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DKMU/A.A.O.  
D T T I : H T N F

ALL THAT WHICH  
IS HIDDEN SHALL  
RISE TO THE  
SURFACE

V

## PREFACE

I was originally going to use this journal strictly to record my attempts and experiences with OOBÉ (Out of Body Experience) induction techniques, and these make up a good portion of the entries. It later became an all-purpose magickal journal, as my experiments with Circle 4 (Lucid Dream & OOBÉ) caused me to realize the importance of previous Circles as bedrock which allowed for more general control with higher Circles. This largely regards my practice with the A.A.O.'s Schema of Distillation - a deep investigation of occult techniques. The DKMU also pops up now & again, as I am connected with both groups, although their innards are entirely different. Hint: I am also Frater E.S. Cover art, which I think looks like a happy astronaut witnessing some sacred fractal profundity, was done by the multitalented artist Alleria Xeo Brightfall.

OOBÉ, sometimes called Astral Projection, appears to be still very sparsely understood by a large portion of the occult community. This is mainly due to some phenomenological confusion as to what the technique and experience actually entails. Some will insist that OOBÉ is nothing more than intense daydreaming while the body is awake. It must be noted that this is certainly not the kind of OOBÉ that Robert Monroe, Tom Campbell, Robert Bruce, and many others are talking about unless the technique is specified. It's not the kind that I am talking about. For these authors and me and others, OOBÉ is experienced as a full immersion (consciousness disconnected from the body) into a different reality or dimension, and usually while the physical body is entirely asleep or very near asleep. It is a literal switching of sensory data-streams and almost always entails the sensation of an Astral Body (or nonphysical Second Body) disconnecting from the physical being and often (but not always) winding up in the room you fell asleep in. The experiences are magnificently lucid and may even feel more "real" than waking reality.

Although it's definitely a different animal, something might be said for the “awake intensive daydreaming” technique, which some people confuse for a classic OOB. One might still be interacting with the Astral, as it were, although they are doing so while simultaneously experiencing the data-stream of their physical body and physical dimension. They are not fully immersed in the Astral, and cannot be so long as they are hooked to the physical plane. The physical data-stream is distracting them constantly, and the daydreams they encounter are generally hazy. Still, it might be a good technique to practice and might serve as a precursor to a fully immersed OOB. It has potential value in this sense, but should not be conflated as a Mind Awake/Body Asleep kind of classical OOB, which is the kind we'll be exploring in this journal. IMO, it's the kind that gives the greatest gifts. Nothing is like being there. Even though the Astral may always be around us during waking life, we do not directly perceive it 100% lest we make a visit.

We may also speak of the difference between a Lucid Dream and a classical OOB. Some will say they are essentially the same thing, but I beg to differ. One stark difference is that Lucid Dreams are not often preceded by sensations of exiting the physical body. I don't think I've had a single OOB where this didn't happen. Leaving the body sometimes feels like wrenching yourself off flypaper. Other times it is a smoother transition without much turbulence. Explorers will speak of “jumping” or “rolling” out of their bodies and finding themselves in the Astral version of wherever it was they fell asleep. Sometimes this other reality mirrors its physical counterpart entirely and perfectly. Other times, there may be subtle to tremendous differences, especially the further you explore. Monroe might call this a Locale I going into Locale II experience. A theory goes that the Astral / Second State is essentially a field of primordial consciousness, so would be malleable and prone to fantastic locations when interacting with it. Over there, thought can shape things. The Astral can be weird for this reason, and

appears to be full of non-physical denizens, some radiant and loving, some entropic and dark, and many in between.

Certainly, one may have a regular dream or Lucid Dream about having an OOB, and this kind of experiential mimic could be totally convincing. This then begs the question: is the mind creating it all, or are we interacting with information from some external field or dimension? I'd say it's about 50/50. One can only experience the objective subjectively. The experience presents itself in much the same way for what seems like the majority of explorers, feels different than a dream, even different than a Lucid Dream, and presents a very convincing seemingly free-standing reality, and a series of them at that.

This is where occult science comes in. When one becomes fairly proficient with reliably inducing a classical or remote-viewing-while-awake kind of OOB, certain experiments can be set up which can be done at home, or anywhere else for that matter. A certain playing card or other item unknown to you could be placed somewhere, an elevated location, in another room, etc. The goal is to have an OOB and go look at the playing card or object, then report back with information. After a few positive hits with such an experiment, it would increase confidence greatly in the reality-status of the experience. Experiments like these and more have been carried out at the Monroe Institute for decades, and their promising findings are reviewed in Tom Campbell's "My Big TOE" series, or the Omnibus of such.

As is mentioned throughout the journal, I once went through a period of several years where I would have numerous full-immersion OOBs throughout each month. Earlier on my occult path I had dedicated myself to the practice of Lucid Dream & OOB techniques. I simply kept at it and did enough continual experiments that I began to have both phenomena, although Lucid Dreams were first to manifest. I also experienced "the vibrations" as they are called (feelings of electrical voltage running through oneself, electrical noises and hissing noises, etc.) during states of

“Zero Point Consciousness”, where the alert conscious mind is not receiving any input from the physical body, and you find yourself in a black field. It must have been around the age of 28 or so that my OOBES became far less frequent. And further on, I would go to only experiencing two or three of them once a year. I do not know why this is the case, but I am committed to put in the work in order to regain the experience and perhaps this time around, fully control it.

For those that take offense to the more archaic word “Astral” to describe these things, one may supplant it with “the Second State” or “the Second World”. Robert Monroe himself refused to use the word “Astral” to describe his experiences due to its occult connotations and context, but I tend to use it as a term of pure convenience, as many occultists know what I mean by it. A rose by any other name would smell as sweet. One is also free to invent a title.

May this experiential record of my magickal 2020 (a difficult year by any measure) aid in some sense your own explorations. What follows is the seeking of a great & mysterious Siddhi, with other experiences along the way.

DTTI: HTNF

AUTM: IUTW

ATWIH: SRTTS

One Infinite Current

Yours truly in the Great Seeking & Finding,

- Frater Alysrose, 12/11/2020

1/6/2020

It's time to pick up the tools again. The WILD technique is used (Wake Induced Lucid Dreaming, which is also frequently used for OOBEE induction depending on Intention). I set the alarm to wake me after 5 hours of sleep. I wake up, throw an oxblood hoodie on, and sit down at the computer to watch Robert Monroe videos for precisely 1 hour, this also being the mnemonic part of the technique.

As the theory goes, staying awake for 1 hour after 5 hours of sleep activates the conscious mind while theta waves are still being generated in the brain. This allows easier access to lucid dreaming and/or OOBEE, depending on where you cast your intention. The mnemonic part (listening to or reading something relating to lucid dreaming or OOBEE) aids in the memory of the goal persisting even in those dark and murky states of mind.

I get back into bed after 1 hour awake, and proceed to get into a lying down meditation. I can sense the potential for an OOBEE and I can feel the subtle memories of my prior OOBEEs like beacons guiding me nearer. I should have persisted with the meditation, but I figured I would have just as much chance if I just fell asleep on my back. The OOBEE never occurred, nor did a lucid dream. I only experienced some forgettable string of regular dreams. Next time, I will spend more time in meditation and attempt to maintain awareness while nearing the black borders of sleep.

1/7/2020

I used the WILD technique again, but upon waking up to the alarm, I just felt so tired that I turned it off and went back to bed. I regretted this later. Getting started with this again certainly requires some "chop wood, carry water" times, and persistent practice. If I want this door to open, then I have to force myself to keep knocking, or searching for a handle.

I do not recall the contents of my dreams.

1/9/2020

I had dreams of being somewhere outside and naked watching UFOs dart around in the night sky before waking up for the WILD technique. I made telepathic contact with one ship and bid it come down to land, but it turned out to be very small; triangular and about half the size of me.

After waking I throw on a hoodie, and start watching Robert Monroe videos, and also reading a bit about OOB. After an hour passes I go to lie down and initiate meditation (motionlessness of the body, focus on breath, aiming for mind awake/body asleep). I maintain for a good while all the time nearing the border of sleep; subtle hypnagogic images and sounds manifest, including the occasional “nonsense” dream-like thoughts. I begin to feel more expansive, and the state reminds me of those I’ve had right before an OOB. Those were a total state of mind awake/body asleep, but in the past, I usually had to “wake up” within the state; a field of pitch black is all that is perceived, but you essentially know your body to be asleep, and at that point it’s only a matter of willed “rolling out” or “launching” from the body into the “astral plane” version of your bedroom.

Despite this, ordinary sleep eventually took me, and I could not recall my dreams. Now, I know that smoking cannabis really puts a damper on dream recall and dream intensity. However, I have certainly had lucid dreams while regularly imbibing. I would imagine it wouldn’t really affect OOB either, but it’s a variable to be aware of which may or may not be making things more difficult.

I’ll be taking up a lying down meditation once a day alongside my regular sitting meditation in the morning. This is the only issue I really see in my way at the moment: I need to expand and prolong the hypnagogic and “mind awake/body asleep” state.



1/13/2020

This will be a relatively short entry. I took a few days off WILD practice while visiting my parents out of town. I also distilled the thought that a return to uttermost basics would do a world of good for me in regards to LD & OOB. This generally goes back to the components required for an advanced meditative state: motionlessness of the body, and concentration on a repetitive thought (or bodily process such as breathing) such as a mantra, or symbol as a buffer for generating alternate states of mind. As I understand it, the mantra or whatever it is could be just about anything, and only serves as a distraction for the conscious mind so that "another state" can be reached; shedding layers until awareness resides with the Witness, or Watcher aspect of consciousness; that core of self which casts the Will. I've been in that state numerous times, but in this case I feel I need to use it to expand those twilight hypnagogic states between wakefulness and sleep.

1/15/2020

I've been reviewing some Tom Campbell material. One thing he said that stuck with me is assigning a name and description to a peculiar state I have encountered often in the past, which I used to simply call "the black field." I have found myself within this state as a regular precursor to OOB. It is also the state wherein "the vibrations" might manifest, like feeling electrical voltage running through "you" (or a Subtle Body which Awareness has moved into) along with buzzing or hissing or banging noises, depending on the practitioner.

Campbell calls what I called the "black field" Zero Point Consciousness. It denotes a state of consciousness without any direct data-stream, such as the data-stream of your physical body, and not yet any other data-stream, such as the Astral Realms (or Larger Consciousness System, another optional label per Campbell). What we end up calling these

locations on the map doesn't really matter, but to name them in any sensible way allows them to be made into an informational anchor, and another region of the territory mapped (but for ourselves, because personal experiences in these matters may differ, but for the common ground).

Zero Point Consciousness is where I want to get at, because every time I've found myself in that state, although I dealt with "the vibrations" and many false starts in my younger years, I had only to "roll out" or "jump" out of my body, which sometimes felt like detaching from flypaper. At other times, it was an easy triumph. Actually, for a good number of years in my 20's, I was having OOBES at least once or twice, or thrice, every few months. I had sometimes performed rituals and charged sigils during OOBES. My grandmother has had frequent OOBES. I know that I am not blocked from this; some ability seems to run in the blood. Honestly, I expected too much at the start. I went for a technique (the WILD) which begs for the uttermost basics to be scaled first off, and then the technique can work wonders.

So I made a list, and went into practicing the uttermost basics. Now begins the tale of the Evil Eye. Throughout the whole day, my left eye was watering up and I constantly had to wipe it. This wiping in turn made the eye water up more, and the skin around it to turn red, thus causing me to wipe it again. This is a clear example of utter dysfunction in evolutionary biology. Like, am I not supposed to wipe the water out of my eye, because the very act of wiping causes it to water up again? Thus was wrought a downward spiral of failed biology that only some slathering Lovecraftian cephalopod would have allowed in the fundamental fractal mechanics of creation.

I settled into bed and lay on my back; settled my arms at my sides. The goal was simply to get closer to Zero Point Consciousness. In this case, that basically entailed losing all sense of the body. Basically the mind awake/body asleep goal. Motionlessness of the Body came first. I began with this intention, and carefully monitored myself in a state of

awareness aware of its awareness. I paid attention to each passing thought, emotion, or thought which caused emotion, and my body felt normal. This is the usual barrage of ordinary thinking, but paid attention to while practicing motionlessness. One may also focus on breathing during this point, or on a mantra, but know that it's just a distraction for the conscious mind to use in order to traverse; a tool among many. This was Condition 1. Not too hard.

After about the 30-40 minute mark, what I call Condition 2 starts to manifest, but for some people it may take longer. The body begins to initiate what feels like the "shutting down" process. The body may feel heavier, and a tingling or numbness may begin to manifest, even waves of energy may be felt. Mental images are more easily perceived. While getting ever deeper into this state, and hoping to reach Condition 3, and thinking that "the larger consciousness system always tests you at times like these, so pay close attention. It could be a persistent bodily itch. Shit, I think my ear is itching right now. Allow it to pass. Try to convince the body that it's asleep. Ow. Oh, fuck. Ouch. Is that an abrasion under my eyelid? I've been wiping it all day, so it might be some kind of inflammation. It eventually became so much that I brought my hand up to rub it, and woke the body. I couldn't possibly continue the practice with this constantly twitching and painful eye, and I might have spent an hour in bed, tossing and turning, trying to sleep afterwards. I felt that whatever the thing was, it was scraping my eye, and it would spasm in pain every so often. How could I get into REM sleep if it hurts to move my eyeball?

I finally got up and went into another room and smoked a cigarette. After a few very painful blinks, my eye gushed water and whatever the irritant was had been flushed out. I was finally able to sleep in peace. That sucked.

1/20/2020

Some minor success was achieved. It was not the product of an active induction technique, so no trail of breadcrumbs is available. It isn't of much use in that sense, but it was still cool to experience, and increases my confidence somewhat.

It happened at the tail end of a short nap; no other technique was used. After some time spent dreaming normally I noticed that the detail was increasing and I was somehow gaining more awareness. At one point I thought, "This is definitely a dream. This is now a lucid dream." And I immediately became lucid. Instead of remaining there and toying with it, however, I immediately set my intention to have an OOBE. I felt myself as an Astral Body, or located my awareness into it. I found myself in "the black field", or as Tom Campbell calls it, "Zero Point Consciousness". ZPC is a better term for this, because "the black field" is kind of a misnomer. It's not always completely black – subtle hypnagogic imagery is sometimes seen, and sometimes sounds or "the vibrations" as well, which seem to be things generated by the self. ZPC means that you are not hooked up to any data-stream. The information perceived during ZPC "seems" to generate from the Self, and this state is only a brief prerequisite save that you don't get stuck.

Not long after ZPC was encountered, I willed to "roll out" of the body, and spun around a bit in the room until finally settling. I did not find myself in my apartment, however, but in my old room at my parents' house. This isn't the first time this has happened. When an environment came into vision, I immediately realized that this was a rather low-resolution OOBE (which has also happened before). Everything was dark and jittery, as if being fed through a weird Photoshop or After Effects filter. Perhaps I was not fully hooked up to the data-stream of the nonphysical.

So I had two separate projection experiences after the lucid dream. Both times were at my parents' house. In the first one, the dark & jittery one, I think I only made it

downstairs and was trying to go out the kitchen door. Somewhere along the way I lost focus, or was too excited, I'm not sure, but it messed with my continued awareness. The second time, I came back to ZPC and this time "leapt" out of the body with a feeling of triumph, and landing in the room, now more determined to maintain focus.

The fuzzy effect was gone. I made it downstairs and into the kitchen. It looked about the same, but there were tons of small clay pots all around the place, and the doorway to my dad's bedroom was just a wall – weird. I went out the kitchen door and down into the yard. It was already late night in the OOB, but it certainly wasn't yet in the waking world. I looked at a tree in the yard and thought about flying dreams I had had where I flew from treetop to treetop. I tried to fly up to the top of the tree but was unsuccessful; I jumped up and came back to the ground. I carried on exploring further.

At some point I exclaimed, "There aren't any entities. I would rather like to meet one." Not long after the thought, I saw my ex-girlfriend slowly walking along the other side of the creek that separates my parents' yard from the neighbor's property. I went over to go see her, and attempted to speak to her, but her face was expressionless and dead. Although I felt her neck and it was warm to the touch, she seemed to harden and stiffen into a lifeless manikin, and spoke nothing. It was creepy. I then woke up.

1/23/2020

So I have not been performing any banishing technique after doing the monthly DKMU rituals. It's usually not my style, but I think I might begin to incorporate a minor banishing/cleansing. The other night I had a bit of a spooky moment. I was in my bedroom and felt a presence, so basically shot forth the intention: "get the fuck out of here." An immense feeling of anger at being noticed came forth to me, and was translated in my head as beastly growling/roaring. I immediately willed up a circle of

protection and visualized it around me, pulsating and "pushing outward".

A little while later while sitting down, I thought I saw a small black orb on the floor, quickly shooting near my computer desk. A little while after that, I saw a white/grey wisp of smoke/mist hovering and moving above a chair. It lasted for a few seconds, then disappeared, but was fairly clear. I thought I might have left a burning cigarette on the table, or that it was rising up from my cup of tea. It looked very much like steam rising, but was hovering over my chair. There was no cigarette, and the tea had been there a while and was cold. Both of these were while feeling the presence around me.

So I stuck up some astral wards in each corner of the place in the form of the LS Banishing Sigil (the one with x's instead of arrows). Whatever it was has not been detected since.

1/26/2020

These are the (or might be a version of) distilled conditions required for getting at Lucid Dreaming and OOB via the method of sustained awareness (otherwise called mind awake/body asleep). The other way, which has been my usual experience, is becoming unconscious and fully asleep, and "hoping for the best" via becoming aware again in an LD or in ZPC, which at this point is too random for me. I want a reliable induction technique, and that means cutting through a particular jungle. It should be noted that this is simply my own map, also given some research, but probably gets at a commonality shared between most. It should also be noted that although an induction aid such as binaural beats is not mentioned, one should feel free to incorporate it. This procedure is all about strength-training Awareness.

Condition 1: Motionlessness of the Body

The first condition is sustained motionlessness, preferably while lying on your back. You will notice that this simple goal carries some challenges with it. You will itch, you will twitch, you will want to rub your face, and you will want to switch positions. You must persist because you want the body to think you're falling asleep, and to begin to initiate its shutting down process. During this time, you may begin a meditation and pay attention to your breath cycle, or repeat a mantra in your mind, or focus on a mental image. This gives the conscious mind "something to chew on" while deeper states are ascertained.

## Condition 2: The Shutting Down Process

After about 30 minutes to an hour of motionlessness, although this depends on the practitioner, the body will begin to feel different. One may feel heavier, or slightly numb, or feel subtle waves of "energy" run throughout the body. The quality of the mind also changes, but ever so slightly, and deep states of physical and mental relaxation are possible. I have noticed when questioning some people about this condition that their hypnagogic state resides closer to the shores of the conscious mind than does others. Some will experience it at different stages, and quicker or slower, when following these steps. My hypnagogic state seems to reside very near the black borders of sleep, and I usually experience it directly when very near to sleep itself. For me it is usually characterized by "nonsense thoughts" and visual/audio flickers of dream-time. The last hypnagogic "nonsense thought" I remember was a voice saying something like, "Dear old bear, why's your foot gone soft?" Expect stuff like that. I've noticed that to "give in" is to just lose your conscious thought process to the hypnagogic thoughts like a drop of water becoming a part of the ocean, and sleep is manifest. This is to be avoided.

I had thought of including different stages of Condition 2, and I still might add them in the future, but I have not at this

point progressed beyond some basic hypnagogic state. I have arrived at ZPC, but rather randomly after losing consciousness and becoming lucid in ZPC, and not while following this exact procedure. As these maps are meant to evolve, there may be things I feel I need to add or expand on given more practice and examination.

### Condition 3: Zero Point Consciousness

ZPC denotes a state of lucid awareness while at the same time receiving no input from any major data-stream (or any particular reality besides your own contents, if you prefer that). The sensory data-stream of the body is not active, having fallen completely asleep. Awareness has been maintained throughout the first two Conditions, and from this point on any further experience is just a matter of willed intention. You could intend to have a Lucid Dream, or an OOBIE, or just to reside in ZPC as a pure awareness without any world to occupy. It should be mentioned that, at least at first, ZPC can be a scary place. The fear people bring to it can manifest in many ways. For the most part, one finds oneself in a field of blackness, but fear seems to be a major obstacle for some when they find themselves here.

An OOBIE'er phenomenon called the "vibrations" manifests at this state, like a buzzing or electrical voltage going through the "body" (in this case, a Subtle Body, or Astral Body), and they have freaked many people out in the past. Sounds like violent banging or cracking or electricity may also be heard. The vibrations are kind of like a rite of passage. After some encounters with them, they eventually fade and are very rarely ever experienced again, at least not to any alarming degree. At least, this has been my experience and that of others I have spoken to. I grant this to the practitioner becoming more comfortable in ZPC, and not letting his/her fears run away with them.



2/23/2020

## CIRCLE ONE SOUP (Frater E.S. Version 1)

Thanks to Michew for turning me onto this utilitarian dish. There are innumerable potential variations, but this is my current version, which had turned out unexpectedly good. I was going to include the researched health benefits or “virtues” of each ingredient where applicable, but figured people could search those themselves.

This version includes some animal products for extra protein (chicken meat and chicken stock), but feel free to replace the stock with vegetable stock and subtract the meat for a vegetarian version. At the base, it’s a healthy and affordable brown lentil soup with a traditional Indian flavor profile, but depending on your research and dietary goals can be altered to suit your preference. You may also want to cut the amount of ingredients in half, as this makes a lot and you will need a big pot to store it in. It is protein and nutrient-dense, and makes a great health-conscious meal for any time of day and imparts lasting energy. Especially consider it if you are regularly engaged in strenuous physical exercise.

### INGREDIENTS:

- Two 32 Oz containers chicken or vegetable stock
- 1 pack chicken tenderloin or about 1 ½ breasts
- 3-4 tbsp extra virgin olive oil
- 2 medium sized onions
- 4-5 cloves chopped garlic
- 2 medium sized sweet potatoes
- 3-4 medium sized red potatoes
- 1 bag brown lentils (red lentils cook too fast)
- 1 bag frozen chopped kale or fresh
- 1 tbsp any traditional curry powder
- 1 tbsp Garam Masala powder
- ½ tsp cinnamon powder

- ½ tsp cayenne powder
- 1 tbsp turmeric powder
- 1 tbsp fresh ground black pepper
- 1 tbsp kosher salt
- About 1 cup chopped cilantro
- Squeezed lime for garnish (optional)

## METHOD:

Chop up chicken meat into bite-sized pieces, and dice the onions. Put 3-4 tbsp olive oil in a large pot with burner on medium heat. When oil is hot, add chicken meat and chopped onions to the pot, and stir around. Let these cook for about 5 minutes, stirring often. Add chopped garlic, curry powder, cayenne, and Garam Masala powder, and stir well. Allow the spices to gently toast and release their flavors. Let this cook for another 3-4 minutes, stirring often so nothing burns.

Now add the stock, skinned and medium chopped sweet potatoes, medium chopped red potatoes (skinned if you don't like the skin, but there are nutrients in there), and the bag of brown lentils. Add the cinnamon, turmeric, and fresh ground black pepper. Piperine, a chemical in black pepper, increases the absorption rate of the curcumin in turmeric by a very large percentage. Otherwise, it is not very easily absorbed in the gut. This is why newer curcumin supplements very often include piperine.

Bring this to a boil, and cover. Let this cook on medium heat, stirring occasionally, until the root vegetables and lentils are fully cooked through. You may also add some water if it seems too thick, depending on how soupy you want it to be. I like the viscosity somewhere between “soup” and “stew”.

At this point add 1 bag frozen chopped kale, and about 1 cup of chopped cilantro, and cook for another 5 or so minutes. Since the kale is already cooked, though frozen, it won't take long to heat up. Add 1 tbsp kosher salt (you can

add more salt onto individual servings, but keep it low in the main dish, as you will find it is already very flavorful).

Add some fresh squeezed lime juice if desired for garnish on individual servings. This cuts through the earthy quality and adds a nice counterpart. If you like it spicy or want to up your metabolism, crushed red pepper flakes or Sriracha or your favorite hot sauce on individual servings will certainly do the trick. Although I enjoy spicy foods, I find this doesn't really require it, as it is very fulfilling on its own.

Like Circle 1 practices themselves, the soup is meant to be altered and personalized to your specific needs and benefit. One may make it simpler, more complex, etc. But do keep it healthy & nourishing, as this is its purpose.

3/2/2020

The only things I've been doing consistently lately is meditating 20+ minutes a day and working with a 20 pound weight. I've had a few sparse interesting moments with "the Process", but I feel I haven't gotten very close to Zero Point Consciousness. At one point I felt my perception literally expand when I considered the ego-reducing thought of, "I'm a human being, probably experiencing a lot of the same things that most people experience. My aspirations aren't unique. I'm an individual, but I'm also a part of a larger evolutionary process." At other points during "the Process", I would come extremely close to falling asleep and perceive a state of mind but for a moment, the raw feeling of which made me think, "Well, that must be what I'm looking for, right there, but I have no idea what it actually was."

As an extra bit of oomph I'll be adding Monroe's hemi sync sounds (I cannot yet find the complete series) to "the Process". If I'm not mistaken, theta waves are generated at a 4 Hz oscillation. My bedroom is a completely different room, and my headphones cord doesn't reach all the way to the futon in the living room where my PC is. So I'll set up a pillow and blankets right near my PC and attempt the process

while lying down on the floor. I've used binaural beats and hemi sync in the past. Perhaps a 4 Hz theta wave sound will aid me in getting to ZPC.

3/12/2020

I have taken to wrapping a few techniques up in a bundle, and going through “the Process” with the aid of hemi-sync or otherwise called binaural beats, a major contribution of the Monroe Institute, to those seeking particular experiences. YouTube carries some, but not the complete series.

I didn't have much luck with a straight 4 Hz hemi-sync track found on YouTube, meant to coax the brain into generating Theta waves. I would get caught up into thought loops which would reset at random times, like I couldn't relax and give into the effects of what I was hearing.

I switched videos last night to a “963Hz + 852Hz + 639Hz” (Okay then!) video, and what it did was just allow the meditative state of “the Process” to bloom; basically giving the conscious mind something relaxing to chew on. I hadn't used an audio aid in my meditations for years – not since living in Georgia. But damn, do I respond to them. I used to play ‘Monk on Acid’ a lot in order to arrange my meditations with some substance, which particularly helped if you were in full lotus position and stoned to the gills.

At one point in the meditation, having already set my Will on Zero Point Consciousness, began to receive bodily and energetic messages that I just wasn't relaxed enough. Another odd thing about my first two times using the headphones and lying on the floor was that I would half-sense or half-perceive the potential for danger, and quite irrationally. I didn't buy in, but thoughts of a negative presence in the room, or the slimmest possibility of somebody breaking in through both doors and stabbing me came to mind and repeated. I acknowledged them and stayed in it long enough to let them pass. “The primal fear mechanism in action.” I thought.

As I drifted further into the meditation, and met with Condition 2 of “the Process”, I began to think in terms of bodily energy centers. Although I’ve only practiced the Chakra paradigm briefly, I did acknowledge that my human feelings were pooled in certain bodily locations. I got the sense that my 3<sup>rd</sup> eye (Ajna chakra, which I visualized as reddish) had to be opened in order to go deeper, so I used an old technique: visualize psychic hands grasping a hard piece of bread, and break the bread. Crack! My third eye region was becoming numb and seemed to surge with energy. I was able to visualize things behind my eyelids more clearly, which was a cool effect.

I found myself grasping and trying out any technique I could readily think of for OOB. I was just after some kind of result. I half-remembered one that had worked in getting me to the “vibrations” state way back when I lived in Brooklyn. It entailed visualizing shooting out red “fishing lines” and “hooking” the vibrations; something like that. After about 40 minutes I got up.

I will be continuing this meditation technique, trying different frequencies and binaural beats, but like always, the further I get into higher circles the more I realize they entail prior circles. So I’ll be activating Circle 3, Energy Manipulation, and working with the basic Chakra system to see what effect it has on my Circle 4 pursuit.

3/20/2020

Now that it's getting warmer, I was pondering striking up a new relationship with a plant ally. The only plant I truly sense has been an ally to me in the past is *Rivea Corymbosa*, which I grew alongside eating the seeds of. These contain LSA, the natural form of LSD, and very little vascular constrictors in this species, unlike its cousins Hawaiian Baby Woodrose and typical Morning Glory. I received the name 'Alysyrose' from an LSA trip using these seeds, and grew it all throughout my time in the NJ DKMU Way-House, 2009-2011.

Now I think it's time to revisit a curious one: Datura Stramonium, a staple ally in some forms of shamanism. I had grown it before in NJ from seed to fruiting plant, and was once awakened out of sleep by the sound of its prickly pods opening and spilling their small brown seeds all over the hardwood floor; a lovely sound for a magician to wake up to.

I had used stem & leaf material before in Brooklyn, and me and my roommate made Devil's Weed Tea. He was apparently much more sensitive to it than I was. Although I received the usual vision blur and dryness, and inability to urinate, I did not hallucinate anything I was convinced of. That's the issue here, really, because it creates tactile hallucinations which you buy into like a dream. My roommate was talking to people who weren't there, and at one point went out into the night of the city in nothing but his boxer shorts, "going to buy tea candles." Amazingly, he found his way back after many hours. He said a cop with a little white mouse in his hat gave him directions. I wonder if the cop himself was totally hallucinated as well.

So, I have no dire urge to get into an experience like that. The plant is said to have 4 Heads of Power: the root, the stems & leaves, the flowers, and the seeds. Each one is used for a different purpose, according to Don Juan, if he ever actually existed. I simply want to grow the plant, but will certainly experiment, and use some parts for other purposes. I need a new all-purpose wand, preferably from the limb of a tree felled by a thunderstorm, and I plan to soak or "stain" it in Datura juices as a link to the entelechy behind this plant.

3/26/2020

My dreams the past few days have all involved the wielding of some kind of preternatural power. These led up to a very brief OOB last night right after becoming lucid in a dream.

The first of these dreams involved using psychokinesis to cut through layers upon layers of metal gates as I was trying to find my way out of the dream (I somehow knew it was a

dream in some fuzzy sense, but did not achieve lucidity by this thought), but each new environment after getting through a gate or fence revealed ever more dangers, mostly in the form of large feral pigs.

The second dream involved using psychokinesis on any object I wished in a fairly calm environment. I was just talking to people, and after a time revealed to them that I could move a pencil or a pen around, or something. The strangest thing was that I could “feel” whatever object I moved by some field or presence in my thoughts. This, I assumed, was the real key to psychokinesis (in dreams, anyway): really feeling the object as a part of you.

The third dream was a bit more intense. I was wielding a thin wooden wand which was like some flimsy misshapen twig from some tree with pale bark but the end of it would spark up and glow blue when commanded, granting me control over lightning and storms. It was a hell of a thing to play around with. There was some conflict in the dream revolving around the fact I, too, was creating it like a game in another reality. I would switch between these two, the game-maker and the game-player. At one point enemies were overtaking my team and I rained lightning down upon everything until the very inner earth was lit with deep glowing embers. That felt amazing, but I think I killed my game-player and my entire team.

As mentioned, the OOBIE last night was brief. I began by having a conversation with a dream character, and out of nowhere, upon the realization that it was a dream, I sang a line from Not My God’s “Fiction”: “All of this is fiction, lies, lies, lies”. The dream character was very put off by my singing of this, and seemed almost offended.

Nevertheless, I was correct, and that lucidity somehow connected to becoming aware of my astral body. I found myself in Zero Point Consciousness, and then just rolled out of my body. I was in my apartment – at first – but the scenery soon switched to my parents’ house, as it sometimes does for whatever reason. I found myself upstairs,

went downstairs to the bathroom to look in the mirror, checked the wall light, the light wouldn't turn on (it never does in that reality), then I woke up.

4/5/2020

I became very near to a vibration state, mostly located in my head, the previous night in meditation while using a YouTube Astral Projection aid track. Maybe if I had been able to keep my focus it would have happened, but Windows sent a restart message or something and, wearing headphones, it totally interrupted my meditation, and I broke it soon after. I will use the track again while in lying meditation and go through "the Process" again on a future night. I will also begin to set my alarm again for further attempts at the WILD technique.

4/11/2020

Yesterday was my 35<sup>th</sup> birthday. I had woken up today with an odd feeling of displacement; not quite myself, one might say. I had to force myself out of a stark sense of disassociation. I felt fuzzy to the marrow and was on auto-pilot. My thoughts were chasing after something: a subtle feeling or pull towards an as of yet unknown idea or destination. When I eventually did think of it, it was more than a thought, but a beholding of something delicate yet robust and mercurial. It was Magick itself that was beheld: half a mental vision, half a distinct feeling all its own falling far outside of the limited pantheon of common emotion. It was the deep burning of infinite possibility.

Magick was beheld (as a visual metaphor) as a shimmering quicksilver-like substance which shone every color fluctuating randomly, and was known to be when observed in this way among the sweetest possible fruits of consciousness; responsible for the expression of intended changes in one's story and reality. The vision eventually faded and the feeling was lost in the feed of ongoing contemplation,



but it left a lasting impression. My mind became very quiet and attentive after. "Unbending intention had forged the swords of the masters." I thought. "What a curious state of mind to be born from the delicate balance of one's energies in unison." It was like being teased with the promise of something, if only I might become resolved to chase it down.

My internal dialogue was rather put out long after the visionary moment with magick. I also didn't want to converse with anyone, so I only listened in on the weekly DKMU voice meeting on Discord. I've been playing a lot of atmospheric and contemplative music; Brian Eno, etc. What basically followed the meeting was a long and quiet meditative state (quite more impressed directly upon me than something I planned on doing).

I had also received two of the books I ordered about two weeks ago, the first being "Far Journeys" by Robert Monroe, the second being "The Book of Magic: From Antiquity to the Enlightenment" by Brian Copenhaver. I had planned to use this second one especially for research purposes before dipping into a possible new A.A.O. book, working title: "Liber Apostate".

Note: I now realize the similarity with the "magick mirror" substance in Grant Morrison's 'the Invisibles'. Chances are the visual metaphor was definitely influenced by that, but more colorful in nature yet with no specific discernible color, let's just say it – octarine.

4/12/2020

## SCHEMA OF DISTILLATION SYMBOLOGY

Frater E.S. & EquanimousRex  
Graphic Design by Dee Rax

"Symbolism is the language of the Mysteries. By symbols men have ever sought to communicate to each other those

thoughts which transcend the limitations of language." -  
Manly P. Hall

### Figure 1: The Gates & Circles

In the center of the Schema are the Gates & Circles, which represent collections (or distillations) of the techniques and skills most relevant to modern occultism and global spiritual traditions. The goal is to get at the hearts of these techniques and understand them in a way that both demystifies and empowers them. The way in which they are arranged recommends a ground-up inter-relational approach rather than on-a-whim drifting, but this is a choice. One activates the Gates & Circles “between the pillars”, acknowledging the polarities of a spectrum but also forging his/her own unique path and way up the metaphorical mountain.

One may choose to forgo the path of beginning at Circle Zero and steadily climbing upwards. One may rather prefer picking and choosing subjects to work with depending on where you’re currently at in your personal practice. It’s entirely up to you, but a different kind of cohesive benefit comes from a steady and gradual progression. There’s no harm in revisiting and strengthening the uttermost basics. Success with these will bleed into and empower other skills. The Gates & Circles are as follows. A more in-depth explanation of them is currently being worked on, though a basic primer may be found in the pinned posts.

Circle Zero - Thoughtful Introspection & Acknowledging Life Goals

#### GATE ONE

Circle One - Body & Health practices

Circle Two - Meditation & Dream Work

#### GATE TWO

Circle Three - Energy Manipulation  
Circle Four - Lucid Dreaming & OOB  
Circle Five - Magick & Psychicism

### GATE THREE

Circle Six - Entity Creation  
Circle Seven - Working with Large Spirits  
Circle Eight - Paradigm Adoption / Ascension

### GATE FOUR

Circle Nine - Developing a Personal System  
Circle Ten - Applying Skills to Life Goals

### GATE FIVE

Circle Eleven - Gnosis & Upkeep

### Figure 2: The Pillar of Animus

The other symbolic images around the Gates & Circles offer counterpoise and contemplative elements. They represent forces which may or may not affect your progression.

The first of these is a pillar of marble with a fire burning atop it. These mark the domain of the Animus (Latin for “psyche”); mastery of Self, of consciousness, or the inner world. For some, it will be the primary goal of their practice, whereas others may desire control of more external variables. For many, they will encounter a mixture and seek a balance of the two. The Pillars of Adeptness appear separate, but they are actually entangled with and entwined around each other. Just like Subjective/Objective, the experiences you shall encounter will entail a phasing and/or cross-contamination of the two. Animus is empty without Mundus. Mundus does not exist (as a model of the world) unless perceived by Animus.

Marble is believed to provide clarity, self-control and stability both physically and emotionally. It is used as a symbol of purity and immortality.

Some may consider the first pillar “white magick” and the second pillar “black magick”, as they might conclude that working on the inner self (or psyche) causes no harm or disturbance to others, while magick aimed at the external world is rife with petty egoistic desire and full of bad karma. One is seen as a dignified and “holy” pursuit and the other is seen as somehow “lower”, selfish, or immature.

In the same vein, some might consider the first pillar “spiritual” and the second pillar “material”. I am not fond of this either. Animus means the world of your thoughts and feelings, the “inner life” unique to you which others do not experience directly. Mundus is the world broadcasting a stream of sensual stimuli, but the Animus deals with and processes the contents of Mundus. An internal event may cause an external action, and vice versa, etc.

The Schema draws no strong line in the sand. There is a spectrum at work here and much grey-zone in-between. We recognize that magick will often take the path of a bit of both of these, and influence both the Animus and Mundus. Magick works on all sets of variables if they are not explicitly made off-limits by the practitioner. Is “grey magick” then a better term for what a magician does most of the time? Enough with the colors – it’s just effing magick (as Arjil says), albeit aimed in a particular direction.

### Figure 3: The Mystical Fire

This flame sits atop the Pillar of Marble and illuminates the Schema by virtue of its light, perceiving all things into being. It could be many things to many practitioners depending on the unpacking of its conception.

To some it may be the Atman: the fundamental “witness” at the core of consciousness. To some it may be the secret fire of soul, the “spark of source” which all

incarnate beings contain. To some it may be the source of magick. To some it may be the goal of enlightenment. To some it may be the force of their Will. To some it is all of these things. Whatever the case, this flame is to be found within us (because it is us), save for our perception of the very same thing within the core of others. Ultimately, each practitioner must understand it on his/her own.

The understanding, cultivation, and wielding of this force is the prize of the Pillar of Animus. Exemplary of this might be the Vietnamese monk who self-immolated in protest against the Vietnam War whilst in motionless sitting meditation. Such a control of psyche is wholly preternatural.

Figure 4: The Pillar of Mundus

Mundus is Latin for “world”. This pillar is of salt, and has a human skull perched atop it. The two columns look identical, and are indeed equal paths, although their compositions are different upon inspection.

Salt structures are much more temporary than marble, especially when in contact with water. Salt also symbolizes taste, and the pleasures of earthly delights. It is an essential component to life on earth. It is said to purify also. It is commonly representative of the element of earth in rituals.

This pillar symbolizes the domain of mastery over one’s external variables, or material life goals, whatever they may be. It signifies the control of who you are in the world at large, often regardless of your level of internal development. The least among us too can be kings, and history is full of them. There are also homeless and beggar Buddha’s, and countless monks who reject normal society & materialism.

The average practitioner is probably less likely to choose to work with this pillar as their primary goal, although they might dip into it now and again. Techniques such as external energy manipulation (psychokinesis or otherwise), exercise and bodily goals, magickal wealth workings, career

workings, summoning a spirit to “physical” manifestation, etc. are exemplary of this pillar.

### Figure 5: The Memento Mori

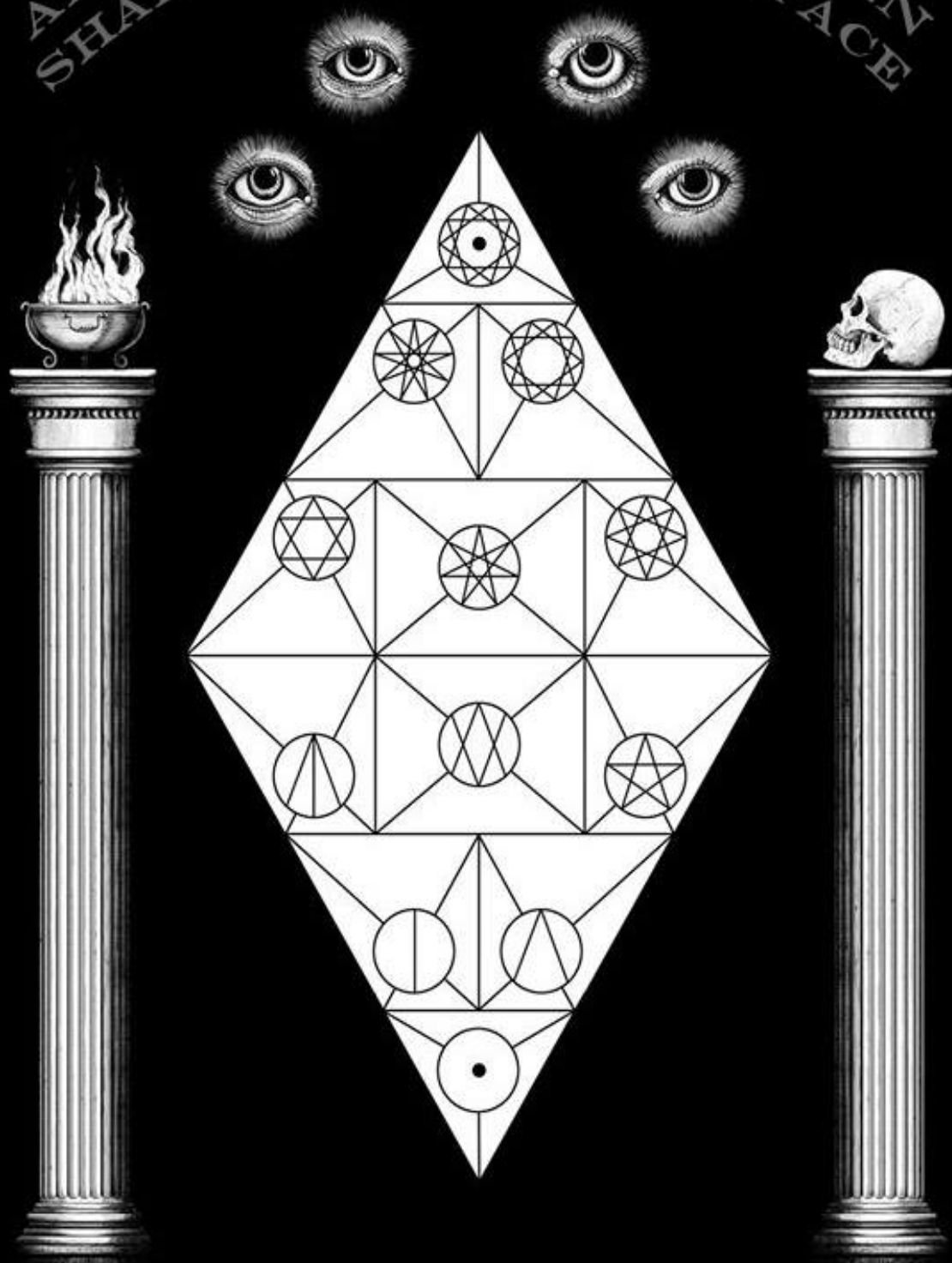
Atop the Pillar of Salt rests a human skull. It denotes the ultimate prize of accomplishment with this path: a fulfilled life well-lived and a dignified death, hopefully in the nature of your choosing. It is the result of grabbing the world by the horns, and taking charge. However, the ocean’s waves will dissolve the Pillar of Salt, and the skull will be ground to dust and consumed by the ceaseless march of time.

This is all ephemeral, you see. Whatever you achieve in this life might be remembered only by very few, and eventually be forgotten entirely. Empires fall and great deeds become myth. That is no excuse not to savor every last drop of your earthly vitae, and make your mark on the world. Such is the nature of life – fleeting, yet there is that which remains: perhaps a mysterious flame still burns, which may find itself at some later date in another skull, and another life.

If one ever achieves mastery (if such a thing exists, as perfection can never be achieved, only chased!) of both the Pillars of Adeptness (and the Four Guardians), then what inner or outer obstacle might prevent him/her from the accomplishment of Will? He/she would have ascended into the realms of Magus, or beyond. Most of us would be (and some are) content with mere proficiency. Our advice: go as far as your Will can carry you.

The texts on the “Four Lofty Guardians” (the Eyes in the Schema) are written by EquanimousRex and may be found in the A.A.O.’s pinned posts.

ALL THAT WHICH IS HIDDEN  
SHALL RISE TO THE SURFACE



4/17/2020

## THE WITCHCRAFT OF ANGELA TRIMMER

These conceptions were developed during a very strange time in my life – the strangest time to date, in fact, which is saying something. I had felt an attraction to them recently and decided to excavate them from memory, as best I could. Perhaps they will be helpful to someone’s explorations.

It was sometime during 2015 while I was living with a friend and his grandmother in Georgia when these ideas first came about. They are actually the product of 4 parties: myself, Angela Trimmer (a spirit who I at the time thought was an integrated past life), an entity called Star Mother, and a group of male entities/spirits who appeared as monks in red robes who usually came out at night and hung out in a large wooden geodesic dome we had on the property. I won’t get into what brought about me conversing with entities and spirits of this type, or at least that is what they appeared to be at the time. I have a rather different perspective these days.

I suppose that Angela was largely responsible for these ideas, so I’m attributing them mostly to her. Angela Trimmer claimed to be my most recent past life: British born, and lived through the 1920s-1940s, and died young. The first time she appeared, however, was during an OOBIE had by the friend I was living with, a good while before she officially manifested for me. Only a few details about her strange and tragic life (as she described it) are remembered. She was born into poverty and was a sickly child, but conditions improved. She spent some time in France during her early 20s and expanded her education (visions of glowing libraries stick with me), which also included getting more and more into occultism and the popular spiritual movements of the time.

She described herself and her circle of friends as “loose Blavatskians”, and ascribed mainly to Theosophy, and referred to a small group of other women which operated as a study group and a kind of personal coven. During this time,



she wore a simple silver/grey ring depicting the simplified shape of a single eye which signified perception, and a dedication to the mysteries of perception.

Sometime around her late 20s to early 30s, her coven attained a connection to a group of Scottish occultists run by a family with “magickal lineage”. The last name was Kriebald, or something like it. They convinced her coven to get involved in their own style of magick and spiritualism, which was said to be intense, ancient, and severe. There was discord between the two factions, but in the midst Angela became pregnant with one of the Scottish magicians. I can’t remember if she was in on it herself, but the plan was that she gives birth to a magickal child – half human and half an extra-dimensional entity worked with by the Kriebald clan. She felt it would be a male child, and named him William.

At some point I suppose fairly late in the pregnancy, in Scotland, she partook in an elaborate ritual in a deep chamber surrounded by stone walls and she witnessed something – I can’t be sure what it was. The stone wall opened up and distorted and some glimpse of another world was shown, a translation of spiritual information to physical; not good or bad, but wholly alien and defying all of her prior experience. It deeply disturbed her and made her question her sanity, and she cut off all ties with the Scottish magicians after that, but lacked the funds to get out of Scotland.

At some point she gave birth, whether with the help of friends or at some hospital, I don’t remember. The baby came out deformed. Due to a growing psychosis, she thought for sure that this was because the magickal operation succeeded, but the two things just didn’t mix, and resulted in an abomination. She became increasingly hysterical, and not very long after William’s birth, she killed him “in order to save the part of him that was still human”. The Scottish magicians caught wind of this and were furious and not very long after, the Kriebald cult found her and murdered her.

That’s what she told me, anyway, and she carried the pain with her, but we eventually healed this. After hearing bits

and pieces about Aleister Crowley's fiction novel, Moonchild, and it involving a woman apparently giving birth to a magickal child, and a conflict between occult orders, I wondered if there were more similarities. But I've never read it, so I will have to investigate that at a later point.

In truth, Angela and the other spirits/voices were products of a very peculiar once-in-a-lifetime mental event which lasted about 3 years, part subjective spiritual experience, and part drug-induced schizophrenia. The self is a wondrous thing, and at one point, myself and the entities turned our collective attention towards how it might operate. What follows is purely the product of its time.

### THREE ESSENTIAL MINDS

A drawn image has been attached which shows the pictorial forms of these and their symbolic aspects. The theory goes that every human being is born with and lives with three minds, spread throughout the body. These "minds" are capable of individual thought and feeling according to their nature, and also serve as energy processing centers. The chakra comparison is obvious, but these were always seen as a bit more than mere energy centers. They can usually be observed doing their own thing individually if one pays attention, but are fundamentally connected and deal with different functions of being an incarnate entity. Conceptualizing them in this manner allowed me to have more influence over them. Magick was seen as the result of these minds in sync and becoming aligned with each other in shared feeling/intention and intending a change or direction. One or more of them being misaligned with the others or with mismatched intentions or Wills was the cause of a myriad of negative symptoms and confusions. They may also be considered as "distilled" Chakras, or simply as the "Main Players" or main influencers of one's complete form.

## THE FIRST MIND

The first mind has three fundamental layers: the Conscious Mind, the Subconscious Mind, and the Witness. It is the most complex of the three and the most active. Experientially, we feel it located in the head, and it is usually the seat upon which our conceptions of “I Am” rest upon. Its three aspects are symbolized by a blue lance, a grey shield with a grid or matrix on it, and the radiant light of a concealed lantern.

### LAYER 1: THE CONSCIOUS MIND

This is where our focus and attention is usually located. The Conscious Mind is symbolized by an upright blue lance. This came in a vision, but I cannot for the life of me recall why it was a lance, or why it was blue. Its mechanism is that of singular aimed focus, one-pointedness, and a clear distinction between one thing/thought and the next. It's main activity while active and expressing itself is scouring the Subconscious for meaningful and new connections between previously learned and experienced things, when it isn't making connections between past information and new information arriving from external stimuli. It may also be seen as the sewing needle which stitches the fabric of the Subconscious Mind, or the spider making connections whereas the Subconscious is the web it's creating. It is also where the Ego/identity makes a distinction between itself and other things, and sets up borders and boundaries.

The Conscious Mind by nature makes paradigm-connections (personally meaningful connections in thought) which become part of the network, web, or matrix of the Subconscious Mind. This is the perpetual interplay between Conscious & Subconscious: weave a larger and better web, and find a way to feel good while doing it.

## LAYER 2: THE SUBCONSCIOUS MIND

This layer is symbolized by a grey shield with a grid or matrix upon it. It facilitates and keeps the ever-changing paradigm, or world-view, composed of interwoven thoughts, conceptions, hunches, hard beliefs, soft beliefs, etc. With the right meeting of Conscious and Subconscious, and with the right connections made, these act like circuits which vital energy may travel through, and become a growing or sudden reality which one will in turn make decisions of Will based upon. The Subconscious is where deep imprints, conclusions, beliefs, and programming are kept; essentially a matrix and database which informs Willed decisions. This layer is also a defense mechanism, and contains the Psychic Censor, which may be coaxed into diminishing to allow for strange experience. Its function is to craft and sustain a stable, functioning paradigm, or model of the world which aids the incarnate being in making sense of and navigating reality.

Dreams were not seen as merely products of the Subconscious mind. They were products of all Three Essential Minds thinking together and processing information, with the Conscious mind dulled by the phenomenon of sleep. To wield both the Lance and the Shield in unison was to be fully aware and responsible for how you both perceived and constructed the world: Magical Consciousness. Otherwise, you would be a confused and disordered automaton, unaware of itself & its processes.

## LAYER 3: THE WITNESS

This final layer of the First Mind is symbolized by the radiance of the concealed lantern, hidden behind the objects of the Conscious & Subconscious mind. The rays which it emits are 12 in number, which originally had some deep significance, but I cannot recall it. This invisible lantern, this pure light of perception, or theatre in which all events occur, might be called the "True Self". Those things which it

illuminates into being are the various ever-changing contents of self - the Great Project of the Lance & Shield.

The light which observes itself only observes more of itself, and is thus invisible to itself. Many mystics have become hung-up on the mysterious nature of this perceiving core, by Hindu tradition called the Atman. The Witness does not itself contain any contents, for it is the witness to contents – things, thoughts, feelings, memories, external stimuli, etc. By the Willed directing of its light one allows for the knowing of the contents of the other minds.

This core is subtle, and difficult to attribute detail to. One may develop conceptions of the Witness by virtue of the spinning together of codes by the Conscious & Subconscious, but it is simply the phenomenon which allows for the existence of such things. By delving deeply and beyond the Conscious & Subconscious constantly weaving the paradigm, one may get a look at oneself wholly naked – and perception itself is all you'll perceive; the ontology of consciousness.

## THE SECOND MIND

Experientially, the Second Mind is perceived to be located at the core of one's body – right in the middle around vital organs. One may remember feelings of past heartbreaks occurring around this area, almost like a literal bodily pain. On the other hand, one may have felt wholeness or love emanating from around this region. The Second Mind is more primordial than the First Mind, and does not “think” or “express” in the same fashions or mechanisms. It doesn't use or express itself in linguistic codes (language) like the First Mind does. The way it thinks is by feeling things out, and making connections with the aid of the other minds, as all of these are processing together at any given moment.

Its main function is to feel and process emotional information, which may be tied up in any of the thoughts of the other minds. It contains a complete record of all the deeply felt experiences and crucial emotional lessons that

have occurred in one's life, and by a kind of emotional intelligence, makes connections and conclusions in a similar sense to the layers of the First Mind, just using a different, more primal language based on raw felt sensation. It should be noted that some people seem to have a more active Second Mind than do others, and might guide themselves mainly by emotional intuition rather than intellect.

The Second Mind is symbolized by an open book written in an indecipherable language (the personal language of one's feelings) resting on a stone circle covered with moss, with a key underneath the book. This book contains all the essential "lessons" and emotional realizations of your life, and you may flip through it freely, and its pages will be written up until your death, where then (perhaps) a new book starts with a new incarnation. It is where intuition is found and felt.

Behind the book in the stone circle there is a secret key hole, but one needs to look beyond the record of one's life to open that door to what I called "the Long Haunted Hallways". To do this was to selectively access the "Being Level" information of previous incarnations, but a personal choice had to be made to "go beyond the current book".

It is my lasting suspicion that the Second Mind has perpetual access (albeit sometimes hazy) to emotional information from previous incarnations which it uses to calculate and measure new information up against – a kind of ancestral lineage written within you. Perhaps the decision to use the key only occurs in highly stressful moments in life where extra resources are required, perhaps from another time and another self. The opening of the door allows for new contents for the Witness to shine upon and illuminate.

There was another weirder vision associated with this given by the entities I called the Red Monks, about a secret key hole in the center of being, giving access to the accumulated moments of enlightenment spread across countless incarnations, and when one accessed this, they would achieve Buddha Mind; Satori; the state of the mind no longer set against itself. I actually did experience this, but it

was only for a night, and it also involved a breathing and visualization technique given to me by one of the Red Monks which was similar to Tummo before I had even heard about it (funny thing for a hallucinated entity to teach). I suppose there are countless potential uses for accessing that place.

## THE THIRD MIND

This mind is the most primordial, least complex, and most abstract as a felt presence in the other two minds. Experientially, one feels it located at the root of the spine and between the legs (the genitals). It is symbolized by an equally abstract pictogram: a dark purple swirling mass of energy. It thinks and expresses itself both in terms of sexuality and sexual identity and also energetic movements up the spine from another world. So-called Kundalini, or Orenda, or Prana would be something it deals with and processes. In some strange sense, the Third Mind contains a vital essence which is uniquely specific to us, and may manifest in many startling ways if not accepted and dealt with. Repression of its contents may cause it to be expressed in any number of negative ways. It is the deeply felt drive, the desire, the animating principle, creative/birthing energy and very spirit of what it means to be alive, and to find a way to survive, and even to be happy about it.

When one finds balance and shared intention between the Three Minds, magick and change is manifest, if one so chooses to manifest it. When there is a conflict or hang-up within any one of them, it affects the others, and the entire goal becomes to efficiently process the conflict, or learn to live with it for years on end if a solution cannot be found. The only maintenance these things require is general mindfulness, attentiveness, and attention paid to any thought or feeling or impression or persistent sensation that warrants your light to be shown upon it.

I once asked the spirits whether any of these minds truly cease to exist after death. The answer I got was that only the

Conscious & Subconscious (the Lance & Shield) minds are dissolved, allowing the Witness to shine forth fully and one is left with the undeniable truths of the lessons one has accumulated. One then had to spend an untold amount of time in Locale II (or perhaps in the Bardos, depending on your beliefs) processing these lessons (ideas of a life review come in) before incarnating again, this time with new circumstances and variables befitting the kind of new lessons you could most benefit from in your continued evolution.

Whether this strange insight from a strange era actually relates to a metaphysical truth or not, it aided in my explorations at the time, and to apply it is just to make another optional connection in the web of paradigm.

Journey well.

4/24/2020

I have been thinking of potential maps of “hyperspace” or otherwise domains that are difficult to map. I have realized that only I may find them personally useful, if I make the appropriate belief-connections in my paradigm. For others, they might just not fit into their own understanding. I’ve been reading “Ultimate Journey” by Robert Monroe, and I find his map of the layers of Self to be a little problematic. Then again, this guy might have perceived them for himself during one or more of his many OOBes. However, perhaps he simply observed his own belief-connections in visual form, given all of his experience up until that point?

What I’ve come to understand by careful consideration and mindfulness is that the Conscious Mind is making belief-connections all the time (and if you catch them in the act, you can better decide on them; meditation comes into play here), and that whatever is accepted and turned into referential programming in turn creates the architecture of the Subconscious mind, which is fed back into the decision making process of the Conscious Mind, and on, and on, and the web of paradigm (or model; worldview) becomes larger,



more refined, and more advanced (hopefully). Indeed, this is how NLP (Neuro-Linguistic Programming) works, and one will notice that the thoughts and/or symbols one wills to implant deeply into the Subconscious will be more readily recalled and empowered over time – a more striking psychic force. Mantra is another example. Sigils are another.

One of the metaphors I've found useful is thinking of the Conscious Alert Problem-Solving Mind as the one-pointed needle which threads the cloth (Subconscious Mind Information; accepted paradigm and programming). The needle itself is wielded and directed by something more fundamental: the Atman, the Witness, or as Monroe calls it: Core Self. The patterns it knits make up the shape and database of your awake, aware, perceived self. The good news is that belief-connections do not need to be automatic or forced, but may be carefully chosen. In this way, from the ground-up, one becomes the Lord of the proverbial Manor.

I've taken to sitting meditations twice a day using an audio aid, a little further away than my previous laying down meditations. The reason for this is another belief-connection, which might be irrational. I recently smashed a large house centipede that was scurrying across my floor at night near where I would usually do laying down meditations. Well, call me paranoid, but I don't feel quite right with my head right near the radiator where this miniature monster crawled out of. They are one of my least favorite insects, but after doing some research on the thing, I've come to somewhat respect it. I still don't like it. I just respect it. I just don't want any crawling on me. So, daily sitting meditation it is.

5/1/2020

## OVERVIEW OF PROGRESS 1.0

I began recording this magickal journal on 1/6/2020. Several months have passed, and I seem to be no functionally closer to inducing an OOBIE at will, or whenever desired. A part of

me thinks I should have started from Circle Zero and enacted a steady climb, allowing certain practices to build off one another, as was the original A.A.O. intention.

I have had a small handful of lucid dreams & some very vivid dreams, and two short OOBES in five months. This is a far cry from having several OOBES a month, which occurred throughout my 20s. This probably comes off as a bummer, but I just have to be brutally honest. That's a big part of the practice, I think, is brutal honesty; with others but especially with oneself. So, perhaps a brief overview is in order so that answers might be coaxed to come forth.

When I think back to the OOBES of my 20's, I remember very clearly that I felt I had one foot in both worlds, and only had to feel and engage my Astral Self in order to exit the body. This still wasn't whenever I desired, but it was quite often, as previously mentioned. These weren't the best OOBES, as I often found myself in the Lower Astral surrounded by entropic critters and other entities. Most times, however, I just roamed around my house and walked up the street outside. They weren't very long or engaging OOBES, but, for me, it always felt great to fly out of the body and to be a non-physical self in the Astral. It was not only a constant reaffirmation of the immortality of self (if indeed it does mean that) but also a strong sense of accomplishment.

So what is the Astral? I will have to unpack and pad this with theories and experience-derived hypotheses from others whose experiences matched my own, in order to form a bigger and more applicable picture.

The Astral (or Second State, as Monroe calls it) is a non-physical medium in which consciousness is suspended within and may travel through. It is also the medium by which magick is said to work and travel. The ontological and metaphysical bedrock of this medium is consciousness itself; a primordial consciousness from which all realities spring forth, including our physical time-space universe. We reside in a dense emanation of this primordial consciousness field, only having access to a limited set of dimensions as is allotted

by our traditional human senses (a sixth sense and beyond appear to be active in some), though drugs exist in the ecosphere which may offer shortcuts if used with care.

Other emanations (sub-systems; data-streams; realities) are less “dense”, and have slightly or extremely different rules. The point of it all is that these data-streams serve as teaching and learning devices, and a consciousness can grow by leaps and bounds depending on the lessons learned whilst incarnate as an avatar in one of these realities. Many lessons may also be learned in the Astral, itself, as a non-physical entity. Entities concerned with continual evolution seem to enjoy universes like ours because it’s rough & tough, visceral & precious; the union of dichotomy.

As for my own progression, I don’t know exactly why I stopped having frequent OOBES. And I definitely admit that my want in reinvigorating them was for purely selfish reasons: to feel that feeling of inter-dimensional triumph once again, and to simply explore the far-reaching domains of the Astral, write down my experiences, and perhaps even aid others in their own explorations and first encounters.

At the moment, however, I’m not quite sure what to do. I could cycle back and activate the prior Circles, and attempt the climb with more momentum behind me. I think I expected too much from the jump. I thought that if I gave it a real effort, I would begin having OOBES often enough again. Now it seems to me that I was just given a taste of the phenomenon years ago and if I really want to develop this as a Siddhi, it will require a whole lot of push in the right direction. For I was outright asking for a Siddhi – something that might take your average Indian holy man 30+ years to fully develop and master. For some people, also, and these are quite rare, but they begin OOBES’ing from childhood and keep the skill/talent as they go through later life, and it’s just a constant and common part of their lives. For the rest of us, it requires continual work.

The long road goes ever on. I will contemplate these things and develop a new plan of action.

5/7/2020

I had an interesting and encouraging result after changing my method of approach. I've turned to lying down meditations once more, due to the position being the one most commonly used when attempting an OOB. I'm still playing some relaxing musical aid while doing this (just can't use headphones anymore as the cord doesn't reach my futon, so hemi-sync is out), and the meditations usually last about 20-40 minutes.

For this recent meditation (last night around 8:30 pm), I went into it with a clear and heart-held intention, which was to maintain awareness beyond the border of sleep while going through the steps and conditions of "the Process". I was getting deeply fed up with how difficult it had been to reawaken the OOB skill. This only fueled my resolve, and helped to generate an unbending intention to, if not fully project, then just get as close as I possibly could.

I went through the first Conditions of "the Process": Motionlessness of the body until the shutdown process can be detected, but during this, a subtle female voice chimed in.

"Do you really want this?" She said.

"Yes, I do." I responded.

"Then breathe." She said, and vanished.

I took this as a recommendation for breathing techniques, or simple focus on the breath as many meditation methods recommend. I had been using the mantra "Om Vighna Nashanaya Namah" which is attributed to Ganesha, and is said to aid in overcoming obstacles. I realized the mantra wasn't doing much for me, so I switched to Conscious Breathing after the advice of the voice. I differentiate Conscious Breathing from Passive Breathing in the sense that one can shine awareness on the cycle of breathing and allow it to be autonomic, or one can consciously inhale and exhale and forgo just allowing your body to do the automatic breathing. I tried getting into both styles, but Conscious Breathing was having more noticeable effect.

After some point after continued motionlessness and Conscious Breathing, all the while holding a strong intention, the usual weird body feelings began to manifest. This signifies a steady loss of body awareness during the shutting-down-to-sleep process. It's a great place to do energy work and to "defragment" one's energies & mind. Then something new began to manifest. My body and mind were becoming filled up with a buzzing vibration, which I visualized as a white energy filling the body - about 70% of the body, in retrospect.

I was actively "pulling in" these vibrations, or they were manifesting out of me. This vibration state is a common prelude to OOB, especially for beginners, although these vibrations seemed to be buzzing at a higher frequency than those I had encountered years ago, just when I was beginning my OOB practice. During these high buzzing white vibrations, the female voice chimed in again.

"If we let you have this, you will never be the same."

"I wasn't the same 5 years ago. I understand this. I'm ready for it." I said.

The voice once more vanished.

I spent some more time with Conscious Breathing, and trying to pull in or manifest more vibrations, but couldn't get beyond what felt like 70% max capacity. I also visualized leaving the body and walking around my apartment for a while. This sometimes helps to encourage the real deal, but is not a method that carries much weight. After going as far as I felt I could go, I broke the meditation and got up.

5/18/2020

My meditations and attempted induction techniques have been lackluster lately. I might be going through a kind of slump, but wanted to make a journal entry anyway. I'm almost done with a re-read of Monroe's "Ultimate Journey", his second book "Far Journeys" is next. Though I had read it long ago, I unfortunately couldn't find a copy of his first one,

“Journeys Out of the Body”, which introduced the term OOB to the culture as a replacement for the more loaded and “spooky” label of “Astral Projection”. I’m reading these out of order because “Ultimate Journey” arrived first.

I’ve been thinking about trying to recreate the conditions that caused one of the lengthiest and exploratory OOBs I have had to date, (although some details are fuzzy) which was a year or two ago where I’m living now.

I had woken up early to attend a housing voucher meeting, but was called by my caseworker after a few hours who said I didn’t have to attend. So I went back to bed and had a string of vibrant OOBs. They would start out in my apartment, but the more I explored the weirder things got. I was walking down long hallways with doorways which each lead to a completely different looking location. One doorway I gazed into depicted an enormous cavern with huge tunnels made through what looked like pure white salt. I thought that some sort of large astral creature might live there, so I yelled into the white cavern, but heard nothing in response. Other areas resembled expansive underground military installations. Monroe might have called this “Beginning from Locale I but eventually bleeding into Locale II.”

The only entity I came across was an attractive black woman adorned with jewelry. We were both naked in a hot tub, but it didn’t lead to sex. Some sort of energy work was going on. I might have had around 5 OOBs in succession, with brief periods of waking up in between them. After falling asleep and finding myself in Zero Point Consciousness, I would just “jump” out or “roll” out of body.

This was not caused by the recommendations of a classic WILD induction. I first woke up with more than 5 hours of sleep behind me (but I was very tired and had a dense fuzzy feeling in my head, so it couldn’t have been by much), and I stayed awake longer than 1 hour before I went back to bed. I wasn’t thinking about OOB prior to this. I didn’t even fall asleep while holding the intention of having

an OOB. I had thought it was completely random, but perhaps the WILD technique works best (for me) with some slight adjustments which I will implement.

6/4/2020

I have not yet started practicing a tweaked WILD technique, but I've been keeping up with nightly meditations. I have been making needed progress in other ways. I've lived a weird kind of life, and just 5 years ago went through the strangest event of them all. I won't get into the details of this, save to say that magick, drugs, and schizophrenia are involved.

Although the symptoms have more or less evaporated (except the occasional voices, which are themselves usually soft-spoken and polite... usually), I had been left with a kind of PTSD from the whole experience. It was much like being in a psychic war for a time, with forces on either side battling for supremacy.

The experience in whole had resided as an enigma in my psyche for quite some time. It's not that I ignored it. I just didn't know how to manage all of it. I had never really made complete peace with its bizarreness and dark beauty and terror. I recently decided to make the push for shining a positive light on my past and further integrate the dark stuff. This kind of alchemy can be difficult, but worth it.

The only other thing to report has been some increased ability to visualize and observe dream-like scenarios on the back of the eyelids during lying-down meditation. One of them was seeing a pale monster/creature shamble up to me through dark eerie woods with fog on the ground. I killed it with a sword and then explored the forest.

6/18/2020

I have begun reading "The Way of Zen" by Alan Watts, and generally dipping into Zen Buddhism. I had felt a strong calling for something known for soberly documenting the

various states of mind it is possible to experience. Oddly enough, right around this time I began to see Zen references everywhere, and some friends had also shown interest in it. Perhaps it was just the pattern-seeking part of the brain, but it was often enough to be an obvious thing. Synchronicity, check? Perhaps I was meant to turn in this direction.

I recently decided to switch up my meditation by assuming a half-lotus sitting position (on my futon because it supports the back) and I have been preferring it over lying-down meditation. They say that you should be able to meditate in all natural positions - sitting, lying, standing, and walking. As for what my meditations have been entailing, there are a number of things. Sometimes I concentrate on holding a mental image. Sometimes I concentrate on holding non-thinking; a vacuous state. Sometimes I attempt a visualization and coax out some closed-eye visuals. Sometimes I focus on repeating a mantra. Most times, I focus on non-thought. Although I cannot last very long before having a linguistic thought, I can last a few minutes in uninterrupted non-linguistic-thinking. The meditation sessions usually last about 20-40 minutes on average.

All of these activities and more are equivalent to lifting psychic weights. One then assumes there must be a muscle to strengthen, or perhaps they all work on different muscle groups, like gym equipment. What all of them lead to is some proficiency with controlling the Inner Voice, or Animus, or consciousness. The more you can hold firm and control your conscious states, the more you can control the mind in general, and one skill bleeds into others.

I am still utilizing and building onto "The Process", but I am now calling it the CCC, "Consciousness Control Center". It is an amalgamation of various techniques which find their homes in many traditions. I have yet to map out the current version in full, but perhaps in a later journal entry.

Maintain.



6/25/2020

The latest dream was about attaining the classical Siddhi of levitation. I would get into a sitting meditation position, and fly around on a “cushion of air” controlled by me.

The dream characters were astonished at this, and asked how I was doing it. Not me, but another dream character who looked like the creepy pale-faced man from David Lynch’s “Lost Highway” told them, “All that which is hidden shall rise to the surface.” He saying this gave me a confused emotion, and I thought he might be mocking me, as if to say, “Do you really know the implications of this?” He stared at me, and laughed. The dream went into more abstract territory after that, and I remember next to nothing of it.

Another recent dream entailed me opening a sliding glass door and viewing a beautiful oceanic vista of shallow blue sparkling water. I could see far into the distance and make out multiple houses beyond the shore. The place I was in was apparently a boat house, built on top of the water.

I went outside to a wooden deck and saw some other people swimming in the shallow blue water near my house / building / boat. I think one of them made a joke about me, and the others laughed. I wanted to jump off the deck and into the water, so I did, and completely submerged myself. I took a breath and drew in, and my last thought was “You shouldn’t breath underwater.” I then woke up.

7/2/2020

A few days ago I had a brief OOBE during a short nap. I’ll try and retrace the breadcrumb trail as best I can. I do not know why I ended up in ZPC (Zero Point Consciousness; no data stream) but I did. At some point I found myself meditating on non-thinking in a dream, and holding that state, which might have been the trigger. Otherwise, there was no obvious trigger or cause.

I became aware/lucid in the ZPC state, and then willfully shifted my awareness into what I sensed as the Astral Body. It's difficult to describe how these bodies felt, how it felt to be in them (whatever that means), and how it felt relocating awareness to the Astral form. In states like this, by my experience, it's all done by sensation and intention.

Separating from the physical body felt like wrenching myself from flypaper - a serious and concerted effort was involved. I had also encountered this sensation in the past. To me, it seems to say that I was not in an ideal state for separation, but intended to do it anyway. Once I got out I once more found myself in my old room at my old place (I'm not sure why this happens, but it might be because I'd had so many previous OOBES in that location, so I associate it as being a safe place to start from). I went downstairs to check the bathroom mirror. I appeared as a perpetually shifting blob of multicolored energy in human shape.

I went out the front door and found myself in a completely different environment. It was night, and I was in a lavish house, or complex, or modern mansion of some sort near a beach. Some kind of party might have been going on, and there were lots of people talking amongst themselves in small groups. I talked with some of them, but cannot recall the content of the conversations.

At some point I was walking along the beach just outside of the complex with my ex. She had shown up in a previous OOBES as well, but was then a lifeless manikin. She seemed quite organic this time, and we talked as we walked. We walked all the way up to where the compound ended; it wrapped around the shore and blocked the way. There was a black guy performing some activity (perhaps he worked for the owner of the compound) and I went to speak with him, but I snapped back into the physical, and then woke up.

7/28/2020

It's been a moment since my last entry. Since this report entails a wide mixture of Circles, I'll just tag it as #Circle8 (Paradigm Work), which is what it deals with for the most part. Earlier in my entries I had mentioned getting into Zen Buddhism. After reading the Alan Watts book, "The Way of Zen", I ordered some more books, of which "Glimpses of Abhidharma" by Chogyam Trungpa was one. The Abhidharma of classical Buddhist texts (which I couldn't afford) is said to present a system of psychology and a mapping out of states of consciousness.

Trungpa is hard to read compared to the eloquence of Watts. I get that English isn't Trungpa's first language, but he just doesn't explain things well or in enough detail, which often results in metaphysical word salad. Early in the book, he says that intuition or "heart" is "human" whereas intellectualization is less "human". Doesn't the human capacity also include human thought and consciousness? Isn't our intellect completely natural and human, all the same? I think that anything which occurs within the human domain is essentially human, if we have the capacity for it. A big whatever on that. I'll finish the book.

Meditation has been going well, and I've been pushing the amount of time I spend doing it. I focus on breath and relax into non-thinking, and attempt to stay there. When some thought arises I acknowledge it and allow it to pass. I keep finding my way back to this empty state, and I have found it to generate deep feelings of peace and clarity.

I had an interesting moment in a recent meditation session. I perceived a split-mind effect. One mind was my average one, and the other was Satori - awakening to Buddha nature. The sensation only lasted for a split second. Afterwards, I got images of golden statue Buddhas in my head in all directions. I cannot really explain what that was. Perhaps, like so many of these things, I was given a glimpse of a possible future, or possibility that exists given practice.

I had also recently gone through a Circle Zero period, which I had been putting off ad infinitum. I had gone off the rails a little bit with alcohol and marijuana use, mainly with alcohol. I know that alcoholism runs in my family and I'm not about to just accept a generational curse. So I put a stop to the perpetual party, and spent about a week completely sober. I contemplated my life goals during this time. I still want to use alcohol occasionally, and especially during social functions. I am just cutting way back on my use of it. I'm not even sure if this is sustainable. I'd like to think I'm the kind of person who can use it only on occasion. If it slips out of my control again I might just go cold turkey. I also need to pick a day to start using nicotine lozenges and stick to it. I also have a top-notch vape robot dick that I can use when drinking.

Otherwise I had been working off the energy from Chelseanacht wherein I charged and fed a sigil of desire to Ellis & 663. The intent had to do with a personal creative current, music in this case (but not limited to; also includes visual art and related outlets). So basically I want to make an album out of the kind of songs I hear in my head (whether I want to hear them or not, they are always there). The goal is 20 demos and picking and choosing from that, also including remakes of previous songs.

We're all fighting an uphill battle.

McKenna said, "Nature loves courage."

Maintain.

8/17/2020

This will be a short one. Tomorrow marks two weeks without a cigarette. Quitting has been something I've wanted to do for a very long time, and now it looks like it will stick if I consistently disallow smoking tobacco in my life. I didn't go off nicotine cold turkey though, and have been using lozenges and vape to compensate. Eventually, I would like to get off nicotine altogether.

I've been going for long walks around town more regularly in the mornings, before eating. This is both to reinforce the cigarette cessation and to lose some weight in general, as people usually gain weight when they quit.

Meditation is still 1-2 times a day, for about 20-40 minutes depending, but this is mainly a Circle 1 post. There hasn't been anything particularly interesting in the contents of my meditations as of late. I'm just taking it one day at a time. I feel like I'm just getting started regarding the translation and unpacking of some new and exciting energy. Where it ultimately goes is left to be seen.

9/20/2020

I have been folding Energy Work (Circle 3) into my meditation practice in a very simplistic way. Basically, I'm visualizing a pentagram with an eye in the middle placed over bodily energy centers, though mainly focusing on opening the third eye / Ajna chakra. At first I feel sensations or a pressure in the area, and afterwards mental images become clearer.

This is also because I desire more inner vision during my meditation sessions. This isn't a constant thing, and is a kind of goal-oriented meditation, whereas some styles recommend a goal-less-ness. I like to go on mental journeys sometimes and generate "magickal space" as part of my meditations, which usually go beyond simple mindfulness and breath awareness.

This is allowing me to accrue energy and focus it into certain life sections. My creative energy has been very scattered as of late. I have multiple ongoing projects but haven't really been focusing on any of them as "the one I should be focused on." So I've been looking for solutions to this; means of streamlining a particular project then going on to the next one. I haven't been feeling particularly run down or anything. There's just been quite a lot to give my focus to, and I'm trying to structure things without making any deadlines. I don't work well with deadlines. In my experience

as an artist in general, things are finished when they are meant to be. I just wish I had more speed and better traction.

So the work continues. Here's hoping the "Meditation Plus" tactics I've been using will bear some fruit and focus.

11/9/2020

Here's announcing the New York Chapter A.A.O. Laboratory: for the pursuit of grassroots occult science. Directors & employees: Myself. Equipment: a PC, headphones, a futon. Gotta start somewhere.

Instead of waiting to get new headphones with a longer cord I went and pulled out my heavy futon close to the computer, so I can lie down while going through the Monroe Institute Hemi-Sync series, which I had recently acquired. I'd been looking for them for the longest time, and just a few days after downloading them from an Internet Archive site, the site went down; lucky me I guess.

I wasn't comfortable just lying on the floor because yet another house centipede came out of the same spot the previous one did, and I just narrowly managed to squash it after it stayed still for a while just on the border of going underneath the futon; lucky me, again. They are one of my least favorite insects in the world, and I'm not going to risk them crawling around on me.

During lying down and going through the Hemi-Sync series, I'll be keeping close watch on bodily sensations; perspiration, increased heartbeat, etc. and mental effects. Right off the bat, I see that Monroe had clustered several techniques of meditation, NLP, breathing exercise, and hypnosis in a succession. Coupling techniques like this only increases your chances of a result, or some change in psyche and/or body. It's the same reason certain techniques and areas of practices are coupled as phenomenological accomplices in the Gates of the Schema.

I cannot report much from “Orientation”, Wave I, Discovery #1, which is where one should start. During the second file, I did however partially arrive at what Monroe calls Focus 10, and what I’ve been calling Mind Awake/Body Asleep, one of my “Conditions” in the CMCT (Consciousness Manipulation Center Technique), previously called CCC. At some point I arrived on the outskirts of Focus10, and Monroe has a very good procedure for relaxing the various parts of the body and sending a message to them to “Relax, let go, sleep.”

At one point my body went half-numb and began the shutting down process, with my mind still alert. This manifested the usual body sensations associated with it: feeling like you’re standing up instead of lying down, feelings of body parts being bloated, and subtle pulsations of energy detected flowing all throughout the physical being.

I’ll be giving all of these Hemi-Sync files more than one go-around. I’m also reading a biography of Robert Monroe currently, so for the time being, I’m veritably saturated in this guy’s work, his aura, and the hope he brings to those who would seek to venture further than the conventional farmlands of the physical dimension.

More reports as they come.

11/17/2020

I have found that some of the Monroe files are more useful than others depending on what you’re doing, and you will have to go through the earlier stuff multiple times in order to feel all felt effects. That said I’m still on Wave I. I feel the complete series would be a boon to the A.A.O., but I’m having trouble uploading it all to my Dropbox. Perhaps I’ll divide it into sections of each Wave and upload that way.

Well, 2020 is almost over, and so is this particular magickal journal. I’ll release it to both the A.A.O. and DKMU on New Year’s day as a PDF. Hopefully it might help someone, or generate intrigue or something to that effect. I cannot say in

good conscience that I have gotten any closer to being able to induce an OOBIE at will, but I have gained other things in the process. One of the shiniest gems I've developed is the CMCT (Consciousness Manipulation Center Technique), but bugs and kinks still need to be worked out. I will be explaining it fully in a later entry, as well as an updated "Conditions" required to induce deep meditation, mental journeys, magickal states, lucid dreams, and/or OOBIEs, depending on the intention of the practitioner.

Although I wish the A.A.O. were a bit more populated at this point in time, with more people going through the Schema and putting it to use/work, I am honored to be going through the practice with the seekers currently involved. To truly care for and find value in grassroots occult science is not a bad place to find yourself. It is the polar opposite of sloppy elementary occultism where unjustified egos reign supreme and your pocket of skills amounts to not much more than jerking off to sigils and endlessly trolling and/or LARPing on some FB or Discord group as if it meant something.

I'm not saying we're better than those who find themselves in that situation, but I am saying we're probably a great deal more potent in prowess given the strenuous practice and the conducting of serious experimentation. So is the DKMU, which hasn't yet degraded into something like CMG. And if we keep our wits about us, hopefully never will.

No matter what your regular haunt happens to be across the wider occult community, if you aren't in it for the magick, and for evolution, it really begs the point: Why the hell even stick around? Don't connect to something which does you no good in the end. It seems that many people do it just for the community. They might lack friends in real life who are interested in such things. They might lack friends in general. Perhaps their initiation didn't ever really provoke them at the root of it all. Perhaps they don't take occultism seriously because they don't take anything else seriously. Who knows? But I, and others, are in it for the long haul, and we won't be stopping anytime soon. It's too much fun to stop,



and the rewards are too great. This stuff touches every variable and every aspect of life, and when you've got a good momentum going, growth is inevitable. You might even feel your own fires blazing and shifting in some dreamy liminal space of the endless starry night of magickal initiation.

And that's the point, isn't it? Evolution instead of dissolution. All that which is hidden shall rise to the surface.

I'll keep going through the Hemi-Sync files and report on any progress and success attained, and then, at some point, I'll unpack the CMCT as it currently stands.

Maintain.

12/19/2020

For those going through Wave I of the Monroe files: here are the techniques he wants you to be able to do yourself without guidance in the later files. I'm listing them out and what they entail mainly for myself, as I want to practice each on their own and not totally in the context of the Gateway Series.

They are certainly occult techniques, but with Monroe's labeling in an attempt to divorce them from the occult and make them more scientifically acceptable. This was just Monroe's style and way of categorizing things, and the new language did enable success regarding the way in which these techniques and phenomena are generally seen and accepted by psychologists, scientists, researchers, etc. It's best to look past terminology in this case and see these things for their primary mechanism(s) of action.

In Wave I Discovery: Orientation, Monroe acts as a relaxing but stern guiding voice and first encourages us to take a comfortable position sitting or lying down while listening to the sound of ocean surf. He encourages you to contemplate and to use such "natural energy", and to control it, and direct it, where & whenever desired.

Monroe then introduces the listener to Hemi-Sync. One pure tone in one ear, one tone in the other. When played together, they create a vibrato effect. Monroe says this

achieves Hemi-spheric synchronization - more communication between the two hemispheres of the brain. He invites us to remain here for a while.

Monroe says we are ready to take the next step in the imagining of an Energy Conversion Box with a heavy lid. He allows us to imagine this fully. He then tells us to raise the heavy lid, and to put in all of our physical matter, worries, anxieties and concerns. Then we close the heavy lid tightly, and turn away from our Energy Conversion Box. This allows us to approach the following techniques with less distraction and common thought processes related to physical life.

Then follows some NLP (Neuro-Linguistic-Programming), beginning with, "I am more than my physical body, etc." We repeat this and we mean it, and this loosens up the Critical Factor and prepares us for potentially unusual experiences. In later files Monroe expects the explorer to be able to repeat this NLP statement in whole. So here it is in whole for the purposes of memorization:

I am more than my physical body  
Because I am more than physical matter  
I deeply desire to expand, to experience  
To know, to understand, to control, to use  
Such greater energies & energy systems  
As may be beneficial and constructive  
To me, and to those near and close to me  
Also, I deeply desire the help & cooperation  
The assistance, the understanding  
Of those individuals whose wisdom  
Development, and experience  
Are equal or greater than my own

The next technique is called "Resonant Tuning", and resembles Asokukan, a breathing meditation using similar conceptions and visualizations. Monroe guides us to visualize "stale, tired & used up" energy leaving the body and to breathe in "fresh & vibrant" energy issuing forth from the

world/Universe. One exhales by pressing one's lips as if blowing out a candle. I usually visualize this as a white mist entering the body through inhalation, and dark smoke exiting the body upon exhalation. The pure energy fills the body and the impure is pushed outward. Other practices might call this visualized energy "Chi", but Monroe uses his own terminology. This activity definitely contributes to an altered state of consciousness when performed with keen intention.

Monroe then alters the technique a bit by suggesting "humming or singing" while exhaling. I suppose this means humming in tune with the Hemi-Sync tone. One may also "Om" in key. The sound of mystical moaning is accompanied by this, which admittedly put me off when I first heard it. I don't know what the function of this sound is, but it's best to just go with the flow. This also allows us to enter a "hypnotic" state wherein comes the next technique.

Monroe then counts to 3, this being the "3 State", a little rest zone up until this point, and as he says, "the state of the synchronized brain & mind." We stop here for a while, and are allowed to explore this condition in a state of deep, though energized and clarified, calm.

Monroe then counts down from 3 to 1. This is the "coming down" process. "Your senses are waking up, when I reach the count of 1, all of your physical senses will be operating clearly, sharply, and beautifully."

One is suggested to become awake & alert, feeling refreshed. This completes the first exercise.

In the next file, Wave I Discovery #2: Introduction to Focus 10, it begins much as the first file. Monroe encourages us to move the body into a comfortable position while listening to the natural powerful sounds of ocean surf.

We now move to the Energy Conversion box once more, and place in there all the things mentioned in the first file. You fill the box with all of your physical matter, anxieties, worries, and concerns, and then close the heavy lid. For me, the box & lid are made of some kind of greyish stone.

Monroe then initiates the process of Resonant Tuning. The same mystical moaning is played while you do this. Again, one inhales pure clean energy from the world through the nose, and exhales dark, impure, stale energy out through the mouth. This technique out of context is a great thing to practice while meditating. Although the “energy” in this case is only a metaphor for some other real process, it assists in accomplishing a certain altered mental state.

Monroe then repeats the NLP call beginning with “I am more than my physical body”, and one repeats it along with him. In later files he expects you to remember it in whole, along with the other techniques, without guidance.

Now Monroe invites us to Focus 3, a state of brain & mind in synchronization. He coaxes us to “Relax, relax and enjoy the synchronization of your mind & brain.” We stay here for a bit before moving on.

Monroe then introduces us to Focus 10 - the 10 state. This is a state of Mind Awake/Body Asleep, and this is the desired effect. He guides us through a body-relaxation process where we tell parts of the body, and up to the whole body to “Relax, go limp, let go, sleep.” This process is tremendously effective with a guiding voice, although in later files Monroe expects you to do this technique on your own. This is why repeated listens of the first Wave I files are worthwhile, or, you could use this entry as a cheat sheet, and practice the techniques outside of the Monroe files.

After suggesting that this whole relaxation enter your brain, as well as your whole body, Monroe begins the countdown to Focus 10. This is where a hypnotic technique comes in again. With each number counting down, Monroe again suggests that various body parts, “Relax, let go, sleep.” This coaxes the entire body to begin what I refer to as Condition 2 in the CMCT: The Shutting Down Process. If successful, one will begin to feel numbness and waves of energy/sensation moving throughout the body. One has only just begun to separate from the data-stream of the physical.

Finally we reach Focus 10 - the 10 state, where “Your mind is brightly alert, and your body is comfortably and calmly asleep.” Monroe gives us a technique to induce this 10 State whenever we want, presumably even when the body is awake, by pressing the fingers of your right hand on the back of your neck, or on your forehead. I’ve never attempted to use this, as a deep meditative state is convenient and navigable enough for me. In this 10 state, Monroe suggests some positive messages, all having to do with the optimal functioning of Body, Brain & Mind, now in sync.

Monroe then bids you to enter fully awake normal reality, completely refreshed both physically & mentally. He begins the countdown from 10 to 1. “Awake, breathe deeply. Stretch your arms & legs. That is the end of this exercise.”

I will review the later techniques in another entry.

12/19/2020

I sometimes feel that as magicians, we may all collectively have one hand tied behind our backs. Many practitioners who I speak to who encounter regular levels of success are dumbfounded when attempting to explain the “how”. Likewise, there are armchairs who are too quick to explain the how & why but they lack any high experience in the field. They may lack experiences where magick has literally saved their lives. Not too wild are they, and prefer to deal with magick at an intellectual distance rather than dance with it.

The learned and active magician’s magick might be potent, though they know not the medium by which it travels, and many would have never had a classical OOB. Although Astral Projection was practiced and regarded as a trade secret by occult orders such as the Golden Dawn, the phenomenon has not disseminated well as a potential cornerstone practice in the modern occult community. This is largely because, for most of us, to have a classical OOB means continual and serious practice, but becomes more common once you’ve got “a foot in the door.” And, in my

case, the phenomenon can become much more infrequent, and once more requires practice in the right direction.

I highly suspect the so-called Astral, or as Monroe called it, the “Second State” is wholly to blame for the manifestation of the magickal intention, and various other “psychic” phenomena. It is an entirely nonphysical medium by which Intention travels which has not yet been fully explained or explored by modern science, although fringe experiments do exist. Different practitioners have called it by various names in the past: the Aether, the In-Between, the Realm of Souls, the Wyrld, etc. Monroe might have called it “Locale II”, Locale I being the physical realm as it stands, and Locale III being other instances of realities one might play with in order to advance one’s evolution.

In my opinion, given Campbell’s discoveries, Locale I and Locale III are the same thing in essence: different “virtual realities”, “dreamings”, “games”, “lives”, one may encounter and connect to as a data-stream. Some of these realities are very similar to ours, and some are radically different. Herein is the proof of the “Shaman’s Wheel”, because once it is understood that virtual realities are very good learning tools, then the entire system becomes about the best type of things to induce evolution within an incarnate being. Unfortunately, one of the very best techniques for this is suffering, to some extent. To be given visceral challenges of any sort; to be troubled; to be pained. And the entire process of evolution both biological and nonphysical is about information processing, ordering, and novelty. It’s meant to be an upwards climb, or, conversely, one may set up camp somewhere along the mountain pass and may as well die there, having given up on adventures entirely.

But it’s all about having adventures, big or small. And once you devote your life to having big or small adventures, you seem to flourish. Colors are brighter. Life takes on meaning. There is a Great Work, although you do not know its end point. Nobody does. But we still keep walking the

Twisted Path. It's the kind that won't be found on any maps, and some might tread it with a silent fear & tremble.

That's okay, because it's ours, and no one else's. Only our movements may determine our outcome. Only our Willed thoughts may determine the future state of our psyche. Only our actions may pave the way for newer & greater ascension. The Magician smiles and nods his/her head. "In aligning with oneself, one aligns with magick. By aligning truly with oneself, one conquers the entire cosmos. It's the oldest trick in the book, but the most essential. None of us would be anywhere without it. One bids Source to move, and then it moves according to the quality of your consciousness, because you are also & always of the Source."

Ave.

12/30/2020

All states of energy in this physical universe and potentially others contain a moment in their lifespan where their energy state and status completely changes and transforms into something else. We may talk of "the death of stars" in much the same way as we speak of "the death of a person." What is the afterlife of stars? It's just a different kind of energy configuration, but the energy is still there. What is the afterlife of humans? "You" and "I" may be suspended and kept as units of awareness in the "Second State"/"Astral" dimension, just another functional layer on the whole ball of wax, and this does not cease after the death of the physical body. In any case, that's what my experiences suggest.

The multiple "religious" afterlives which may be derived from different sections in the human cultural story are all extant and active in the Astral Realms, these various Locales of experiential data. Every kind of Hell and Heaven you can imagine is out there, somewhere. It is much better to get acquainted with this astral world/Second State before one has to die, rather than to die unknowing and ignorant and perhaps become stuck within one of its many locations.

That's one outlook. Or, perhaps, since the brain is certainly capable of experiencing a state like OOB, perhaps it's all just an invention of the brain and we are incapable of travelling to nonphysical worlds because everything that makes us up, everything we are is essentially physical, and there is nothing beyond the physical. That would be the Atheist Materialist-Reductionist approach. And certainly, the human brain is capable of creating OOB's just the same as it is capable of creating anything else which may pass for reality. That's what the brain does, essentially: create reality.

I am then reminded of instances like these, that the Monroe Institute recorded while two or more people were in the OOB/Astral state in separate booths, and met with each other, and explored, and spoke to entities together. The following is an excerpt from "The Journey of Robert Monroe", by Ronald Russell.

"Eventually the time came when Monroe considered that his associates were sufficiently versed in the material to begin collecting evidence. He settled them in separate soundproof units, each with headphones and a microphone suspended above so that they could record their experiences; applied electrodes to their fingers to obtain readings on temperature, skin potential voltage, and skin galvanic response; and began to feed the same audio signals to both of them. "Dennis and I met in the nonphysical as planned," said Campbell. "We went places, saw things, had conversations with each other and with several nonphysical beings we happened to run into along the way."

When the session ended they reported their experiences to Monroe. He looked quizzically at them. "So you think you were together?" he asked. They looked at each other. "Maybe," said Dennis tentatively. "At least we perceived meeting each other."

Bob rewound the tapes that each had recorded during the session. "Listen to this," he said.



“The correlation was astonishing,” Campbell reported. “For almost two hours we sat there with our mouths open, hooting and exclaiming, filling in the details for each other. Bob was now grinning. “Now that tells you something, doesn’t it?” he exclaimed beaming. He was every bit as excited as we were. I was dumbfounded... The undeniable fact was: we had seen the same visuals, heard the same telepathic conversations, and experienced the same clarity... There was only one good explanation: This stuff was real!”

“This stuff was real.” That’s what any occultist ultimately wants to prove to him/herself who has the kind of mind that itches for such things. And depending on the Will of the practitioner, and its resourcefulness, this might be proved a thousand times over until one really and finally gets the message. For some, the message is a very difficult thing to accept, and places a spiritual responsibility upon the Self that the Self might not have been all that ready for.

Conversely, a practitioner might have the utmost faith in the reality of his/her workings without and needless of any real proof. In the best case scenario, your Great Work will provide you with enough proof to keep on going if requiring proof is something that could aid in your evolution. Some of us are a bit more skeptical, and there should still be room made for the skeptical occultist. We don’t just take everything and anything at face value, and we are less susceptible to Psycho-Hazards than others whose own psychic hygiene might be lazily unkempt. We are more likely to smell bullshit where there is bullshit. We strive to be Magicians even at the Thought Level, and everything either serves a functional purpose, or it becomes recycled. We are the harbingers of hard-earned Gnosis, in this age & the next. You need us.

We may be skeptical, but we are also open-minded. A balance between the two is a good recipe for beneficial occult experience. Not too much in one direction that you’re being duped by ordinary psychosis, but not too much in the other direction where a trans-dimensional rutabaga summoned up

from the Worst Dimension is skull-fucking you, and continues to do so until strong men in white suits give you a shot in the ass and drag you off to some psych ward where modern civilization attempts to wrestle with the demons of the mind.

In fact, normal human awareness and compliance with the restraints of civilization occupies a very thin and narrow band. Most people are on edge to begin with, but really give them a reason for an outburst, and I think most would take it. There are a lot of people who are not in love with their lives right now. There are many people frustrated by needing to play their Avatar every day, day in, day out. It can become something you love to do. It is possible to wake up each day to a tremendous opportunity. Nobody else gets to view things from your own unique perspective. Nobody else gets a front row seat to the beautiful sadness and inner flame, burning away its time... tick tock... tick tock.

Learn to die before you die, O Star. Allow a previous Self to decompose, to collapse, and get to know yourself when collapsing. Transfer yourself to a new mode and way of being. Increase your vibrational state by Willpower alone if need be. Know the spark of Source within yourself. Be a motherfucking Wizard (Sorcerer, Witch, etc.) Seek a higher perspective and a higher dimensionality. Take a look at your winding path through life from above. It's all in there, written deep in the book at the core of yourself. Shine a light upon it and get to know the personal mythology, and psyche/soul.

Relax. Fear anything but death.

You've been doing this for millennia.

XXX

12/31/2020

The CMCT will be unpacked as one of the first entries of the New Year, starting next journal. For more regular journal entries from myself and others see the A.A.O. FB group. Thanks for reading.