we do things, see things, perceive things and spiritually connect with the world. What and how you desire things, cloud your mind and consequently charge your

emotions so that your brain will pursue those desires. Secondly, it is how you perceive them that is more important.

Culturally, we desire cars in America because it makes our lives easier. That is part of it. It makes us more accessible to the opposite sex, finding sexual encounters. It allows you to find jobs to pay for a life style. That lifestyle is all a matter of patterns of behaviors expected of us. How and who we meet for sex partners, breeding partners, and define our next expected step of behaviors. There are social support systems like church, family, work and friends, all of whom reinforce and support your actions, good, bad or indifferent based on the groups set of appropriate and expected behaviors.

You feel guilt, pride, happiness, competition, strength, successful, failure, all of these; this reinforces your own perception about what is good, bad, worth doing. All of these EMC's prevent you from detaching yourself from this world, regardless of reincarnations, preventing your spirit to reach the desired union with deity or permanent residence in a heavenly abode.

Heaven, it is the divine place to which one may attain by behaving or exercising the religious disciplines, for the grace provided by such place or by the Deity that controls it. The disciplines outlined in this book are about controlling and choosing the spiritual processes that you do.

Usually, heaven or some overworld, requires an identity with deities, behaviors and expectations. The chosen EMC's if practiced appropriately, will guide once spiritual journey to the correct place.

Psychic Abilities, magic by any other name can be the sole purpose of development. Other questions are implied also. Will you refrain from all supernatural magic, using your own abilities and your connections to nature? Will you make relationships to supernatural beings, so that spiritual process can be added or melded into your own? And what is the price?

Price? I'll go into the personal costs if you are working with other beings agendas. Most use of magic will wear away critical core energy. If you don't care or aren't even aware of it, physically this can impact your health and fundamentally impede your spiritual growth.

Disciplines

- Truth
- Attachment and Detachment
- Breathing
- Meditating
- Stretching
- Physical Exercises
- Eating for who you are.
- Mental exercises
- Memorization
- Affinity
- Chanting

- Singing
- Worship
- Any spiritual work known

All acts for developing the mind, emotions, body, spirit and soul are disciplines. Yoga means work, or more correctly to bear a yoke. It is work implied with obligation.

Gong or Kung Fu means work or practice and discipline.

Chi Chung is energy work.

Tai chi is the way of energy.

Many disciplines are only single facets to the working of energy. Like martial arts, each discipline needs to be understood for it alone. Then when each is understood they can be combined. Many disciplines are taught together. The act of Worship in any religious setting combines ritual with singing, meditating, memorization, mental exercises and many others. The dynamic is an engrained cultural process that generates a certain affect. As a cultural process the conscious awareness of each component is not there. Understand each component must be consciously understood separately.

TRUTH

Disciplines, have various names, Kung Fu, devotion, yoga, prayer etcetera. They all require repetition, work and concentration. Many teachers have traditions of long lines of progressive steps. These teachers have been brought up in a way that developmental issues that one has, they have seen it and can help you. This is convenient, and keeps a long list of variables down to a minimum.

When one works on meditation, and changes the physiology they have emotional catharsis. The framework and culture of the teacher and the tradition, gives better order to how the manifestations of your experiences as they unfold.

You, if you are doing this by yourself, do not have these options.

The most brutal and essential discipline is **TRUTH.**

We delude ourselves constantly with our emotions, and patterns of thinking that are based cultural imprinting that we constantly lie to ourselves. This takes years of practice. If you don't have a primer on logic get one.

Your mind is the most important piece of equipment that you need to train. We have all learned or used our basic instincts based on our environment to fulfill our needs and wants. As we get older commercials, TV, Media, High School, groups, churches all put additional labels, requirements, to get dates, sex, approval, jobs, social acceptance, to not be lonely, to meet people, or get into groups who go to sports or music venues, all influence how what and why you think.

Am I telling you let all of this go? No I am not. We need this to function where people use those rules, patterns and means for your existence. However you will

have to learn how to detach from it, and choose your attachments. Be aware that when you are paying attention to what is being said, when, how and with what inflections, with what background and agenda, you will hesitate. When you hesitate you disrupt the flow of conversation and non-verbal communication. This is noticed, and makes other people feel uncomfortable. The emotion meter and change, is noticed and does not fit the flow of what is expected. You manage this by attachment and detachment.

Attachment and Detachment

Attachment and detachment is how you emotional invest in a process, place, person or a thing. Hinduism, Buddhism, Religious Daoism, Christianity and even Scientology, have various religious issues about being attached to the world, loved ones, indulgences or unbalanced unhealthy behaviors. How else do you attach yourself to “God” or their way doing things? How many times does a clique tell one that they cannot associate with that nerd, that person, use those colors or dress like that? It is all about control. You have to have the ultimate conscious control of what you do and why.

Before you can think about whom, what, where and why of who you are and why you do it, you must disrupt the emotional patterns that lock you into those thoughts.

You must learn how to breathe.

I will go over and over this simple thing of breathing and meditation at each level of magical practice.

There are breathing techniques to enhance once spirit, chi, martial art prowess, and doing magic. Before you can do this effectively, you have to control your mind and how you feel. Because if you do not, all those current controls are filters that perpetuate the way things are for you. Believe it or not, the magic though it shakes thing up in your world, ultimately the filters you have rearranges it to better align you with the world you currently have. Also the behaviors that you are using to use magic, you will be disenfranchised from the world you are in. If not, you become successful, to the limit of what you were brought up with. I am saying this now before you start, so you will be aware of it.

The degree of detachment or attachment makes a difference with which direction your spiritual and magical paths lies ahead of you. If you are perfectly happy in the world that you're in a culture that you're in the world of how your world works, you're not likely to pursue understanding deeper spiritual meanings. What you are more likely to do is to develop skills set, you can manipulate your world and make it better for you. There are degrees of costs of how your energy works with your body, at such a low level of magic. Your attachments will require energy from you and will have a constant connection and demand on a relationship with you. Sometime, this is tolerable on other times; being greedy and trying to change that world or using things in that world unbalances it. When

you're unbalanced, your world, and you are thoroughly connected to it that unbalanced state will be reflecting in you.

Consequently, being unattached, your desire to change the world is diminished. This is why Taoist and Buddhist monks had to the mountains in seclusion. And they can detach themselves from society from other people and the energy they cultivate. They do not diminish by performing magical feats. So where is the middle ground? One can practice magic and had deleterious effects on them or they don't practice magic, but only the disciplines, and they improve their supernatural abilities that are used rarely, and in such a way that they do not create attachments on their own.

If you see where I'm going with this, you will notice that making magic on things that have a lot of attachments is more difficult. Everyone's emotional, and energetic investments to keep reality, just as it is, is very strong. So what to do is spend an extra amount of energy, changing the way things really are and wasting energy because of all the energy that puts it back into the same place.

What I am trying to make you understand is that the underlying attachments that people have in reality have a life of its own. Those attachments those illusions, those ways of interacting with the world around you is a power and a force of its own. By the end of this book, I hope to give you the fundamentals from the disciplines and information in this book to be able to understand what magic can be done within your reality. Also how to create a new reality and to fundamentally change what you do with your life.

Magic can be used to enhance what you already believe. If you want something else, the discipline of magic can draw you from one place to another, and into the world of those who have what you want. Your mind will change to those patterns. If you learn how to speak and act like management, you are changing your personality, and you become successful. Magic and meditation can help with that. I would only hope that you would study this to the degree where you can do anything. See much more, be much more, and learn to help facilitate others to get beyond the illusion of society.

Truth is a word that people take for granted. The exception of scientific rigor, most people look to expected outcomes from actions. When people consistently only get the reactions that they expect from day to day, they consider their actions a type of truth. Socially convenient lies, social conventions and expectations are all part of cultures programming to reinforces what you perceive as truth, what is correct, what is comfortable. That comfort that you experience is an emotional, mental construct. These experiences become habits. These habits have an energetic attachment to you, to your behavior, and to the objects around you. You get to feel comfortable with these objects, places, people and you cannot help yourself but to act and say the things that you always do in the same way in the same place at the same people. This is an attachment. This prevents you from

changing your mind. This prevents you from seeing all these activities for what they are. Again, truth is what will guide you.

Magic is the ability to control these feelings and to control the concepts that elicits these feelings. The requirement to use magic is to honestly interpret the energetic existence of things and to replicate them in a particular way for a desired outcome. The moment your perceptions were your feelings are clouded by the feelings and expectations of others that filter impedes your ability to perform these discrete paranormal tasks.

Review

- Meditating
- Stretching
- Physical Exercises
- Eating for who you are.
- Mental exercises
- Memorization
- Affinity
- Chanting
- Singing
- Worship
- Any spiritual work known
- Definitions
- Ordering your mind.

Order and methods

Now that I have gone with some basic definitions to work with, I can now present an ordered methodology of phenomenon and practices that make sense. Also you should be able to develop your abilities along the way.

Each section that follows will build on the previous. Exercises and mindset change for each level.

Natural Magic

Natural magic does not imply any ability whatsoever. It is the use of what works empirically. Each Culture develops what works. People without any ability can use something based on accepted wisdom of the natural environment.

Natural things have their own lore about them. There are hundreds of books on stones, herbs, fragrance, use of light and candles, all are useful. Buy those books, read them, make notes, make comparisons, and look for the commonalities, and what makes the authors and their traditions different, and what do they do that is different. These subtle differences will give insights on energy and magic works differently in each setting.

This makes things interesting, especially in mixed cultures, mixed histories, lost ethnocentric teachings of medically suitable herbs, and rules of thumb. This leaves people to find what works for them.

Herbs

Herbs and plants are probably the most obvious. Culturally, and through practical experience we find what plants we are allergic to, that are poisonous. The more adventurous eventually pass down knowledge of plants that have pharmaceutical uses.

There are piles of books on the subject, to instruct anyone how to make, teas, tinctures, unctions, poultices and extractions. This can be exhaustively studied by an number of medicinal herb books.

Chinese herbal medicine is more of an art and a science, to use different types of herbs, they use Chinese element and Taoist methodologies. Although there are more esoteric practices, herbs are primarily an empirical science built up over the millennia. The person just needs to pay attention to a set of diagnostic methods and follow the methodology to understand a person's nature and to use the correct set of herbs to help a person maintain or improve their health.

Ayurvedic medicine, from India, has its pharmaceutical properties as well. Ayurvedic medicine is also used to encourage a balance of the classical four element system of earth, air, fire and water, by their own empirical system of diagnostics.

Homeopathy, and Allopathy are two different methods of healing people. Western science is Allopathy. Herbs and medicines are designed to fight or counter the symptoms. The alleviation of the symptoms, it helps people fight off the disease. Western medicine does not recognize vaccinations as a homeopathic practice. It is. The bulk of western medicine is to make the problem go away. As the science is improving, the underlying causes to the problems are being better understood every day.

Homeopathy uses herbs, and various substances, that mimic the same symptoms. The theory is that if your body is not fighting the current problem or sickness it may fight something that does and encourage it to fight off the infection or the ailment. Obviously this may sounds like a poison. The trick with homeopathic substances is the amount that

the substance is diluted so as not to harm the patient, but just enough to encourage the body fight.

Homeopathy uses a denotation of C. C is a roman numeral for one hundred. One known use is the use of arsenic to curb a cough. 1 drop of arsenic solution to 100 drops of water. 1 drop to another 100 drops of water, to 8 times. Arsenic 8C is in other words 1 drop of water arsenic to 1.0×10^{16} drops of water. That is very much diluted. Chances are you have that much arsenic in your water supply. The dose is 3 to 5 drops.

The homeopathic solutions of 30C found in “curio” shops should be astronomically pure water. The theory is about water memory. I won’t go into that here because you need to have an operator with sufficient belief to do the operations. And there is a shelf life that is not acknowledged. Firstly, because the magical fundamentals are ignored, thinking that it works like the old fashioned use of homeopathic solutions from the 1400 – 1800’s. The confusion here with debunkers and the actual science of it versus the belief of “New Agers” that have mixed their information from so many sources, they lost the history and the truth of it. This is a study in and of itself and I won’t go into it here for the sake of brevity.

Herbs in and of themselves have pharmaceutical properties that people can use.

Herbs can be used for their aromatic oils. Again this is not magick yet. Fragrances activate the very primitive olfactory bulb in our noses. The olfactory nerve goes directly to the most primitive parts of the brain. These can be used to create interesting affects on people’s emotions and physiology.

Herbs or even foods, based on what type of food it is can affect our health and physiology. The long term effects of carbohydrates on a diabetic should be something that is obvious. The liver and the stomach are some of the most complex organs in our body. Most foods, fats, enzymes eventually get processed by the liver. The liver has so many different functions, that the balance and behavior of it can be directly attributed to the food we eat. And it definitely affects the mind. The stomach besides the brain is the only organ that creates serotonin, a neurotransmitter. The whole intestinal tract considering it another nervous system called the enteric nervous system. It is also considered part of the autonomic nervous system. China physicians can prescribe food, for patients to eat to encourage the balance of person’s health.

Sound

People have used sound in chanting, musical instruments and language as a spiritual and religious methodology as long as we probably started speaking.

The beginning in one of the Hebrew creation myths was the word “Logos”. The Egyptian myth of Ptah was the word. Two syllables held sacred in India “Da” for creation, and “Om” for our own spiritual enlightenment.

There has been dozens of studies where specific tones help most people psychologically or emotionally. There are dozens of studies for the standard musical scale, the solfeggio scale, and other eccentric scales.

As we have described above on how collagen's properties throughout all of the body's connective tissue and fascia surrounding organs and other tissues, vibration can cause currents of hydrogen ions to move in the body.

Chanting, sounds each vibrate the body a very specific way. I conjecture that once there is a change of ionic potential it probably can change ion flow of cells in the body. This can change the function of the mind, emotion and body. This pretty much follows what the expectations are from sound therapy, mantra's or other disciplines using sound.

Exceptions are subliminal information, binaural brain synchronization and other NLP (Neuro Linguistic Programming), which all are psychological and work in their own way.

Belief, and personal psychological programming with following traditional methods, doesn't use magic. It is physiological and psychological. These disciplines might help with magic, but more likely it develops us where these methodologies encourage what appear to be preternatural abilities. These are tools that just help people to maximize who and what they are.

Light

Babbage in the 1800's used colored glass or colored water in jars to create colored light in rooms. There are plenty of books about light, color and the psychological effect it has on people.

Some of it is cultural, some of it is physiological.

Pink walls can make men lose 30% of their strength in institutional settings.

Blue light is necessary to reset the circadian rhythm. This is where full spectrum lighting helps with SAD Seasonal Affective Disorder.

On the psychological side, green makes people comfortable. It is a color that helps sociopaths and pathological liars be successful. Culturally, green was an institutional color for prisoners, and for Correction Officers, that color will affect them negatively towards people wearing green.

Light therapy where LED lights some with IR infra-red have been known to help with circulation. Full spectrum lights on people's body parts helped them become more alert and focus. There are a few NASCAR teams that use them prior to working in the pit. Light diffuses and scatter loose astral and yin energy. People accumulate yin energy from other people. Such a tool helps scatter energy that doesn't belong to people. This works like grounding methods. This will be covered later in the Paranormal section.

Stones and metals

Stones and metals are less obvious. Most people focus purely on the stones. Each culture and group will tend to have slightly different take on which stone does what. The question is why and how it works.

Stones and crystals do very interesting thing with light and radio waves. They transform them. Many materials reflect specific light, absorb different light, but that is only one small spectrum of electromagnetic forces. Many stones fluoresce under black light (ultra-violet spectrum). Quartz will generate electric pulses from being vibrated and vice versa. They are also used to create electric pulses from specific frequencies of radio waves. Many stones have their own properties. We mostly test with the visible spectrum. Each stone can transform energy from a person or the environment to something else. Albeit, this is very minute. With all this activity and the empirical use of stones, in settings and in combinations, not only can there be electro-magnetic forces being converted, very likely electro-weak forces.

Metal is a filter. If there x amount frequencies coming from a stone, metal b filters m frequencies, metal c filter n frequencies etcetera. Then very specific effects can be elicited from stones. Ayurvedic remedies are used to bolster peoples personalities and luck.

There are exceptions to the rule.

Jade can work like wood and absorb yin or astral energy and hold it.

Selenite, will act like a resin that pushes yin energy away.

Iron, will drain away yin energy, just like hematite which is an iron stone. People use iron to ground out influences from themselves or places. Iron is used to ground out energy in homes to prevent or alleviate issues with poltergeists or other errant beings.

Tungsten, is a unique metal. Once there is a flow of yin energy it maintains it for awhile.

Feng Shui and Jyotish Vayus

Feng Shui uses the Chinese 8 element system. The Hindu Jyotish system of Vayus, or winds, of the classical 4 elements, is managed. Originally these systems are based on esoteric principles.

However, today practitioners don't need to use any esoteric practices. Both use empirical methods that have been found to work over the millennia. The knowledge of the geography and geographical features with an individual's configuration of their home and property are used to, find solutions to issues or ways to bolster the positive aspects of a person's life, by manipulating the environment. Feng Shui originally had a lot of specific

rules of thumb that understanding weather and the environment made good sense. If your house is at the end of a street that connects another street going along the front of your house it brings bad luck. Today if you had that type of house a car could and would eventually drive into your living room. Never mind a cart, a horse, or even gives a thief three directions to run from. Some of the rules are designed of placement of a house around water ways. This is to manage some of these once in a lifetime flood situations.

The Esoteric principles and the use of Feng Shui or managing Vayus, the practitioner doesn't need any magical skill. Just the use of an atypical refined sense of intuition is used to balance so many competing affects to figure out what is relevant and useful for the individual and their family.

This is in effect geomancy without the magick. There are energetic currents and flows of energy that are both good and bad. The suitably trained magician can see and manage what is relevant.

The Chinese elements reflect where the natural environment gives off low frequency electromagnetic waves. These elements include marsh, lake, heaven/sky, wind, thunder/lightning, wood/tree, water, earth.

Each give off different types of electromagnetic frequencies (EMF). Marshes give off EMF from triphosphates breaking down during decay. Lakes, through thermal inversions from the compression and decompression of water, generate EMF. The sky depending on weather conditions can allow EMF (radio frequencies) from the planets and harness based on angles of incidences and the phenomena called skip. Thunder generates EMF through air thermal inversions and air compression. Lightning and EMF that is created from massive electrical discharges. Trees specifically when bending in the wind generate EMF from the water the tree, compressing and decompressing. Water going through the earth and streams, same thing, water compressing and decompressing causing EMF. And the earth, EMF from tectonic plate movements, are strong enough to ionize gases, into luminous and large Saint Elmos fire that most call UFO's. Texas A&M demonstrated air ionizing from compression of rock. It identifies the spark source of some mine fires. All of which are low frequency radio waves. It is not surprising that if it doesn't affect us directly, it affects air, and water, where atoms can be excited and change their overall affect, valence and behavior. Notice how water during periods of similar cold, sometimes slide right off the windshield and other times act like grease. The windshield wipers seem to smear it instead of wiping it off.

Several more items that can be added to this list, ice, sand, and limestone. Ice generates EMF as it compresses and decompresses, and has been known to affect people in places like Alaska. I slept on a frozen marsh once, and woke 15 – 10 seconds before each thunderous crack of ice as the temperature plummeted. Combination of dry air, ionized discharging through quartz crystals in sand, sometimes creating luminous displays in the desert. They are not good omens in the desert and are attributed to various entities in the Sahara. Limestone is piezoelectric, and is more affected by the variations of

moisture in the rock. This causes issues in homes with limestone for foundations, and walls that are made of sand, limestone or gypsum. Each can affect the EMF's in a home or an geographical area.

The question whether this affects us directly through EMF or has its relationship to the air, water, or our bodies through electro-weak effects of materials. I conjecture that it is both. But from known science, EMF does seem to be a common factor

Exercise

Exercise, the refrain from doctors and every other health conscious expert is to encourage peoples health. Exercise in Chinese thought for Chi Gong is a Yang exercise, muscles and bones generate the yang energy. Yang energy stirs up and loosens yin energy, it is used for exorcisms, rituals, and for ones general health.

Stretching, toning the muscles, helps the body to align and smooth the collagen fibers. Hatha, Krilalpu, and Bikram yogas, help with these stretches and ligament and fascia alignment.

Chi Gong, Tai chi, and other techniques have techniques for everywhere in-between.

Da Mao developed the “8 pieces of Brocade” which were basic exercises to help the health of monks that were meditating.

At this level of understanding pay attention to the breathing techniques. These are essential to prepare the way to understand and feel the flow of energy.

Diet

Balance and moderation, were that simple. Ones health really requires correct and balanced diet. This is probably the singularly difficult thing to maintain. Much of the world has centered their diet either around grain, which does nothing for collagen and protein development, but also promotes diabetes. Diabetes inhibits good cellular function, all around processing of vitamins, minerals, proteins and fats.

Natural Earth Planes

Kitchen or Hedge Witchery

Formularies

Candle Magic

Folk Magic or Folk Ways

Hexcraft

Hoodoo

Traditional superstitions and practices

How and when it works, Caveats, Warnings and Pitfalls

Internal Preternatural

Meditation

Cleansing

Centering

Grounding

Prana or Chi Development

Basic Yogas

Hatha

Pranayama

Kundalini

Qi Gong

Martial Arts

Symbology

Dreamwork

Paranormal Development

Personal Self Development Process

What to expect, what is needed, and what is expected from you.

Meditation

- Space Cleansing
- Planes Awareness
- Dream Walking
- Psychic Self Defense
- Auras
- Sensing Skills
- Intermediate Yogas
 - Pranayama
 - Kundalini
 - Qi gong
 - Elemental Energy Collection and Balancing
- Ghosts
- Animal spirits
- Ancestor worship

Low and High Magick

What the terms mean to different groups

Hermenuetics

- How to
 - read
 - Interpret
 - Do deconstruction
 - Reading Skills

Methods

- Circles
- Ceremonial
- Hermetic
- Alchemy
- Personal Disciplines

Supernatural

Why, When Whom, Caveats, uses, pitfalls, edifications and warnings

Gods and their realms

Natural realms and their Denizens

Animal Spirits

Divination Systems

Egregores

Pantheons

Stories

Meditation Systems

Various forms of ceremonial magick

Tribal, Social, Magical Groups

Honor, Respect Responsibility

Tribal roles

Social roles

Circle Roles

Ceremonial group roles

Social Interaction

Mediation

Tribal Values, Social and relationship Focuses:

- Leadership
- Respected cultural traditions
- Children and family members, focus on the support and growth of Family
- Mentoring, Education , Learning Relationships

- Honor, Integrity, principles for living
- Relationships, honest relationships
- Children focus on their support and growth as individuals.
- Apprenticeship, work, discipline, Working relationship
- Wisdom, knowledge and Common Sense, relationship to and support of the keepers of knowledge.
- Culture, Family, Tribe, relationship in the group, with other groups and support of the family.
- Property, Career, work ethics

Breathing

Pot Belly Breath

This is the first and most common breathing techniques to any esoteric practice in the world.

You do not need to sit with your legs crossed with the soles facing you from your thighs. This is nice if you have the body and the frame and flexibility. If your legs fall asleep, this does nothing good for your circulations and the focus on your breathing and meditation gets disrupted.

But you did need to sit. You need to sit upright. Posture is something that absolutely necessary for you to breath properly and to communicate with your body. It is definitely useful for communicating to the world that you care for yourself and you are in charge of your self.

You need to sit comfortably. If you are on the ground you can put the soles of your feet together or stick one or both of your legs straight out. If you sit in a chair sit with both feet on the ground, your thighs level and your back free from the back of a chair or a wall. This may take some getting use to, to find the right chairs so that your legs are not dangling, or not feeling like you have to hunch forward otherwise falling backwards.

You need to sit straight up, from the top of your head, down through the center of your pelvis. Follow the back of your ear to the top of your head. This is where the plates of your skull come together. In yoga this is called the aperture of Brahma. If there was a string attached there and you were as straight as possible your spine should be straight down to your pelvis. There would be a line from the top of your through your torso to your perineum between your genitals and your anus. The next step is to have your shoulders separate and back. Not so far back that you hurt your back or is uncomfortable. However, your chest is naturally able to be out and full of air.

You are to learn how to breathe from one muscle not over 400. The diaphragm is the one muscle that we breathe from birth. It is the most efficient muscle to breathe with. As people get older they have a tendency to breath from the chest. If you watch people, people who are emotional breath with their chest exclusively, and to try to get them to do anything else makes them exceptionally uncomfortable.

With your chest out and open you will breathe with maximum capacity. You then relax your abdominal walls, your posture will support you with a minimal effort. To check how you breathe, you can put a hand on your stomach and the other on your chest. Practice until your chest stop moving.

The first breathing is to breath in at a count of 4 and then out by 4.

Extend it to 6 then 8 maybe you can get to 16.

The breathing I want you to do is, breath in for a count of 4, hold your breath comfortably for a count of 4, then slowly breath out for a count of 4.

Extend the count, the same way as before. If you find that you cannot comfortably hold your breath or breathe out for that count, bring the count down. What is this doing for you?

You are relaxing most of the fascia in your body. You are working fascia that will radiate a flow of electrical charges to and from the center of your body. Your organs will relax. The complex flow of energy that comes from chest breathing is not flooding your body, and we have emotions to counter react every wave of electromagnetic activity that this would cause. It is a dynamic that we have developed an emotional attachment. It is a cycle of emotional activity. When you breath with your diaphragm you can break that cycle.

When you have emotional activity we tighten up parts of our body, and breath differently. We do it without ever thinking about it.

Body Awareness

When you breathe with the Pot Belly Breath, the goal is relaxation but awareness. It is to be the awareness of you and your body, and to know the difference.

The second goal is to understand yourself, without the body. This is not to say, killing oneself, or deny the body. However this is one of the first practices for Liberation or Moksha in Hindu or Buddhist to achieve nirvana and eventually, stay in the bliss of God being part of the supreme consciousness. But when or if you leave your body, you will know your body, and most importantly know what you are.

Each part of your body you can control how energy flows through it, temper it, store it, or discharge it. It is through the awareness of the subtle electromagnetic properties of the fascia, the organs, bones and muscles, that we can change the dynamics these charges. Secondly, when you alter a charge and controlling it, with muscle tension you can align tissue, stop flows, and organize water molecules into a laminar stack. Such conditions are more than likely to organize hydrogen and other molecules to have dipolar moments that effect electro-weak effects.

First thing to learn is to relax your body. When you are comfortable with your potbelly breath and it becomes a natural process, relax each part of body.

Start from your toes and with each incremental breath, ascend up the body, foot, ankle, leg, knee, thighs, hips, lower abdomen, upper abdomen, back, upper back, torso, neck, fingers, palm, wrist, forearm, elbow shoulders, neck, jaw, ears, eye, and the crown of your head. At each in breath, take the sense of that part of the body up to the next part. At the hold breath, relax and detach. At the out breath

be aware of that next part of the body. By the time you reach the crown of your head, it will be like a miniature self, sitting on or in the top of your head. This takes some months of practice; with diligence this is relatively easy. Start now.

The part to still and quiet the mind is the harder part, but with simple things keep in mind, you can accomplish this.

Stray thoughts will come to the mind while you are in this state. They will be clear or fuzzy. Patanjali (a great yogi master and writer) describes the wrong thoughts, as dreams, fantasies, and hallucinations. There are others. This is the great opportunity to organize your thoughts. The first part is discernment and judgment.

Judgment with each thought that comes to mind, order it. If the thought is your own, own it and tell yourself that you will think about it when you wish to. The thoughts that are not your own, say these are not mine, and dismiss them. The emotions and words of others that are not yours, rob them of the emotion, know where they come from and choose not to react to them. This is a great healing technique. You will have to process them eventually. But when you gain the strength of knowing yourself, and knowing that those processes and emotions don't belong to you, you can choose to emote differently and change those processes.

If you noticed, this is a tool for untangling your mind from the clutter and abuse, which you have accepted from others over the years. Once you have done this, the memory and emotions of abuse, neglect and a myriad of other things have an ever-lessening affect.

The other thoughts that keep happening and which are persistent are your personal attachments. Here you must discern and discover why you have these attachments. Once you are aware of why they are in your life, you can place that thought by some label that you can manage it.

As you choose to process information this way, you choose to be aware, and to ask questions about what you perceive and why.

As you tidy and order the how, the where and why you feel and think about things you become aware of yourself. And let them go, albeit temporarily. You relax deeper and further.

Impermanence, this concept is useful to detach yourself from many annoyances of the day, and things that we cling to. This concept helps you to think in a way that extends you far beyond your current lifetime. Consider this, as time goes on, work, cars, and houses will all go away. Even stone monuments many get worn away in time. Eventually all things will disappear. Even the earth will be a cinder when the sun becomes a red giant.

What is important in the now? Each breath nourishing the body, the slowing heart rate, the body and mind becomes harmonious.

To come back to your daily or normal awareness, take in breaths thinking of positive or God energy, or an aspect of nature that made you feel happy complete and invigorated, breathing into your miniature self slow expanding it back into your body. Use your potbelly breath, and then add after your four count out breath, an additional four count of holding your breath while your breath is out.

When you do this imagine the energy being pushed and held to all parts of her body. As you are breathing out, imagine you are almost filling that miniature self with energy like filling a balloon filling your body. That additional four count breath focuses an awareness of holding your energy to all parts of your body. The positive or the highest good that you can imagine will change as you grow. This is practice; to connect with what you remember is wholesome and good.

But I cannot quiet my mind it stays too busy.

This is where you can use your mind. There are other techniques.

Obviously the steady count usually for beginners starting with the number 4.

Counting is helpful 4 in, 4 hold, think of what you want to attain, (god, goddess, alignment with the elements, etc.) 4 out that which you attained and reached out to no imagine being absorbed into the body, pushing bad stuff out. Then 4 on the end of the out breath, watching how and if the energy is held, and what is moving.

You wait on the end of the out breath part until you manage the in breath, hold and out breath, repeat. Counting and focusing on energy like that (called bubble breath) and if on the expansion you are aware that you are expanding your sides, the kidney area and back, is called Bell breath.

This is where you use brain, and get it trained. And like anything else it takes practice. As thoughts do arise, judge them. First are they your thoughts, if they are echoes from people, the day etc., and not yours dismiss them. These are not my thoughts. The thoughts that arise that are yours categorize these thoughts are yours and when you will think about them.

Journal them, and pick one to focus one on after you sifted enough of them where you subconscious is ordering them. Categorize these thoughts, into pigeon holes or buckets. Give them a handle for you.

Emotions, same thing, are they your feelings or images or echoes from others or their influences. Not mine, ... good bye. What is that feeling from? The question, now it is a thought linked with a feeling. Categorize it, and or journal it.

Meditate on how you feel about it and pick a different feeling and think through from one feeling to another. This is training your mind not to be a prisoner to an emotion, and training your mind to switch to another emotion you have control over and have practiced thinking about it. This is useful for breaking emotional cycles in ones behavior and trains your mind to have control over the feelings and choose how you want to think about it.

This teaches you self control, mentally and emotionally. This teaches you to order your thinking. And once you are able to change your feelings and link them with positive thought processes, you are now ready to quiet your mind more.

This takes practices and may take months or or a year or so.

Diaphragm breathing if you link this self control to diaphragm breathing, all you have to do is to choose to breath that way, and the control is turned on.

As you develop this control you can work on quieting your mind, and what you may not realize also your emotions. The diaphragm breathing will stroke your vagus nerve and moderate your bodily activities and slow them down. Especially when you, your mind, conscious and subconscious knows that you will deal with the thoughts and feelings as they arise, you can put them in that deal with later box, and you will. You will find that you will be quieting your mind, emotion and your body.

Now you can still use your mind, now that it has a subconscious and feeling connection. You just built it. Each breath, focus on one inch of your body from your toes to your heart, your fingers to your heart, and your heart to the top of your head.

Feel how they feel, feel also what is you and not you, breath in you breath out what is not you. Feel the feeling of each part of you as it connects the next inch. Feel the changes as it flows through your body. Feel the rythm that flows through your body. Pay attention to what is you.

All you have to do is have one diaphragm breath, or even if you practice the holds on the full or empty breath, you can feel what is not you. That is an energetic reading. It is a passive reading, and you can pay attention to what is you and the reaction to what is not you. Knowing your body is the baseline, and following what is not you and where that energy is from, develops your psychic ability.

As you can see, your mind will always be active, busy but in a new constructive trained manner.

This exercise progresses further. Each step adds and reinforces the ones before it. The breathing and counting helps you relax. The relaxation helps you to know yourself. You become more comfortable with yourself. You relax deeper, and other more powerful emotional issues will get addressed or subtler ones. The process of relaxing yourself, your emotions and your body, you become aware of your body.

Through this breathing technique, focus on a part of your body at a time. Become aware of it and how it feels and why. You develop a keener sense of each part of yourself.

Step by step this is the process where yogis learn to heal themselves, to slow down the consumption of food and calories, or speed them up. They slow their breathing and heart beat down slower and slower. When this is done, you can accelerate your cellular rest cycle. You can spend less time sleeping.

At the end of each meditation session, slowly move each part of your body. If you have a leg fall asleep on you, standing up to only fall down is not what we

have in mind. As you stretch, you can feel tingles and shivers running into the core of your body. This is your body's energy balancing itself, or drawing energy in. When you put hands up overhead, fingers touching with the palms facing upward you can feel as if energy is breathing into and out of your hands. It is. As you stand up, point your toes slightly in, sink down on your knees, with torso straight up, your knees and legs rotate outward and you can feel them stretch also. Breathe in as you stretch straight up and down, breathe out bring your hands down rotating palms down, and sinking down. You will breathe energy in and out.

Now you are experiencing your body, your mind, and you can choose your emotions. Or can you?

If you haven't before, you should soon develop the first stage of telepathy, empathy.

Empathy, you will be able to sense in your body a reaction to the emotions of others and usually it will be what they are feeling. This is where you start learning the dynamics of the energy of others, yourself and why you and other people act, react or behave depending on the situation. The pre-requisite here is that you are asking yourself consciously, why am I acting or feeling this way. Am I reacting to or mimicking someone else's emotions, feelings, moods, or is it from someone else who is reacting to the source. What are the dynamics? These are all questions. Questions become a habit of ordering your mind, your emotions, your feelings, and your reactions. When this is done, you know what belongs to you, and what it is that belongs to others. This is the unfolding process of telepathy.

Remember earlier, about organization of the mind. Each feeling that is yours and not yours, are you ordering it in your mind? What did that room feel like? What did they person feel like? Was there a pattern of feelings? If so over what words, feelings, were they attempting to project? What were you feeling and why? Was it their feeling? Was it your feeling? Was the feeling that you were supposed to feel or sense different? If so where did you feel that feeling before? Who did it? What did they really do? Why did they do it? What other questions can you ask yourself? It had best a whole line of questioning.

This process takes feelings and subconscious impressions, and orders it with your thinking process, and lines them up with memories, labels and tools. Notice you alternate between the quiet mind and the feelings of that moment, and those that you remember. Catalog them. Remember the feeling. Remember yourself, with and without feelings.

If you pay attention to nothing else, potbelly breathing, quieting your mind, and catalog your thinking and feelings you will have the basics, of passive psychic abilities.

Purposes of Breathing and use in magic

The Pot Belly Breath is in essence designed, to de-emotionalize your mind, your body, and make you aware of your mind, emotions and body.

The ability to quiet and hold still your energies or put things in a state where you can be aware of changes of your energies, your body, your emotions and your mind, is an awareness and an ability to take you forward to do magic.

Now you can be aware of how to choose your emotions, to change the flow of energy in your body.

But this is not all.

Dance, singing, chanting, stretching (Hatha/Krivalpu Yoga, Tai Chi), and any other tool for ritual, can pattern your breathing and your intent.

What you would be able to do now is to know the differences between types of energy. Western Magic pretty much is pretty much covered with the physical requirements, already in this book. This use of breath and muscle control working fascia and energy states, is what I call primary energy and in Eastern or Chinese energy would be called Yang energy.

Yang or primary energy is used to call more complex energies or essence in things and to make places ready for Deities, portals, watchtowers, and elements, etcetera. It can be used to clear the areas for work and create filters and vacuums of energy in ceremonial magic.

The complex energies found in Deities and places have essence, or secondary energy. Living beings have this essence in a cultivated, complex form. From nature, it is raw, untended but every much sensed as being distinct in its nature from whence it came.

Western magic and the practices of adherents except for the rare exception of some witchcraft traditions don't do anything to cultivate this secondary energy. Eastern systems would call this shen or Yin energy. When it is condensed and worked on, it is called Chi. Chi is this essence worked with primary energy. The study of Chi Gong and understanding all of the energy terminology would advance once understandings, or at least realize that this culture has definitions for many aspects of energy.

The use of Chi enhances many abilities, and its use in the body enhances the control of primary energy but makes use and enhances the ability to control essence, Yin or astral energies. In turn it can make better use of the primary, Yang, or the energies that Western practitioners are more familiar with.

The use of primary energy, over periods of time through a body depletes the body's natural and accumulated Yin Chi. I have been asked why so many powerful witches or neo-pagans have such declining health. The body is just like a house and the use of Feng-Shui. Feng-Shui is the Chinese geomantic practical magic techniques on how to orient items, furniture and orientation of each in a house to encourage the best energy in the house for the occupants. Fast strong Yang energy is called Sha.

Think of it this way. If you are on the slight concave edge of a bank of sand on a river, the river has faster flow of water and will wear away that riverbank. And the opposite side the water moves there slower and the water deposits debris making it larger, but not necessarily making it useful, because it leaves rocks and stones. It eventually leaves occluded parts of land wet, unfertile, yet is stagnant and unhealthy. The same set of metaphors can be based on wet lands.

Practicing the same thing each day or week, or having the same emotional processes every day, parts of the body will have no Yin energy, and the parts that do, is stagnant and have accumulated the essence of that which is not healthy. Magic therefore can accelerate poor health. We all talk about balance in our daily lives personally, work, home and spiritually. When one balances their life this helps and allows the body to restore some of its balance.

I have seen many Western magic practitioners end up absorbing as much latent energy around them that they can. Many instances start acquiring it from people. Yes they become vampires. Many are unaware of it. Few become aware of it and many in today's culture accept it and adopt that stigma or sub cultural mores.

Later in this book I'll describe the issues involving vampirism and its long-term effect on one's psyche.

Advanced Breathing techniques

Chi Gong, Tai Chi, and Yoga

The Pot Belly Breath, is the most important spiritual and psychic tool that you could ever learn. It is the breathing technique to start any technique and the one to end all techniques.

If one learns any breathing technique it is this one.

Described earlier, the main points are:

sitting comfortably and erect.

Good posture and having ones chest comfortable but open to allow simple diaphragm breathing.

Slow comfortable and steady breathing.

The count is a mental exercise as well as the focus on pure breathing. The count is the same

Breathe in for a count of 4

Hold the breath for a count of 4

Breathe out for a count of 4

As you relax it will be easier to extend the count.

Use the extended count only if you the outbreath is relaxed steady and not forced. If you do control it relax and be aware of it. There is no need for sudden exhales, or allowing frustration color how you breath. Observe, steady, choose and be comfortable. Every bit of discipline one uses exercises their mind, their will and your ability to go further. Use it as a tool.

Martial arts use other methods, but it starts with this breath.

Yoga Pranayama techniques which there are many starts and ends with this technique.

One technique is to use a deep breathing technique, with an erect but empty chest, start breathing from expanding the lower abdomen all the way up to filling the chest, then breathing out from the chest, upper abdomen and finally the lower abdomen.

This exercises and flushes the organs as well as fully oxygenating the body.

The practice of breathing techniques alone would exhaust a book. I would suggest if you are interested and want to advance your self control, body awareness that you pursue studying the different types of Pranayama, Chi Gong schools.

There are methods for breathing each type of organ or focus on chakra/fascia nexuses, like Nauli Kriya, Iron Shirt Kung Yi, Kundalini etcetera. I can not stress the basics about learning these methods and having you developing an awareness and self control with breathing enough.

Reverse abdominal breath.

Dragon, Triple Burner, Hora, micro-cosmic breathing, of various names are essentially the same technique with different names.

If anyone is to practice magic of any kind, this absolutely for your health, your sanity, control of magic and body along with spiritual awareness.

We start with a Mulabandha lock, this is where you clinch your Perineum and tilt your pelvis up this breath starts with your lower abdomen out and your upper abdomen in. You start your in breath by tucking and your lower abdomen and imagine the energy going up the outside of your spine up your back filling in your upper abdomen and then your lungs to which point the energy reaches to the top of your head. You tilt your head slightly back. Then you reverse the process exhaling with your lungs first bringing the energy down through the front of your face, slowly, and as you empty your upper abdomen. The energy is going down through the front of your body back down to your perineum. And then you stick out your lower abdomen, bringing the energy up into your Dan Tien. The Dan tien is a space an inch or two below the navel centered in your lower abdominal cavity. This is where you store your astral energy. As you practice this breathing energy will be coming in through your hands and feet and head and migrating to these central vessels. These central vessels are called the governing governing Meridien and the conception Meridien. As you cycled this energy it becomes homogenized it gets attuned to your body. This process is repeated until the area gets warm, or until you are fatigued from the breathing exercise. This breathing exercise exercises the organs. It squeezes the toxins and sometimes it is difficult to get a full breath. What is important is the focus of the energy during what is called the microcosmic cycle up the middle of the back, up to the top of the head down through one's front of their face and down the front of their thorax and abdomen. At the last part of the outbreath sticking the lower abdomen out. You are sucking the energy up into your lower abdomen. Sometimes when the energy comes down through one's face, you feel it's split up and go around one's lips. Sometimes you feel the energy going through your nasal cavity to your soft palate and through your tongue. Through these exercises, it is important to keep your time to the roof of your palate.

You can augment this exercise by pausing the inhalations and exhalations at each surface chakra point. When halted to circulate the energy at that point, 3, 7 or nine times left then right. And proceed to the next point. Of course this depends on your skill at meditation and self control of your breathing. This is for advanced practitioners. This process does two things. First it helps with collecting astral energy. Second, it helps you to know that energy and to know yourself as it connects to your body. Why this is important is because the astral energy for you to be healthy, must be attuned to you. How many energy workers from magical practitioners have you noticed that has suffered some sort of major medical malady. The conditions seems to be chronic persistent, and ultimately draining of the life force. This is because in many magical practitioners follow

wrote and revealed procedures and processes as they were taught. Necessarily healthy, one ends up using their energy and has not learned how to cultivate it maintain it. Nor are they able to understand their bodies, spiritual and internal astral processes. The absolute importance of meditating to the point of where you have a calm mind is crucial. This is so that your energy is not attached to frustrations or connections with things external to you that cause you grief problem or any negativity. If you cycle your energy homogenize energy with this negativity, you are binding it to yourself. This is not what you want to do. This is why it is so crucial to meditate properly before the sessions.

So where does this energy come from? We come in contact with it all the time we have a natural flux of energy going in and going out. Do you can study the various traditions and learn about how this energy flows in through the day and cycles through the day. What is important is learning to have conscious control over this.

There are several techniques for special energy breathing. These are called Bell breathing, and five point breathing.

There are two types of Bell breathing first is Tibetan bell Breathing . Tibetan L. breathing starts with breathing out reaching with your senses attaching to energy. And as you breathe in collect that energy to yourself. Daoist Bell breathing starts breathing in, yet reaching out and connecting with energy. Then as you read out. You focus that energy inward. There's two places to focus this energy. The first place is you Dan Tien. The second place as the energy is coming into your body. You push it into your bones and into your skin and into your organs.

The important thing about this type of energy collection is to be aware of the energy that you are bringing in. It is very important to be aware of the environment and energy in how it relates to your physical body and insure that the energy goes into the organs that that energy is harmonious with. So this takes some traditional studying.

The five points breathing technique. You learn to breathe in through your hands and feet in the top of your head. This where it is also useful to know the acupuncture meridians, the energy type and the organs to which these meridians are connected to from your feet, hands and head. Ideally, you breathe in your hands feet and head and out your hands feet and head. This technique requires to the think of your whole body as a means a breathing. for example, when you bend and your arms, you can feel all energy coming and issued gently reach out and grab the energy. And as you pull your hands in feel the energy coming in the same thing with your feet as you stay and as you lower your pelvis and bend your knees and feel the energy coming in as you breathe in. And when you breathe out as you extend your legs.

This is a useful technique also to all allow negativity to drain out if you as your breathing out. You can let go of negativity and have it seep out the palm of your hands and the bottom of your feet. They're several authors that a good magician should become acquainted with the first is Mantak Chia and the second is Jwing-Ming Yang. The first understands and teaches iron shirt Kung Fu and internal alchemy using the microcosmic

breath. Mantak Chia also teaches stretches, and other internal breathing techniques to clear strengthen and inform the body of all the energy paths. Dr. Yang has probably the best by far books on Qi Gong. He also teaches Yang style tai chi. This ties in Daoist breathing, along with martial arts of tai chi.

Review

- Meditating
- Stretching
- Physical Exercises
- Eating for who you are.
- Mental exercises
- Memorization
- Affinity
- Chanting
- Singing
- Worship
- Any spiritual work known
- Definitions
- Ordering your mind.