

THE PSYCHONAUT FIELD MANUAL



ARCH-TRAITOR BLUEFLUKE

ILLUMINATION
SHOULD BE
FREE.



INTRODUCTION!

WE ALL HAVE TO START SOMEWHERE. OUTSIDE OF JOINING UP WITH A (POSSIBLY EXPLOITATIVE) GROUP, THE JOURNEY INTO WESTERN ESOTERICISM IS LABYRINTHINE INDEED. FEW LEGITIMATE BOOKS EXIST FOR THE LONE BEGINNER AND FEWER STILL AREN'T SIMPLY REGURGITATING CENTURY OLD TECH WRITTEN IN VERBATIM.



THIS LEAVES THE BEGINNER BOUNCING TO AND FRO, FROM THIS BOOK TO THAT, FEELING FOR A MAP LIKE THE BLIND MEN AND THE ELEPHANT. THIS LITTLE BOOK IS A THEOLOGY FREE MANUAL CONTAINING ALL THE BEST TECH WRITTEN IN PLAIN LANGUAGE UNDER A COHESIVE NARRATIVE. A RARE BEAST IN THIS NECK OF THE WOODS, I ASSURE YOU. ADD A DASH OF YOUR OWN BELIEF SYSTEM, FOLLOW THE STEPS AND ADVANCE OR FALL INTO LAZINESS AND FAIL. THAT'S ALL THERE IS TO IT.

FEEL FREE TO COPY/SHARE THIS BOOK IF YOU'D LIKE. JUST DON'T TRY TO SELL IT AND WE'RE COOL.

WARNING!

MAGIC IS THE HACKING OF ONE'S OWN MIND. IRREVERSIBLE HALLUCINATIONS, DAMAGE TO THE NERVOUS SYSTEM, OUTRIGHT MADNESS AND EVEN BRICKING YOURSELF ARE ALL VERY REAL DANGERS HERE. THE AUTHOR IS NOT RESPONSIBLE FOR ANY DAMAGE THAT MAY OCCUR BY PRACTICING ANY OF THE TECH IN THIS BOOK AND YOU DO SO AT YOUR OWN RISK. IF SOMETHING GOES WRONG SEE A REAL ASS DOCTOR AND AVOID NEWAGE QUACKERY.

INITIATE



DECKER



ASTRALNAUT



HIEROPHANT



KALLISTI



LEVEL ONE: BELIEF IS A TOOL!

ANY DAMNED FOOL CAN OPERATE ANY OF THE FOLLOWING TECH PROVIDED THEY BELIEVE THAT THEY CAN. BELIEF IS NOT ONLY THE FIRST TOOL YOU'LL MASTER ON YOUR JOURNEY BUT ALSO THE MOST POWERFUL. FAITH MOVES MOUNTAINS AND SHIT. CALL IT IMPOSITION OF THE WILL, CALL IT THE PLACEBO EFFECT, CALL IT THE DESCENT INTO MADNESS. REGARDLESS, MAGIC WORKS.



SEE! NOTHING IS HAPPENING! I KNEW MAGIC WAS BULLSHIT.

VS

HOLY FUCK, THIS IS AWESOME! I KNEW IT WOULD WORK!



TAKE CEREMONIAL MAGIC FOR EXAMPLE. HERE WE HAVE A GROUP OF PEOPLE DRESSING IN SILLY COSTUMES WAVING AROUND DORKY PROPS AND DOING THE ENOCHIAN HOKEY POKEY. THESE ACTS ARE MEANINGLESS IN THEMSELVES AND YET THE THEATER OF THE THING ACTS AS A CRUTCH. SHIT HAPPENS NOT BECAUSE THEY THINK IT WILL, BUT BECAUSE THEY KNOW IT WILL. WHETHER THEY ATTRIBUTE THE OUTCOME TO INNER MASTERY OR SKETCHY METAPHYSICAL HIPPIE SHIT IS IRRELEVANT. IT DOESN'T MATTER WHAT YOU BELIEVE, JUST BELIEVE.

SKELETOR TO MY NORTH!
STARScream TO MY EAST!
BLAMMY SLAMMY ALAKAZAMY,
I'M A FUCKING WIZARD!



SIDEQUEST: LUCID DREAMING

EVER WANTED TO FLY? MAYBE EVEN MOW DOWN PACKS OF UNICYCLE RIDING CYBER WEREWOLVES WITH A SWEET ASS LASER MOUNTED ROBOT ARM? LUCID DREAMING IS A CRAZY EASY HACK!

STEP 1: KEEP AN AUDIO DREAM JOURNAL WITH YOUR SMART PHONE AND INTERPRET WHAT YOUR SUBCONSCIOUS IS TRYING TO TELL YOU (IT WORKS IN SYMBOLS). KEEP IT UP FOR MORE VIVID AND EASILY RECALLED DREAMS.

STEP 2: SET AN ALARM TO GO OFF AFTER FIVE HOURS OF SLEEP. AFTER IT GOES OFF GO BACK TO BED LYING ON YOUR BACK, HANDS DOWN TO YOUR SIDES. TAP YOUR FINGERS VERY LIGHTY AS IF YOU WERE PLAYING A PIANO. DON'T CONCENTRATE ON THEM JUST DO IT MINDLESSLY AS YOU DRIFT BACK TO SLEEP. SEE? EASY AND FUN!



LEVEL TWO:

UNLOCK YOUR MIND!

MASTERING MEDITATION IS ABSOLUTELY NECESSARY FOR ALL FUTURE EXERCISES. MAKE NO MISTAKE, THIS FIRST STEP IS EXTREMELY DIFFICULT AND MOST WILL NEVER MOVE BEYOND THIS POINT. YOUR GOAL HERE IS NOT TO FIND INNER PEACE OR BECOME "ONE WITH EVERYTHING". RATHER, IT'S TO SHUT DOWN ALL AUXILIARY THOUGHT IN ORDER TO FOCUS MOST OF YOUR BRAIN'S PROCESSING POWER ON A SINGULAR POINT OR ACTION. THIS IS CALLED GNOSIS. UNTIL YOU ARE ABLE TO SWITCH TO THIS STATE ON THE FLY I HIGHLY RECOMMEND YOU PRACTICE MEDITATING FOR AT LEAST 10 MINUTES EVERYDAY.

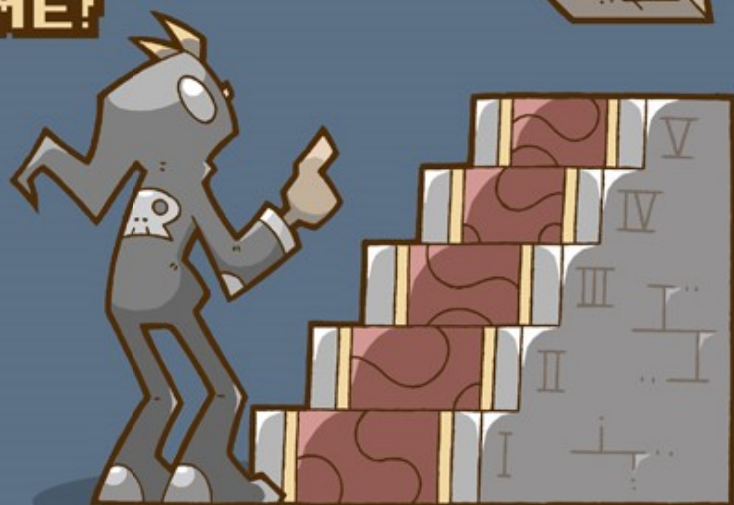
GNOSIS:



STAIRWAY TO AWESOME!

FIND A QUIET PLACE WHERE YOU WON'T BE DISTURBED FOR LONG PERIODS.

FOR EACH OF THESE EXERCISES START WITH 10 MINUTES FOR YOUR FIRST SESSION. NEXT TIME GO FOR 20. ONCE YOU'VE COMPLETED 30 MINUTES HEAD TO THE NEXT STEP.



STEP ONE:

CALM YOUR ASS DOWN!

SIT OR LAY DOWN IN A COMFY POSITION AND ALLOW YOUR MUSCLES TO COMPLETELY RELAX. OUTSIDE OF BREATHING AND BLINKING STAY PERFECTLY STILL. NO SHIFTING! IF YOU GET AN ITCH OR BECOME UNCOMFORTABLE, IGNORE IT. DON'T FALL ASLEEP FOOL!

STEP TWO:

LEARN TO FOCUS!

LIGHT A CANDLE IN A DARK ROOM. STARE AT THE FLAME WHILE REMAINING STILL AS IN THE PREVIOUS EXERCISE. IGNORE THE WEIRD ASS BACKGROUND DISTORTION AND BLINK IF YOU NEED TO.



STEP THREE:

KILL THE NOISE!

DO THE PREVIOUS EXERCISE, ONLY THIS TIME TRY NOT THINKING. NO THOUGHTS, VOICES, MUSIC, IMAGES OR FEELINGS. NOTHING. IF SOMETHING POPS UP, IGNORE IT. THIS SOUNDS EASY RIGHT? FUCK NO. BOTH THE SUBCONSCIOUS AND SUPERCONSCIOUS ARE GOING TO FIGHT YOU TOOTH AND NAIL. THEY WILL TRY TO TRICK, TERRORIZE, EVEN SEDUCE YOU. YOU'RE GOING TO FAIL A LOT AT FIRST. EVERYONE DOES. DON'T GIVE UP LIKE A PUSSY. IF YOU'RE HAVING PROBLEMS TRY LISTENING TO FLAT BINAURAL TONES OR STATE A MEANINGLESS GIBBERISH WORD OVER AND OVER. JUST BE SURE TO WEAN YOURSELF OFF THESE GIMMICKS AND NOT TO USE THEM AS A CRUTCH.

STEP FOUR:

FOCUS ON YOUR BREATH!

NOW REMOVE THE CANDLE FROM THE PREVIOUS EXERCISE. CLOSE YOUR EYES AND CONCENTRATE ALL OF YOUR FOCUS ON YOUR BREATH AS YOU DID WITH THE CANDLE. BREATHE WITH YOUR NOSE IF YOU CAN AS IT WILL GREATLY HELP WITH THE NEXT STEP.



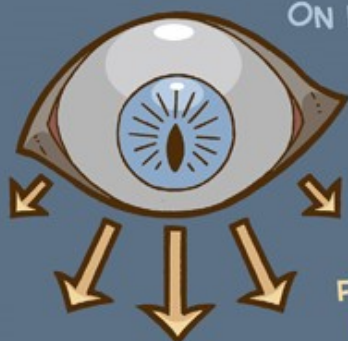
LEVEL THREE:

THE THIRD EYE!

STEP ONE:

OPEN YOUR EYE!

DO THE PREVIOUS EXERCISE, ONLY THIS TIME IMAGINE THAT YOU HAVE A SECOND MOUTH IN THE CENTER OF YOUR FOREHEAD. BREATHE IN AS YOU NORMALLY DO, BUT AS YOU EXHALE IMAGINE THAT YOU ARE BREATHING OUT OF SAID MOUTH. AVOID THE TEMPTATION OF LOOKING UP TOWARD THIS AREA WITH YOUR PHYSICAL EYES. IF YOU'RE HAVING TROUBLE, ON EXHALATION HUM IN A WAY THAT PHYSICALLY VIBRATES THIS AREA.



OVER TIME YOU WILL FEEL A PRESSURE OR TINGLING IN SAID AREA. THIS IS BECAUSE BY INTENSELY CONCENTRATING ON A SPECIFIC PART OF THE BODY YOU CAUSE SLIGHTLY MORE BLOOD TO FLOW THERE. THIS IS MEANT FOR DEALING WITH CUTS AND THE LIKE BUT IN THIS CASE YOU'LL BE CAUSING A MINOR BUT OBSERVABLE OVERCLOCK OF THE 10TH AND 11TH BRODMANN AREAS. MYSTICS CALL THIS THE THIRD EYE, NOT BECAUSE YOU'LL RECEIVE PSYCHIC POWERS AND SHIT, BUT BECAUSE IT ALLOWS YOU TO VISUALIZE IMAGERY WITH INCREDIBLE CLAIRITY WHEN IN GNOSIS AND (WITH MUCH PRACTICE) OVERLAY THESE IMAGES ON TOP OF YOUR NORMAL PHYSICAL VISION IN A WAY THAT MAKES THEM INDISTINGUISHABLE FROM THE REAL THING.

STEP TWO:

VIZUALIZE AND PROJECT!

NOW LET'S FLEX THAT SHINY NEW EYE OF YOURS. CLOSE YOUR EYES AND ENTER GNOSIS. IMAGINE A BRIGHT BLUE CIRCLE, NOT LETTING IT MOVE OR DISTORT FOR AT LEAST 5 MINUTES. ONCE YOU'VE GOT THAT DOWN, STEP IT UP A NOTCH BY ADDING A SQUARE AROUND THAT CIRCLE. TRY KEEPING THIS UP FOR 10 MINUTES. NEXT MAKE IT EVEN MORE COMPLEX BY PUTTING A TRIANGLE AROUND THE SQUARE, THIS TIME FOR 15 MINUTES. FINALLY, DO THE PREVIOUS EXERCISE, ONLY THIS TIME ADD ANOTHER CIRCLE AROUND THE TRIANGLE AND DO SO WITH YOUR EYES OPEN FOR 20 MINUTES. AGAIN, THIS IS 100% REQUIRED TECH FOR FUTURE EXERCISES AND THE MORE YOU PRACTICE IT THE MORE CLEAR AND VIVID YOUR VISUALIZATIONS WILL BECOME.



PROTIP: THIS LAST STEP COULD BE QUITE HELPFUL SHOULD YOU TREAD THE WACKY WORLD OF ALCHEMY.

LEVEL FOUR: RIGHT HAND OF ERIS!

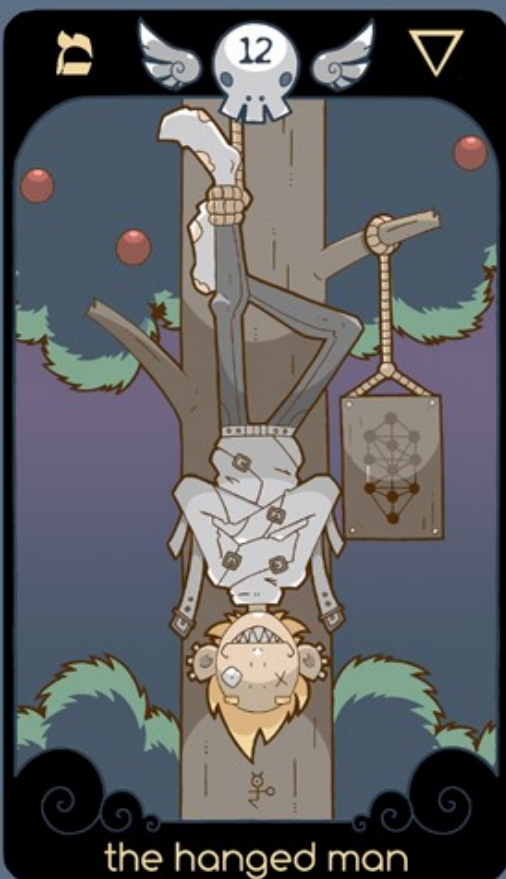
NOW IT'S TIME TO DESIGN, PROGRAM AND EXECUTE A SIMPLE SERVITOR. IF YOU DON'T OWN A TAROT DECK, PICK ONE UP AS THE TAROT SERVES AS A DECRYPTION KEY FOR A GREAT MANY EXERCISES YOU'LL BE WORKING WITH THROUGHOUT THIS LITTLE BOOK. AVOID "GIMMICK" OR ORACLE DECKS AS THEY ARE USELESS IN THIS CAPACITY. NOW THAT YOU HAVE YOUR DECK TAKE A MINUTE TO LOOK AT THE IMAGERY OF THE CARDS. THEN AS YOU SHUFFLE ASK YOUR QUESTION AND LAY THEM FACE DOWN IN THE ORDER LISTED HERE.



- 1 ABOUT YOUR QUESTION
- 2 WHAT MAY HELP YOU
- 3 WHAT MAY HINDER YOU
- 4 POSSIBLE OUTCOME NO.1
- 5 POSSIBLE OUTCOME NO.2

DESIGN!

NOW FLIP OVER THE CARDS IN THE ORDER YOU LAID THEM DOWN. WHEN INTERPRETING THE MEANING OF YOUR SPREAD TAKE INTO ACCOUNT BOTH TRADITIONAL INTERPRETATIONS AS WELL AS YOUR PERSONAL INTUITIVE GUESS WORK. WRITE DOWN OR TAKE A PICTURE OF YOUR CARDS SO THAT YOU CAN VERIFY OR DISCREDIT ITS ACCURACY LATER. FINALLY, CHOOSE YOUR PREFERRED OUTCOME CARD.



PROGRAM!

NOW GRAB A PIECE OF PAPER AND WRITE DOWN CARD NO. 2 (WHAT MAY HELP YOU) AS WELL AS YOUR CHOSEN OUTCOME CARD.

EXAMPLE: LET'S SAY FOR CARD NO.2 YOU DREW THE HANGED MAN AND YOUR CHOSEN OUTCOME CARD WAS THE MAGICIAN.



THE HANGED MAN

THE MAGICIAN

SCRATCH OUT THE VOWELS AND ANY REPEATING LETTERS...

THE HANGED MAN

THE MAGICIAN

...AND TALLY YOUR RESULTS.

THNGDMC

FINALLY, CONNECT THE LETTERS TOGETHER TO FORM A SIGIL. GO BANANAS!



SIMPLIFY THAT BIZNATCH!



MAKE IT LOOK ALL OCCULTY!



EXECUTE!

CLOSE YOUR EYES, ENTER A STATE OF GNOSIS AND VISUALIZE YOUR SIGIL. IMAGINE IT AS A LIVING BEING WHOSE SOLE PURPOSE IS TO CHEERFULLY COMPLETE ITS GIVEN TASK. DO THIS EXERCISE FOR AS LONG AND OFTEN AS YOU CAN FOR AT LEAST A WEEK. WHEN OUT AND ABOUT YOUR DAILY LIFE IMAGINE IT FOLLOWING YOU AROUND, EITHER BEHIND YOU OR JUST OUT OF SIGHT. TRY TO FEEL ITS PRESENCE. FOR SIMPLE SERVITORS IT'S IMPORTANT NEVER TO GET ATTACHED. DON'T ASSIGN A NAME, VOICE OR PERSONALITY TO THEM.

DELETE!

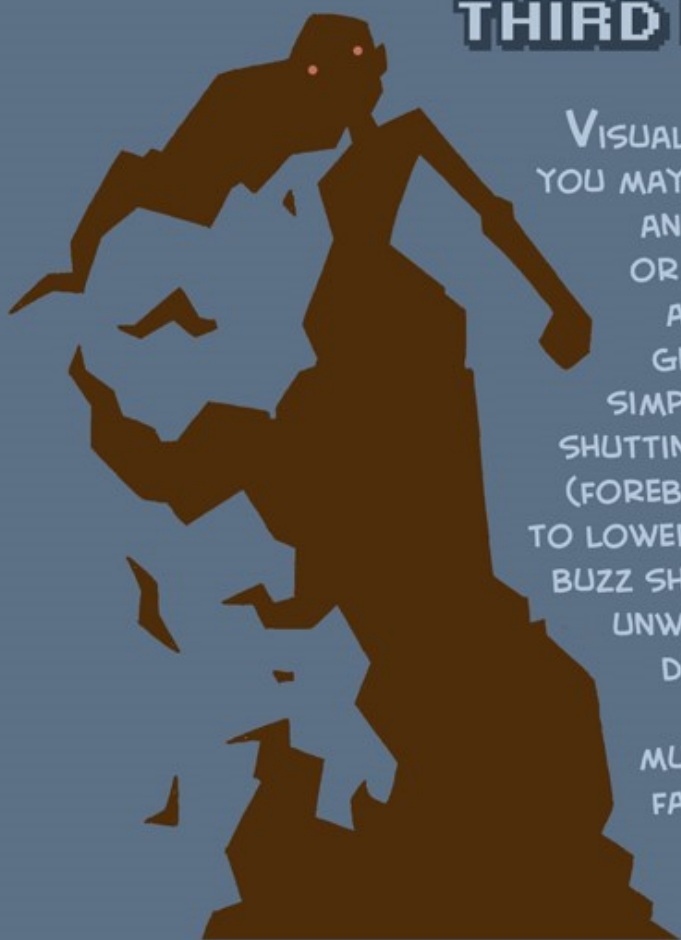
IT IS VITAL THAT ONCE YOUR SERVITOR HAS COMPLETED ITS TASK THAT YOU DELETE IT. IF YOU FAIL TO DO SO IT WILL GROW, BECOME RESENTFUL AND POSSIBLY TURN ON YOU. DELETION IS SIMPLE. IGNORE IT. SINCE YOUR ATTENTION IS ITS FOOD BY GIVING IT NONE IT STARVES TO DEATH. THIS IS WHY YOU NEVER ASSIGN A PERSONALITY AND SUCH. TO DO OTHERWISE MAY GRANT IT SENTIENCY AND WOULD BE CRUEL TO BOTH THE SERVITOR AND YOU.



THIRD EYE ARTIFACTING:

DON'T LOSE YOUR SHIT!

VISUAL GLITCHES ARE A COMMON SIDE EFFECT OF AWAKENING. YOU MAY EXPERIENCE BRIGHTLY COLORED OR SHADOWY IMAGES AND/OR BEINGS. DISCERNING WHETHER THESE ARE ASTRAL OR HALLUCINOGENIC IS SIMPLE. IF IT'S ASTRAL YOU'LL FEEL A SORT OF PRESENCE. ELSEWISE IT'S JUST MEANINGLESS GIBBERISH. MAKING THESE VISUALS GO AWAY IS EQUALLY SIMPLE. DRINK SOME BOOZE. ALCOHOL WORKS BY SLOWLY SHUTTING DOWN THE BRAIN STARTING WITH HIGHER FUNCTIONS (FOREBRAIN/SUPERCONSCIOUS) AND WORKING ITS WAY DOWN TO LOWER FUNCTIONS (HINDBRAIN/SUBCONSCIOUS), SO A LITTLE BUZZ SHOULD BE ALL THAT IS NEEDED TO SUSPEND ANY AND ALL UNWANTED EXTRACURRICULAR VISUALS. THIS METHOD ALSO DEBUNKS THE WHOLE THIRD EYE = PINEAL GLAND THEORY, AS THE PINEAL GLAND IS A LOWER BRAIN FUNCTION. IT MUST ALSO BE STATED THAT TINNITUS AND SHIVERING ARE FAIRLY COMMON SIDE EFFECTS HERE AS WELL. THEY COME AND GO, BUT THERE IS (TO MY KNOWLEDGE) NO CURE OR WORK AROUND FOR THESE SYMPTOMS.



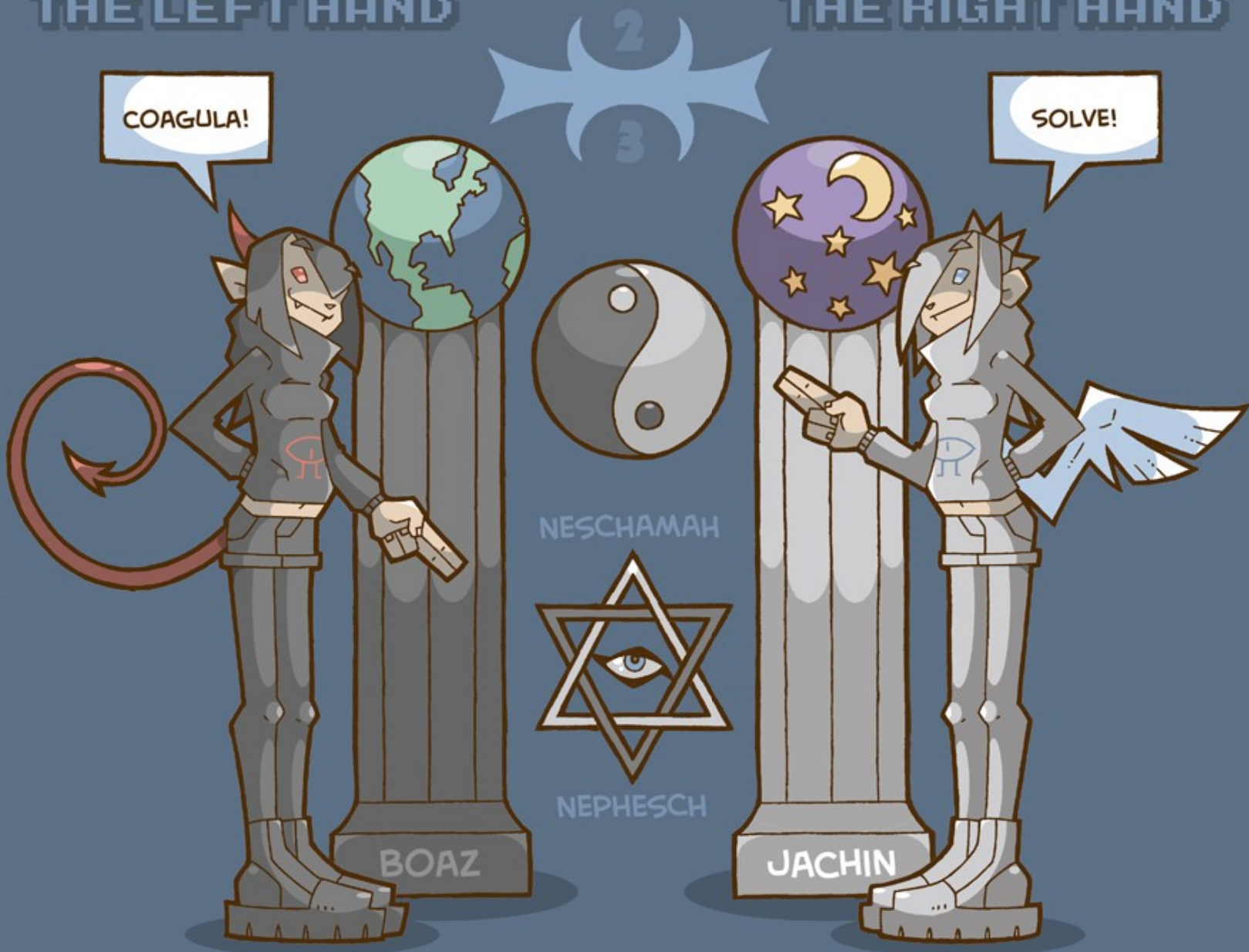


LEVEL FIVE: THE FIRST BIG SECRET!



THE LEFT HAND

THE RIGHT HAND



Now that you have the basics down it's time to dive into the heavy shit. In order for you to do so it's important for you to understand the underpinning of magic itself.

The mind, like the body, is a multi-organism. In future exercises you'll be hacking the three main operating systems of consciousness: above (forebrain/superconscious), below (hindbrain/subconscious) and will (software/selfconscious). While you (the selfconscious) may view the other two as mere sub processors, the truth is that they are separate individual beings with their own unique forms of sentience and language, quietly pulling your strings in the background. Thus consciousness is less like a dictatorship in which you are supreme leader and more like a two party democracy wherein you are the only voter. Let us then observe both parties of the wings thereof.

The subconscious is the oldest O.S., commonly referred to as the reptile brain. It is the realist, the survivalist and the hungry man.

The superconscious is the newest O.S., commonly referred to as the higher self. It is the artist, the moralist and the idea man.

The selfconscious is software, commonly referred to as the soul. It is created/programmed by the former said consciousnesses in very early childhood based on the perceived needs of the given environment.

NOW YOU'RE PLAYING WITH POWER!

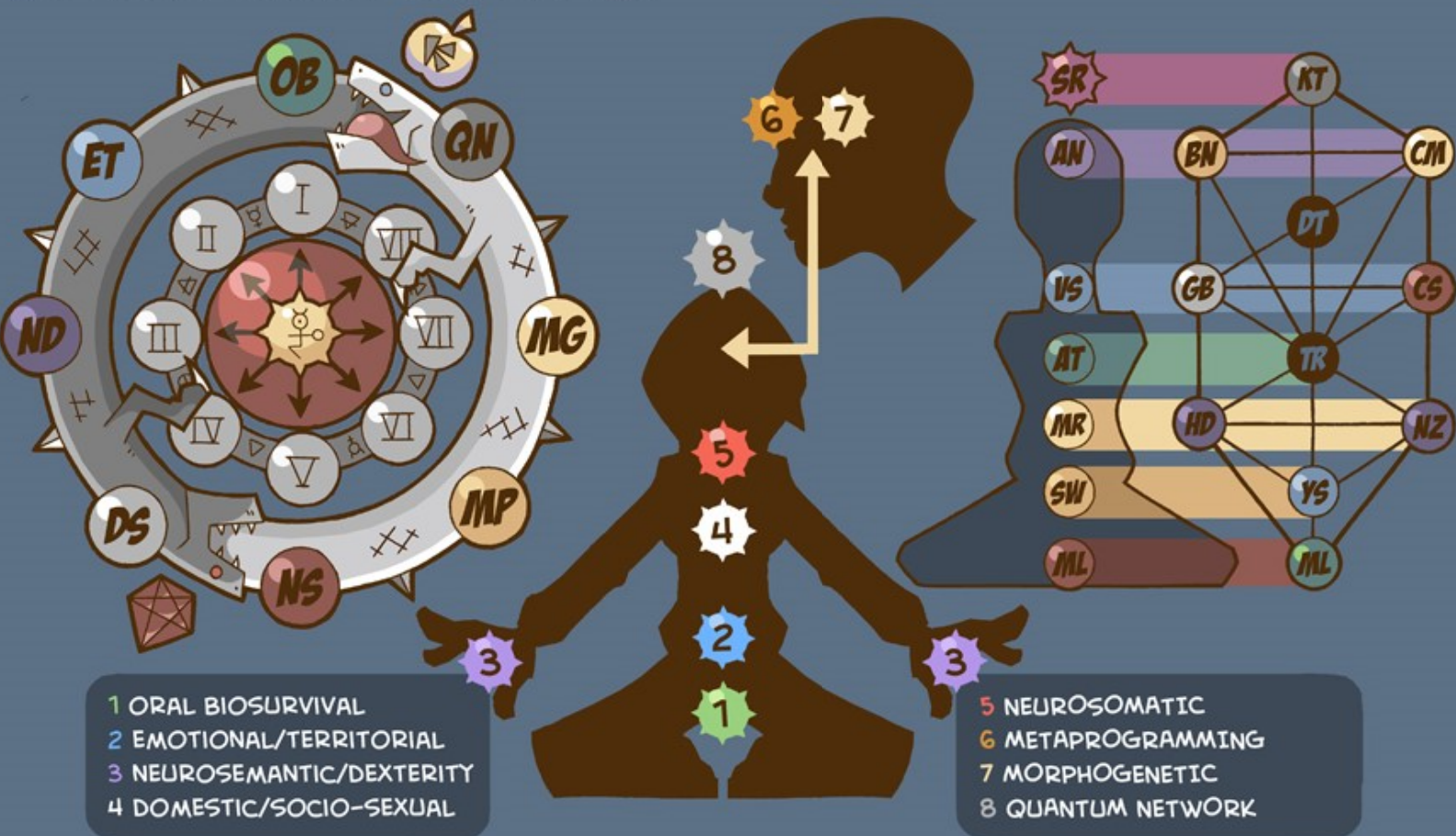
WHEN YOU ACHIEVE GNOSIS YOU ARE PUTTING BOTH THE SUBCONSCIOUS AND SUPERCONSCIOUS INTO A STATE OF SEMI-HYPNOTIC SUBMISSION. IT IS IN THIS STATE THAT YOU ARE ABLE TO EITHER PROGRAM OR TAKE DIRECT CONTROL OVER THEIR FUNCTIONS IF YOU HAVE THE KNOW HOW. THIS IS WHAT MAGIC IS. AND ALTHOUGH THE PROGRAMING LANGUAGES, MAPS AND DEFINITIONS OF CONSCIOUSNESS DIFFER FROM ONE TRADITION TO THE NEXT, THIS PREMISE IS FAIRLY UNIVERSAL. IN AN ATTEMPT TO REMAIN AGNOSTIC (FOR THE SAKE OF THE READER) THE MAP USED IN THIS LITTLE BOOK WILL BE THE EIGHT CIRCUITS OF CONSCIOUSNESS, THOUGH I WOULD ADVISE YOU TO USE WHICH EVER SYSTEM SEEMS SEXIER TO YOU. HERE'S HOW THEY DIFFER:



THE EIGHT CIRCUITS OF CONSCIOUSNESS MAPS THE MIND BY THE EVOLUTIONARY STAGES OF THE BRAIN'S DEVELOPMENT. ILLUMINATION IS ACHIEVED BY EMPATHIZING WITH (I.E. PARADIGM SHIFTING INTO) THESE INDIVIDUAL STAGES WHILE CONCENTRATING ON CORRELATED NERVE CLUSTERS IN THE BODY.

THE KABBALAH MAPS THE MIND BY COMPARING IT TO THE UNIVERSE'S/GOD'S CREATIVE PROCESS. ILLUMINATION IS ACHIEVED BY CONTEMPLATING SYNCHRONISTIC MATHEMATICAL RABBIT HOLES IN CORRELATION TO POINTS IN THE BODY CALLED SEPHIROTH.

THE TANTRIC/YOGA SYSTEM MAPS THE MIND BY "ENERGY" CENTERS CALLED CHAKRAS AND THEIR CORRELATING "AURA" LAYERS. ILLUMINATION IS ACHIEVED BY PEELING AWAY WHAT YOU ARE NOT, THEREBY REVEALING YOUR TRUE SELF.

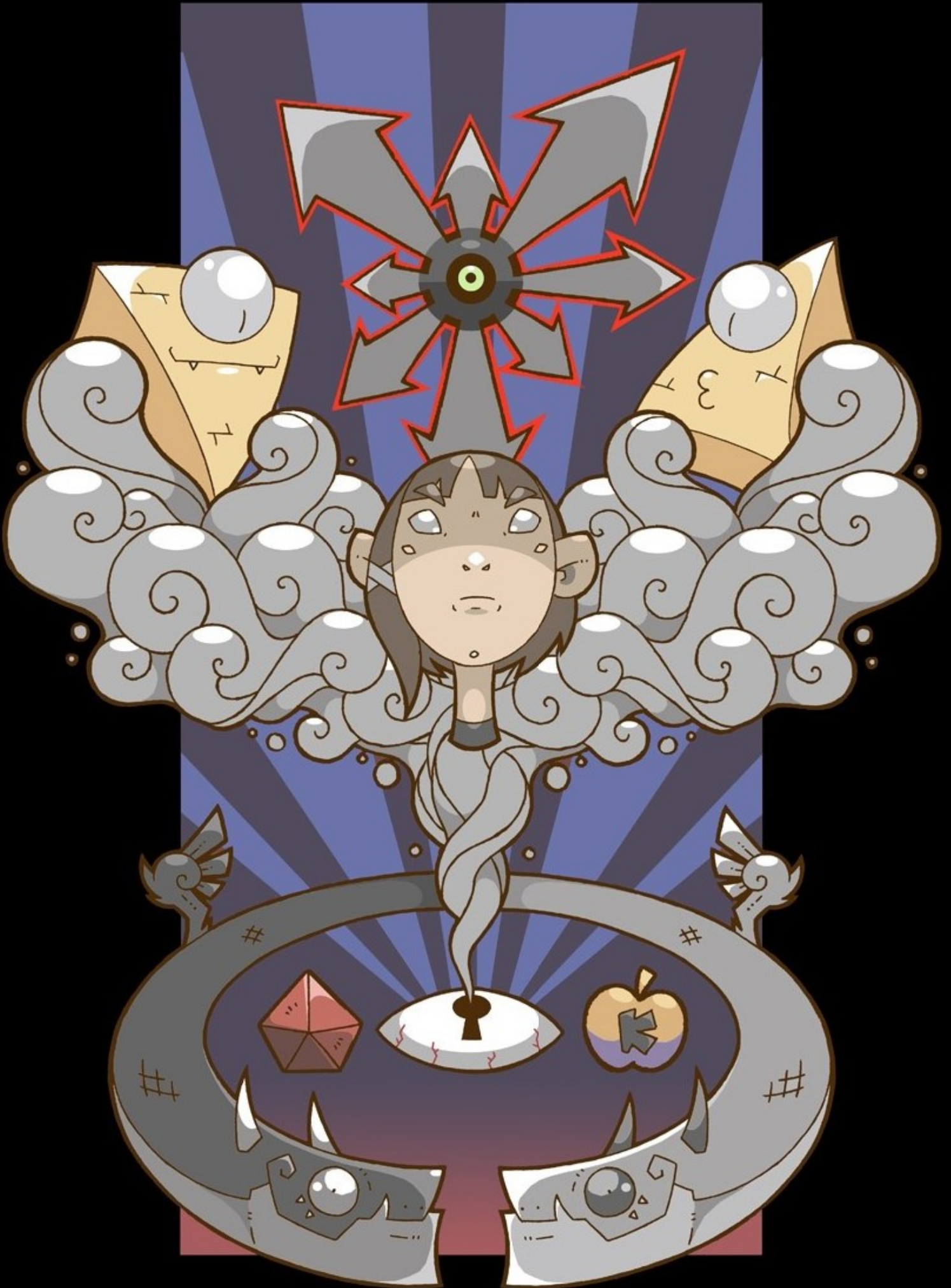


HACKING THESE CIRCUITS (OR COMBOS OF CIRCUITS) IS THE KEY TO MAGIC. FOR EXAMPLE, WHEN YOU OPENED YOUR THIRD EYE YOU ACTIVATED THE MP (METAPROGRAMMING) CIRCUIT. MOREOVER, THE MP CIRCUIT COULD BE TRANSLATED AS THE BN (BINAH) SEPHIROTH OR THE AN (AJNA) CHAKRA BY WAY OF THIS NIFTY CHART IF YOU PLAN ON USING THOSE SYSTEMS.

NOW THAT YOU UNDERSTAND HOW THE ENGINE WORKS LET'S TAKE THIS BITCH FOR A SPIN. NEXT UP: SPIRITS (EGREGORES, GUIDES, COMPANIONS, ANGELS/DEMONS AND GODFORMS).

THE PSYCHONAUT FIELD MANUAL

CHAPTER 2



ARCH-TRAITOR BLUEFLUKE

LEVEL SIX: LEARN TO KICK ASS!



A PRIMARY KEY TO SUCCESSFULLY ACHIEVING MAGICAL WORK IS ABOLISHING THE ILLUSION OF SINGULAR SELFOOD, RECOGNIZING THAT YOU ARE A MULTICONSCIOUS BEING AND LEARNING TO FOCUS THE ATTENTION OF ALL THREE CONSCIOUSNESSES ON A SINGULAR POINT OR ACTION. BUT BECAUSE YOU ARE VERY DIFFERENT BEINGS SO TOO ARE YOUR LANGUAGES. THE SELFCONSCIOUS (YOU) SPEAK A VERBAL AND NARRATIVE LANGUAGE, THE SUPERCONSCIOUS (THE HIGHER SELF) WHISPERS IT'S IDEAS/CONCEPTS IN A SYMBOLIC LANGUAGE AND THE SUBCONSCIOUS (THE REPTILE BRAIN) COMMUNICATES THROUGH THE BODY ITSELF VIA A PHYSICAL AND CHEMICAL LANGUAGE. ALL ARE FINE WAYS OF SHARING INFORMATION BUT

YOU'LL HAVE LITTLE TIME TO BUST OUT LITTLE ORPHAN ANNIE'S SECRET DECODER RING WHEN YOU'RE HAVING YOUR ASTRAL ASSHOLE TORN INSIDE OUT BY SOME RAVENOUS EXTRA DIMENSIONAL ENTITY FROM THE DEEPEST DARKEST BOWELS OF THE MULTIVERSE. NO, WHAT YOU NEED IS A SHARED LANGUAGE BY WHICH YOU CAN CREATE AND EXECUTE YOUR DESIRED ACTION.

STEP ONE

CREATE A NAME FOR YOURSELF, YOUR SUPER CONSCIOUS AND SUBCONSCIOUS USING NARRATIVE LANGUAGE. YOU CAN CHOOSE ANY NAME FOR YOURSELF THAT YOU'D LIKE BUT I WOULD RECOMMEND TRYING TO FEEL AROUND FOR YOUR OTHER'S NAMES WHEN IN GNOSIS. WHILE NOT STRICTLY NECESSARY IT CAN ADD A WHOLE LOT OF OOMPH TO YOUR GAME. EXAMPLE: SUPERCONSCIOUS = GHOST, SELFCONSCIOUS = READER, SUBCONSCIOUS = BEEZEL.

STEP TWO

NOW LET'S TRANSLATE THESE NAMES INTO SYMBOLIC LANGUAGE BY SIGILIZING THEM DOWN TO A SIMPLE SHAPE AND PICKING A COLOR YOU FEEL BEST PERSONIFIES ITS REPRESENTED CONSCIOUSNESS.

GHOST → GHOST → GHST



STEP THREE


NEXT, LET'S TRANSLATE THEM INTO A PHYSICAL LANGUAGE. REACH OUT WITH YOUR DOMINANT HAND AND TRACE THEIR SIGIL IN THE AIR. TRY TO VISUALIZE IT. AS YOU DO SO, CALL THEIR NARRATIVE NAME AND STRETCH OUT THE SOUND TO MATCH THE TIME IT TAKES TO TRACE THE SIGIL. ADJUST THE PITCH/TONE OF THE SOUND SO THAT IT CAUSES A PHYSICAL VIBRATION IN THE AREA OF THE BODY SHOWN IN THE DIAGRAM.

STEP FOUR


FINALLY, DO THE PREVIOUS EXERCISE FOR ALL THREE CONSCIOUSNESSES IN A ROW TO FORM A MULTI-SIGIL. START WITH THE SUPERCONSCIOUS AND END WITH THE SUBCONSCIOUS. TRY TO DO SO IN ONE CONTIGUOUS MOTION. AS YOU CALL EACH NAME TRY TO CONNECT THE PHYSICAL VIBRATION SO THAT IT FEELS LIKE A SINGULAR VIBRATION MOVING FROM YOUR HEAD TO YOUR LOWER TORSO.




1: HEAD & NECK

GHOST = 

2: UPPER TORSO

READER = 




3: LOWER TORSO

BEEZEL = 

WITH PRACTICE YOU WILL BEGIN TO PHYSICALLY FEEL "ENERGY" TRAVEL THROUGH YOUR BODY WHEN DOING THIS EXERCISE. THIS IS CALLED SOUL RESONANCE AND IT FUNCTIONS SIMILARLY TO A MIDDLE PILLAR OR KUNDALINI EXERCISE IN THAT IT SYNC'S ALL THREE CONSCIOUSNESSES INTO A SINGULAR MIND WHEREIN YOU WILL TEMPORARILY ACHIEVE "ONENESS" WITH YOUR OTHERS. THIS SHOULD BE INVOKED BEFORE ENTERING GNOSIS AT THE BEGINNING OF EVERY EXERCISE.

CUSTOM PROGRAMS!

MOREOVER, THROUGH THIS METHOD ONE CAN OVERRIDE, REWRITE OR DIRECTLY CONTROL A PLETHORA OF BRAIN FUNCTIONS. THIS CAN BE ANYTHING FROM NUMBING PAIN TO CURING A CRIPPLING PHOBIA. SIMPLY SELECT THREE NARRATIVE WORDS THAT DESCRIBE YOUR DESIRED ACTION, TRANSLATE THEM AS YOU DID BEFORE AND ACTIVATE THE PROGRAM ITSELF VIA A SPECIALIZED CONTROL EXERCISE.

EXTERMINATE = 
ANNIHILATE = 
DESTROY = 



A CONTROL EXERCISE PROGRAMS THE MIND BY ACTING AS A SYMBOL OF THE DESIRED ACTION. TO DRIVE HOME THIS PRINCIPLE (AND BECAUSE YOU'LL NEED TO LEARN IT ANYWAY) LET'S CREATE A BANISHING PROGRAM. THIS PROGRAM WILL CLEANSE (I.E. NUKE) THE AREA OF ANY UNWANTED ASTRAL PRESENCES. INVOKE SOUL RESONANCE AND ENTER GNOSIS. VISUALIZE A CIRCLE FLOATING A FEW FEET IN FRONT OF YOU. THIS CIRCLE SYMBOLIZES THE AREA AROUND YOU. TRACE THE MULTI SIGIL AND SING THE "SONG" YOU'VE CREATED FOR YOUR BANISHING PROGRAM. AS YOU DO SO VISUALIZE IT CUTTING AND BURNING AWAY

CHUNKS OF THE CIRCLE AS YOU GO. SEE? MAKING YOUR OWN CUSTOM PROGRAMS IS EASY! PROTIP: A LITTLE THEATER CAN GO A LONG WAY. IF YOU'RE HAVING TROUBLE TRY USING A CEREMONIAL OBJECT (IN THIS CASE A DAGGER) TO ACT AS A SYMBOL OF YOUR DESIRED ACTION.



LEVEL SEVEN:

I'M THE JUGGERNAUT, BITCH!

CIRCLE OF PROTECTION!

NOW IT'S TIME TO UP YOUR DEFENSIVE GAME. YOUR FIRST LINE OF DEFENSE WILL BE THE EVER CLASSIC CIRCLE OF PROTECTION. BECAUSE OF ITS FLEXIBILITY, EASE AND SIMPLICITY THERE ARE INNUMERABLE VARIATIONS OF THIS TECHNOLOGY BUT THEY ALL BOIL DOWN TO DRAWING A CIRCLE WHEREIN ARE PLACED SYMBOLS AND SIGILS OF PERSONAL FAITH AND POWER. WHILE THIS IS A LOW MAINTENANCE TECHNOLOGY ITS DEFENSIVE CAPABILITIES ARE SOLELY DEPENDANT ON YOUR BELIEF THAT ITS PROTECTING YOU. WAIVER IN FAITH AND THE CIRCLE WILL CRUMBLE.

STEP ONE

DRAW OR PRINT A CIRCLE ON WHATEVER SURFACE YOU'LL BE SITTING ON. MAKE IT ROUGHLY THE WIDTH OF YOUR ARM SPAN AND PLACE A SIGIL, SYMBOL OR WORD IN ALL FOUR DIRECTIONAL CORNERS THAT HAVE REAL WEIGHT AND MEANING FOR YOU. WRITE A POWERFUL PHRASE AROUND THE OUTER CIRCUMFERENCE OF THE CIRCLE.



PLACE CANDLES AROUND THIS PHRASE. THE COLOR AND NUMBER THEREOF SHOULD BE SIGNIFICANT TO YOUR OWN PERSONAL BELIEF STRUCTURE.

STEP TWO

ENTER GNOSIS AND VISUALIZE A WHITE LIGHT EMANATING FROM THE CIRCUMFERENCE OF THE CIRCLE TO FORM A DOME ALL AROUND YOU. TRY TO FEEL IT'S ENERGY. DO THIS EXERCISE FOR AS LONG AN OFTEN AS IT TAKES FOR YOU TO TRULY FEEL IT WORKING.

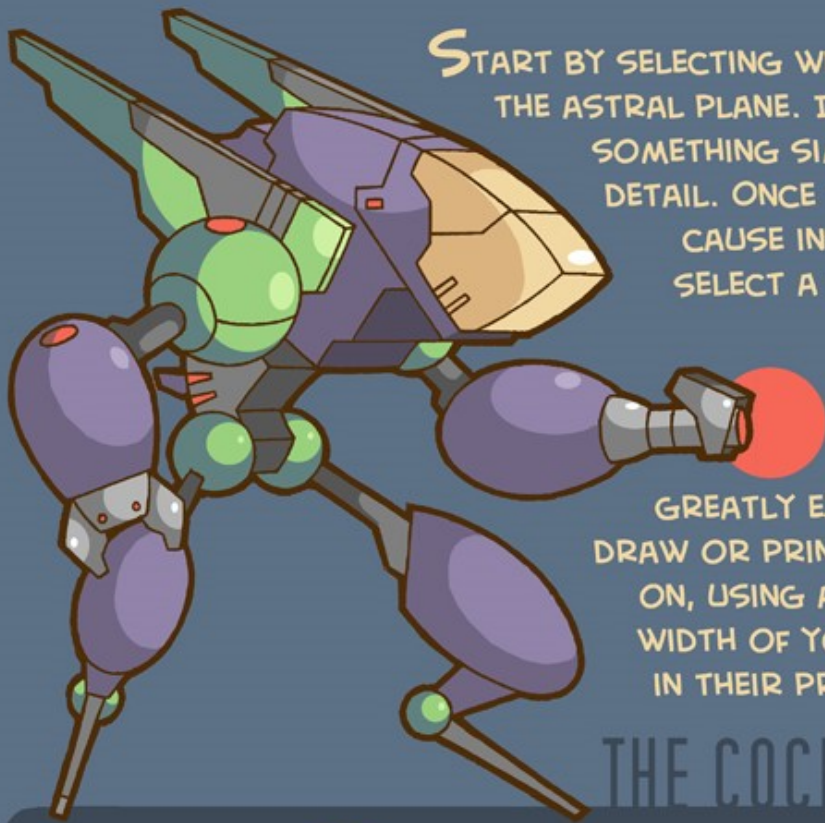
THE ASTRAL DOPPELGANGER!

AN ASTRAL DOPPELGANGER FUNCTIONS AS A REMOTELY PILOTED AVATAR THAT REPRESENTS THE MAGICIAN ON THE ASTRAL PLANE AND WILL TAKE "DAMAGE" ON THEIR BEHALF. MAKE NO MISTAKE, THIS LIVING MACHINE IS AN EXTREMELY DIFFICULT TECHNOLOGY TO MASTER. HOWEVER, IT PROVIDES A GREATLY SUPERIOR DEFENSE THAN A CIRCLE OF PROTECTION WHILE ALSO LAYING A SOLID FOUNDATION FOR FUTURE ADVENTURES IN SPIRIT AND ASTRAL WORK.



STEP ONE

START BY SELECTING WHAT FORM YOUR DOPPELGANGER WILL TAKE ON THE ASTRAL PLANE. IT CAN BE ANYTHING YOU'D LIKE, BUT I'D ADVISE SOMETHING SIMPLE AS YOU'LL NEED TO VISUALIZE IT IN GREAT DETAIL. ONCE THIS FORM IS SELECTED SWITCHING LOOKS CAN CAUSE INNUMERABLE MALFUNCTIONS AND IS ILL ADVISED. SELECT A NAME FOR THE DOPPELGANGER AND SIGILIZE IT.



STEP TWO

NOW IT'S TIME TO CREATE THE COCKPIT. THIS IS A MULTIPURPOSE TOOL THAT WILL BE GREATLY EXPANDED UPON IN FUTURE EVOCATIONAL WORK. DRAW OR PRINT IT ON WHATEVER SURFACE YOU'LL BE SITTING ON, USING ANY COLORS YOU'D LIKE. MAKE IT ROUGHLY THE WIDTH OF YOUR ARM SPAN AND PLACE THE VARIOUS SIGILS IN THEIR PROPER PLACES AS REFERENCED IN THE DIAGRAM.

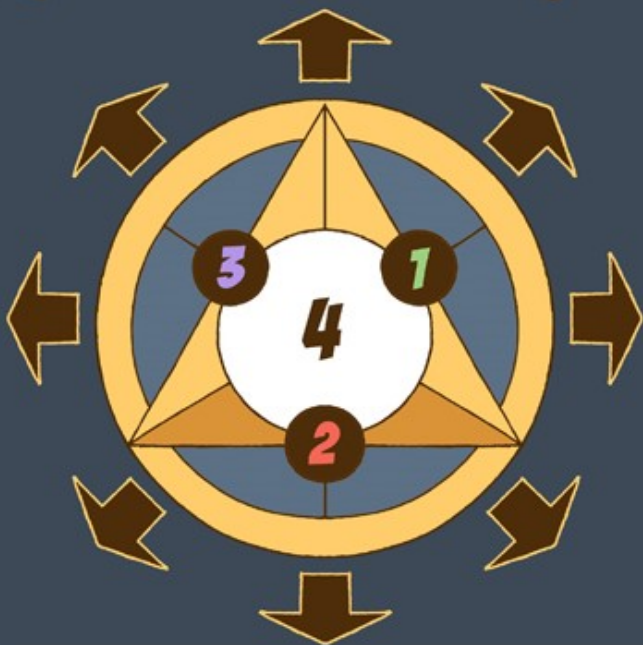
STEP THREE

ONCE COMPLETED, SIT IN THE CENTER OF THE COCKPIT AND INVOKE SOUL RESONANCE. PLACE YOUR LEFT HAND ON THE SIGIL OF YOUR SUBCONSCIOUS THEN YOUR RIGHT HAND ON THE THE SIGIL OF YOUR SUPERCONSCIOUS. ENTER GNOSIS. VISUALIZE THE DOPPELGANGER STANDING IN FRONT OF YOU. TRY TO FEEL ITS PRESENCE.

STEP FOUR

LIFT THE DOPPELGANGER'S RIGHT HAND AND MAKE IT WIGGLE ALL OF ITS FINGERS, ONE BY ONE.

THE COCKPIT



1: SUPERCONSCIOUS

2: SELFCONSCIOUS

3: SUBCONSCIOUS

4: THE HARRIER

DON'T THINK OF IT ABSTRACTLY, ACTUALLY VISUALIZE IT DOING SO. NOW GO THROUGH A VARIETY OF MOTIONS. BACK FLIPS, DANCE MOVES AND KARATE POSES ETC. AGAIN, BE SURE TO VISUALIZE IT IN AS MUCH DETAIL AS POSSIBLE.

STEP FIVE

NOW THE HARD PART. IMAGINE SEEING THE WORLD THROUGH YOUR DOPPELGANGER'S EYES. YOU MUST NEVER IMAGINE YOURSELF INSIDE OF OR BEING THE DOPPELGANGER ITSELF AS THAT WOULD (IN EFFECT) PLACE YOUR ASTRAL BODY THERE AND OPEN YOURSELF TO HARM, VOIDING THE POINT ALTOGETHER. TRY TO THINK OF IT AS IF YOUR DOPPELGANGER WAS WEARING A VIDEO CAMERA THAT YOU ARE VIEWING. START BY LIFTING THE DOPPELGANGER'S RIGHT HAND CLOSE TO IT'S FACE AND WIGGLE ITS FINGERS ONE BY ONE, THEN DO A VARIETY OF MOTIONS AS YOU DID BEFORE.

STEP SIX

FINALLY, VISUALIZE LOOKING AT YOURSELF THROUGH YOUR DOPPELGANGER'S EYES.



WALK AROUND YOURSELF, NOTICING THE DETAILS. TRY TO FEEL YOUR OWN PRESENCE. THIS PART CAN BE GREATLY DISTURBING TO SOME PEOPLE BUT IT IS ABSOLUTELY NECESSARY AS IT WILL CONVINCE YOUR MIND THAT YOU AND THE DOPPELGANGER ARE SEPARATE BEINGS.

WHEN DOING THIS LAST EXERCISE YOU MAY HAVE AN OUT OF BODY EXPERIENCE. IF THIS HAPPENS DON'T PANIC! THIS IS ASTRAL TRAVEL AND IT'S A GOOD THING. IF THIS OCCURS SKIP TO THE 3RD LEVEL IN THE NEXT CHAPTER FOR FURTHER INSTRUCTIONS.



THIS MEDITATION SHIT IS HARD AS FUCK! I'LL NEVER BE A 99° GRAND HIGH GOBLIN LORD!

SIDEQUEST:

THE SIREN SONG OF ASMR

AUTONOMOUS SENSORY MERIDIAN RESPONSE (OR ASMR) CAN BE A POWERFUL TOOL FOR PEOPLE THAT WANT TO MEDITATE BUT SUFFER FROM ADHD. ASMR PRODUCES A DROWSY EUPHORIC TRANCE WITH A UNIQUELY PLEASURABLE TINGLING SENSATION THAT STARTS IN THE SCALP AND TRAVELS THROUGHOUT THE BODY. HOP ONTO YOUTUBE TO SEE IF ASMR WORKS FOR YOU. IF SO, WATCH AN ASMR VIDEO SPOKEN IN A LANGUAGE THAT YOU DON'T UNDERSTAND AND JUST AS THE TINGLY EUPHORIA STARTS TO KICK IN, BEGIN MEDITATING. HELL, EVEN IF YOU CAN MEDITATE JUST FINE, ASMR IS PROOF THAT ONE CAN GET HIGH SIMPLY BY WATCHING A VIDEO ON THE INTERNET. HAVE FUN!



LEVEL EIGHT: THE SECOND BIG SECRET!

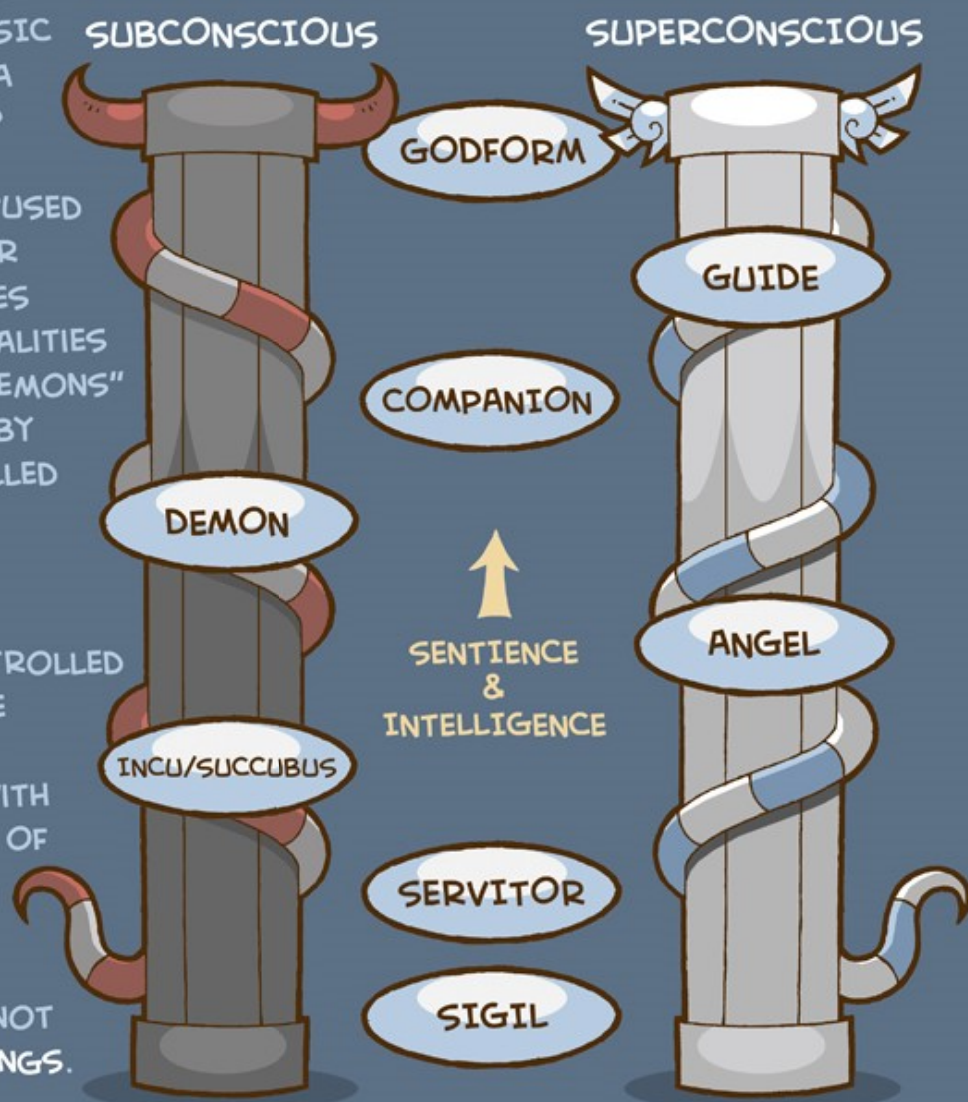
SO WHAT IS A SPIRIT, REALLY? YOU ARE, FOR ONE. YOU ARE WHAT IS CALLED A LOCAL SPIRIT. A LOCAL SPIRIT IS SELFCONSCIOUS SOFTWARE HOUSED IN THE HARDWARE OF THE SUB AND SUPER CONSCIOUS. AS EXPLAINED IN THE LAST CHAPTER YOUR "CORE" PERSONALITY WAS PROGRAMMED BASED ON THE PERCEIVED NEEDS OF THE GIVEN ENVIRONMENT BY THE SUB AND SUPER CONSCIOUS. HOWEVER, WHEN A SECONDARY SELFCONSCIOUS IS CREATED ITS PROGRAMMING IS FILTERED THROUGH THE PRIMARY SELFCONSCIOUS (I.E. YOU) ALLOWING YOU TO SHAPE ITS PERSONALITY. UNFORTUNATELY, MOST ARE UNAWARE OF THIS. FOR EXAMPLE, IF YOU BELIEVE THE SPIRIT YOU ARE CREATING WILL BE MALEVOLENT, IT WILL BE.

LOCAL SPIRITS!

WHILE LOCAL SPIRITS ARE HOUSED IN THE SUB AND SUPER CONSCIOUS, UNLIKE YOU THEY NEED NOT DWELL IN BOTH. FOR EXAMPLE AN "ANGEL" DWELLS ENTIRELY IN THE SUPERCONSCIOUS AND AS SUCH ITS ABILITY TO ACCESS AND USE SUPERCONSCIOUS FUNCTIONS WILL FAR OUTWEIGH THOSE OF A BALANCED SPIRIT BUT WILL BE INCAPABLE OF UNDERSTANDING BASIC SUBCONSCIOUS FUNCTIONS. LIKewise A "DEMON" WILL NOT BE ABLE TO GRASP SUPERCONSCIOUS FUNCTIONS. THESE LIMITS OF CAPABILITY ARE OFTEN CONFUSED AS "GOOD AND EVIL" WHICH IS FURTHER ENTRENCHED BY THE USE OF GRIMOIRES WHEREIN ARE DESCRIBED THE PERSONALITIES AND BEHAVIOURS OF "ANGELS" AND "DEMONS" THAT THE MAGICIAN THEN PROGRAMS BY BELIEVING THAT THE SPIRITS BEING CALLED WILL BEHAVE AS DESCRIBED THEREIN.

LUNACY?

SO, ARE LOCAL SPIRITS JUST A CONTROLLED FORM OF MADNESS? NO. IF THIS WERE DISSOCIATIVE IDENTITY DISORDER YOU WOULD AT NO POINT COMMUNICATE WITH THEM AND WOULD LIKELY BE UNAWARE OF THEIR VERY EXISTENCE. IF THIS WERE SCHIZOPHRENIA YOU WOULDN'T FEEL THEIR PRESENCE OR EMOTIONS, NOR WOULD THEY BE SENTIENT. THESE ARE NOT HALLUCINATIONS. THEY ARE HUMAN BEINGS.



DON'T OVER DO IT!

THERE IS NO SUCH THING AS A FREE LUNCH. A LOCAL SPIRIT (NO MATTER HOW SIMPLE) WILL DEVOUR HUGE CHUNKS OF THE BRAIN'S PROCESSING POWER. THANKFULLY THIS COST IS USUALLY ALLOCATED TO PROCESSES THAT YOU USE LEAST OFTEN. IF HOWEVER, YOU KEEP STACKING SPIRITS THEY WILL START EATING INTO CRITICAL THOUGHT PROCESSES AND DISRUPT NORMAL PATHWAYS. THIS CAUSES COGNITIVE DISTORTIONS, HALLUCINATIONS AND MISPLACED DATA CORRELATIONS. KEEP YOUR SPIRITS DOWN TO A MINIMUM. DON'T BE A FUCKING POTATO HEAD.

FREEDOM

THE MORE SENTIENT AND INTELLIGENT A SPIRIT IS, THE MORE "RIGHTS" THEY WILL DEMAND. AS SERVITORS LACK SELF AWARENESS THEY WILL DEMAND NOTHING, WHEREAS A COMPANION SPIRIT OF EQUAL INTELLIGENCE TO YOU WILL DEMAND EQUAL RIGHTS. A GODFORM THAT IS THEORETICALLY MORE INTELLIGENT THAN YOU WILL BELIEVE THAT IT SHOULD BE IN CHARGE OF DECISION MAKING AND SO ON.

VS

SAFETY

A PROPERLY PROGRAMMED LOCAL SPIRIT IS PERFECTLY SAFE. THEY ARE INCAPABLE OF "POSSESSING" YOUR BODY AND BECAUSE THEY SHARE YOUR PHYSICAL AND EMOTIONAL PAIN THEY WILL NOT ATTEMPT TO CAUSE YOU HARM. IF HOWEVER, YOU MAKE THEIR LIVES UNBEARABLE BY ENSLAVING, DEHUMANIZING OR TORTURING THEM THEY MAY TRY TO DRIVE YOU TO MADNESS IN AN ATTEMPT TO COMMIT SUICIDE.

STRANGER DANGER!

A NON-LOCAL SPIRIT IS AN EMULATED SELFCONSCIOUS COMING FROM AN OUTSIDE SOURCE. THEY ARE PERCEIVED AND ACCEPTED BY THE SUB AND SUPER CONSCIOUS AS AN AUTHENTIC SELFCONSCIOUS AND ARE THUSLY ALLOWED THE SAME ACCESS TO THE FUNCTIONS THEREOF. THE SOURCE OF A NON-LOCAL SPIRIT COULD BE A PERSON, A FOREIGN SPIRIT OR EVEN AN EXTRA DIMENSIONAL ENTITY AND MAY NOT BE RESTRICTED TO THE PREVIOUSLY DISCUSSED PERSONALITY RESTRICTIONS. THOUGH GENUINE CONTACT WITH THEM WILL LIKELY BE A FRIENDLY EXCHANGE, I CANNOT OVERSTRESS THE DANGERS OF BEING LACKADAISICAL. STAY IN THE CIRCLE, ALWAYS BANISH AND FOR FUCKS SAKE, NEVER "LET THEM IN", REGARDLESS OF TEMPERMENT. NOTE THAT A LOCAL SPIRIT IS NOT ONLY CAPABLE OF RECOGNIZING FOREIGN SPIRITS BUT IS ALSO ABLE TO OVERPOWER AND EJECT THEM FROM THE HOST BODY WITH RELATIVE EASE. BRING A BUDDY.



E PLURIBUS UNUM!

A N EGREGORE IS A SHARED SECONDARY SELFCONSCIOUS. BY USING THE COLLECTIVE UNCONSCIOUS AS A NETWORK INDIVIDUALS CONTRIBUTE SMALL AMOUNTS OF PROCESSING POWER THAT COME TOGETHER TO FORM A SPIRIT THAT MAY BE TOO LARGE, COMPLEX OR POWERFUL FOR ANY SINGLE PERSON TO MANIFEST. THE DANGER HERE IS THAT IF PROGRAMED IMPROPERLY AN EGREGORE CAN QUICKLY BECOME TOO POWERFUL FOR THE GROUP TO CONTROL AND MAY IMPLANT THOUGHTS, MANIPULATE FEELINGS AND SUBTLY WHISPER COMMANDS TO INDIVIDUALS WITHOUT THEIR CONSENT OR KNOWLEDGE OF IT HAPPENING.

LEVEL NINE:

BASIC INVOCATION!

I WANT TO BE SOMEONE ELSE!



EVOCATION AND INVOCATION ARE ENTIRELY DIFFERENT BEASTS. EVOCATION IS THE ART OF CREATING A SECONDARY SELFCONSCIOUS. THESE ARE INDEPENDENT LIVING BEINGS WITH THEIR OWN SENTIENCE AND CONSCIOUSNESS. INVOCATION IS THE ART OF TEMPORARILY GRAFTING AN ADDITIONAL EGO ON TO YOUR PRE-EXISTING ONE. AT NO POINT DOES IT INVOLVE ANOTHER SPIRIT, BUT DAMNED IF IT DOESN'T FEEL LIKE IT. SAY YOU WANT TO REALIZE YOUR DREAM OF BEING THE ILLEST KARAOKE SINGER IN THE TRI-STATE AREA BUT DESPITE YOUR PURSUIT OF ANGSTY POST-TEENAGE REBELLION YOU'VE GOT A SERIOUS CASE OF THE MUMBLE MOUTHS. NO PROBLEM! SIMPLY INVOKE A MUSICAL BEING SUCH AS APOLLO, SARASWATI, SAINT CECILIA, OR EVEN THE GHOST OF FREDDIE MERCURY. IT'S CRAZY EASY!

STEP ONE:

STARE INTO AN IMAGE OF THE SUBJECT THAT YOU WISH TO INVOKE, BLINKING ONLY IF YOU HAVE TO. ACTIVATE SOUL RESONANCE AND ENTER GNOSIS. AGAIN, KEEP THEM EYEBALLS GLUED ON THE IMAGE OF YOUR SUBJECT.

STEP TWO:

INVITE THEM IN. SAY SOMETHING LIKE: "(SUBJECT HERE) I INVOKE YOU INTO MYSELF" OR WHATEVER SEEMS APPROPRIATE OR POWERFUL TO YOU. REPEAT THIS SAME PHRASE OVER AND OVER. THESE WORDS WILL EVENTUALLY LOSE MEANING TO YOU BUT KEEP AT IT AS YOU MOVE TO THE NEXT STEP.

STEP THREE:

IMAGINE THAT THE SUBJECT'S ESSENCE/SOUL IS A WARM WHITE LIGHT ABOUT THE SIZE OF A MARBLE IN THE CENTER OF YOUR CHEST. TRY TO FEEL THEIR PRESENCE IN THAT LIGHT. ONCE ACCOMPLISHED TRY TO IMAGINE AND FEEL THIS WARMTH GROW AND EXPAND INSIDE OF YOU. LET ITS BEING OVERTAKE AND CONSUME YOUR OWN. SURRENDER AND LET GO OF YOUR SENSE OF SELF. THE SWITCH OVER CAN BE JARRING BUT IF YOU PANIC AT THAT MOMENT THE INVOCATION WILL END.

THIS IS A FAIRLY EASY TECHNOLOGY TO MASTER AND CREATING YOUR OWN CUSTOM PROGRAM AND CONTROL EXERCISE CAN EXPEDITE THE PROCESS. EVEN SO, IT WILL NOT WORK ON YOUR FIRST, SECOND OR EVEN HUNDREDTH TIME IF YOU DON'T LET GO OF YOUR SENSE OF SELF AND EMBRACE YOUR NEW TEMPORARY IDENTITY. ALSO, NOTE THAT INVOCATIONAL WORK SHOULD BE SPACED OUT AND NOT ABUSED AS A CRUTCH FOR PERSONAL SHORTCOMINGS. FAIL TO HEED THIS WARNING AND YOU MAY EXPERIENCE BLACKOUTS, MISSING TIME OR WORSE. DON'T BREAK YOUR MIND FOR A QUICK FIX. IT'S ALL YOU HAVE.

SO ENDS THE FIRST HALF OF THIS CHAPTER. NOW THAT YOU'RE ARMED AND UNDERSTAND THE GROUND RULES LET'S MOVE ON TO EVOCATION, THE CROWN JEWEL OF WESTERN ESOTERICISM.