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Basics of Meditation

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Page 1: Index

Page 2: An Introduction to meditation

Page 5: Basic Meditation: Clear the Mind

Page 8: Chaos Meditation

Page 11: Yoga Technique:

(Mudras, Postures, and Breathing Techniques)

Page 17: Conclusion

Part 1: An introduction to meditation

Meditation is beneficial for any person to practice. I especially recommend meditation for those who practice the path of the left hand, black magick, work with infernal energies, employ psychic skills in their craft, or practice curses or destructive magick. There is often a side effect I have noticed among those working with infernal energies, black magick, and / or destructive magick which involves a sort of destabilization of the psyche especially if used consistently.

Mostly this applies to use of curses and destructive magick, especially if done for the purpose of emotional gratification to achieve a feeling of justice / revenge. This process can become addicting the more it is used, building into a pattern that compromises moral reasoning to the point where it is done more excessively and the moral reasons behind it become less sound.

This can lead to a path of self destruction where often the person who has succumbed to this path is the last person to realize how lost they have become if they even reach this realization. Attacks on others tend to become less and less justified, and the negative traits perceived in others become less and less accurate while feedback from others pointing these things out become easier and easier to reject. This problem is often fixed with meditation as is most potential destabilization that comes with these practices.

I also recommend meditation for people who work with infernal energies and / or black / and darker magicks as this is a key point to remaining balanced. Those who work with psychic abilities will find their perception more accurate, their ability to manifest their will through psychic ability easier and will avoid complications which may arise on this path leading to confusion or misunderstanding of psychically perceived reality. Practitioners of the left hand path are also advised to practice meditation mostly because this is a very stressful path that often involves social isolation and rejection to some degree and meditation helps cope with the stress and rejection which comes with this path.

One thing everyone who practices magick has in common is the pursuit of power. Whether you intend to enhance your own life, to help others, to make the world a better place, or to pursue a religious ideal your ultimate goal is to enhance your own personal power and better equip yourself to be able to use this power for whatever intention whether selfish or selfless to achieve an end that is important to you. Meditation should be seen as a key point to power.

There are meditations which increase magickal and psychic ability as well as meditations which are more focused on personal balance and harmony, but both of these are ultimately essential tools to any magickian for acquiring power. Each meditation has its own benefits and purpose.

One key point about meditation that every person starting needs to know is that if you find meditation is difficult or even stressful for you at first this does not mean what people often assume it does. Most people assume this means meditation is very difficult and that they are not good at it and that they should quit thinking "meditation is just not for me." In reality when first learning meditation if you find it difficult or even stressful this is actually a sign that the meditation is working more quickly for you.

With practice and consistency the meditation will become easier and your brain is adjusting to the meditation process, even in resisting it, and this is a sure sign both of progress and that you will especially benefit from meditation. The key is to practice patience and consistently practice the meditation techniques even if you do not perceive you are making progress. In the initial phases of meditations, especially those involving the clearing of the mind, progress is often hard to see and is often misinterpreted as failure.

The main point to meditation is not to achieve a state of balance while meditating, but to acquire a permanently enhanced mindstate outside of meditation. People become easier to deal with, cognitive reasoning is enhanced, your behavior becomes less reactive and is enhanced in ways that benefit your ability to deal with the world around you and all of these things combined mean you can reach the goals you desire in life more easily as a result of meditation.

Meditation is especially helpful for people who have mental health problems. While not guaranteed meditation sometimes can alleviate completely some ailments like ADD / ADHD and Learning Disability, but it should not be seen as a substitute for medication for other ailments which more serious such as bipolar disorder, PTSD, schizophrenia, or any ailment that severely limits the mental or emotional facilities of the brain. It can be used in addition to standard mental health coping skills and medication compliance as a tool and a coping skill to alleviate symptoms and promote general well being. In the same manner it can be helpful to any person without serious mental health afflictions who have minor problems such as problems with social skills, reactive behavior, certain triggers, etc.

It is a common saying among some spiritual people and especially Buddhists “You should meditate for at least 30 minutes a day unless you don’t have time in which case you should meditate for 3 hours a day.” Behind the often perceived negative connotations of this message is a fundamental truth. People who do not have time to meditate for 30 minutes a day have the most reason to need meditation. These reasons are often related to the often non-spiritual lifestyle they live and are consumed by which don’t afford them this time.

Realistically speaking however most people when confronted with this statement are more likely to give up on meditation completely than follow it through if given these instructions. I personally recommend starting at 10 minutes a day and trying to work your way up to 30 minutes a day. Some people find it very difficult to meditate and starting out with only 10 minutes is a feasible goal. It may seem very difficult for some people, but it is a good place to start. If meditation is not difficult for you I advise starting at 30 minutes a day. If you feel the meditation is beneficial to you and you truly value its benefits you will for your own reasons decide to meditate longer than this. Remember to practice patience and consistency which are the keys to getting good results from meditation before giving up on the practice.

I will discuss several different meditation techniques in this document briefly and you can feel free to research your own meditations in addition to the ones present in this documentation. If you are interested in enhancing your psychic abilities I strongly recommend the book I will be referencing that some of these techniques are built from. I will also explain some terminology used in meditation which you can use as search terms to research for more information. The first two meditation techniques which will be discussed next are more simplistic in technique and will be explained in full detail. The third and final meditation in part 4 will involve more Eastern magick and technique than the others.

Part 2: Basic Meditation – Clear the mind

This is one of the most basic meditations there is, and will possibly be one of the most frustrating meditations for a beginner to go through. The intention behind this meditation is to completely clear your mind until it is devoid of any thoughts whatsoever and access a blank state of mind for as long as possible.

The particular format of body position is not incredibly relevant in this meditation technique. Myself I like to lay down on my back, but you can also do this meditation sitting down. Your main intent in your body posture should be to be as comfortable as possible in this particular technique.

This may be a term no longer used as the age of political correctness rises, but when I was young we called this posture sitting “Indian style.” This involves crossing the legs so they fold into themselves with your feet underneath them. If you want to use a specific posture you can lie down on your back crossing your legs Indian style and place your hands behind your head and close your eyes. The crossing of the legs like this is also a yoga posture which can help with the technique. If you prefer to sit just sit in whatever style is most comfortable to you.

To start the technique simply let your mind flow with thoughts. The intention is to reach a mindstate of no thoughts and a blank state of mind and maintain it for as long as possible, but the process involves letting the thoughts get out of your system. Let your thoughts flow freely and as they flow focus on your thoughts and pay attention to them. Allow your mind to gradually reduce the amount of thoughts flowing by having thoughts such as “I will reach a blank mind state” or “these thoughts will pass and I will reach a blank mind state” and “the purpose of this meditation is to reach a blank mindstate” or any other thoughts dedicated to this purpose. Focus on your intentions and your will power and on the concept of these things as part of the process of giving these inserted thoughts power.

Insert these thoughts into your mind again and again, but continue to let the thoughts flow as they will. Slowly and over time when your thoughts settle down increase the frequency of these specific thoughts of your intention to reach a blank mindstate and make an effort to stop the flow of thoughts completely and to have absolutely no thoughts in your brain.

The first thing you need to understand about reaching this mindstate is that most people will not reach it at all or will have difficulty maintaining it in the first attempt. This can be frustrating so it is important to remember that the act of trying to reach this mindstate and failing to reach it is not an indication of failure. It is a normal step towards progress. The act of continuing to try to reach and hold this mindstate will take time for almost anyone. You may also fall asleep while doing this technique. Don't be frustrated if this happens. It means you are achieving a relaxed mindstate and over time this problem will go away.

If you reach this mindstate and lose the mindstate just as quickly do not be frustrated. You may have a thoughts such as "I did it" ruining the thoughtless mindstate. This is normal and is part of the process. Let this realization calm you as you attempt to reach it again, as the frustration will make it harder to reach. Even if you are frustrated about losing the mindstate just allow your mind to flow with its thoughts, acknowledge to yourself the frustration will pass, and wait until your mind calms down before attempting to reach it again.

This is one of those meditations to be practiced daily that you will achieve progress in over time with practice and patience. As stated before try to do this meditation for at least 10 minutes if it is frustrating for you and 30 minutes if it is not. It is one of the simplest meditation techniques as far as technique goes, but one of the hardest to master. At advanced levels you can clear your mind completely of all thought for as long as you desire.

However it's important to remember that struggling with this technique and thoughts coming in and being unable to stop them from coming into the mind is part of the technique. The thoughts bombarding your mind while you're trying to clear your mind and the brain's natural resistance to this technique is actually the process of your brain learning to adjust to a more clear mindstate. This is not failure. This is part of an ongoing process through which your brain is adapting and learning by resisting the process. The goal is not to reach this mindstate and maintain it as soon as possible in relation to the number of tries you make, but to let the process happen and take as long as it takes, because the process itself is part of the technique.

It is not a good practice to make this meditation technique competitive with others or to try to create a timeline of when you expect to reach this mindstate. Your brain may be more chaotic than other people's and what seems like slower progress for you may actually be faster progress. Everyone advances in this technique in different speeds and you should not try to rush your progress. Advancing more or less quickly than others does not mean the meditation is more or less beneficial to you as a person. Causing things to be competitive or to set timeliness for yourself may create unnecessary stress. If you have thoughts of this naturally during meditation let them flow naturally, inserting your own thoughts along the way that in time you will progress.

This technique will help with harmony and stability in times when you are not meditating. Progress is not immediate but over time you will find many things that made life difficult, both internal problems you may or may not have even been aware of, and internal problems that seemed external or were affected by the external have simply faded away and you have evolved and grown past them. Many external problems in life will become a lot easier to deal with and in this particular technique all the points I've discussed in the introduction will in time be manifest guiding you on your path.

Part 3 – Chaos Meditation

This particular term may be used by others with different meaning, but in this case it is a reference to a specific type of meditation technique I have developed. The purpose of chaos meditation is to intentionally destabilize your mind state and then work on stabilizing it with meditation. A prerequisite to this technique is to have already been working on a form of regular meditation before starting this technique, such as the one above in part 2. You do not have to have mastered the technique but should have made significant enough progress to consider yourself adept at the technique.

Chaos meditation has numerous benefits. The first of which is that even a person who has mastered a meditation technique is human and has emotions. You will at some point in your life be angry, anxious, or in some manner destabilized due to the fact that you are a human being with feelings just like everyone else. Chaos meditation allows you a safe non-invasive method of experiencing an unstable mindstate and meditating to stabilize it which means that when you experience an unstable mindstate in the real world your brain will already have the experience required to work through it. This serves as an additional coping tool to get through the bad times by training your brain to endure and get through unstable mindstates.

There are other benefits to this technique, which involves the consumption of chemicals from a magickal angle for those who practice magick. A large part of magick goes beyond just the practice of outward ritual magick and tools and is affected by your mental activity as magick takes place not only on the physical realm but on a mental realm as well. Consuming specific chemicals can be useful in magick because it can amp up your energy levels, both mentally and physically, in such a way as to empower your magickal workings to be stronger and more effective.

I do not recommend the use of dangerous and / or addictive drugs either for the use of magick or the use of this chaos meditation not only because it is an unsafe practice but also because they are unnecessary. Caffeine, alcohol, energy drinks (I recommend coffee, red bull and stacker 2) are all suitable for this technique and will accomplish it's purpose far better than the use of dangerous drugs and without any of the dangers associated with them.

The advantage of using this technique for a magickian is that through practice of this technique you will gain self control during unstable mind states in which you have increased energy running through you. This means your mental state when practicing magick is increased and your magick will have all the same focused direction and purpose because you have put time and energy into this technique and because the mental realms your magick is connected to have been trained through use of this technique.

Before consuming any chemical (I recommend caffeine, sugar, energy drinks, or alcohol) I recommend consecrating them, preferably with use of an altar and standard ritual. When using this technique just to master chaos meditation I recommend consecrating them for the purpose of creating an increase in wisdom, stability, focus of mind and / or magickal ability. When using this technique as part of a ritual I recommend consecrating them for the purpose of enhancing the ritual in a pre-ritual before the actual ritual itself.

If you do not know how to consecrate a substance it is as easy as putting them on an altar, light a candle (I recommend one red and one white, but use what works with your system) burn some standard incense (if you are evoking a deity use appropriate incense to that deity and if not sandalwood is a good choice) and take your own personal energies push them through your hands and into the candle, incense, and object being consecrated focusing on charging them with your will and personal energy. You can simply declare your intention, focusing the power through your throat chakra into your wrist chakra and through your hands into the energy going into the objects or for better results call upon a deity using prayer, evocation, or incantations to assist with this. If you have your own techniques for blessing alcohol or other substances it is preferable you use those.

This technique is very simple. First you consume the chemicals (preferably consecrated to this purpose already in ritual) to achieve a more high energy and unbalanced mindstate. Play some music such as heavy metal, rock music, or something of that nature. Choose something you enjoy that is high energy to you or that people commonly might call "negative" in nature. Let the energy move through you for a few minutes and just vibe with it. Try to be positive and enjoy yourself.

Once you've got a positive high energy mindstate going proceed to meditate. Keep the same high energy "negative" music playing as you meditate. You can use any meditation you desire for this including but not limited to the one explained in section 2 that is designed for stability of mind. Focus on staying in a high energy state while doing the meditation and keeping positive thoughts and energy within you.

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When using this technique for ritual you should first become accustomed to it and get some experience using it regularly until you feel you are at least adept with the technique. Once this is accomplished simply repeat all the same steps as before, spend about 5 minutes on the meditation and with the appropriate chemicals still in your system start on the ritual itself. Focus your 5 minutes of meditation on thoughts about the ritual which is about to take place and visualize its results.

In addition to the use of chemicals it is also helpful to evoke a godform of a chaotic or infernal deity during the meditation or to call upon chaotic or infernal energies into yourself. This allows an element of magickal control which can increase your personal power associated with this mindstate permanently infused with traces of the god form's power or the power of the infernal energies. This can benefit future working in magick or future power should you experience an unbalanced mindstate such as anger, anxiety, triggers, etc giving you more control of the situation. If you do not know how to invoke godforms you can research this online.

Part 4 – Yoga Technique: Mudras, Postures, and Breathing Techniques

Introduction of This System

One of the most interesting aspects of this technique is that it will literally get you high. This is a natural high which works by releasing endorphins into the brain naturally which will usually take place either between the 10 - 45 minute mark or more commonly the 30 - 45 minute mark of the technique. While there is a scientific explanation for why this high is happening there is also a fundamental spiritual truth to the fact that achieving this natural high means you have opened a spiritual gate (meaning connecting a pathway of energy and power) that will permanently empower you with whatever mudra (or more commonly called “hand sign”) you are using.

When most people in the Western world hear the word Yoga the first thing that pops into the mind is stretches and poses, sometimes associated with chakras, and often used by superficial pseudo-spiritual people who tend to come off as annoying. Don't let this first impression most people have on this word deter you from its actual meaning. Yoga actually refers to eastern magick, mysticism, and spirituality originating in India.

Yoga is often ingrained into the religious system of Hinduism and many of the techniques found in Yoga are inherently religious, such as the use of chanting beads, mantras, deity statues, and rules of priests involved. However in addition to all of these things there are also specific techniques which are built into yoga which can be used in exclusion or inclusion of the Hindu religious system. Much of the development of magick in the rest of the world has more recently come to include Yoga based technique and practices without referencing Yoga or India as their source.

Among the things created in Yoga come the origin of chakras which India possessed much longer than the rest of the magickal world, and the use of mudras, (hand signs) breathing techniques, postures, and of course meditation techniques all of which can be incorporated into meditation.

The majority of this technique is derived from the Kuji Kiri system of meditation although many aspects of these techniques can be found elsewhere. Kuji Kiri is a system of Yoga used to develop and advance psychic abilities using these techniques described above.

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Kuji Kiri translates “9 cuts” and each cut is a mudra (or hand sign) designed to cut into the inter-dimensional realm and access the power of each hand sign into your body and mind and use it for self empowerment to acquire psychic ability and strength.

In this particular technique I will be focusing on the techniques taken from the Kuji Kiri system, but not on the mudras used to advance psychic ability. If you are interested in learning more about Kuji Kiri and the advancement of psychic power found through this system I strongly recommend the book “Ninja Power of the Mind” by: Grandmaster Yamachiro Tositora. While Kuji Kiri is not exclusively taught by martial artists this book details the Kuji Kiri system as taught by the Koga Ninjas and is a very practical down to earth guide to learning these skills and techniques.

The 9 cuts (or mudras) used in the Kuji Kiri system all draw on specific parts of the body and using them without proper training and methods can result in literal damage to the parts of the body they draw energy from which can lead to infection, injury, and even death. For this reason these particular mudras or “cuts” which focus on elemental power and the advancement of psychic ability will not be taught online here.

I also recommend using this book instead of looking Kuji Kiri techniques up online, because not all sources teach how to learn these techniques safely and properly and you can do literal physical damage to your body and can literally die by not learning how to practice them properly. There are places you can get PDF file of this book for free or you can buy a copy online on many online stores. Links will not be provided for legal reasons.

I am going to share with you 2 Mudras taken from Buddhism, one of which is included in the book (Zen) but is not harmful if used improperly, the 4-2-4 breathing technique, and appropriate posture for this technique. Breathing technique meditations are easier than the clearing mind meditation in part 2 because your mind is focused on counting your breathing, and because of this some people will find them easier to do. There are no shortcuts in meditation, but these techniques which come from the far East include a couple of tips not commonly found that seem small and subtle but which have a powerful effect on increasing the effectiveness of this particular Yoga technique.

The Yoga Technique

The First Key: Yoga Body Posture

There are several benefits to body posture found in Yoga which are key to mastering this technique. The first key to posture is to have both feet flat on the floor. You may be more comfortable in a different posture, but the aim of this meditation is not comfort but efficiency in channeling energy. Having both feet flat on the floor grounds your personal body energy into the earth increasing the power of this technique. Your feet should not be on a plastic surface which restricts energy, and if you want you can remove your shoes which is helpful but not necessary.

The second key to posture is that you should be sitting up straight. This isn't a mere formality as it is when a parent tells a child to sit up straight. You have 7 primary chakras in your body and sitting up straight creates a clear and straight pathway for these chakras that is uninhibited from energy flow when you are sitting straight. Two of these chakras are in your head so you should have your head upright and centered and face facing straight forward so there is a clear and connected line of energy in all 7 chakras.

The third key to posture is that you should place your tongue where the roof of your mouth meets the center of the back of your teeth touching your gums. This seemingly obscure detail connects the spiritual circuitry of your body and your brain to each other. Combined with the other details on posture this allows for a complete unrestricted flow of energy connecting your chakras, your body and mind energy, and the power of natural earth energy for a complete flow.

The Second Key: Yoga Breathing Technique

The second key to this technique is to control your breathing. All breathing in should take place through the nose and all breathing out should take place through the mouth. If you have trouble doing this naturally you can close your mouth when breathing in and open it again when breathing out. This particular method of breathing is standard in all breathing technique meditations and helps circulate your energy properly. As a side note it is beneficial to getting in the practice of breathing this way naturally all the time, but for the time being be sure to at least include it when meditating.

Breathing in a specific rhythm affects your spiritual energy. One of the most common breathing techniques which is especially good for beginners and commonly used by those who are adept is the 4-2-4 breathing technique. The book I referenced gives an elaborate method of timing your breathing to synchronize exactly with your heart rate, and this is ideal but for the sake of simplicity and because most people won't go to the trouble to do that I am going to give some simpler instructions for this technique.

Start by breathing at your natural rate. This is important, because if you start breathing slower than you normally do without slowly reaching the ideal breathing rate your body will be depleted of oxygen and this is at the very least uncomfortable and also sometimes difficult. Your body will want more oxygen than you get breathing at a slower rate and you might find your breathing interrupted as your body demands air faster.

Breathe at your normal rate using the 4-2-4 method. This means inhaling for a count of 4, holding your breath for a count of 2 and then exhaling for a count of 4. After the exhale there is no pause or delay and you immediately repeat the cycle starting with breathing in for a count of 4, holding it for a count of 2, and then breathing out for a count of 4 again.

When you first do this time your breathing counts so they are something that feels natural for how you breathe and make it consistent. Repeat the entire 4-2-4 cycle at the same exact breathing rate for 3 counts. A count is to do the entire 4-2-4 cycle one time, so three counts is to do it at the same rate three times. Once this is accomplished slow down your breathing just a little bit, retain this same speed for 3 counts. Continue doing this, slowing down your breathing rate every 3 counts of the 4-2-4 cycle.

Ideally you want your rate to be 1 to 2 seconds for every part of the 4-2-4 meaning at one second you take 4 seconds to breathe in, 2 seconds to hold your breath, and 4 seconds to breathe out again. If possible it's good to get each count at 2 seconds per count as this gets you into a deeper more connected mindstate. This means a count of 4-2-4 would be 8 seconds of breathing in, 4 seconds of holding your breath, and 8 seconds of breathing out. If the 2 seconds for each 4-2-4 count is difficult for you stick with 1 second for the 4-2-4 count or possibly even go slightly slower than that, but not to the full 2 seconds. Remember to transition into slower breathing every 3 counts of the 4-2-4 so your body doesn't reject the count and try to catch up on getting air.

The Third Key: Yoga Mudras

The final key to success in this technique is the use of mudras (or "hand signs.") You can use this same technique as taught here with any mudra and as stated previously when the gate opens in the brain the full power of the mudra will be activated within you. Two handed mudras should be used as shown and if you are using one handed mudras it's good to make the mudra with both hands.

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This Buddhist Mudra can be used for balance, stability, peace, and peace of mind:



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This Buddhist Mudra (known as Zen, meant to promote Zen consciousness) which is commonly mistaken for some kind of Illuminati symbol, is good for enhancing problem solving or critical thinking and is a good all out mudra to use before tackling any task or goal ahead of you.



Conclusion

This is all the information required to complete this technique. The only thing left to do is try out and apply these techniques, put in the repetition required to get them functioning in a real way, and then see for yourself how helpful and beneficial they are.

Remember that to see results with these techniques, as with any meditation, you need to practice repetition and give them time to achieve a result. I have listed some of the best meditation techniques I know that I think will be most helpful to people, especially targeted to magickians and dark side path people. You can also find additional meditations online and combine things you learn online with these techniques.

I especially recommend finding some mudras or hand signs to use with the Yoga technique I gave with your own research that you feel would benefit you. For those interested in psychic advancement I also recommend that book on Kuji Kiri. Like all meditation techniques they have a price of time and patience, but they yield good results as well. Some people in specific magickal bloodlines and / or who have spent past lives practicing magick and / or spirituality and especially some kinds of otherkin will find the mudras combined with the meditation techniques yielding results for them more quickly, but any person can use and learn from them.

Good things are worth waiting for and for all the reasons I described in part 1 all of these techniques are worth the time and effort you put into them. If you try these techniques I've described and put in the time and energy to get them working you will see the results I've described and they will benefit you.

Source: [The Magus's Blog](#)