

Magic 101

This thread will be dedicated to the practical learning of basic esoteric skills.

As it seems people inexperienced with the occult are now finding this board, it is necessary to provide help towards the development of a stable foundation in their practice. Since occult theory is discussed to great lengths in other threads, we require a place of practice.

/sunflower/ — February 25, 2020

Exercise 1: Basic Energy Manipulation

Visualize your own body. Close your eyes, and picture your body, exactly in the position you're in. Stretch out your hands, move a bit, and picture your body executing those movements. Clench and relax your fist, and watch your mental fingers do the same, at the same time. Now, have a closer look at your visualized body. Picture a stream of vapour coursing through your arms, your legs, upwards and downwards along your torso, and into your head. Examine how this energy is moving, and try to feel the streams of energy as they rush along their course.

This is your energy body, made up of vital, or etheric energy, which exists in a transitional state between the physical and astral. Time and space occur almost as in the physical world, though distance is largely relative.

Having a feel for this energy, try moving it into one of your extremities. Force the energy into, for example, your right hand. Concentrate a fair bit of energy there. Observe what this feels like. Once you've held the energy there for a small amount of

time, try pushing it further along, into your fingers, concentrating it even more. Does this feel any different?

Finally, push the energy into the tips of your fingers, as much as possible. Hold it for a couple of seconds.

As soon as you're ready to move on, force the energy through the tips of your fingers, into the outside world. Do your best to roughly hold it in front of you as you do this. Continue pushing the energy out until the full concentration you had there is in front of you. Attempt to move this energy a bit, in various directions. See how it responds. Move it around you, disperse it, pull it back together.

With this step explored, now try to compact the energy again, into a sphere, in front of you. Try to make it fairly small and concentrated, if you can get it slightly smaller than a basketball, that will be perfect. Focus on solidifying the sphere, with the intent of keeping its integrity without your attention. When ready, let go of this energy, and observe how well it stays together. Does it start unravelling immediately? Does it hold out for a dozen seconds or so? Perhaps it maintains itself without change to the point that you get carried away and forget about it, and only hours later you notice it is gone. The result largely depends on your power of concentration, subconscious control, and other factors, so it will vary quite a bit depending on your studies and profession throughout life. Despite this, the result doesn't matter much, as all these will be improved with practice.

If the sphere doesn't hold its shape for more than 20 seconds, keep repeating the same exercise over the next day or so, until it maintains itself for this long.

Once it resists for those 20 seconds, it will last enough to observe the results of basic programming. Programming energy is

simply creating subconscious thought processes which manage its behaviour. At first, these will be purely mental, and you will notice that with loss of focus, any effects will cease within minutes. With practice, not only can these processes persist for days and months within your subconscious, but they can also be crystallized within reality itself, persisting as the energy does. A subconscious process is a servitor, or daemon. A crystallized one is a construct.

Build your energy sphere again, but this time with a very specific intent, imagine the intended behaviour of the energy, perhaps even word it out mentally. There are more advanced processes for this, which come naturally through practice. In order to observe the effect of this, build this sphere to, for example, move around you until told otherwise. Once the sphere is fully formed, mentally signal it to begin its behaviour. Observe how well it behaves. If it doesn't behave quite right, simply keep repeating the exercise, closely examining the process and outcome every time. This trains multiple faculties, including concentration, subconscious control, willpower, and external perception.

Once the program behaves correctly, build it to perform more advanced functions. Perhaps it could move in random directions, or bump into people to get their attention. Things like lowering or raising the perceived temperature of a space are also possible, though it would be best to limit the effect to the physical space within the sphere at first.

With this last step, you have gained a grasp of basic energy manipulation, which will become an important tool for you in the future. It is such a diverse and fundamental skill, that it wouldn't be strange for you to play around with various ideas and projects every day. This will give you a better sense of the possibilities and limitations of this practice, and also develop important mental faculties.

The next step is also vital to your safe practice of this skill, and should be learned ideally before any further experimentation, as it can prevent and mitigate accidents and imbalances that come about through practice.

The steps beyond that will simply build upon your already existing competence to develop energy manipulation into a more useful ability.

Exercise 2: Grounding

After practising energy manipulation for the first time, you might already be feeling the effects of an imbalanced energy body. Since most of your etheric organs have never been actively used before, suddenly placing a lot of stress on them (as is the case with energy work) will lead to various issues, such as strained meridians, disharmonized energy centres, and overworked chakras. All of these will manifest themselves in various ways, but common problems from sustained energy use are headaches, disorientation, nausea, and pain in the abdominal and sacral areas.

These issues do pass away on their own, but this often takes days of recuperation, in which energy work must be avoided. A quicker, and more convenient way to deal with this is through “grounding.” Grounding, as the name implies, uses the Earth's capacity for energy filtration to re-balance your etheric body, much in the way water is filtered by passing through layers of soil and rock.

For many, it becomes part of their daily routine, as a form of dealing with energy pollution, and some will ground themselves at all times, with every step they walk.

The explanation, in truth, is more complex than the exercise itself.

Visualize your energy body, as you did before, and actively feel the energy coursing through it. Once again move your energy into your extremities, but, this time, instead of your arms, push it into your legs.

Compress the energy downwards, until fully saturated, then push it through your feet, into the ground below. At the same time, pull in energy from your surroundings into your torso. Form this into a flowing cycle, with the energy entering your body going smoothly downwards, and into the Earth.

As you do this, you will notice an improvement in any symptoms you have been experiencing.

It is good practice to ground yourself regularly, and after intense efforts, though with time and practice you may notice your body can deal with a lot more strain before it suffers any imbalance. For some, they rarely if ever need to ground after a few years of practice.

Exercise 3: Energy programming foundations

You've already covered the very basics of this step in the first exercise, but, you'll now find out that energy can be imbued with very complex structures, achieving detailed and precise actions, based on your understanding and intent.

The energy ball you've created as the last step of the first exercise showcases the most distilled function of energy manipulation: control, or, in the case of such a mental action, discipline. The end result, which I usually call a “construct”, is nothing more than the crystallized intent to hold energy in a particular

shape, and move it in a particular way. The energy could be changed to anyone's or anything's, and the construct would stay the same. It is the non-spatial, semi-temporal intent projected into the mental plane, which forms the actual “essence”, or soul of the construct. As the intent starts to dissipate, the energy it controls loses coherence, and slowly fades away.

It is not a lack of energy which ends this construct, but the dissipation of will and intent. Whenever a steady supply of extra energy is required, such as for constructs which channel energy into certain effects, like changing the temperature of spaces or affecting a person's vital energy, extra energy can be programmed to be collected from the surrounding space. There is always energy flowing about, or from living things, which provide a steadier source of power.

As your mental presence and intensity strengthen, you will be able to control more energy, to a higher intensity of action, and achieve greater effects. With proper care and cultivation, your vital and ethereal bodies will also be able to fulfil your intent to a higher degree.

The greatest advantage, though, is that with enough growth in the mental faculties, as well as meditation and understanding of metaphysics, it becomes possible to crystallize intent which lasts for years, decades, and centuries.

It is to that effect that the third exercise is nothing more than the regular creation and use of constructs.

At this stage, you have the necessities to create basic working constructs, with the proper application of will and intent, and it remains up to you to choose the challenges which will drive their further development. Play around with energy, program it in different ways, observe the effects, and seek improvement.

A dozen minutes a day is more than plenty of practice, so look to maximize the outcome of effort, not the input.

On average, 4 to 5 years is the amount of time required to reach competence, though this certainly varies with aptitude and prior development.

This third exercise marks the end of energy manipulation. Once you are comfortable with your grasp of programming and control, you can begin moving towards more advanced and specific regions of practice, where your diligence so far will be fully rewarded. A couple of weeks are recommended as a minimum.

Exercise 4: Authority projection and subplanar cracking

With the very basics of personal internal operation taken care of, you, the initiate, can begin exerting your existential sovereignty over a local space, as well as blurring the border between the Universal Absolute, which is Being, and yourself.

Profound meditation will reveal that your Mind is built the same way as the Universal Mind. Consisting of an Existential Absolute and the principle of Chaos, which contrast with one another to create an ever-changing, yet never-ending stream of progressively lower and more concrete forms and ideas. In effect, the Mind, your Mind, is God, if not in substance, then in operation, or Grace. It reflects the perfect fundamentals of existence and creation, shining its own creative light over the various levels of the world. Largely, your own unconscious thought already defines the world around you to an extent, incoherent and unproductive as that extent is. Your expectations

and subconscious programming work together to shape your world.

It is at this stage that, understanding the function and nature of the Mind, you are ready to begin to form a conscious awareness, projecting its Authority, and envelop your own relative space, shifting it away from the baseline reality.

For the first half of this exercise, focus all of your attention on your own existence, on the passage of time, on being mentally present. Set a chronometer down, and try to maintain this state for as long as possible. You will likely notice that after only a minute or two, your mind strains to keep up that level of exertion, and drifts away into unconscious thought. You will now have to realize that even in this state, most of the actuality of your existence, of the passage of time, and of your own presence, is not acknowledged. You cannot even achieve a basic Awareness. With even a little daily practice, you will see your level of Awareness improve to an astounding degree. This Awareness is essentially the voluntary action of your Mind, and carries the fire and fury of your soul. Even looking at a person or object, with full attention and presence, strikes it with a piercing flame. This is why you can feel when someone is staring at you, and why simply acknowledging an object changes it.

This Awareness, when turned towards your own individual control of the local space, becomes Authority, and the greater the power of your conscious presence is, so is the degree to which you can dictate reality, in your perceived space.

With cultivation of this control, you can begin slowly changing the operations of reality around you. You may stop heat from burning you, blades from piercing you, or any threat from harming you. By slowly developing your perception of reality towards these goals, with the help of your previously developed energy manipulation, you can define your own

“bubble” of subjective space to behave by different laws than everyone else's.

With practice, your own presence of mind will be enough to enforce your perceived reality over that of other people's, but even without years of practice, you can help things along by slowly shifting others' perceptions as well. This can be done through limited displays of physical or non-physical feats, until any doubt of their reality is erased from the world, or through either subliminal control or conscious override, which are fairly advanced telepathic techniques.

With this voluntary exercise covered, its involuntary counterpart, reality merging, is next.

Exercise 5: Reality merger

Having grasped your own Awareness, Consciousness, and Authority, it is time to achieve the next step towards existential sovereignty.

Now that you've fully taken hold of your immediate reality and separated it from the world at large, it is time to do away with the false dialectic, the distinction between “other” and “I”. Just as the Universal Principle, Being, contains and is contained in every thing and form, having complete sentience of and control over everything, so is your Fundamental Principle, the divine Mind.

This exercise consists of deep meditation and intense observation, directed towards perceiving the world around you as an extension of yourself. For however long it takes, you need to recognize any thoughts which perpetuate that false dialectic, and forget any difference between the operations of your consciousness, and the operations of the world. Tune your aware-

ness to the world around you, as you tune the world around you to your awareness.

In order to expedite the process, you'll want to take certain efforts in addition to your meditation. Perform moral and immoral actions of varying severity, observing their nature in relation to the Absolute. Observe the subjectivity of their nature, and their dependence on your conscious perception of them. Morality is an extension of Yourself upon the world. Ethics are an extension of God upon the world. Help out at a charity, then get high and visit a brothel. Strive towards the peaks of sincerity and benevolence, then dive into the darkest depths of degeneracy. Between those two, and with constant Awareness, the individual "I" slowly dies, and is consolidated into a whole animal being.

This process excludes the development of a soul. Masturbation, as well as tantric cultivation, should be practised according to your vitality, developing the infernal and superior minds.

After an appropriate period of development in this exercise, clairvoyance will become the norm in your daily life, all events approaching with an immediate synchronicity. The synchronicity goes both ways, and reality will start naturally gravitating towards your goals and desires with no effort or resistance. At this point, a comfortable life can be maintained without any voluntary effort, and such will provide a stable platform on which to work on further developing these wonderful skills.

Exercise 6: Vital energy control and bio-hacking

If you've followed the exercises up to this point, you've likely tried programming energy to help with certain vital functions of your own, such as maintaining a clarity of mind, boosting

wakefulness and energy, and perhaps even improving physical strength and resilience. All of these are possible to achieve to wildly varying degrees of success, based on your skill and development in basic energy manipulation. The problem here is that basic energy manipulation is based on mental forms and structures, which descend several steps on the chain of emanation before manifesting physically. As such, any influence you manifest may vary in its specific characteristics, and focused results will take a lot of concentration and mental stability.

In order to more effectively and accurately work at a biological level, we need to develop an ability to directly manipulate and control the vital body, which can be thought of as the semi-energetic, semi-physical super-image of the physical body. Wherever cells and organs are working, they will have an energetic counterpart performing the non-physical functions of that specific component. Chemistry can only take you so far, and life has evolved past it.

The vital body, composed of life force, is much closer to the physical plane in terms of frequency of vibration. It is a largely viscous, resistant substance, and it cannot be controlled as freely as the ether. Mostly for the better, as well, since messing up here has immediate, direct, and dire consequences on the physical body. While a witch may use curses, the magician can harm another by simply grasping their vital energy, and displacing it even slightly.

Conversely, it is also entirely possible to heal and improve the body by working with this substance, by gently and precisely adjusting it into the form and function you wish to achieve. For a cut, you would stimulate the surrounding life force with etheric energy, then push it to expand itself into the sliced area, enveloping and filling it back. The physical cells will follow this same pattern, and, using the transmuted energy, replicate and close the wound in seconds.

Increasing and governing the growth of your muscles is also fully possible, and advanced practitioners can change their bodies overnight, at will. Note that abuse of this has heavy implications on your own mental and spiritual health. If you push things out of balance, that disharmony will spread to all levels of your being, which are supported by the body. You may at this point erase any thought of changing your body to be closer to that of the opposite sex, since I'm convinced beyond doubt someone will try it, given the site I'm posting this to. Don't. There's a reason you are the way you are.

For an exercise in developing your control over this force, visualize a viscous fluid superimposed over your physical body. Feel its low vibrations compared to the etheric energy you've been using until now. Pinpoint your focus on the life force covering your left hand. Just the unconscious influence you exert through your attention should cause physical discomfort and pain. Once you've managed to get this response, stop at once. Any further experiment on your body will have to be placed on hold until you can reliably control life force without disharmonizing it or harming the body.

Get a lab rat, or alternatively a houseplant, and practice your control on its life force. Try to induce targeted growth in specific areas. Make a small incision in the skin of the plant or animal, then try to close it as quickly as possible. Do this until you can reliably achieve your intended effect, and only then even think about using this on yourself.

A good control of this skill allows near immunity to burns from temperatures under 200 degrees Celsius, and a good way to test it is to immerse a fingertip in hot, bubbling cooking oil, and see how long it takes until the heat starts to hurt you. Even five seconds is enough to freak out an uninitiated person, and reaching into boiling water is another way to shift people's perception of you into a larger-than-life, supernatural image.

Exercise 7: Mind reading

This next exercise focuses entirely on the mental plane. You may have noticed by this point that your mind is a physical space, within your imagination there is a certain “emptiness”, void, darkness, or empty space, which serves as the vehicle for thought. You already know that there is a mental plane which can be influenced with external thoughts. You will now learn that your very own imagination, or internal mind space, is simply a bubble in this mental plane, somewhat like a pocket dimension, and is affected by, and affects the surrounding space. That much should be obvious, since even your unintentional thoughts have an impact on the world around you. This is crucial, since it means the mind can be accessed from without, as from within.

It is best to practice with willing and eager training partners here. You'll find that random, uninitiated occult Discord servers are filled to the brim with people easily impressed by the simplest supernatural actions. By going into such a place, and offering free “soul scans”, “mind readings”, and the such, you'll obtain for yourself the perfect test subject.

For the most basic form of mind reading, enter a trance state, and let your mind settle into stillness as deeply as you can. With that achieved, reach out towards your subject's energy, which is that same immaterial vibration contained in their typed words and sentences. Reach towards that mass of constantly revolving thoughts, that unitary entity of opposites, and simply observe what appears before you. The mind subconsciously goes through and projects its most significant ideas, memories, and beliefs, on its own. Simply observing without any action will tell you almost everything you need to know about a person. Everything from their mental state, sanity, and

coherence, to their childhood traumas, family situation, goals and ambitions, and personal outlook on the world, will make themselves known to you.

Some folks keep a personal motto to motivate them and remind them of their ambitions and goals. Typing out this phrase to your subject will offer you some quality entertainment, and they will likewise make it very clear if your readings are correct. If you've practised the previous exercises up to this point, you can expect good results from the very start.

Exercise 8: World state actuation

This is the first exercise meant entirely for the stage of adept-hood, and as such, we are entirely concerned with the conceptual, or intellectual plane. Completion of exercise 5 is required to operate at this level of reality, it requires the perspective of the “eye” on top of the tower.

By first time that you access this state of being, you will have fully consolidated your Self as an archetypal simplification of the world structure, or literally the superlative principle of the world. If you have managed to maintain your sense of individuality in this state, the ego, then you should have a fully subjective perspective right now, seeing everything as an extension and aspect of your self. If you haven't, you're probably not reading this, as upon your consciousness dissolving into the All, you've lost your sanity.

Similarly, if you've maintained your individual will on this path, you have now become a hasnamuss of the third degree, having the foresight of the First Principle of everything.

These two points having been realized, you are now in a position to voluntarily act upon the concept structure of the world, at the a-physical and a-temporal level.

Enter a deep meditative state, and access the world structure under the mantle of the Author. You will notice that every virtual subject is governed by its imaginary potential, or soul, which by varying weights and biases, and governed by the principle of improbability, actuate a specific potential only when impelled by an external Event.

You may shift your perspective from the micro- to the macro-cosmic, and observe how this holds as true for vacuum chaos perturbations as it does for overarching concept-currents of persons, ideas, ideologies, and nations. By taking the place of an active observer, you can pre-set or bias the outcome of an Event towards any potentiality of your choosing, and turn it into an actuality. This holds true irrespective of the time, place, or scale of the thing you're influencing. The only limitation is that the less likely your desired outcome is, the more effort it will take to over-rule the improbability principle in its favour.

Play around a bit, see what changes you can make at the physical, mental, and emotional level. Alter a fundamental law of reality. It's all up to you. The level of adept-hood is the threshold of immortality. As a metaphysical first principle, you can no longer "die", as your being pervades all, and you may manifest yourself physically at any time and place of your choosing. At the same time, your present manifestation is still very local and temporal, and unless you choose to take the fun out of living and turn off your physical needs, you will likely want to force the world state in your favour, as you no longer depend on synchronicity to bring about a vague effortless prosperity, and can decide how and when to receive something. This doesn't mean you have unlocked god mode or anything, making large changes will require diligent practice and devel-

opment, but you can still transition to a hands-off source of income with some creative manipulation of concepts and currents.

I personally recommend that you first work to de-realize the concepts of “disease”, “ageing” and “poison” in your perceived space, as well as to solidify your health and well-being as unalterable constants.