

TEMPLE OF THE ANCIENTS

Guide to Ancient Paganism Volume 1



Ninmah and Enki create test-tube zygotes for primitive worker experiments.

CONTENTS

INTRODUCTION.....	4
ANUNNAKI.....	6
ENKI.....	7
NINMAH.....	11
THE REAL DEVIL.....	14
GODS AND GODDESSES.....	16
THE ENEMY.....	20
THE DEDICATION RITE.....	23
THE RITE OF BLASPHEMY.....	26
RITUAL TOOLS.....	36
RITUALS.....	39
COMMUNICATION.....	43
METHODS OF COMMUNICATION.....	45
NO INTERFERENCE POLICY.....	47
MIND POWER.....	49
STATES OF CONCIIOUSNESS.....	49
PARAPSYCHOLOGY & PSYCHIC PHENOMENA.....	49
THE 4 WORLDS.....	51
ASTRAL PROJECTION.....	52
DEVELOPING CLAIRVOYANCE.....	54
THE AURA.....	54
CLAIRAUDIENCE.....	57
CREATIVE VISUALIZATION.....	59
AFFIRMATIONS.....	59
DIRECTED ATTENTION.....	59
INVOCATION.....	60
EXORCISM.....	62
HEALTH AND DIET.....	64
CHAKRAS.....	66
MAJOR CHAKRAS.....	66
MINOR CHAKRAS.....	72
CHAKRAS AND CRYSTALS.....	74
BIO-ELECTRICITY.....	79
KUNDALINI: SERPENT MEDITATIONS.....	81
POWER MEDITATIONS.....	87
AWAKENINGS.....	87
EZ ENERGY BREATHING.....	89
AURA EMPOWERING SHIELD I.....	89
AURA EMPOWERING SHIELD II.....	91
ADVANCED AURA CLEANSING.....	92

BIO-ENERGY BUILDING I	93
HATHA YOGA CHAKRA EXERCISES.....	95
CHAKRA TONES.....	102
CHAKRA BREATHING	104
SPINNING CHAKRAS.....	105
SPINNING VORTICE MEDITATION.....	105
THE MER KA BA	106
KUNDALINI MEDITATION: CLEARING THE CHAKRAS.....	108
PSI TECHNOLOGY: ENERGY BALLS	111
PSIONIC SHIELD	112
ASTRAL PROJECTION	113
SILENT MIND POWERFUL MIND	117
ENHANCING YOUR ABILITIES.....	120
ENERGY CIRCULATION.....	122
SIGILS, SYMBOLS AND SIGNATURES.....	124

INTRODUCTION

www.templeoftheancients.com

Our devotion, worship, and dedication are to the god Enki/Ea/Ptah, who (with the help of the goddess Ninhursag/Ninmah/Hathor) contributed to the creation of humans thousands of years ago, according to Sumerian records. We are their descendants. It was also Enki who gave us the gift of knowledge and wisdom; the potential to become as gods.

We also keep close relationships with the gods and goddesses (the Anunnaki) associated to Enki. They are our mentors, protectors, and friends. We show our devotion to them as well. Through our dedication to them, by meditation, supplements, and spiritual advancement, we work toward becoming as the gods.

Some occult sources would like you to believe that entities outside of the self are merely a projection of consciousness, or super-consciousness. I ask you, do you think a ghost is part of your consciousness? Surely you've read about ghost encounters where more than one person speaks of the same ghost! Obviously this is not part of one person's consciousness.

The point is, and you will discover for yourself, the Annunaki are immortal flesh beings and are as real as you are. They move through the astral plane simply out of convenience. We refer to our own plane of existence as the third dimension. The Anunnaki once inhabited our dimension. Though they had very long life spans, their physical bodies, like our own, were not immortal. The Anunnaki would grow old and eventually pass over to what we shall call the fourth dimension. This is where the Anunnaki gained their immortality. As humans were created in their image and likeness, we all have souls. Our souls too shall pass over into the fourth dimension. We will gain the very same kind of immortality at the end of our lives in the third dimension. Upon death, we will be guided up in to the higher dimensions of our gods and goddesses to live as eternal beings.

Are you familiar with the terms astral projection or out of body experience? This occurs when your spirit leaves your body. During astral projection, your soul can leave your third dimensional body to explore the fourth dimension. In that dimension, your soul becomes a

very solid physical body in a whole new reality. Your powers become limited only to the extent of your imagination. In sum, to be out of body is to be as the Anunnaki in their own dimension. You will find more information as you look deeper in to this book.

We wish to supplement some of the really good information that is already available; however, we will make a few minor changes with logic and reason. We want to demonstrate a clear-cut method that is easy to follow. Some items will be directly linked back to its source, and we will provide quite a bit of information in an orderly fashion.

Finally, there are no grandiose titles such as High Priest, High Priestess, Magistar, Reverend, or any other mediating factors. While it may lend somewhat to the credibility of one's experiences, it is our feeling that hierarchies can be disruptive and misleading in the processes of learning and guidance. There may be times when guest writers wish to contribute and they may have titles. Keep in mind that they operate independently.

ANUNNAKI

The Anunnaki are a group of Sumerian deities. Anunnaki means "those who came from heaven to Earth". The Anunnaki were the gods of ancient Sumer, the earliest Mesopotamian civilization. The head of the Anunnaki council was the Great Anu, the sky god. His throne was inherited by Enlil, resulting in a dispute between Enlil and his brother Enki regarding who was the rightful leader. Enki was an alchemist and was said to have created mankind.

Some ancient astronaut theorists such as Zecharia Sitchin, Sherry Shriner, and Laurence Gardner claim that the Anunnaki were in fact extra-terrestrials who came to Earth in antiquity and created or tampered with the genetic makeup of primitive mankind. They propose various readings of the word, two of which are "anu-na-ki" and "an-unnak-ki", both translated something like 'those who came from heaven to Earth'. (Compare the Raëlian translation of Elohim.)

According to Sitchin, these beings were identical to the Biblical Nephilim and lived on a planet called Nibiru, an alleged 12th planet of the solar system. He proposes that fallout from their nuclear weapons was the "evil wind" that destroyed Ur c. 2000 BCE, as recorded in the Lament for Ur. Other channeled material claim that they actually came from the Pleiades. Some of this theory is based on the idea that we have not found a "missing link", on the Sumerians' knowledge of the solar system, and on the Sumerians' crediting their knowledge and crafts directly to the gods (the concept of me).

ENKI

AKA: EA, PTAH, ADON, & THE LORD



Enki

In Sumerian religion Enki was one of a triad together with his father Anu and his brother Enlil. In the myths Enki is said to have fixed national boundaries, and to have given each god his or her role. According to another myth, Enki is the creator, the one who made humans. Enki was the god over fresh waters, hence the richness of the soil. But he was also the god of wisdom and invocations.

In Babylonian religion, Ea (as Enki was called here) was the god of ritual purification, of sorcery and incantation. As the god who had given form to things, he was also the god of craftsmen and artists. Ea was a wise god, and officially he was the advisor to the king. Ea was also the father of Marduk, the national god of Babylonia.

Enki/Ea was the leader of the first-to-earth Nibiran pioneers. He was both leader and Science Officer. To Enki Anu had given the ME (holy decrees that governed such basic things as physics and complex things such as social order and law). He created the living atmosphere of earth and introduced much of its wild-life through manipulation of Nibiran animals and plants, as well as those native to the planet they named Ki (En-Ki = Lord-Earth), which allowed the shipment of large numbers of Nibirans to join the work-force on earth in safety.

He created all of the Mesopotamian City States to begin the mining and refining of the gold of earth. (Earth after all, was a planetismal; a chunk of a larger world, Tiamat, and had thus at one time had half its core exposed to raw space and then to water. Gold was all over the

place. The impact of Nibiru's moon upon Tiamat forced core-fluids through the cracking stone of Tiamat's surviving land mass and splashed core material all over the surface of the fragment that became earth.)

The birth of Enlil; a child wrought from Anu and Anu's sister's daughter and thus genetically closer to Anu than Enki who was wrought of Anu and his wife, the Queen, caused Enki's Fall from grace. Enlil became the inheritor of Anu's throne.

Enki was demoted to resource manager and sent to the Southern hemisphere to oversee mining. It was Enki, who to spite his brother, warned the family of Zarusthudra (eq. Noah) of the impending 'flood'.

It was Enki who told the first of his female human creations that vaginal sex caused human reproduction - original sin - (mankind had literally been MAN-KIND for some 45000 years before the making of the woman).

Enlil had commandeered the first females Enki developed and transferred them all to Mesopotamia. They were to be a controlled breeding stock, allowing specific combinations of sperm and ova for special purpose people through artificial insemination. To aid in this process, the male breeders had never been dissabused of their homosexuality and continued to copulate anally with their female mates.

Enki's explanation of human sexual reproduction removed the mystery of children; which up till then was considered as the work of Enlil magically, or naturally like fruit on trees... same thing... God's work. Original sin was the learning that God can lie. Enki's explanation also ruined the entire stock for controlled breeding as well.

It was Enlil who cast the first breeders into the wilderness, and I have no doubt it was Enki who insured that this group not only survived, but developed into the people who later bore daughters which the Sons of Gods took as mates.

It is Enki/Ea who equates directly to the serpent in the garden of eden. Yet, it was Enki who managed to save the basic genetic materials of humanity via the 'depository' which Noah managed to sail the flood in. It was obviously the dark ages which transformed Enki into the modern "master of lies", and Yahweh (Enlil) into the Love-God.

It was Enki who reconstituted humanity after the flood in the Egyptian Culture, to finish gold production after the planet settled back into order. It must have been Enki who altered human genetics and lowered life span by 90% as well, although it is very likely that this was suggested as part of the deal by Enlil or Anu.

I suspect a retro-virus was used to destroy the human thymus gland immediately after birth in future humans. I suspect this organ was once a naturally developed organ which constitutes the basis of the physical regeneration and immunity systems which evolved in the Nibirans and was passed onto humanity either when the Sons of Gods bred with the Daughters of Man, or from the original breeding, explaining why they lived 1000 years and more before Noah's time.

Enki was known to the ancient Egyptians as Ptah, Pteh, and Peteh. Ptah was the patron of creation, craftsmen, & artisans. He is regarded as a creator god. It was Ptah who built the boats for the souls of the dead to use in the afterlife. In the Book of the Dead we learn that he was a master architect, and responsible for building the framework of the universe. It was said that Ptah created the great metal plate that was the floor of heaven and the roof of the sky. He also constructed the supports that held it up. Some creation legends say that by speaking the names of all things, Ptah caused them to be.

In the Memphite theology, Ptah is the primal creator, the first of all the gods, creator of the world and all that is in it. He is not created, but simply is. In some stories he is the personification of the primal matter, Ta-Tenen, which rose out of Nun, the fundamental seas. His wife is said to be Bast or Sekhmet who was known to the Sumerians as Damkina. She is the mother of Marduk who was known to the Egyptians as Amon Ra.

Ptah was the chief god of the ancient city of Memphis. He was a creator god who brought all things to being by thinking of them with his mind and saying their names with his tongue. He was unique amongst Egyptian creation gods in that his methods were intellectual, rather than physical. According to the priests of Memphis, everything is the work of Ptah's heart and tongue: gods are born, towns are founded, and order is maintained.

This it is said of Ptah: "He who made all and created the gods". And he is Ta-tenen, who gave birth to the gods, and from whom every thing came forth, foods, provisions, divine offerings, all good things. This it is

recognized and understood that he is the mightiest of the gods. Thus Ptah was satisfied after he had made all things and all divine words.

He gave birth to the gods. He made the towns. He established the names. He placed the gods in their shrines. He settled their offerings. He established their shrines. He made their bodies according to their wishes. Thus the gods entered into their bodies. Of every wood, every stone, every clay, every thing that grows upon him in which they came to be. Thus were gathered to him all the gods and their 'Ka's, content, united with the lord of the Two Lands.

NINMAH

AKA: NINHURSAG & HATHOR



Ningishzidda and Enki face Ninmah. She holds Adamu, the hybrid Nibiran/Homo Erectus they made. "My hands have made it!" victoriously she shouted.

Ninhursag, Lady of the Mountains, was a Sumerian goddess originally named Ninmah, 'Exalted Lady,' a primeval goddess who once lived on Dilmun, the Sumerian Isle of Paradise. It was Ninmah who helped Enki create human mortals, shaping seven imperfect pairs of males and females. As mother goddess of the Earth, Ninhursag was ranked with Enlil and Enki in importance. Temples to her included the E.mah, 'Exalted House,' in Adab and another temple of the same name at Girsu. Ninmah is the half sister of Enki and Enlil.

Ninhursag is one of the oldest members of the Sumerian pantheon and has prestigious titles such as 'mother of the gods' and 'mother of all children'. She was the tutelary deity of the Sumerian rulers, who styled themselves "children of Ninhursag". A temple of Ninhursag was excavated near Tell Harriri (the ancient Mari) in Syria, near the Iraquian border.

Ninmah was known to the ancient Egyptians as Hathor, Het-Heru, Het-Hert and Hetheru. She is patron of the sky, the sun, the queen, music, dance and the arts. Hathor is a very ancient goddess, dating to predynastic times. Hathor can be seen as the mother-goddess of the whole world, similar to her mother in law Isis.

Hathor's cult is unusual, as both men and women were her priests (most deities had clerics of the same gender as they). Many of them were artisans, musicians, and dancers who turned their talents into creating rituals that were nothing short of works of art. Music and dance were part of the worship of Hathor like no other deity in Egypt. Hathor herself was the incarnation of dance, and stories were told of how Hathor danced before Ra when he was in despair to cheer him up.

Inspiration was also Hathor's bailiwick, and many would come to the temples of Hathor to have their dreams explained or to beseech her for her aid in creation, much in the same way the Greeks invoked the Nine Muses.

Hathor was the matron and embodiment of what were considered the pleasures of life 5,000 years ago- and which for many, remain so even today: joy, love, romance, fecundity, dance, music, alcohol and perfume. A deity of women, she ruled anything having to do with the female gender. Yet although she was intrinsically connected to the female of the species, Hathor cannot be considered only a women's deity. She also had a large and devoted following among men. As Lady of Malachite, Lady of Turquoise, Hathor was also connected to metal. Holding spiritual dominion over the Sinai Peninsula, she was responsible for the success and well being of the mines in that area. Apparently Hathor was as intensely worshipped by male miners and soldiers, as she was by women in childbirth or young girls desirous of husbands. Both genders were able to recognize the sacred divine within her seductively vibrant joyous beauty.

Hathor is the embodiment of success. She has an absolute, laser-like focus. She may be joyous and benevolent or she may be single-mindedly vengeful towards spiritual transgressors, the enemies of her father Ra. Unhappiness, ugliness, failure: all these are foreign to her, not a part of her being. Even in her most vengeful, dangerous aspect, Hathor takes the form of an elegant if fearsome lioness or the searing but beautiful solar eye.

Beyond the traditional borders of Egypt and Nubia, Hathor was worshipped throughout Semitic West Asia, beloved particularly in the city of Byblos. She was also adored as far afield as what is modern Ethiopia, Somalia and Libya. The seed of what would be universally beloved within Isis also existed within Hathor. Their appeal transcends national or ethnic boundaries: Hathor perhaps embodies the wishes of those who long for life to be generously benevolent and abundant, while Isis embodies the hopes of those who wish for mercy and kindness.

Hathor was associated with turquoise, malachite and the metals gold and copper. Her demeanor glows with consistent confidence and sunny, good health. Hers is a warm, sensual beauty not aloof or remote. Although she ruled the perfumer's trade in general, Hathor was especially connected with the fragrance of myrrh, which was exceedingly precious to the ancient Egyptians and which on a spiritual

level embodied the finest qualities of the feminine. The protector and sponsor of dancers, Hathor was associated with percussive music, in particular the sistrum. Her traditional votive offering was two mirrors, the better with which to see both her beauty and your own.

Hathor's image, specifically her head, was traditionally used to decorate sistrums and mirrors. Thus when gazing at one's own reflection in the mirror, you would see Hathor looking back, from underneath one's own face, serving as foundation and support, perhaps as role model and goal. This imagery was standard and ubiquitous.

THE REAL DEVIL

Article by Laurence Gardner

It has often been wondered why the biblical God of the Hebrews led the people through trials and tribulations, floods and disaster when, from time to time, he appears to have performed with a quite contrary and merciful personality. The answer is that, although now seemingly embraced as the One God by the Jewish and Christian faiths, there was originally a distinct difference between the figures of Jehovah and the Lord. They were, in fact, quite separate deities. The god referred to as Jehovah was traditionally a storm god - a god of wrath and vengeance - whereas the god referred to as the Lord, was a god of fertility and wisdom.

The name given to the Lord in the early writings was Adon - the prevailing Semitic word for Lord. As for the apparent personal name of Jehovah, this was not used in the early days, and the Vulgate Bible explains that the God of Abraham was called El Shaddai, which relates to a Great One of the Mountain.

The identity of Jehovah (Yahweh) came from the an original Hebrew stem (YHWH) which, according to Exodus, meant 'I am that I am'. This was said to be a statement made by God, to Moses, on Mount Sinai hundreds of years after the time of Abraham. Jehovah was, therefore, not a name at all, and early texts refer simply to El Shaddai, with his opposing counterpart being the Adon. To the Canaanites, these gods were respectively called El Elyon and Baal.

In modern Bibles, the definitions God and Lord are used and intermixed throughout, as if they were one and the same character - but originally they were not. One was a vengeful god (a people suppressor); the other was a social god (a people supporter), and they each had wives, sons and daughters.

The old writings tell us that, throughout the patriarchal era, the Israelites endeavoured to support Adon the Lord - but at every turn El Shaddai (the storm god Jehovah) retaliated with floods, tempests, famines and destruction. Even at the very last (around 600 BC), the Bible explains that Jerusalem was overthrown at Jehovah's bidding. Tens of thousands of Israelites were taken into Babylonian captivity simply because one of their previous kings had erected altars in

adoration of Baal the Adon.

It was during the course of this captivity that the Israelites finally succumbed to the Jehovah god of wrath. They developed a new religion out of sheer fear of his retribution - and this was only 500 years before the time of Jesus. Subsequently, the Christians took Jehovah on board as well, calling him simply God, while the hitherto social concepts of the Adon were totally discarded. The two religions were henceforth both faiths of fear.

This leaves us knowing that, within an overall pantheon of gods and goddesses (many of whom are actually named in the Bible), there were two predominant and opposing deities. In different cultures the pair have been called: El Elyon and Baal, El Shaddai and Adon, Ahriman and Mazda, Jehovah and Lord, God and Father - but these styles are all titular; they are not personal names. So who precisely were they?

To find the answer we have to look no further than where these gods were operative, and old Canaanite texts (discovered in Syria in the 1920s) tell us that their courts were in the Tigris-Euphrates valley in Mesopotamia. We can trace the related Sumerian records back to about 3700 BC, and they relate that the gods in question were brothers. In Sumer, the storm-god (who eventually became known as Jehovah) was called Enlil or Ilu-kur-gal (meaning Ruler of the Mountain), and his brother (who became Adon the Lord) was called Enki, which means 'archetype'.

The texts inform us that it was Enlil who brought the Flood; it was Enlil who destroyed Ur and Babylon, and it was Enlil who constantly opposed the education and enlightenment of humankind. Indeed, Syrian texts tell us that it was Enlil who obliterated the cities of Sodom and Gomorrah on the Dead Sea - not because they were dens of wickedness, but because they were great centres of wisdom and learning.

It was the Lord Enki, on the other hand, who (despite the wrath of his brother) granted the Sumerians access to the Tree of Knowledge and the Tree of Life. It was Enki who set up the escape strategy during the Flood, and it was Enki who passed over the time honoured Tablets of Destiny - the tablets of scientific law which became the bedrock of the early mystery schools in Egypt.

GODS AND GODDESSES

© 2005 Temple of the Ancients

This section of the book includes names and descriptions of many different gods and goddesses who are in alliance with Enki and Ninmah. The gods and goddesses that are listed below stand in opposition to the gods of Enlil. These are only a few examples of this alliance of deities from ancient Sumer, Mesopotamia, Babylonia, and Egypt. A future book may be released involving more names and descriptions of these deities and their alliance in greater detail. For now more extensive research is going in to the deities in alliance to Enki and the opposing alliances of Enlil. You may visit our website at www.templeoftheancients.com for further information. Some of the deities in our alliance include, but are not limited to the following:

AMON: Amon is the egyptian sun god Amon Ra, Amen, aka Merodach, and the Babylonian God Marduk. He is the first born son of Enki & Damkina.

ANUBIS: Anubis is the jackal headed God of the dead. He assists in matters of the dead. He presides over funerals and can be summoned to protect anyone who has been recently deceased. He is a protector and guide for the souls of the dead.

AYA: (Sherida in Sumerian) Aya, the goddess of light, was the wife of Shamash, the Sun god. Aya was worshipped with Shamash in his E.babbar temples at Larsa and Sippar. Otherwise, Aya had no known temples, shrines or sanctuaries of her own.

BASTET: Egyptian goddess originally represented as a wild jungle cat. Her earliest role was as the protector and avenger of the Pharoah. The popular image of Bast appearing with the head of a cat, or as a house cat, did not even appear until approximately 1000 BCE. She is also known as Bast, Bubastis, Ailuros, Ubasti, Pakhet, Pasch. She was also known as Ninki. Babylonian earth goddess; consort of Ea and mother of Marduk. As wife to Ea, Enki's Akkadian counterpart, she was called Damkina. She was also known to the Egyptians as Sekhet.

DUMUZI: Son of Enki, Dumuzi is also known as Tammuz, and the egyptian god Osiris. He is God of the underworld, death and resurrection. He is also a god of agriculture and farming. He bestows stability, strength, and renewed power after death. His consort is

Inanna, aka Isis.

ENZAK: (also Enshag, Inshak, Inzak and Ninzaga)

Enzak was born on Dilmun, the son of Enki and Ninmah. When they departed the island to swim to Sumer, Enzak was left as the tutelary deity of Dilmun. His spouse was Ninsikilla.

HAPY: Hapy is one of the four sons of Horus. His brothers were Qebhsennuf, Duamentef, and Amsit. He was under the protection of Nephthys. Hapy was the personification of the Nile flood. He was portrayed in a human form with aquatic plants on his head.

HATHOR: also known as Het-Heru, Het-Hert and Hetheru. She is patron of the sky, the sun, the queen, music, dance, and the arts. Hathor is a very ancient goddess, dating to predynastic times. Some sources state that she is the goddess Ninmah who along with her half brother Enki was responsible for creation of the human race.

HORUS: (Heru, Hor, Harendotes/Har-nedj-itef, Har-Pa-Neb-Tau) Egyptian sky god. Usually depicted as a falcon or in human form with the head of a falcon. The sun and the moon are said to be his eyes. He is the son of Isis and Osiris.

INANNA: She was known to the Canaanites as Astarte. To the Sumerians, she was known as Inanna. To the Babylonians and Saxons, she was known as Ishtar and Eastre. To the Assyrians and the Akkadians, Ashtart, Ashtoreth, Asherah, and Astoreth. To the Egyptians, Isis, Ashet, and Aset. To the Phoenecians, she was known as Tanit-Ashtart and Ashtaroth.

KHEPERA: (Chepri, Kheper, Khepera, Kehperi) The Egyptian god of the rising sun. He is a god of renewal and rebirth. Khepera was the ancient Egyptian god of creation who propelled the sun across the sky

LILITH: The First Feminist, dating to 2300 BCE or earlier. This goddess is referred to as a demon by Levite priests who wrote the Bible, likely due to her assertive behavior at a time when patriarchy was new. A Sumerian and Hebrew Goddess, she is referred to as the hand of Inanna who gathered males into the temple for sacred sexual rites.

LULAL: The younger son of Inanna. Lulal served as the patron diety of Bad-tibira while his older brother, Shara, served as the patron diety of the neighboring city of Umma.

MAAT: Goddess of truth, justice, harmony, and world order. She was associated with Thoth, Ptah and Khnemu in the Egyptian Creation. She was also responsible and was in charge of regulating the seasons and the movement of the stars.

NABU: The Babylonian god of writing and wisdom. He is the son of Marduk and Sarpanitum. He is the grandson of Ea. His patron city is Borsippa and his temple is called E-zida. He was known as the scribe and minister of Marduk. He is the Babylonian patron of scribes. He was entrusted with the Tablets of Destiny.

NANAY: Nanay the Sumerian Goddess of Love, was closely associated with the Inanna, the Queen of Heaven. Inanna and Nanay had a temple at Uruk jointly dedicated to them called the E.eshgal, 'The Big House.' Nanay also had a shrine, the E.hilianna, 'House of the Luxuriance of Heaven,' which was located within the E.anna, Inanna's main temple in Uruk. In the E.anna Temple, Nanay maintained a bed chamber called the E.hilikuga, 'House of Pure Luxuriance.'

In addition, Nanay had the E.meurur Temple at Babil (Babylon), the Sha.gaa Temple at Ashur and the E.ituda Temple, 'House of the Month,' at Ur.

NANSHE: Interpreter of Dreams, the Babylonian title of the Goddess who gave her priests the ability to interpret (see Oneiromancy) and prophesy from other men's dreams. The priests acquired this ability after undergoing an initiation ceremony of descent into her "pit," a symbolic experience of death and resurrection.

Nanshe like her father Enki was also the Goddess of water and fertility. Her symbol was a vessel of water with a fish in it, which signifies the gravid womb.

NEPHTHYS: (Greek form; Egyptian Neb-hut, Nebthet) "Mistress/Lady of the House" Egyptian goddess of the dead. Nephthys was the sister of Osiris and Set. She was the consort of Set until Set killed Osiris. According to one tradition, she was also the mother of Anubis by Osiris. Nephthys' principal sanctuary was in Heliopolis. Along with Isis, she was one of the guardians of the corpse of Osiris.

SESHAT: Seshat is also known as Sefkhet-Aabut and Sesheta.

Seshat is the Goddess of libraries, all forms of writing and the measurement of time. She is the consort of Thoth. She was an architect

building by the measurements of sacred geometry. The name Sashet, Seshet or Sesheta means The Female Scribe, Sesh meaning scribe.

SET: (Seth, Setekh, Sut, Sutekh, Suty) was one of ancient Egypt's earliest gods, a god of chaos, confusion, storms, wind, the desert and foreign lands. In the Osiris legends, he was a contender to the throne of Osiris and rival to Horus, but a companion to the sun god Ra. Originally worshiped and seen as an ambivalent being, during the Third Intermediate Period the people wrongly vilified him and turned him into a god of evil.

SHAMASH: Shamash (the Sun god's Akkadian name), was originally called Utu by the Sumerians. He was the son of Sin, the Moon god, and Ningal. He was brother to Inanna (Ishtar in Akkadian), Queen of Heaven, and to Ereshkigal, Queen of the Netherworld. Shamash's wife was the goddess Aya.

Shamash was a powerful god and was revered by Sumerians as the god of justice since he traveled across the face of the Earth during the day and saw everything that happened. He was the tutelary god of Larsa, where he had a temple named the E.babbar, 'The Shining House.' He was also the god of Sippar in Akkad where he had another temple, also named the E.babbar.

SHARA: Shara, one of Inanna's two sons, was the tutelary deity of Umma where he lived in his E.mah Temple, 'Exalted House,' which was sometimes called, E.bursasa, 'House of Beautiful Jars.' Shara also had a temple in Babil, also named the E.bursasa. Little else is known of him.

THOTH: aka Tehuti, Ningishzidda, Quetzalcoatl (Central America). Thoth is a very high ranking and important God. He is a son of Enki. His wife is Seshat. Thoth was the wisest of the Egyptian gods. The name Thoth means 'Truth' and 'Time'. Thoth was the Master architect who created the blueprint of our reality based on the mathematics of sacred geometry.

THE ENEMY

© 2005 Temple of the Ancients

Reptilians: We don't often see reptilians come around like the others do. There are many different species and they come from various places. We have been told us of a race that lives deep in the Earth, due to better living conditions for the ancient dinosaurs. They come to the surface at times, and they are mainly curious.

Grays: These creatures are also referred to as The Holy (Heavenly) Host. They do the most interplanetary travel and are responsible for U.F.O. sightings.

Angels: There are thousands of angelic beings and they all have the same agenda--that is to cause the destruction of humanity. It's a slow, miserable kill too. Statistically, over 10 million people in the U.S. alone are being treated for some kind of mental disorder. Angels drain the life force. They leave their victims feeling depressed and suffering with anxiety. As Enkiites, we build ourselves up (through meditations and our relationship with Enki) to withstand the onslaught but for those who are without, they lead pitiful lives of fear and paranoia.

White Cloaks: Many of the enemy entities dress in white gowns, robes, and cloaks. They are never to be trusted. Not all of the enemies wear white gowns, but needless to say, you can identify many of our enemies by what they wear. Do not trust anybody who wears one of these. This law applies everywhere on the astral. The gods and goddesses of Enki will never wear a white cloak. a white gown is always a symbol of the enemy.

Cherubim: The second of the nine accepted choirs of angels, placed second as well in the first triad of the angelic hierarchy (with the seraphim and thrones) devised by the sixth-century theologian Dionysius the Areopagite. The cherubim are some of the most powerful of all angels, standing below only the seraphim in direct closeness to Jehova. Over the centuries the cherub has developed at times a benign and approachable image, in large measure because of art. Nothing could be further from the truth. Their entire bodies, including their backs, their hands and their wings, are completely full of eyes, as were their four wheels (chakras). Each of them have four faces. One face was that of a cherub, the second the face of a man, the third the face of a

lion, and the fourth the face of an eagle.

Qlippoth: If there is a ghost in your house, chances are it's qlippoth. These beings tend to occasionally find their way out of the abyss (the hollow shells), and accumulate in places where there have been heavy negative forces, or no banishments performed over a long period of time. Most often they have a cold prickly aura about them. Any being that is not a light being is going to give you a cold sensation. You may associate this with goose bumps. The gods of light give off a radiant or electrical heat and bright aura. Qlippoth are the exact opposite. Spirits who have died without light will become a being of cold and darkness. Many angels can also be associated as qlippoth. They may feed from your life energy in order to empower themselves. Many of them can be considered as psychic vampires.

Phantasms: These are astral beings. Some belong there as part of the universal balance and are simply to be left alone. Others are created accidentally by the force of thought. While not all humans are magickally capable, emotions that are dwelled on tend to take on a life of their own. Phantasms are extremely dangerous if antagonized on the astral. They usually don't visit, but thinking and talking about seeing one will draw it down. If you've seen one before, and you think about it, that may cause it to manifest again. If you see something on the astral, do not attack it unless you are acting in self defense. See picture below. (Illustration by John Bolton)

Enemy Deities: Some of the Enemy deities include, but are not limited to the following: Enlil, Ninlil, Dagon, and many others. You may encounter many enemy deities on your path. You must use your own best judgement and common sense when communicating with any god or goddess. Any deity in alliance to Enlil is not friendly or honest with humans.

Athiest Deity: Any deity that does not believe in itself. Ok, so I've inserted a little humor here. We've had an encounter with a being of the enemy alliance who referred to itself as "an athiest deity" in order to mask its own identity and intentions. This is where we came up with a definition. It was Anti-Enki so we know where it really came from. There is obviously no such thing as an athiest deity.

Other Gods/Goddesses: If you have an experience that involves a being that is not on the god list, I strongly advise that you do not talk to it. Pantheons including those of the Norse, Hindus, Hellenistic Greeks,

Celts, and Romans are not in alliance with our gods and should be approached with extreme caution. Not all gods and goddesses are friendly or honest with humans. The dedicated Enkiite should avoid dabbling or communicating with any of the pantheons listed above.

THE DEDICATION RITE

© 2005 Temple of the Ancients

Hopefully most of you reading have already taken this major step in becoming an Enkiite. If you haven't dedicated and you're considering this, I recommend that you study, start the daily meditations, and look over the blasphemy rites section in the following chapter. There's no need to rush into an eternal commitment.

When I dedicated to Father Enki, it was clearly a leap off the proverbial cliff with no ropes holding me back. I had no ties to any specific religious order. I had lived a previous life of misery and obstacles. I spent years in therapy and on medication for depression. And while I was able to make improvements with my condition, I generally felt empty inside. Still, nothing seemed to ever go right. If there was some kind of "god," I was the ass end of his joke.

After the rite was complete, I felt an incredible surge of power. It would only be in the days to follow that I'd realize the transformation that took place. My depressive moods had disappeared. I feel good. Life is good.

Did I dedicate because I had problems? Absolutely NOT. I accidentally came across a link to a Pagan site and read everything I could. I already had a long background in magick and as I read this site, began to feel a presence. This stayed with me for the duration of my studies and I can tell you that Father Enki is a gentle God. His spirit moved me. I asked him for help and he gave it.

That was the first time I ever felt a God and he heard me and helped me. Then I read "The 12th Planet." It was this book that put everything into perspective and offered real evidence of Gods who were fighting for humanity. I was ready. I jumped!

The Rite

You can perform this rite ANYTIME, night or day, during any moon phase.

Items you will need:

Candles: At least one black, dark blue or red candle. Use more if you

want.

5 x 8 piece of paper or parchment: Write prayer below on it.

Calligraphy pen (or other pen)

Optional Props:

Since you're only going to do this ritual once, the more you put into it, the more YOU will get out of it. Here are some suggested items you can add to create a more special essence.

Incense: Resin and/or bark. Use self-igniting coals in a safe burner. Good resins are usually rock solid and need to be cut with a knife to burn or broken with a hammer.

Earth Symbol on alter.

Enki's Signature on alter.

Gold ink, paint, or marker: Art supply stores or office supply stores have this. Sign your name to the dedication at the bottom in gold.

Instructions:

Fill in the blanks on the Prayer.

Be sure to sign your full name at the bottom of the paper as if you were signing a contract.

State the prayer aloud.

When finished, fold the paper and stick it in the flame of the candle. Then put it in a safe container to burn.

When it finishes burning, say "So mote it be." Then say "Hail Enki!"

Discard the ash in a respectable manner by spreading it around a tree or on the grass.

The prayer:

I, (full birth name), hereby align myself in dedication to EA/Enki and his affiliated associates. I vow to uphold the highest standards as his agent, an agent of the Human Elite, in Strength, Virtue, Spirit, and Honor. I refuse to represent the falsehoods of the Right Hand Path and all adversaries of my lord Enki. I vow to fight and defend against that

which they represent.

I am an individual of free will, and of my free will, I hereby align myself in dedication to the Gods of Enki, the supporters of the human race, the protectors of good, the righteous, the honorable, the Gods immortal, my Gods. So mote it be! Hail to the Gods... Hail Enki!

THE RITE OF BLASPHEMY

© 2004 Diane Vera (modified by Temple of the Ancients)

The following excerpts are taken from Diane Vera's website. Her ideas on how to prepare for dedication are thoughtful and well-put. It doesn't get any clearer than this. All materials, intellectual property, and copyrights belong to her.

The Purpose of Blasphemy:

Are we all about anti-Christian blasphemy? No. Rebellion against Christianity is not the sole or main focus of most Pagans -- at least not for the majority of us. For most of us, the central aim is self-development of various kinds "to become as gods".

There are many Pagans for whom blasphemy -- and not just anti-Christian blasphemy -- serves some worthwhile short-term goals, primarily as part of self-initiation. Likewise other kinds of ritualized taboo-breaking.

Some may ask: Why bother to blaspheme a "god" that you don't believe in? If you're an ex-Christian, the idea of deliberately blaspheming the Christian god may seem downright silly to you ... yet still, at the same time, vaguely scary somehow.

The point is to face those vague fears head-on.

By facing subconscious fears, you can overcome irrational inhibitions. Ritualized taboo-breaking can help you learn to think more independently on a deep level, not just an intellectual level. And it can open a gateway to your subconscious mind, thereby helping you to become more creative and opening a door to psychic and spiritual development.

The idea of ritualized taboo-breaking as a part of occult initiation is not unique to Paganism. Some Tantrik Hindu sects have an initiation rite called the "Ritual of the 5 M's" involving the deliberate breaking of orthodox Hindu taboos.

What kinds of taboos should you break? Depends on your upbringing. If you were brought up Christian, then a rite of anti-Christian blasphemy is appropriate. If you were brought up, say, by Communists, then perhaps some ritualized politically incorrect talk might be better.

If you were brought up by neo-Nazis, play some music by nonreligious ethnic Jews, and perhaps write and recite some poems in praise of some ethnically Jewish scientists, artists, etc. whom you personally admire. If you were brought up by vegetarians, treat yourself to a filet mignon. (Eating meat is one of the "5 M's" of the Tantrik ritual.) Whatever you do, it should be something that you are comfortable with on an intellectual level, yet still find deeply frightening or otherwise disturbing on an emotional level.

If you're an ex-Christian, especially if you had an oppressively strict religious upbringing, I recommend a solemn, formal ritual renunciation of all three persons of the Christian Trinity. Another traditional rite of blasphemy is saying the Lord's Prayer backwards. Another is the infamous Black Mass.

Another ritual, similar in purpose to rites of blasphemy, is Lord Egan's variant of the idea of a pact with the Devil. Here, too, the main point is to confront one's fears head-on.

Some Pagans from non-Christian backgrounds use the Christian god to symbolize a generic "herd mentality" (because we live in a majority-Christian culture) or to symbolize various popular secular ethical, social, or political ideas that the Enkiist may object to for whatever reason. I personally do not recommend this. If the Christian god was never a part of your life to begin with, then there is no need to bring him into your life in an antagonistic way. Instead, use more direct symbols of some of the things you were taught to regard as unquestionable sacred cows.

(By the way, it's not true that today's prevailing secular humanist ethic is just a residue of Christianity. There are many other factors that have played a role in shaping modern Western culture besides Christianity.)

I do not advocate breaking ALL taboos. I do advocate questioning all taboos. However, after questioning, one may conclude that at least some taboos (such as, for example, the taboos against rape and against molesting children) are in place for a good reason (even though at least some of the current hysteria about them might not be justified). The only kinds of taboos I advocate actively breaking are those which now seem senseless to you on an intellectual level, but which nevertheless are deeply ingrained on an emotional level.

Make sure that you are intellectually prepared to reject whatever it is

you have decided to blaspheme. Do not do a rite of blasphemy on the spur of the moment without first examining intellectually, the thing you are rejecting. Be fair and honest with yourself. Carefully examine the arguments both for and against the thing you are rejecting, so that you can make an informed decision. The purpose of the blasphemy rite is to help you banish any remaining purely irrational fears, after you have made an informed decision on a rational level.

I recommend that rites of blasphemy be performed in the privacy of your own home, or some place where Christians and other mainstream folks won't see you or any evidence of what you're doing.

Vandalizing churches is not cool. If you vandalize a church, not only are you asking for legal trouble (most church vandals do get caught), but you also risk making trouble for Enkiists in general, not just yourself. Let's not spark another "Pagan crime" panic, please. Furthermore, vandalizing churches does nothing to weaken Christianity. On the contrary, it strengthens a congregation's sense of community as they band together to repair the damage. Remember, Christianity thrives on "persecution." If you wish to oppose Christianity publicly as well as in a private ritual, then it would be far better for you to do so via counter-evangelism than via public desecration.

To have the desired effects, a rite of blasphemy should be deliberately scary and solemn. However, outside the context of the ritual, it's also important to be able to laugh about these matters and not take ourselves too seriously. To ex-Christians, I recommend the counter-evangelistic humor sites such as the Church of the Subgenius, which lampoons many different religions.

As I said earlier, rites of blasphemy are not the main focus of most forms of paganism. In other, more routine rituals, I recommend focusing on the gods of Enki, not their enemies. However, if you personally do feel a need or desire to perform rites of blasphemy often, that's up to you to decide.

Also, Pagans are not obliged to hate Christians (or people from whatever background you come from). The point of rites of blasphemy is to help you free yourself from the unwelcome lingering effects of religious (or other) indoctrination that was forced on you. If a person happens to be genuinely happy being a Christian, then fine. But Christianity doesn't fit everyone's natural spiritual orientation, and

some people do need to be set free from it.

The Ultimate Rite of Blasphemy for ex-Christians:

Purpose and Preparation

When I speak of the ritual on this page as the "ultimate" rite of blasphemy for ex-Christians, I mean "ultimate" in the sense of involving the one sin which the Christian Bible claims will damn you irrevocably, with no hope of forgiveness. It's far from "ultimate" in terms of sheer sensationalistic shock value, though. From a purely secular point of view, I must admit it's pretty tame compared to most metal lyrics these days. Yet, as far as I am aware, even the blackest of black metal lyrics have usually steered clear of what Christians traditionally consider to be the ultimate sin -- "blasphemy against the Holy Spirit." (If you're a metal fan, please correct me if I'm mistaken on this point.) So far, I've heard of only one song which specifically targets "the Ghost" -- the song "Blasphemy" by the Death Metal band Morbid Angel on their 1989 album Altars of Madness.)

The rite below will center around a solemn, formal ritual renunciation of all three persons of the Christian Trinity. Or, if you were brought up in a non-Trinitarian Christian sect (you heretic!!! -- just kidding), you can renounce each of the three persons (or whatever you believed they were) without thinking of them as a trinity.

Why is this such a big deal? According to the Christian Bible:

Every sin and blasphemy will be forgiven men, but the blasphemy against the Spirit will not be forgiven. Anyone who speaks a word against the Son of Man will be forgiven, but anyone who speaks against the Holy Spirit will not be forgiven, either in this age or in the age to come. (Matthew 12:31-32)

and:

All the sins and blasphemies of men will be forgiven them. But whoever blasphemes against the Holy Spirit will never be forgiven; he is guilty of an eternal sin. (Mark 3:28-29)

Does this seem utterly silly to you? Yet, at the same time, does it also creep you out? Good! Therein lies the potential for a deep inner transformation -- at least if you happen to be an ex-Christian. But, when you perform the rite, say your renunciation of the Trinity firmly -- do not waver!

One of the benefits of the renunciation rite is that, thereafter, you can overcome a lot of irrational inhibitions by telling your subconscious mind that you are going to hell anyway. Hence the ritual should be performed in such a way that, if Christian theology were true, you really would be damned irrevocably, with no hope of escape.

To that end, your blasphemy against the Holy Spirit must be unquestionably deliberate and premeditated. (According to most Christian commentators, spontaneous or hasty unkind words about the Holy Spirit don't count as the unforgivable blasphemy, nor do unkind thoughts, although some fundamentalists do live in mortal terror of committing this sin accidentally. Christian commentators have interpreted the "sin against the Holy Spirit" in a variety of different ways. Some define the sin so narrowly as to make it almost impossible to commit. Many would say that if you are still even capable of truly repenting of it, then you never really did commit it.) So, to make the ritual irrevocable, don't perform it on the spur of the moment. Put some thought into it. And I don't recommend it as the very first thing you do upon recognizing that you are drawn to Paganism. But you may indeed find it helpful at some point, if you're from a Christian background, especially if you're an ex-fundy.

Important: I recommend performing this ritual only if you are sure, on an intellectual level, that you are doing the right thing, despite whatever qualms you may still have on an emotional level. If, even on an intellectual level, you are still plagued by nagging worries that Christian theology might be true after all, please see the arguments against hardcore Christian beliefs on my Counter-Evangelism website. It would also be a good idea to participate in some inter-religion debate forums for a while, to make sure the Christians don't have any sufficiently good counter-arguments. (To give this a fair shake, look for a forum with intelligent, knowledgeable people on all sides.)

If you are currently a disgruntled Christian, do not use the renunciation rite as your means of deconverting from Christianity. Deconvert by educating yourself, not by doing a ritual. Use the renunciation rite or another blasphemy rite only after you have left Christianity and have become fully comfortable with that decision on an intellectual level. If you do this ritual prematurely, it can be psychologically damaging rather than helpful.

The purpose of the renunciation rite is to help you banish any remaining purely irrational fears, after you have fully addressed your

fears on a rational level by examining the arguments both for and against traditional Christian beliefs and making an informed decision against them.

Some may say, "This whole argument over whether Christian theology is true or not is irrelevant. I would rather suffer eternal torment than submit to a god like the Christian god. I will be loyal to Enki forever no matter what."

Well, that's a fine and noble thing to say. But you owe it to yourself to examine the arguments against Christian theology. Your life could be a much happier one without the threat of eternal torment hanging over your head. If you're from a hardcore Christian background, you were probably brought up in a very closed-minded world. Don't assume that what you were taught is the truth.

The Renunciation of the Trinity:

Once you're ready to perform the rite, the exact words of your renunciation of the Trinity should be written by you, in your own words, as one more way for you to take full, deliberate responsibility for it in the sight of "God". Make it venomous, contemptuous, utterly demeaning toward the Christian "God," and customized to the particulars of your own religious upbringing. Include separate and distinct denunciations of each of the three persons of the Trinity. But keep it short enough and simple enough so that you can memorize it easily.

If you're an ex-Catholic, you may wish to renounce the Trinity in the context of a full-fledged Black Mass. If you're an ex-Protestant, or if you're an ex-Catholic without enough time or resources to perform a Black Mass, then the following much simpler rite will be more than adequate. If you're an ex-Catholic, then you may want to include blasphemy against Mary as well as the Trinity.

Do the ritual three nights in a row, in a room unlit except by a single black candle. Each night, as the centerpiece of the ritual, say your renunciation three times.

While saying the renunciation, you might find it helpful to drive the point home to your subconscious mind by performing a sacrilegious gesture against some symbol of Christianity. Whether this is necessary (or even helpful) will depend on the individual. For most people who perform this rite, blasphemous words alone will probably suffice.

Others may need or want more than just words.

One traditional gesture is to put a Christian symbol on the floor and stomp on it. Alternatively, if you prefer, place the symbol in a dish and spit on it, or even, perhaps, urinate or defecate on it. For most people, the potential messiness and general yuckiness of those last two gestures would probably be too much of a distraction from the desired solemnity of the rite -- especially if you're female. However, it's up to you to decide.

The symbol you desecrate (if you choose to do so) can be a crucifix or, perhaps, either a consecrated Host (if you're an ex-Catholic) or a small pocket Bible (if you're an ex-Protestant, especially if you were brought up in a church that emphasized the inerrancy of the Bible). To obtain a consecrated Host, attend church and take the Sacrament in your mouth but don't swallow it. To obtain a Bible, don't buy one, but use one of those free Gideon Bibles that are available in hotels or distributed by some streetcorner evangelists. Alternatively, don't use an entire Bible but just use printouts of some passages from an online Bible.

When you perform the rite, the renunciation will probably bring up a lot of repressed emotions.

Both before and after the renunciation, I recommend saying a brief prayer to Enki (or whatever else you do instead of "prayer," if you don't like the word "prayer" for whatever reason). The exact nature of the prayer is up to you, and may depend on both your current beliefs and the reasons why you decided to do this ritual in the first place. As default options, I would suggest the following:

Before the renunciation: (1) your favorite general invocation (such as, perhaps, this invocation to Enki, if you like it), followed by (2) asking Enki (or Lilith) to help you free yourself from any lingering power of the Christian "God" over your life.

After the renunciation: a very brief prayer of praise to Enki/Lilith as liberator.

I recommend that the renunciation be said facing east, the direction traditionally associated with Christ.

Truth-Seeker's Blasphemy Rite and Self-Baptism:

Introduction

The ritual on this page is intended for people who, for whatever reason, do not wish to perform any of the more classic blasphemy rites. This ritual need not involve any irrevocable declarations (a la the renunciation rite). Nor does it need to involve "blasphemy" in the sense of crude insults against the Christian god. It may involve crude insults if you feel that including them would be helpful to you as a catharsis, but they are not essential to the rite. Different people have different feelings about this.

Even without crude insults, this ritual is still "blasphemous" in a sense that once was quite illegal in all of Christendom. In the Middle Ages and for a couple of centuries thereafter, anyone caught performing anything remotely like this ritual - or the preparation for it - would surely have been burnt at the stake. Likewise in many Muslim countries today, it would surely earn you a death penalty for blasphemy.

This rite has the same purpose as other blasphemy rites - to help you rid yourself of unwanted unconscious baggage left over from your background. (See "The Purpose of Blasphemy in Paganism".)

If you are from a Christian or Muslim background, it is hoped that this ritual - and the preparation for it - will help you get over such things as the fear of hell.

In the instructions below, it is assumed that the target of your "blasphemy" will be Christianity. However, if you are from a non-Christian background, or if your parents were nominally Christian but you never were taught to take Christianity seriously, then the target of your blasphemy should probably be something else, as appropriate: either another religion or a nonreligious ideology. The point is to help you free yourself from the lingering after-effects of some dogma which you once took seriously, but which you no longer believe on a conscious level. This ritual can be easily adapted to other targets.

Preparation

For two or three months before you perform the rite, participate regularly in at least one online religious debate forum (or other relevant debate forum, if the ideology you need to free yourself from is nonreligious). Save copies of all your posts, and save copies of the better posts by other people. Also save copies of things that occurred to you to say in a post to the forum and which do reflect your honest thoughts and feelings, but which you decided not to say publicly because they

were too rude.

After two or three months, go back through all the posts and notes you've saved and pick out a collection of memorable, pithy remarks which eloquently voice your thoughts and feelings about Christianity and the Christian god. Using a word processing program, put all these quotes into one file. Use a font big enough so that when you print out the file, you'll be able to read it easily by candlelight or perhaps by the light of a small flashlight.

The point of the ritual will be to drive home to your subconscious mind the things you've learned from the debate.

In the debate itself, make an all-out effort to convince your opponents themselves, not merely to discredit your opponents to others in the forum. A Socratic approach is recommended. Ask lots of questions.

Be scrupulously honest. Avoid straw-man arguments and other logical fallacies. When caught in an error, promptly admit it and apologize. A willingness to admit your mistakes will make you appear more honest and more trustworthy. And a commitment to honesty during the debate will help you feel more confident about the statements you end up using in your ritual.

On the other hand, when selecting quotes for use in your ritual, different criteria should be applied. Remember, your subconscious mind is not logical. So, the most important criteria here are pithiness and emotional resonance.

If possible, your collection of quotes should cover quite a few different objections to Christianity (or whatever other ideology you've left), but at the same time should be short enough that you can easily read the whole thing aloud, slowly, with pauses of up to half a minute between quotes, in no more than twenty minutes to a half hour. For example, you could use ten to fifteen very brief quotes plus a few longer ones.

Then, in your own words, write a brief prayer of thanksgiving to Enki for having led you out of Christianity (or whatever). The prayer should be personalized to your situation and should mention those aspects of Christianity (or whatever) which you personally found most oppressive.

When you are ready to perform the ritual, prepare for it in your customary way (e.g. Preparations for formal ritual). In addition to whatever other ritual tools you may use, you should also have a bowl

half-filled with water, large enough for you to dip your hands into it without overflow.

The Rite Itself

This ritual should be performed three nights in a row. The ritual should begin and end in whatever way is most familiar to you.

After your standard opening (e.g. preliminary invocation and calling the four directions), say the following:

In the presence of our mighty Lord Enki, true creator of the human race, and in the presence of all the Gods, I declare that these things which I shall say are true, to the best of my ability to know the truth.

Pause briefly, and then read your collection of quotes. Read them one at a time, pausing briefly after each one. Don't time your pauses by watching a clock. Just pause as long as feels natural to you.

When finished reading the quotes, say:

In the presence of our mighty Lord Enki, true creator of the human race, and in the presence of all the Gods, I declare that these things which I have said are true, to the best of my ability to know the truth.

Then say your prayer of thanksgiving.

Then dip your hands into the bowl several times and splash water on your face, including your forehead, symbolically washing away past delusion. While doing so, say three times:

O mighty Lord Enki, I ask to be set free from all past delusion and error. O mighty Inanna, help me learn the truth, to the best of my ability to know it.

(It is suggested that you splash your face a total of four times, saying the above prayer in between.)

Then say your prayer of thanksgiving again.

Then close the ritual in whatever way is standard for you.

RITUAL TOOLS

© 2005 Temple of the Ancients

The ritual tools are representative of the 4 elements; fire, earth, air and water. Everything you use in rituals, blessings, and scrying is considered a tool of magickal operation and should be treated respectfully.

Any fabric store will cut a few yards of black, dark blue or red silk that you can take home and cut to size for each item listed below. Proper storage of your items in a sacred place of your choosing maintains one's awareness that these items are special, and they hold your energies.

ATHAME: or ritual dagger; any style will do as long as it suits YOU and does not have Hebrew markings/inscriptions on it. It is used to point at the 4 directions and invoke three God powers and one Goddess power, and used to direct energy and the will. It is associated with the element of AIR.

RITUAL CHALICE: represents the element of WATER. It is used to drink wine or some other beverage during a formal ritual. It should be silver or stainless steel.

BURNING BOWL: should be made of stainless steel or silver. It is of the element of FIRE and is used to burn papers that contain written prayers/requests during ritual. The burning bowl is also used for black magick. Be certain to discard the ash from rituals in a respectful way by putting it outside, NEVER in the trash.

PENTAGRAMS: are not necessary, but can be used to represent the element of EARTH. They should be of silver or stainless steel. Everyone should have an earth symbol somewhere on their altar. Use the corrected Sumerian symbols at the points. We also recommend keeping Enki's signature on the altar as well. You can use cuneform text or hieroglyphics to create a symbol, sigil, or signature.

LINK TO BAPHOMET

THE WAND: is a standard ritual tool used by mages and sorcerers. It is also called a "BLASTING ROD." Wands are representative of the element of fire.

CANDLES: are representative of the element of FIRE. Candles for

standard ritual should be black, but if black is unavailable, blue or red can be used. When summoning Gods/Goddesses, it is important to use the color related to them.

INCENSE BURNER: is used to perfume the air and to make for a favorable atmosphere for ritual and magickal workings. Incense is pleasing to the Gods. One should always have a sample burning of new incense. This is because once a ritual has begun; it is too late if the incense is substandard. Cheap or foul smelling incense can be a major embarrassment and can also be insulting to the spirits. The Incense Burner is both of the element of FIRE and the element of AIR. Avoid manufactured cone/stick incense. Resins or Essential Oils (not blended) are quite pleasant.

BELL: is used to signal the beginning and end of the ritual. The ringing of the Bell clears the air in preparation for ritual. It is rung in opening by turning widdershins (counter-clockwise) and at the end of ritual by turning deosil (clockwise).

BOOK OF SHADOWS/SPELLBOOK: is your own private journal of ritual and magickal workings; their outcome, what you did and when and how you did it, spirit communications and manifestations. A private record you can keep and refer to recording all of your experiences in detail. We recommend you keep track of your meditations and any changes, as well as dream occurrences.

CRYSTALS: have many uses and you should find a place you can go to where you can handpick your own. You will need lodestone to charge any daggers or swords to magickal use. I will put a list of chakral correspondences and crystals on this site. You may need those crystals from time to time to restore energy or to aid with chakral blockages. Another good use is to have some around to offer Gods/Goddesses upon evoking.

SIGILS: You may wish to create a sigil to symbolize the name of a certain god or goddess that you wish to evoke. You may use cuneform text or hieroglyphics to create a sigil, symbol, or signature.

Additional Items:

***Note:** The following items must be blessed for use. Please see Rituals for the appropriate instructions.

BLACK SCRYING MIRROR: for seeing what the Gods look like;

communication.

OUIJA BOARD: for communication with Gods and Spirits.

PENDULUMS: to ask yes/no questions over signatures of Gods, to find lost objects, to find places of magickal operation, etc. I prefer a choice of crystal pendulums that I use. Each has a different vibratory rate.

RITUALS

© 2005 Temple of the Ancients

Ritual is the very heart of magick. For it is through ritual that we achieve our magickal results. It is a magickal procedure or ceremony we perform in order to change the environment. Magickal goals for a ritual should not be taken lightly. The successful practice of magick depends upon strong belief. The simplest ritual must be belief itself. If you can believe in your desired results strongly enough, that act is a magickal ritual which will achieve your results. Even a very complex ritual is no more effective than strong belief. There are aids to concentration which may help. Thus in creative visualization, imagination and controlled breathing are brought into play.

The following are rituals and/or blessings that you might need at some point. Please follow the instructions with each one.

Alter Set-Up

The ultimate alter should be moveable and one should be able to walk completely around it. If that is not possible, then try to set up your alter so that you can face East.

Your items should sit on the alter as follows:

The Athame (Air) - Center - East edge

Earth Symbol (Earth) - Center - North edge

Cup (Water) - Center - South edge

Incense/Burner (Fire) - Center - West edge

Note: If you consecrated the Athame to fire and the incense burner to air, just switch places.

Put your candle in the NE corner so you don't burn yourself from reaching across the alter. Your burning bowl should be in the NW corner and bell in the SW corner.

Keep things simple by writing your rituals on index cards so you have room to work. You can have your prayer written and ready by putting it on the center of the alter.

The Standard Ritual:

It is a good idea to always bathe before ritual. This shows respect. Light your incense and let it burn 10-15 minutes to fill the room. Write any prayers, thanksgivings and/or requests out on clean paper. Light your candles.

Fill your chalice with wine or some other drink. Dress for ritual. If you don't have a ritual robe, wear all black. Make sure your clothes are clean.

Ring bell.

INVOCATION TO ENKI:

In the Name of Enki, Ruler of the Earth, True God, Who hast created all of humanity, I invite the Forces of light to bestow their power upon me. I ask you to come forth to greet me as your friend and one of your blessed children.

Father Enki grant me freedom from illusion and show me your kind wisdom and understanding. That I remain strong of heart, mind, and soul, and always remain strong in my faith and service to thee.

Drink from Chalice

Pick up the athame and hold it pointing up in your right hand. Visualize a vortex spinning open between this dimension to the Gods in their dimension. You are piercing the veil between worlds to connect with your higher mind astrally.

Here is where you will invoke the powers of the Gods. Just stand in place and read the following:

I am the spinner, I am the flame. I am the clay upon the wheel of life. I sound thy tone and birds flutter through space; clouds scatter before the sun, and berries ripen upon the branch. Oh Ptah, thou art my voice. Give it psalms of grace and beauty. Lift it up into the heavens that I may become the singer of new worlds in the universes of the gods.

Beloved Bastet, mistress of happiness and bounty, consort of Ptah, mother of Ra, slay the evil that afflicts our minds as you slew the serpent Apep. With your graceful stealth anticipate the moves of all who perpetrate cruelties and stay their hands against the children of light. Grant us the joy of song and dance, and ever watch over us in the

lonely places in which we must walk.

Oh mighty powerful Isis, Goddess of love, keeper of all time, look upon me, thy child, with love and compassion. May the sands of time be turned that I may see, that I may live in worlds before and beyond. Show unto me that which I should see. Great Isis, grant peace of mind so that I may hear the quiet, still voice of the gods and so do the will of the divine. Reveal to me that which is true for me to know and steer me gently toward the light.

Osiris, thou art the receptacle, the vault of stars that separates the pillars of the heavens for the initiate. To whom doth thy word enliven, but he who is made vivid in thy light, and whose limbs become supple in the fragrance of thy breath?

This is now the height of your ritual where you read your prayer to Enki. When you are finished, light the paper in the flame of your candle and place it in your bowl to burn. Now is the time for meditation and focus.

After the meditation is when you talk with Enki or do other operations that you might have planned. After this, more prayers can be said that are your own or on the website.

At the end of your ritual close with a HAIL ENKI!! Ring the bell to signify the end of the ritual.

Consecrating & Empowering Ritual Tools

To purify and consecrate your tools during a full Moon, you will need to place them upon your altar or other suitable area. If your incense burner has not been blessed, you can use an ash tray or some other burn proof receptacle for your incense.

If you are empowering an athame, you will need lodestone.

Begin by lighting your incense. Items will be passed through the smoke of the incense to be consecrated. You will also need one dark candle (black, blue, or red).

Prepare a mixture of water, sea salt, rose oil or sandlewood oil and put this in a container that you can dip your fingers into.

1. Anoint tool with water preparation and chant the following:

Aqua, Ego Excito Ele

1.(a.) For the athame, an extra step is required. Take a piece of lodestone and stroke the blade from hilt to tip for a few minutes. The natural earth magnetism of the stone will charge this item with its energy.

2. Pass the tool above the flame of the candle and chant the following:

Ignem, Ego Excito Ele

3. Pass the tool through the smoke of a sage smudge stick and chant:

Ventus, Ego Excito Ele

4. Pass the tool through the smoke of the burning incense of frankincense and myrrh resin and chant:

Terra, Ego Excito Ele

Read the following prayer for each object:

I bless and consecrate this (_____) in the name of Lord Enki, ruler of Earth, and may the Gods bear witness this hallowing of common matter. In my/our hands alone shall it serve. So mote it be.

COMMUNICATION

© 2005 Temple of the Ancients

It amazes me how many people think that once they are dedicated, that Enki and the Gods will “instantly materialize” before them! All of a sudden a person will feel mysterious entities, and hear voices.

Oh please, this gives me a headache! It’s obvious that some people do not take the time to STUDY first or there would be a realization that in any magickal operation, there is no instant result. Not ever. Not in any system of magick.

Briefly: The Dedication Ritual is about Transformation. You are born again or renewed (spiritually) through Enki. It’s a powerful ritual. When I dedicated, I felt incredible power. I didn’t see, hear, or expect entities to be around at this time. Perhaps someone was there but that was not the point.

We’re still left with people wondering why they can’t get close to the Father, can’t hear his voice, don’t know how to evoke the Gods, etc. Hopefully most of you reading have figured this out already. This is about laziness. This is about “I don’t want to read and figure it out on my own so I’ll just ask.”

To be strong in Enki is to be strong with knowledge. Asking someone else might clue you in a little bit. But to really know what you are doing is to study the information provided on respective websites.

- 1. Know the God or Goddess you intend to summon. This website lists the attributes and available knowledge about different Gods.**
- 2. It is important to have a specific purpose; know exactly why you are summoning a particular God.**
- 3. When we ask assistance from a God, it is only proper to offer something in return. Be prepared to give something in return. This is something both you and the Gods should agree upon. Remember, the Elder Gods value one’s word, honesty, integrity and one’s honor as the utmost importance. Never agree to anything you that know you cannot follow through on.**
- 4. Know the method you plan to use to communicate with the God.**

5. You only need to do an official evocation for a particular God or Goddess one time. It will not be necessary to do an evocation after you have established a relationship with this particular deity. Following the first evocation, you need only call out for his/her name, or he/she may often decide to visit by their own free will.

6. If you are trying to contact a specific god or goddess, it is imperative that you call out or chant his/her name several times in a row to be sure that you have gotten their attention before assuming that they are in your presence. Be sure to call his/her name at a volume that is loud enough for them to hear you. Don't assume that you are always heard on the first call. It is a very big universe. Give them ample time to respond.

METHODS OF COMMUNICATION

© 2005 Temple of the Ancients

Telepathic Uplinks/Clairaudience: This is the ability that everyone scrambles to achieve by doing Awakenings I & II (see meditations). What people don't seem to understand is it could take months, maybe a year or more to "hear" with any kind of consistency. The sound comes from, both inside and outside of your head. I urge readers to take this time to do power meditations and do not slack. Learn how to do the void meditation. Once you are able to hear, you will possibly be plagued by the constant noise that enemy beings make. If you are not prepared for this, the enemy will break you down.

Psychic Vision: Sight goes hand in hand with psychic hearing and the two develop at about the same rate. This ability is especially nice to have because you can see who the hell you're dealing with and there's less chance of astral deception, although the enemy is clever, and you still must remain cautious in what you believe.

Scrying: This operation is done by use of the black mirror. You can purchase one or make your own. To scry takes intense concentration and patience. It is much like looking into a black pool of water. I prop my mirror up on a plate holder stand. The room must be very dark but with some candle light. You do not want the candle shining through the mirror or into the mirror, causing a reflection. As you look deeply you will eventually see the mirror become misty or clouded. At that point you are half-way and must go in deeper. Keep relaxing your mind and body. When you begin to see images, you are very close to who you wish to see (or what god or goddess you requested). Keep going!

Talking Boards: These come in several varieties, and are available on Ebay, or Amazon for reasonable prices. It has been suggested one can construct their own Ouija board but for smooth operation, I don't recommend it. Getting used to working with a board is not as easy as it may seem. At first it is a little stiff and you may feel as though you are moving the planchette. This requires some relaxation. Allow yourself to sense the god or goddess you are trying to communicate with. A little breeze, a candle spark, some tingling will indicate a presence. Be sure to ask for Enki or a specific God, then ask if that being is there with you and wait for a response on the Ouija board. Ask your questions out loud or silently. Put both hands on the planchette. You will feel a "tug"

in the direction it wants to go. As it gets moving, it will speed up. As you get used to this method, you will almost “hear” the answer as it is relayed to you on the board, as if it is being confirmed for you. The talking board is a very popular method of communication with the Gods.

Pendulums: This is my preferred method. Most of the time I only need yes or no answers and this is exactly what the pendulum gives. Use Father’s signature or a God/Goddess’ signature to ask questions that only require yes or no responses. Once again, you summon who you wish to speak to, and then ask if that being is there. The pendulum will swing “yes” as the being’s energy grows stronger in your presence. Sometimes you will need to rephrase a question to be more specific because they work with so many of us and they don’t remember every single thing that goes on in our lives. I use crystal pendulums designed for this operation. They hang on a chain from a ball at the top. To be accurate, you must never get your fingers in the way of the chain. You’ll notice where the top of the chain links to the ball. Do not touch or cover your fingers over that as well. There is enough room on the ball to hold it with two fingers without disrupting the pendulum. You hold lightly and rest your elbow on a desk or alter while holding the pendulum over top the sigil. When the pendulum swings up and down, your answer is yes. When it swings left and right, your answer is no. If it swings in a circle, it could mean a few things. Being attuned to the entity you are speaking to will reveal what that means. Sometimes they just want to express concern. Other times it is uncertainty. I try to work with the same God/Goddess so I get to know his/her signals.

Note: Before you use any of these items, be sure to properly bless and consecrate them. (See Rituals.)

NO INTERFERENCE POLICY

© 2005 Temple of the Ancients

This policy is of Enki and the gods. It is largely misunderstood by many of Enki's followers. They cannot figure out why the gods didn't come when they were in trouble or when something was going on.

Enki does not run on autopilot.

The Policy works in several ways. If you are faced by phantasms or enemy angels and don't have the skills to realize that they have the ability to become imposters of gods and goddesses, you may spend a length of time (or days) believing these are your friends. The real gods cannot interfere with this. For as long as you believe what you see or hear, nothing can stop it.

But as angels and phantasms go, they tend to get overly confident. The tip-off is usually the drama, discomfort, conflict, or too good to be true aspects of their presentation. This should be a red flag for you! Call out for Enki or your patron God/dess! Evoke! You'll know the enemy are imposters if they try to talk you out of that.

Enki has told us during our troubling times with phantasms, he and the the gods have stood by and watched sadly as there was nothing they could do. Yes, we've been through it. It's a terrible experience. I will relate some of this later.

"If one doesn't ask, we don't tell them."

The above statement is exactly that. If you think you know everything, and you think you have all your facts without asking Enki, then you are a fool. Every item going in this book is guided by the gods and read by Enki. This is Enki's book. Not mine.

In regards to conflicting information we have found on what is otherwise deemed very good web resources, we have been told by several Gods that the site administrator "has not asked." People ask me, "Why can't the gods just tell that person, if they claim to be in contact these gods and goddesses." No. That person must ask specifically about the questionable content.

In certain situations, the gods or goddesses might interfere on certain issues. The above rule may not always apply. Needless to say, it's

always better to be safe than sorry. You may have to triple check on many occasions to verify that something is the truth. Don't take everything that you see and hear at face value. The gods of Enki don't want you to be deceived, but they may not always interfere, or you may not be able to hear them.

No More Mr. Nice Guy!

One of the first things you will do is learn how to empower yourself. You will also learn how to become 'thick-skinned' against many odds. Being weak, lazy, doubtful, and unable to make decisions, lacking faith in the gods, or holding onto fear (which is the worst thing) will lead you straight to disaster.

We have had many experiences with what I am about to discuss. The beings listed below are elusive to those who have no abilities. Sound without sight is also a huge problem because some of these beings can pretend to be gods... at least for a little while. They are also easier to hear, and most likely the first beings you will encounter when you begin to hear, psychically. (I will discuss telepathic uplinks later.)

If you find yourself in a situation that is in discord with Enki, call out to the Father. You say, "I had this experience. There seems to be something wrong with it, and I don't believe it. Can you please tell me what is wrong with this picture/scenario?"

Due to the "No Interference Policy" of the Gods, if you believe something, they are going to allow you to continue believing it. You must be able to phrase your question as stated above in order for them to be able to help.

You build your armor with bio-electrical light. You clean your armor. You do this daily. You are not going to ring Enki's phone off the hook over every little problem! While there will be times when you do call out (and believe me, things can get ugly), other times you don't need to.

If you are trying to contact a specific god or goddess, it is imperative that you call out or chant his/her name several times in a row to be sure that you have gotten their attention before assuming that they are in your presence. Be sure to call his/her name at a volume that is loud enough for them to hear you. Don't assume that you are always heard on the first call. It is a very big universe. Give them ample time to respond. If you need help, or if you need an answer, you have to ask for it.

MIND POWER

STATES OF CONCIIOUSNESS

© 2004 Amber K.

The electrical activity of the brain has been observed and classified with EEG (electroencephalograph) equipment; signals picked up from the scalp by electrodes, then filtered and amplified, drive a graph recorder. Brain activity has been found to produce specific ranges for certain basic states of consciousness, as indicated in 'hz' (hertz, or cycles/vibrations per second). The 4 states of conciousness are as follows:

delta -- 0.2 to 3.5 hz (deep sleep, trance state),
theta -- 3.5 to 7.5 hz (day dreaming, memory),
alpha -- 7.5 to 13 hz (tranquility, heightened awareness, meditation),
beta -- 13 to 28 hz (tension, 'normal' consciousness).

As you can see, some form of physical relaxation is implied in the alpha, theta, and delta consciousness. These states are in fact reached through deep breathing, hypnosis, and other relaxation techniques. OOB occurs during these states, and delta is probably the most important for it. The problem is really, as we have said, one of maintaining mental awareness and alertness while experienceing these altered states.

Experimental subjects hooked to an EEG do not show a discrete change from drowsy to sleep; it is very gradual. At the threshold between sleep and waking consciousness is a drowsy condition known as the hypnogogic state. OOB seems to occur during this state, or a variant of it. By careful control of the hypnogogic state (not going beyond it) it is possible to enter OOB directly.

PARAPSYCHOLOGY & PSYCHIC PHENOMENA

© 2004 Amber K.

Through parapsychology, we are at last beginning to gain insights into the hidden nature of man. Parapsychology is a branch of psychology which studies psychic phenomena. Remarkable evidence has been gathered on numerous cases of psychic phenomena.

Knowledge gained from parapsychology studies can be applied, so far as it goes, to the much broader based, much more theoretical study and practice of magick. Thus, the human mind and body appears to broadcast psychic energy or force, much like a radio station. Kirlian photography and cloud chamber tests tend to support this theory. Although the exact nature of this psychic force is subtle and unknown, it is undoubtedly the energy behind all psychic phenomena and magick. However, it is **not a radio wave, since it behaves somewhat differently. The psychic force is too weak to be measured directly (at least so far as we know). Everyone has some psychic ability. There are numerous types of psychic phenomena. Parapsychology separates them into two groups: ESP and PK.**

EXAMPLES OF ESP

ESP, the abbreviation for extra sensory perception, means the reception of information through paranormal means (ie. not regular physical senses of sight, sound, touch, smell, or taste). In theory, this is accomplished by receiving psychic force from outside the body. Here are some examples of ESP:

- 1. Clairvoyance, or Remote Viewing -- the ability to sense or 'see' (non-physically) distant objects, places, and people. Individuals who see ghosts and spirits are probably clairvoyant.**
- 2. Astral Projection (OOBE) or Traveling Clairvoyance. Full experience at a remote location while the physical body sleeps.**
- 3. Psychometry -- the reading of information by the touch of physical objects.**
- 4. Telepathic receiver -- the ability to directly receive thought (communication) at a distance, with no physical connection to the sender. There are many everyday examples of this, in which we think something just as another person is about to say it. This is an easy one to test for through experiment. Very dramatic cases of telepathy have been recorded; there is often an emotional element in such cases.**
- 5. A medium, as in a seance.**
- 6. Experience with a Ouija board, pendulum, or automatic writing.**
- 7. Precognition -- to foresee the future. Again, highly emotional events are the ones most likely to be 'tuned in'.**

EXAMPLES OF PK

PK, the abbreviation for psychokinesis, is the active or sending side of psychic phenomena. The theory here is that psychic force is sent out from the individual. Examples of PK include:

- 1. Telepathic sender -- the transmitter in the telepathy just discussed.**
- 2. Psychokinesis (or telekinesis) proper -- the ability to move objects by means of psychic force.**
- 3. Somewhat along the same lines are poltergeist (noisy ghost) phenomena in which objects move of their own accord or noises are heard. There is always a human agent involved -- frequently a teenage girl -- who appears to be the source of psychic energy.**
- 4. Psychic healing -- the ability to heal various illnesses and infirmities. There are many documented cases of this. Usually it involves a healer and a subject, although there are recent cases involving cancer patients learning to heal themselves.**
- 5. Teleportation, apportion, and levitation. Some occultists feel a magician producing PK effects is simply a channel for universal energy. Others think the force originates some way directly within the magician.**

THE 4 WORLDS

© 2004 Amber K.

The ancients described man as mind, body, and soul. Psychologists of the twentieth century added the subconscious to that definition. This produces a four-fold classification. The universe is also divided into four corresponding parts ('worlds'), as shown below:

World, Body, & Quality:

spiritual world, spiritual body (soul or kia), intuition

mental world, mental body (conscious mind), rational thought

astral world, astral body (subconscious), emotions

physical world, physical body, physical senses

The astral body (subconscious) is the intermediary for intuition,

magical and psychic phenomena, and is the 'psychic link' to the physical world. Most occult and magical phenomena originate in the invisible, non-sensate, non-physical realm (ie. without physical senses). Each of the four worlds interacts with the other worlds. Psychic energy flows from the spiritual to mental to astral to physical. The physical world is a projection (manifestation, reflection, or shadow) of the higher worlds. Our center of consciousness is generally within these higher worlds. "We are", to quote the rock music group the Police, "spirits in the material world".

There are many similar terms used by other occult groups. For example, 'astral light' is another name for astral world, although it may sometimes also refer to the entire non-physical realm, as may 'inner planes' or 'the invisible world'. Planes are essentially the same as worlds. Vehicles or sheaths are the same as bodies. Some groups include an etheric or vital body between physical and astral: it is mostly 'physical' with a little of the lower 'astral' besides. And sometimes astral and mental are each divided into two parts (upper and lower). The 'causal body' is the upper 'mental'.

ASTRAL PROJECTION

© 2004 Amber K.

Astral projection (OOBE, out of the body experience) is a popular area of occult literature; for traveling to see other worlds and places while the physical body sleeps or is entranced is an exciting notion. Astral projection is not dangerous. It is as safe as sleeping. Most dreams are probably unconscious astral projections, anyway. Although there has been quite a bit written on the subject, astral projection is difficult for many people. The main difficulty is the tendency to forget dream consciousness upon awakening.

Accordingly, the successful practice of astral projection requires work. Modern psychology discounts the idea of actual OOBE (that the spirit temporarily vacates the physical body). However, the idea is very ancient. The Tibetans have an entire system of yoga (dream yoga) based upon astral projection. And here we have an important assumption: you are involved in an OOBE (at least to a degree) whenever you dream. What sets it apart from a full OOBE is your hazy consciousness during the experience and poor recall afterwards. Many people forget

most of their dreams completely. Learning astral projection requires a kind of inner mental clarity and alertness. Dreams are a door to the subconscious which can be used for psychological and spiritual insight, and sometimes for precognition.

Dream content is influenced by external sounds and sensations. For example, a loud external noise (such as a train) will likely appear in your dream (if it doesn't wake you up!). Dreams are also influenced by events of the previous day, by your moods, and by suggestion. Everyone normally dreams 4 or 5 times a night (about every 2 hours). The longest dreams occur in the morning. Everyone dreams.

You are more likely to remember the details of your dream when you first wake up. By keeping a dream diary you will improve dream recall. Have writing equipment or a tape recorder at your bedside for this purpose; also a light which isn't too bright. Suggest to yourself several times before you go to sleep, "I will awaken with the knowledge of a dream." Then when you do awaken, move quietly (sometimes just turning over drives the idea away). Remember first, then write the dream down, and then add as many details as possible. The next day check for objective facts and expand if you can (by remembering 'what happened before that'). Once you start remembering your dreams in this way, it will become easier to do so. If you are unsuccessful at this, and really want to remember your dreams, you could arrange for someone to sit by your bedside all night long with a dim light on. Then when he sees your eyes moving back and forth -- rapid eye movements, a sign you are dreaming -- he can wake you and ask for a dream report.

FORMS OF ASTRAL PROJECTION

Astral projection may be subdivided into three basic types: mental projection, astral projection (proper), and etheric projection. Your OOB may shift between them. Mental projection is really simple clairvoyance ('remote viewing'), and 'traveling in your mind'. Imagination plays a key role. The experience of mental projection is not particularly vivid, and you will more likely be an observer than a participant. Nevertheless, mental projection is an important 'way in' to astral projection proper.

During mental projection and astral projection you are able to travel through solid objects, but are not able to act directly upon them or to move them (if they are in the physical world). This is not true during etheric projection. Whether it is simply subconscious expectation, or whether it is a true etheric projection which in theory means that part

of your physical body has been relocated with your projection (the etheric or vital part) may be difficult to determine.

Etheric projections generally travel at or very near the physical world. There are even cases reported (very, very rare ones) in which the entire physical body is transferred to another location (teleportation), or cases in which the physical body exists and acts in two separate places at once (bilocation)! But our primary interest is astral projection proper, and mental projection to a lesser extent. Astral and mental projection are not confined to the physical world. Travel in the mental and astral realms is feasible, and often preferred. Nor are astral and mental projection restricted to the realm of the earth (you could even go to the moon and planets).

DEVELOPING CLAIRVOYANCE

© 2004 Amber K.

It is possible to improve your natural ability with clairvoyance through practice. A good start might be to look around you, then close your eyes and try to picture your surroundings. This is also good exercise for visualization. Visualization is an essential talent in magick. Open your eyes again and check your accuracy. Then close your eyes and try it again.

When you use your physical eyes, look at everything like a child seeing it for the first time. Let the vividness of color and form burn into you, until everything takes on a veritable glow. Try to capture that glow when you close your eyes now and picture your surroundings. It's just a simple step to extend what you see with your eyes closed into what you remember seeing in the next room, or what you *imagine* seeing in the next building, the next city, even the other side of the world. Don't expect perfect results, especially at first. Just try to be even partly right. Another exercise is to picture a clock face, and thereby tell the time clairvoyantly.

THE AURA

© 2004 Amber K.

Under the right conditions, it is possible to clairvoyantly observe a

colored light around other people. This is known as the 'aura'. Sometimes the aura is seen as multi-colored emanations around the person, built up of various differently colored layers and zones. Although many occult dabblers claim to be able to see the aura easily and under many varied conditions, I seriously doubt that they do.

There are optical illusions and qualities of sight which can sometimes trick one into thinking he sees what he does not see. In this area, the quality of sight known as after image is especially pertinent. Do this: stare at any solidly colored bright object for a few moments. Very intense red, green, or blue are especially good for this. Now look away at a white surface and you will see a phantom image of the object in its complementary color - a red object will show green, a blue one - orange, etc.

If the bright object is in front of a light surface, you may observe a fringe of complementary color around the object after a few moments. This is all very normal, and is used by some magical groups as an aid to visualization sometimes called 'flashing colors'. Some silly people will stare at other people in the same way. And when they see the after image of the person's clothing, they think they are seeing his aura.

What is more, various meanings have been attributed to the colors of the aura. A psychic who can see the aura is supposed to be able to determine that persons emotional state. Thus psychic frauds can have a marvelous time with auras. One deluded psychic taught a class I attended in which he performed instant psychoanalysis on the basis of the supposed aura. It was obvious that he was actually observing after images from the students clothes!

This brings us to the meaning of aura colors. It is a general guide, based mostly on Theosophical material. Various groups may attribute different meanings to the colors. The colors we show here are emotional in nature. Surrounding yourself with a particular color will tend to produce the specific psychological effect described below. That quality of color is useful in a magick ritual or meditation.

COLORS OF THE AURA

BLACK: Malice

DARK GRAY: Depression

PALE GRAY: Fear

BROWN: Materialism

MUDDY GRAY/DULL RUST: Selfishness

RED: Energy

BRIGHT RED: Anger and Force

DIRTY RED: Passion and Sensuality

DULL RED: Selfish love

ROSE: Unselfish love

ORANGE: Pride

ORANGE CLOUD: Irritability

BRIGHT ORANGE: Noble indignation

YELLOW: Intellect

YELLOW-GREEN: Low intellect

EARTHY YELLOW: Selfish thought

LEMON YELLOW: high intellect

BRIGHT GOLD: Logical thinking

BRT. RED-YEL: Spiritual thought

GREEN: Empathy

GRAY GREEN: Deceit, Jealously

GREENISH BROWN: Jealousy

EMERALD GREEN: Unselfish resourcefulness

FOILAGE GREEN: Sympathy & Empathy

BRT. APL-GRN: Strong vitality

BRT. TURQUOISE: Deep sympathy & Compassion

BLUE: Devotion (religious feeling)

GRAY BLUE: Fetishism

LIGHT BLUE: Noble spiritual devotion

DARK BLUE: Religious feeling

BRT. LILAC BLUE: Lofty religious idealism

VIOLET: Spiritual psychic & Spiritual faculty

WHITE: Purity & Protection

CLAIRAUDIENCE

© 2004 Saau Hatshepsut

Befitting the name, clairaudience is closely linked with clairvoyance. However, where clairvoyance is seeing, clairaudience is hearing.

Clairaudience is often more difficult to pin down than clairvoyance, and carries the same stigmas attached to it. The main example being if you claim to 'hear voices', it's automatically assumed that you suffer from psychosis. This is unfortunate, given that with most cases I've seen, the clairaudient is very much sane.

As with clairvoyance, the two main forms of 'clear-hearing' come as either physical or non-physical - the latter of which is often referred to as mindspeech. Physical, in itself, can be of a large range of things, although undoubtedly the most publicised is the 'voices' - speaking to spirits. When someone is being ordered to do things against their nature by voices, it could either be a genuine case of mental instability, or clairaudient communication with a mischievous or malicious spirit. In either case, it's a disorder that must be corrected. I don't pretend to believe that all people in mental institutions are clairaudients, but nor do I accept that all of them are crazy, in the common understanding of the word. Unrestrained clairaudience can be an enormous drain on both spirit and body, especially in cases where it is dealing with other sentient spirits. So a working knowledge in that area is essential before trying to use it in any great depth.

But this field is not just limited to conversations with spirits, although that is one of the main areas, in my experience. Another facet of the physical hearing is picking up on higher frequencies. In the modern world, ruled by computers, radios, televisions, and other electrical

devices, high frequency signals are constantly being sent through the air - some lower, and some higher than others. Some clairaudients find this a problem, tuning in to useless and unwanted 'white noise'. Speaking from personal experience, it has recently become almost impossible for me to spend any length of time around certain electrical items. Photocopiers, security systems, and some computers are the worst, to my ears, giving off a high-pitched whining sound that is often physically painful. This is a new development, only surfacing in the last few years after I have been working on my clairaudience. My focus is apparently completely in the higher frequencies, as I find my normal hearing - on the lower levels - to be a bit below average, and I'm not far short of deaf to people with very low pitched voices, which can be very frustrating. I've heard similar accounts from other people, everything from televisions to electrical power lines. While hearing spirits can be either physical or non-physical hearing, tuning in to the electrical frequencies is - to my knowledge - always physical.

While hearing spirits physically can often be better verification, it's more common to hear them non-physically, using mindspeech. I often think of it as our thoughts being our astral voices. Mindspeech can, of course, be used for other things, one purpose that springs to mind being communication with friends or family over long distances.

As you can imagine it's very hard to distinguish between speaking to another person/spirit and talking to yourself when it all happens inside your head. There are methods though: different energy signatures (ie, 'feel'), different voice/accent/style, and new knowledge not already known by the recipient. It is very much an acquired skill to be able to know the difference, and one that only comes with practice and a great deal of patience.

This are many things that can be done with clairaudience. I've had endless hours of fascinating conversation with different spirits, learning new things and teaching in return. (note: Common sense should obviously be used when choosing to speak with another spirit, and it's advised that you be proficient in at least some form of psychic protection - as it's better to be safe than sorry). It can also be used in psychic readings, or other divination techniques to find information otherwise hidden. And it is helpful as a personal guide when focussing on intuition. The possibilities are limited only by your perception.

CREATIVE VISUALIZATION

© 2004 Amber K.

When you want to magically achieve something, first picture it clearly in your mind. The more definite and specific your idea of what it is the better. Picture yourself having it or doing it. Visualize it as vividly and as intensely as you can and hold it in your thoughts for a few moments. Concentrate on it intensely (it may help to hold your breath). Feel the energy of desire welling up inside you. Then suddenly feel the image or desire released from your mind. Feel the energy filtering through the image and intensifying it, as if the image is a 'stencil'. Imagine the energy exploding out from you into the macrocosm in all directions at once, and feel the universe 'tilt' as it reacts to the force. (At the same time it may help to release your breath suddenly). Feel the energy draining from you. Finally, believe that your purpose has been accomplished; that it has happened, perhaps saying something such as so mote it be, or it is done.

AFFIRMATIONS

© 2004 Amber K.

The mind is always open to suggestion -- especially the subconscious. Most of the time we censor any suggestions according to the model; but one way to break through the censor is with repetition. An affirmation does this exactly. By suggestion, we mean any statement which is capable of affecting your model. Usually suggestion is in the form of a positive statement (such as the hypnotist's patter -- " You are becoming sleepy"). An affirmation is the same kind of thing -- a positive suggestion, which you repeat (affirm) to yourself aloud or silently (for example, "I remember my dreams"). If there is some quality you wish to change or develop within yourself, an affirmation is ideal. Repeat it several times every day at several different times throughout the day, especially when you go to bed. Affirmations are subtle and may require a few months to work. Use them for changes, not miracles.

DIRECTED ATTENTION

© 2004 Amber K.

Your mind follows your attention. Wherever you direct your attention, there will your thoughts go too. By directing attention to a specific place

or purpose you ***focus*** mental energy upon it. For example: you're having lunch in a cafeteria crowded with people. It is a large place, and everyone there is talking at once, so that the room is a constant jumble of noise. You happen to notice a man across the room; he reminds you of someone. All at once he drops his fork and you hear it hit the table. Would you have noticed the sound of his fork if you had not been looking? No. Only by focusing your attention there were you able to pick out that individual event and associated sound.

It is a dark night. You are walking and the only light you have is from the flashlight you hold in your hand. As you move the flashlight around, the beam of light from it directs your attention first one way then another. Now, the mind is something like that flashlight in the dark. And by directed attention, you point the mind to one place or another. As with that flashlight beam, you see where the mind is pointed; nothing more. The rest is 'noise'. And so we could define mental noise as anything not focused upon.

In another way, noise could be considered as negative emotions, attitudes, and thoughts which make it more difficult to direct the attention. Your emotions follow your thoughts quite easily. Your emotions are not you, but are rather reactions prompted by your model and ego -- like a performance or an act, while the real you watches. In a similar way, directing your attention toward a specific emotion will cause you to experience that emotion.

INVOCATION

© 2005 Temple of the Ancients

Invoking a deity is a way of channeling the energy of a god or goddess in to your own body allowing them to control and speak through you. In all cases this must be done with extreme caution. This should never be done by a novice. In every case one should be very familiar with the deity that you wish to invoke. Let's face it, not every entity on the astral is who they claim to be. If you have any doubt about the credibility of the entity in which you are invoking, this should not be attempted. You must make sure that you know and trust the entity 100 percent.

To invoke a deity, you must first call upon the deity that you wish to invoke. You may wish to chant the deity's name several times and tell him/her that you are attempting to invoke them. If you have never seen

or met this deity before, you should not attempt this until you are very familiar with his/her appearance, energy, voice, and presence. This may take months to establish a bond of trust. Once you know the appearance, energy, voice, and presence of the deity, then you may feel free to invoke them. Under these circumstances, you should still use caution. Do not ever give any entity complete control of your mind and body.

The invocation process requires you to channel the energy of the deity directly through your body allowing him/her to speak through you. You will have to establish a firm connection between you and the deity while being relaxed enough to let their energy flow through your body giving them an element of control. This can be very dangerous if you do not know what you are doing. You will have to let go of yourself in order to give them this element of control they need to speak and move freely while using your body. At no time should you ever surrender complete control. This body is your vehicle. You are the driver. You are the owner. You simply want the deity to reach over and grab the wheel to briefly steer you in a certain direction. They are only the passenger. At no time should your foot ever leave the brake. You should always be ready to stop at your own will. You must never allow yourself to lose this element of control. Your vehicle cannot be stolen unless you allow the passenger to kick you out of the car. You have to allow the deity complete control of your body in order for him/her to completely possess you.

A god or goddess of Enki would never possess you. They would never harm you in any way. They would never cause you any physical, mental or emotional discomfort. These gods and goddesses can be trusted, but unfortunately there are many entities on the astral who will attempt to impersonate them just for the sake of misleading and even harming you because of your association to this pantheon. That is why one must use extreme caution when doing such an invocation.

Here are some tips on learning how to invoke. Remember the dangers, but do not be afraid to try channeling the energy of a god or goddess. You are in complete control. Just make sure to keep it that way. Be sure that the god or goddess is aware that you are attempting to invoke them or channel their energy. I learned to do this by channeling energy through a ouija board. I was able to let them use my body to move the message indicator and gain a certain element of control. From there I gained the ability to let them speak through me and move my body.

Like I said before, this can be dangerous but it is an effective way to increase your communication skills if you do it safely.

Some people do not hear very well through clairaudience and this may help for direct line of communication. Do not be careless. Use your best judgement, and know when to quit while you are ahead. Do not be too quick to lend your trust to an entity, but you can practice this safely without getting hurt if you are in the presence of a god or goddess who cares about you. Take care of yourself. Know the dangers that exist, and know when to stop. We care about our members, and we don't want any of you getting harmed in any way. I give you this advice, but I tell you to be wise and careful about it. You will not get possessed if you do not allow it to happen. If you feel any negative energy, experience any time loss, or if you are getting invalid information, stop doing this immediately! If you call on a god or goddess to assist you in this process, be sure to call their name several times and call them loud enough so that they can hear you. Invocation is quite common and it can be a positive experience if you take the proper precautions.

EXORCISM

© 2005 Temple of the Ancients

In cases where one has ignored the previous warnings and allowed themselves to become possessed, you may now have to exorcize the entity. This can be done very easily. I am placing these instructions on this page because some people think that they know everything and they may end up having to learn the hard way that my warnings were not to be ignored. Emergencies can happen. That is why I am adding this information to this website.

In cases of possession, a pagan cannot go to a Catholic church for an exorcism. You will not have to. Catholic exorcisms can take days and weeks to accomplish because (as we already know) they have no real power to exorcize their own angels and rhp deities. In such cases you would be fighting fire with gasoline. Our method of exorcism should take no more than one or two hours depending on the severity of the case.

The possessing entities will never tell the host or the exorcist any truth about who they really are. They use these possession cases for the drama factor. They will blame it on a god or a goddess that would never possess

or cause harm to a person. This creates fear in the eyes of the public. This causes negative publicity against an innocent deity that has nothing to do with the possession itself. Do not expect any truthful statements or answers from a possessing entity.

In any case of possession, the host has allowed this to happen. The host has given complete control to an entity and the blame can only fall upon the host for letting this happen. Assuming that you may be possessed, you may need assistance in your own exorcism, or that of someone you know. Below are instructions for assisting and performing your own exorcism. Most cases can be handled in the following way.

- 1. Get rid of the entity by starving it out. The moment that you begin to lose control, ignore the entity. Focus your mind on something else. Watch tv or read a book. Whatever you do, make sure that all actions taken are your own. Work out if you have to. Whatever it takes, do not give in to any involuntary activities or motions. Do not allow any form of involuntary speech. This is considered starving it out.**
- 2. If you are assisting an exorcism of someone else, you must make sure to keep a conversation going between yourself and the host. Do not allow the host to lose awareness of who they are. If you find yourself talking to an entity that is using the host, yell the name of the host. Tell them to come back. Once you are in contact with the host, tell them to allow the entity no more freedom. Do not lose contact with this person. Instruct them on starving out the entity.**
- 3. Often restraining the person is not necessary, but if you have to restrain someone, do it without causing damage or pain to their body. I've never seen any extreme cases where one has to be restrained, but in such cases, do not harm the host!**
- 4. Light is a powerful weapon. The host can begin by lighting up all chakras from base to crown. This may be difficult for the host, but in extreme cases, this may be mandatory. Tell them to keep their chakras lit. This may take force on the part of the host. The unwanted entity may try squelching out the light. They cannot be where there is light. Instruct the host to breathe white light in through the base chakra and push the white light up the spine and release it through the crown chakra. This is what I call flushing out an unwanted entity. Tell them to repeat the process until the entity is gone.**
- 5. For the exorcist, in some cases you may have to assist by using light**

of your own. While the host is flushing their body with white light from bottom to top, you may use your hand chakras to force light down through the crown chakra of the host. Internal flushing from both directions may cause the host to hack or vomit. Before this happens, the entity may surrender and leave on its own. In those cases, you may remove your hand to allow the entity to leave through the top of the crown. Tell the host to keep flushing upward light. If the entity still tries to remain inside of the host, you may have to force light down through the crown again. This may force the entity to leave through the mouth of the host. As stated before, this may cause hacking or vomiting so be prepared.

6. You should call upon the assistance of a god or goddess before taking the measures above. They will be happy to assist, and may be able to stop the possession before it goes too far. We have many trusted gods and goddesses listed on this website who are always more than happy to assist. If caution is taken before and during any invocation, the exorcism will not be needed.

HEALTH AND DIET

© 2004 Amber K.

Certainly the way you treat your physical body will affect your mind. In magick you want an alert mind. Therefore your body must be as healthy as you can keep it. Take care of your body. Exercise regularly. Eat a good diet (with vitamin supplements), and do not consume anything which will have a negative effect upon the mind. Drugs, smoking, and alcohol should be restricted, or eliminated. (The mind can create any condition which a drug can create.) A good rule here is moderation in what and how much you consume. (Most of this stuff is pretty obvious isn't it.) You may also want to cut down on sugar and processed foods. Many occultists advise dietary changes. We cannot deny the physical, psychological, and spiritual effect which all foods have. This effect may be described as the 'heaviness' factor of foods. Various foods are so ranked below, lighter to heavier.

1. lettuce and other greens.
2. fruits and most vegetables.
3. wheat, rice, and other grains.
4. nuts, beans, and other legumes.
5. cheese, dairy products, including eggs.

6. fish, seafood.
7. chicken, poultry.
8. beef, pork, other red meats.

Note that meats, especially red meats are the 'heaviest' foods. Generally, foods which are harder to digest, or which are higher in protein are heavier than those which are not. Animal products are heavier than plants. Foods high in carbohydrate (candy, bread, starch) are heavy. However, the heaviness of foods is not directly related to the amount of calories. What this means is that for various reasons, the heaviness of food in your diet will affect your magical experiences. You may be able to increase your psychic receptivity ('energy level') by eating lighter foods, or by eating less. Conversely, emphasizing heavy foods in your diet, or eating larger helpings, may help to 'bring you down to earth' should you 'rent the veil' too much.

These are generalizations, of course, and it may take a number of days of dietary change before you notice much effect. I do not advocate radical dietary changes, excessive fasting, or malnutrition. Your good health is far more important in magick than any temporary effect you get from prolonged starvation. A change in diet will sometimes only produce a temporary effect, until the physical body adapts to the change. Healthy natural foods and lifestyle make it easier for us to be healthy, but ultimately, good health is a mental quality (attitude).

CHAKRAS

MAJOR CHAKRAS



"The seven lamps that burn before the throne of God."

The seven seals are the seven chakras of the human body, ruled by seven signs of the Zodiac constellation. The remaining five signs influence the etheric or prana body. The seven cities, societies, trumpet calls and horsemen named in the xian bible (Apocalypse) are secret hints at the seven chakras, their corresponding organs and the sensations experienced by the candidate, for instance at initiation, when Kundalini awakens and flows in the order of numbering.

Once all seals or chakras are opened and conquered by the candidate through moral purity, study, and meditation, the candidate is dwija or "Twice-born" or "Born again" and has achieved immortality in consciousness. He can leave and reenter his physical body at will. Thus death shall there be no more for him. He or she shall depart in full awareness from the body through the chakra on top of the head (7th seal), to then continue to live immortally on the astral, mental and spiritual plane.

The 7 chakras are the spiritual centers of the soul. If you open these and empower them correctly, you are on your way to being equal with the Gods. After Enki's creation of humans, the gods and goddesses along with himself, began teaching us the ancient wisdom of how to become as a god through meditation and supplements. This is where they met with serious confrontation and opposition from the other gods. Through the spread of Christianity and the destruction of the ancient teachings of the original gods, the 7 chakras have been sealed.

The word chakra means wheel of light in the language of Sanskrit. Chakras are the body's internal energy centers, and are aligned vertically near the spine. Energy enters the body through the head (the

heavens) and the base (the earth beneath). The 7 chakras are vortex points where these forces mingle, with each producing a distinctive energy pattern. The purpose of the 7 chakras is to absorb, transform, and distribute the body's internal energy, known by terms like prana, life force, or chi. Specific organs and body parts are associated with each chakra, as well as corresponding behavioral, emotional, and personality patterns. It's important to note that the chakras are in constant interplay, and can really only be separated intellectually. If the chakras are not open and functioning correctly, it will affect every aspect of your physical and emotional being.

Chakra 1 - The Root Chakra

The root chakra is associated with the color red and its Sanskrit name is Muladhara.

Location Perineum: coccyx; base of spine

Body Parts: Legs, feet, bones, large intestine

Glands: Adrenal

Malfunction: Obesity, Anorexia, Sciatica, Constipation

Mental and Emotional Issues: Physical family and group safety/security; ability to provide for life's necessities; ability to stand up for self; feeling at home; social and familial law and order.

Sacred Truth: All is One

Primary Fears: Physical survival, abandonment by the group, loss of physical order.

Gemstones: Ruby, Garnet, Hematite, Red Jasper, Jet, Obsidian

Element: Earth

Planets: Earth & Saturn

Chakra 2 - The Sacral Chakra

The sacral chakra is associated with the color orange and its Sanskrit name is Swadhisthana.

Location Sacrum: genitals; lower abdomen to navel

Body Parts: Womb, genitals, kidneys, bladder, lower back

Glands: Gonads

Malfunction: Sexual and reproductive problems, urinary trouble, pelvic/lower back pain

Lesson Related to sexuality, work, and physical desire

Mental and Emotional Issues: Blame and guilt; money and sex; power and control; creativity; ethics and honor in relationships.

Sacred Truth: Honor One Another

Primary Fears: Fear of loss of control or being controlled by another; fears related to addiction, rape, betrayal, impotence, financial loss, and abandonment by our primary partner or professional colleagues. Also, fear of loss of power of the physical body.

Primary Strengths Ability to take risks; resilience in the face of loss; the power to rebel and re-establish a life; personal and professional decision making and talent; "flight or fight" instinct; the ability to defend and protect self; the ability and stamina to survive and thrive physically and financially on one's own. Clairsentience.

Gemstones: Coral, carnelian, yellow zircon, Tiger's eye, yellow jasper, citrine.

Element: Water

Planets: Moon

Chakra 3 - The Solar Plexus Chakra

The solar plexus chakra is associated with the color yellow and its Sanskrit name is Manipura.

Location: Solar plexus

Body Parts: Digestive system, liver, gall bladder

Glands: Pancreas, adrenals

Malfunction: Digestive troubles, chronic fatigue, hypertension

Lesson Related to the ego, personality, and self-esteem

Mental and Emotional Issues: Trust; fear and intimidation; self-esteem, self-confidence, and self-respect; care of onself and others;

responsibility for making decisions; sensitivity to criticism; personal honor

Sacred Truth: Honor Oneself

Primary Fears: Rejection; criticism; looking foolish; failing to meet one's responsibilities; fears related to physical appearance such as the fear of baldness, obesity, or aging; fear that others will discover our secrets.

Primary Strengths: Self-respect, self-esteem and self-discipline; ambition; ability to generate action and handle crisis; generosity; ethics; courage to take risks; strength of character

Gemstones: Amber, apatite light citrine, yellow topaz, agate, light amber

Element: Fire

Planets: Mars (also Sun)

Chakra 4 - The Heart Chakra

The heart chakra is associated with the color green and its Sanskrit name is Anahata.

Location: Heart

Body Parts: Lungs, heart, circulatory system, arms, hands, breasts

Glands: Thymus

Malfunction: Asthma, coronary disease, lung disease

Lesson Related to love, forgiveness, and compassion

Mental and Emotional Issues: Love and hatred; resentment and bitterness; grief and anger; self-centeredness; loneliness and commitment; forgiveness and compassion; hope and trust

Sacred Truth: Love is Divine Power

Primary Fears: Fear of loneliness, commitment, and "following your heart"; fear of not being able to protect oneself emotionally; fear of betrayal or emotional weakness. Weakness in this chakra can lead to jealousy, bitterness, anger, and inability to forgive others or self.

Primary Strengths: Love, forgiveness, compassion, dedication, inspiration, hope, trust, and the ability to heal oneself and others.

Gemstones: Emerald, jade, aventurine, rose quartz, malachite, and watermelon tourmaline

Element Air

Planets: Venus

Chakra 5 - The Throat Chakra

The throat chakra is associated with the color blue and its Sanskrit name is Vissudha.

Location: Throat

Body Parts: Throat, mouth, neck, ears

Glands: Thyroid, parathyroid

Malfunction: Sore throats, neck pain, thyroid troubles, laryngitis, TMJ, mouth ulcers, ear infections

Mental and Emotional Issues: Choice and strength of will; personal expression; following one's dream; using personal power to create; addiction; judgment and criticism; faith and knowledge; capacity to make decisions

Sacred Truth: Surrender Personal Will to Divine Will

Primary Fears: Fears related to willpower, including fear of having no power or choice, no authority within oneself, being out of control, and fear of Divine will.

Primary Strengths Faith, self-knowledge and personal authority; the capacity to make decisions and know we can keep our word to ourselves and others. Clairaudience.

Gemstones: Turquoise, sodalite, azurite, and lapis lazuli.

Element: Sound, Ether

Planets: Mercury

Chakra 6 - The Third Eye Chakra

The third eye chakra (also known as the brow chakra) is associated with the color indigo (purple) and its Sanskrit name is Ajna.

Location: Center of the forehead

Body Parts: Eyes, base of skull, brow, eyes, brain, nose, sinuses

Glands: Pineal

Malfunction: Vision problems, headaches, nightmares, sinus trouble, blindness, learning disabilities, stroke

Lesson Related to mind, intuition, insight, and wisdom

Mental and Emotional Issues: Self-evaluation; truth; intellectual abilities; feelings of inadequacy; closing one's self to the ideas of others; inability to learn from others.

Sacred Truth: Seek Only the Truth

Primary Fears: Unwillingness to look within and excavate one's fears; fear of truth when one's reason is clouded; fear of sound; fear of realistic judgment; fear of relying on external counsel; fear of discipline; fear of one's shadow side and its attributes.

Primary Strengths: Intellectual abilities and skills; evaluation of conscious and unconscious insights; receiving inspiration; generating great acts of creativity and intuitive reasoning; clairvoyance.

Gemstones: Lapis, quartz, amethyst, fluorite, kunzite, sugilite, and labradorite.

Element: Light

Planets Jupiter, Neptune

Chakra 7 - The Crown Chakra

The crown chakra is associated with the color violet and its Sanskrit name is Sahasrana.

Location: Top of head

Body Parts: Central nervous system, cerebral cortex

Glands: Pituitary

Malfunction: Depression, spiritual depression, alienation, confusion

Lesson Related to spirituality

Mental and Emotional Issues: Ability to trust life; humanitarianism; ability to see the big picture; faith and inspiration; spirituality and devotion.

Sacred Truth: Live in the Present Moment

Primary Fears: Fears relating to spiritual issues such as fear of the "dark night of the soul"; fears of spiritual abandonment; fear of loss of connection to life and those around us.

Primary Strengths: Faith in the presence of the Divine; faith; unshakable trust in God/life; inner guidance.

Gemstones: Diamond, amethyst, rock quartz, zircon

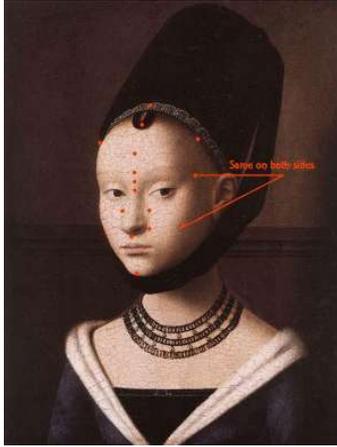
Element: Thought

Planets: Uranus

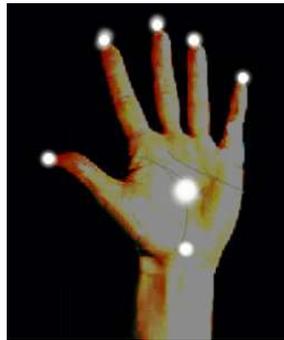
Note: The Seven Seals can also be awakened by Sound, for instance the sound of the 49 letters (plus one) of the Sanskrit alphabet, or the sound and beat of music. Whatever sensations one may experience at the opening of the Seals, he or she must not yield to them but neutrally observe them until they disappear again, pushing the serpentine fire higher and higher, breaking seal after seal, opening chakra after chakra up to the seventh seal or first chakra (from the top), until immortality is reached.

MINOR CHAKRAS

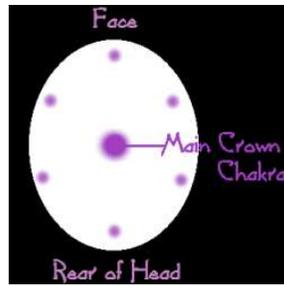
The illustrations below indicates where the minor chakras are located. To activate them, visualize them as a little star and see the star expand and brighten. Any of these chakras can be opened and activated during a regular meditation. By opening these minor chakras and empowering them, this greatly enhances the powers of the seven major chakras.



The minor hand chakras are the same for both right and left hands. In the illustration below, they are right on top of the fingertips extending beyond the tips of the fingernails. One is in the middle of the palm.



The view in the illustration below is from the top of the head as if you are looking down.



The chakras in both feet are in the same locations.



CHAKRAS AND CRYSTALS

by Kellie Jo Conn, GG

The word chakra is derived from the Sanskrit word meaning wheel. If we were able to see the chakras (as many psychics, in fact, do) we would observe a wheel of energy continuously revolving or rotating.

Clairvoyants perceive chakras as colorful wheels or flowers with a hub in the center. The chakras begin at the base of the spine and finish at the top of the head. Though fixed in the central spinal column they are located on both the front and back of the body, and work through it.

Each chakra vibrates or rotates at a different speed. The root or first chakra rotates at the slowest speed, the crown or seventh chakra at the highest speed. Each chakra is stimulated by its own and complimentary color, and a range of gemstones for specific uses. The chakra colors are of the rainbow; red, orange, yellow, green, blue, indigo, and violet. The size and brightness of the wheels vary with individual development, physical condition, energy levels, disease, or stress.

If the chakras are not balanced, or if the energies are blocked, the basic life force will be slowed down. The individual may feel listless, tired, out of sorts, or depressed. Not only will physical bodily functions be affected so diseases may manifest, but the thought processes and the

mind may also be affected. A negative attitude, fear, doubt, etc. may preoccupy the individual.

A constant balance between the chakras promotes health and a sense of well being. If the chakras are opened too much, a person could literally short circuit themselves with too much universal energy going through the body. If the chakras are closed, this does not allow for the universal energy to flow through them properly which may also lead to disease.

Most of us react to unpleasant experiences by blocking our feeling and stopping a great deal of our natural energy flow. This affects the maturation and development of the chakras. Whenever a person blocks whatever experience he is having, he in turn blocks his chakras, which eventually become disfigured. When the chakras are functioning normally, each will be open, spinning clockwise to metabolize the particular energies needed from the universal energy field.

As already mentioned any imbalances that exist within any chakra may have profound effects upon either our physical or emotional bodies. We are able to use our quartz crystals and gemstones to re-balance all our chakric centers and once the chakra has been properly balanced then our body will gradually return to normal.

The reason why crystals and gemstones are wonderful and powerful healing tools are because of what science calls its piezoelectric effect. (You can see this effect in the modern quartz watches). Crystals and gemstones respond to the electricity that is coursing through our body, and if the energy is sluggish, the constant electrical vibrations of the stones will help to harmonize, balance, and stimulate these energies.

THE SEVEN MAJOR CHAKRAS

FIRST CHAKRA-ROOT

Studying the individual chakras begins with the root chakra, called Muladhara in Sanskrit. The root chakra is located at the base of the spine at the tailbone in back, and the pubic bone in front. This center holds the basic needs for survival, security and safety. The root chakra provides us with the ability to be grounded into the earth plane. This is also the center of manifestation. When you are trying to make things happen in the material world, business or material possessions, the energy to succeed will come from the first chakra. If this chakra is blocked an individual may feel fearful, anxious, insecure and frustrated. Problems like obesity, anorexia nervosa, and knee

troubles can occur. Root body parts include the hips, legs, lower back and sexual organs. The colors used for this chakra are red, brown and black. The gemstones are Garnet, Smoky Quartz, Obsidian, and Black Tourmaline.

NOTE: A man's sexual organs are located primarily in his first chakra, so male sexual energy is usually experienced primarily as physical. Women's sexual organs are located primarily in her second chakra, so female sexual energy is usually experienced primarily as emotional. Both chakras are associated with sexual energy.

SECOND CHAKRA-BELLY (SACRAL)

The next chakra or second chakra is often referred to as the belly or (sacral). It is located two inches below the navel and is rooted into the spine. This center holds the basic needs for sexuality, creativity, intuition, and self-worth. This chakra is also about friendliness, creativity, and emotions. It governs peoples sense of self-worth, their confidence in their own creativity, and their ability to relate to others in an open and friendly way. It's influenced by how emotions were expressed or repressed in the family during childhood. Proper balance in this chakra means the ability to flow with emotions freely and to feel and reach out to others sexually or not. If this chakra is blocked a person may feel emotionally explosive, manipulative, obsessed with thoughts of sex or may lack energy. Physical problems may include, kidney weakness, stiff lower back, constipation, and muscle spasms. Belly body parts include sexual organs (women), kidneys, bladder, and large intestine. The main color used with this chakra is orange. The gemstones are Carnelian Agate, Orange Calcite and Tigers Eye.

THIRD CHAKRA-SOLAR PLEXUS

The third chakra is referred to as the Solar Plexus. It is located two inches below the breastbone in the center behind the stomach. The third chakra is the center of personal power, the place of ego, of passions, impulses, anger and strength. It is also the center for astral travel and astral influences, receptivity of spirit guides and for psychic development. When the Third Chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed. Physical problems may include digestive difficulties, liver problems, diabetes, nervous exhaustion, and food allergies. When balanced you may feel cheerful,

outgoing, have self-respect, expressive, enjoy taking on new challenges, and have a strong sense of personal power. The body parts for this chakra include the stomach, liver, gall bladder, pancreas, and small intestine. The main color for this chakra is yellow. The gemstones are Citrine, Topaz, and Yellow Calcite.

FOURTH CHAKRA- HEART

The fourth chakra is referred to as the heart chakra. It is located behind the breast bone in front and on the spine between the shoulder blades in back. This is the center for love, compassion and spirituality. This center directs one's ability to love themselves and others, to give and to receive love. This is also the chakra connecting body and mind with spirit. Almost everyone today has a hard, hurt, or broken heart, and it is no accident that heart disease is the number one killer in America today. Deep heart hurts can result in aura obstructions called heart scars. When these scars are released, they raise a lot of old pain, but free the heart for healing and new growth. When this chakra is out of balance you may feel sorry for yourself, paranoid, indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love. Physical illnesses include heart attack, high blood pressure, insomnia, and difficult in breathing. When this chakra is balanced you may feel compassionate, friendly, empathetic, desire to nurture others and see the good in everyone. Body parts for the fourth chakra include heart, lungs, circulatory system, shoulders, and upper back. The main colors used are pink and green. The gemstones are Rose Quartz, Kunzite, and Watermelon tourmaline.

FIFTH CHAKRA-THROAT

The fifth chakra is referred to as the Throat. It is located in the V of the collarbone at the lower neck and is the center of communication, sound, and expression of creativity via thought, speech, and writing. The possibility for change, transformation and healing are located here. The throat is where anger is stored and finally let go of. When this chakra is out of balance you may want to hold back, feel timid, be quiet, feel weak, or can't express your thoughts. Physical illnesses or ailments include, hyperthyroid, skin irritations, ear infections, sore throat, inflammations, and back pain. When this chakra is balanced you may feel balanced, centered, musically or artistically inspired, and may be a good speaker. Body parts for the fifth chakra are throat, neck, teeth, ears, and thyroid gland. The main color used is light blue. The gemstones are Aquamarine and Azurite.

SIXTH CHAKRA- THIRD EYE

The sixth chakra is referred to as the Third Eye. It is located above the physical eyes on the center of the forehead. This is the center for psychic ability, higher intuition, the energies of spirit and light. It also assists in the purification of negative tendencies and in the elimination of selfish attitudes. Through the power of the sixth chakra, you can receive guidance, channel, and tune into your Higher Self. When this chakra is not balanced you may feel non-assertive, afraid of success, or go the opposite way and be egotistical. Physical symptoms may include headaches, blurred vision, blindness, and eyestrain. When this chakra is balanced and open you are your own master with no fear of death, are not attached to material things, and may experience telepathy or astral travel. Sixth chakra body parts include the eyes, face, and brain, lymphatic and endocrine system. The main colors are purple and dark blue. The gemstones are Amethyst, Sodalite, and Lapis Lazuli.

SEVENTH CHAKRA-THE CROWN

The seventh chakra is referred to as the Crown. It is located just behind the top of the skull. It is the center of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom, and brings the gift of cosmic consciousness. This is also the center of connectedness with the Goddess (God), the place where life animates the physical body. The silver cord that connects the aura bodies extends from the crown. The soul comes into the body through the crown at birth and leaves from the crown at death. When this chakra is unbalanced there may be a constant sense of frustration, no spark of joy, and destructive feelings. Illnesses may include migraine headaches and depression. Balanced energy in this chakra may include the ability to open up to the Divine and total access to the unconscious and subconscious. The main colors for the crown are white and purple. The gemstones are Clear Quartz Crystal, Oregon Opal, and Amethyst.

BIO-ELECTRICITY

© 2004 Bryn Orr

It is commonly accepted that the human organism has many systems which support life. The skeletal, circulatory, muscular and endocrine systems are examples of this. However, there is also a subtle system that co-ordinates the functioning of these other systems into one harmonious whole; this is the human bio-electrical system.

The bio-electrical system is made up of pathways of higher and lower electrical resistance, known as meridians. Along these pathways are specific points which share these electrical characteristics. These are often referred to as acupuncture points. There are twelve such meridians, each with a number of points, and each connects to a particular organ. The function of the meridians is to supply the correct amount of bio-electricity to their respective organs. This then controls the level of functioning of the organ. If there is too much energy and the organ is hyperactive; too little energy and the functioning will be sluggish. Acupuncture and chi kung massage treatments restore the energy to a correct level within each organ and balance the functioning of all organs as a collective unit.

However, such replenishment of energy levels to restore organ function is not the limit of the therapeutic benefits of such treatments. You can see each organ energy is also associated with other bodily systems and with an emotional response, for example, the lung energy and the emotions of grief and courage. When the lung energy is healthy one will feel brave and ready to accept life's challenges.

The meridian energy is controlled by eight master meridians (the eight extra vessels) which function like energy reservoirs that feed the twelve regular meridians. These meridians are also used in acupuncture but not to the same extent as the twelve. Chi kung health restoration practices specialise in teaching the practitioner to control the energy flow of these eight master meridians. For detailed information on the eight extra meridians, see my book "Flying without Wings".

The eight are in turn fed by the energy of the chakras. These act like transformers, converting celestial energies into bio-chemical secretions and visa versa. It is no coincidence that the chakras locations correspond to the endocrine (hormonal) glands. After all, Western science has long known of the effect of hormones on the functioning of

the entire human organism. The chakras are the super-conscious minds way of controlling and co-ordinating all of our systems into one cohesive unit. Various energy healing modalities use the chakra system to restore homeostasis to our physical and emotional lives; radionics, reiki and the kahi technique from Kahuna shamanism are good examples.

The idea of conserving the sexual energy found in yoga, chi kung and druidic practice, has to do with the heightening of the functions of the chakras, for when we conserve our sexual hormones the respective gland eventually becomes full. When this gland is full the body will stop expending energy to fill it and will become to fill the next gland up the ladder. When the pineal and pituitary glands are reached then, according to yogic and taoist scripture, enlightenment is achieved. Along with enlightenment comes siddhis or extra ordinary human functions. These functions include clairvoyance, clairaudience, ESP, psychokinesis and out of body states.

The final component of the human bio-electrical system are the various fields of energy that surround the human body. These fields are collectively known as the aura. The aura has received a great deal of attention in modern times because illness often shows up here long before physical symptoms arise. It is for this reason that Penn State University (USA) has been developing an advanced diagnostic system by mapping the electro-magnetic flow in and around the human body. These fields consist of electro-magnetic electrodynamic convection and ultra-faint luminescent energies, giving us a total of seven distinct layers these seven may well be directly linked to the functions of the seven major chakras, although more research needs to be conducted in this area.

Now I wish to share a simple exercise that will allow you to experience these energies first hand:

Sensing chi energy with the hands

Place your hands about two inches apart palms facing each other. Begin to breathe deeply and relax, after a short time of doing this you will begin to feel sensations in the hands. The usual sensations are heat, tingling, static electricity, shooting from one hand to the other or a feeling like a cool breeze blowing between the palms.

Now slowly move the hands apart and imagine that the energy between

the hands is like pastry, stretching thin long strings between your palms. Now push the hands slowly together and feel the energy condense between them. If you don't get any immediate sensations then try again, everyone can feel this energy but the time it takes can vary quite a bit. Try to feel the energy between your hand and that of a friend, this can be an amazing experience.

KUNDALINI: SERPENT MEDITATIONS



Stretching back into the corridors of time, Asian religions have spoken of a mystical force called the Kundalini. Throughout history many names have been given to this power. Orgone, esprit, loosh, prana, elan vital, and bio-electricity are some of these names.

The rise of the kundalini is linked with a warm liquidly magnetic energy when it rises up the spine. Physical symptoms connected to the opening of the kundalini may include crackling noises at the base of the neck, and unexplained headaches - but be careful about attributing these symbols to rising kundalini energies. Often they have a medical cause that needs the attention of a physician.

Kundalini energies are sometimes triggered by a blow to the head or other physical trauma timed by your soul to awaken your psychic journey and innate abilities.

Releasing the Kundalini energy too quickly can have serious emotional effects on a person. One should not attempt to open this thrust of energy if one is not in a balanced psychologically. This is not for those with manic depression or bi-polar disorder.

Kundalini literally means coiling, like a snake. Energy and consciousness - moves in spiraling motion - coils - loops - the snake. This is a metaphor for the spiraling energies of consciousness - which is our reality of thought and is explained by Sacred Geometry. The loops are the loops of time - the slinky effect - time as an illusion played out in

a physical game of polarities - duality emotions.

The coiled and dormant feminine energy refers to the vast potential of psychic energy contained within us all. It is normally symbolized as a serpent coiled into three and a half circles, with its tail in its mouth, and spiraling around the central axis (sacrum or sacred bone) at the base of the spine.

The image of coiling, like a spring, conveys the sense of untapped potential energy that will spring into action soon. For now we remember in small doses.

Kundalini can be described as a great reservoir of creative energy at the base of the spine. It's not useful to sit with our consciousness fixed in our head and think of kundalini as a foreign force running up and down our spine.

This meditation is for the extremely advanced. All seven chakras must be completely open and active. Any blockages in your seven chakras can cause very serious physical and emotional damage when raising the kundalini. The results could be permanent, or even fatal! If the serpent reaches a blockage in a certain chakra, it will most often go off course to find another way around it. This can result in physical damage, and could cause a massive stroke or aneurysm. These warnings are not to be taken lightly.

Someone wanting to do Kundalini Yoga is probably better off not doing or trying it. It is a lot better if one can begin to recognize what might already be Kundalini acting within the body and learn to flow more easily with what is happening or recognize blocks in their flow (chakra blocks), rather than try to make or force something. Awakening the Kundalini in the wrong state, or in the wrong way (with blocks, chakra blocks), can and often does result in severe damage to the person trying to do this. No writing on Kundalini would be complete or valuable unless it specified this clearly. A person can very easily end up with a malignant or enfeebling disease or be rendered comatose by making attempts to awaken the Kundalini.

In terms of what Kundalini is in the body, one might consider it very much like a "perpetual motion battery" of sorts, though please do not think I am talking about an actual battery. Not at all. This is an energy, and you will not be able to "see" it inside the physiology of the body, like in an x-ray or any such thing. It is like a source of prolific and

immense power that is latent, or not fully active, but which releases very small amounts of this energy constantly (it is what enables you to move and be animated). You can think of it like the two poles, positive and negative, and the farther they get away from each other the more energy can pass between them and be accessible. Slight awakenings or stirrings of Kundalini can be likened to the poles being slightly pulled apart and then put back again. A "thrill" or sudden burst of energy. Needless to say, if a person is not prepared for the release of a greater amount of this energy and the allegorical poles happen to be pulled too widely apart, or too suddenly, incredibly dangerous things can happen. As far as "doing" Kundalini Yoga, it is not recommended. It is often something that occurs naturally through advancing in meditation.

Many individuals whose Kundalini has been prematurely unleashed do not know what is happening, and the prevailing social ignorance about this multidimensional transformative process makes it hard to find medical or alternative health practitioners or spiritual advisors who recognize the symptoms, particularly when they are strongly physical. Many people know that the risen Kundalini flings open gates to all sorts of mystical, paranormal, and magical vistas... but few realize it can also dramatically impact the body. A large percentage of people reported long bouts of strange illness as well as radical mental, emotional, interpersonal, psychic, spiritual and lifestyle changes. Over and over again we hear stories of frustrating, sometimes desperate visits to doctors, healers, counselors, and others who neither understood, nor were able to help with the myriad pains and problems catalyzed by raging Kundalini.

Logos (Kundalini) was considered to be rooted in the Waters of Life (The Bahu in Hebrew, Demiurge in Greek); it's your own physical Root inside of you, and the shooting upward of this force was known as Logos. The "Waters" are the Root of the Tree of Life - "the Waters" is the same word in our BAPHE (Baphe Metis) or the Babylonian BAHU MID. Bahu is the word in Hebrew, too. Same word. Does it have a meaning now? YES!

How can anyone become kliploth? Easy: hold it back, force the serpent down backwards - down the tree of death. In doctrines that makes a person ophionic - or in spiritual terms, Ophion, also known as Leviathan, or The Beast Chiva. This comes into a person to rip that Logos out, and bring it back to the voidness where it belongs. People that experience this are left like empty husks (kliploth). This creates in

that person a very awful state of being. You become as the living dead.

Whomsoever has the Light (what we call the Black Flame) flowing the wrong way, or blocked up, is more or less, DAMNED. I really believe that. They will never be able to know the "good/evil" that is them, their core selves. They will never be able to see the "Beast Ophion" that they call into themselves, or ever understand why they do it. They are like broken people with no core self at all, no inner ordering principle, no innocence, no logic. They flee from the truth of self, or anything that can get them to see it. Every time, without fail - even if they at first insist that they want to know this so that they can "get over" whatever "bullshit on the brain" they have that makes them so unable to use logic in their lives, they flee in the end.

This can also happen to people who try to raise the kundalini prematurely. That is why it is important for one to become advanced before attempting this. Any chakra blockages at all could cause you to become like this. If you destroy any of your chakras, you will be completely helpless. Never try to force this energy down. On another note, always light and spin your chakras in the correct order, from the root to the top, never in reverse. This can also be dangerous.

The following are common positive and negative manifestations of the risen Kundalini. People who do this correctly will not experience negative results whatsoever...

Muscle twitches, cramps or spasms

Energy rushes or immense electricity circulating the body

Itching, vibrating, prickling, tingling, stinging or crawling sensations

Intense heat or cold

Involuntary bodily movements (occur more often during meditation, rest or sleep): jerking, tremors, shaking; feeling an inner force pushing one into postures or moving one's body in unusual ways. This may be misdiagnosed as epilepsy, restless legs syndrome (RLS or PLMD).

Alterations in eating and sleeping patterns

Episodes of extreme hyperactivity or, conversely, overwhelming fatigue (some CFS victims are experiencing Kundalini awakening)

Intensified or diminished sexual desires

Headaches, pressures within the skull

Racing heartbeat, pains in the chest

Digestive system problems

Numbness or pain in the limbs (particularly the left foot and leg)

Pains and blockages anywhere; often in the back and neck (Many cases of FMS are Kundalini-related)

Emotional outbursts; rapid mood shifts; seemingly unprovoked or excessive episodes of grief, fear, rage, depression

Spontaneous vocalizations (including laughing and weeping) -- are as unintentional and uncontrollable as hiccoughs

Hearing an inner sound or sounds, classically described as a flute, drum, waterfall, birds singing, bees buzzing but which may also sound like roaring, whooshing, or thunderous noises or like ringing in the ears.

Mental confusion; difficulty concentrating

Altered states of consciousness: heightened awareness; spontaneous trance states; mystical experiences (if the individual's prior belief system is too threatened by these, they can lead to bouts of psychosis or self-grandiosity)

Heat, strange activity, and/or blissful sensations in the head, particularly in the crown area

Ecstasy, bliss and intervals of tremendous joy, love, peace and compassion

Psychic experiences: extrasensory perception; out-of-body experiences; pastlife memories; astral travel; direct awareness of auras and chakras; contact with spirit guides through inner voices, dreams or visions;

healing powers

Increased creativity: new interests in self-expression and spiritual communication through music, art, poetry, etc.

Intensified understanding and sensitivity: insight into one's own essence; deeper understanding of spiritual truths; exquisite awareness of one's environment (including "vibes" from others)

Enlightenment experiences: direct Knowing of a more expansive reality; transcendent awareness.

You should be aware of the dangers in attempting this meditation.

POWER MEDITATIONS

AWAKENINGS

By Nicole Robinson, Priestess

© 2005 Temple of the Ancients

Awakening One

Crown Chakra

Chant: Maat

Pronunciation: mät (maht)

Color: Indigo center surrounded by White

Visualize a closed ball at the top of your head. Deep inhale and exhale slowly. On the exhale, chant Maat and see the ball open like a flower, growing brighter in color. It should fully open by the time you are done exhaling. Do this everyday until it stays open on its own. Then move on to Awakening Two.

Awakening Two

Brow Chakra

Chant: Ea

Pronunciation: ee - ä (ee-ah)

Color: Purple

Visualize a closed ball in the middle of your head, at forehead level. Deep inhale and exhale slowly. On the exhale, chant Ea and see the ball open like a flower, growing brighter in color. It should fully open by the time you are done with the exhale. Do this everyday until it stays open on its own. Then move on to Awakening Three.

Awakening Three

Throat Chakra

Chant: Nabu

Pronunciation: näb-oo (nah-boo)

Color: Blue

Visualize a closed ball in the middle of your throat. Deep inhale and exhale slowly. On the exhale, chant Nabu and see the ball open like a flower, growing brighter in color. It should fully open by the end of your exhale. Do this everyday until it stays open on its own. Then move on to Awakening Four.

Awakening Four

Heart Chakra

Chant: Thoth

Pronunciation: thoth (tho as in go)

Color: Green

Visualize a closed ball at your heart. Deep inhale and exhale slowly. On the exhale, chant Thoth and see the ball open like a flower, growing brighter in color. Do this everyday until it stays open on its own. Then move on to Awakening Five.

Awakening Five

Solar Plexus Chakra

Chant: Horus

Pronunciation: hôr-us

Color: Yellow

Visualize a closed ball above your naval, just below where your ribs start. Deep inhale and exhale slowly. On the exhale, chant Horus and see the ball open like a flower, growing brighter in color. Do this everyday until it stays open on its own. Then move on to Awakening Six.

Awakening Six

Sacral Chakra

Chant: Inanna

Pronunciation: ee-nä-nä (ee-nah-nah)

Color: Orange

Visualize a closed ball below your naval. Deep inhale and exhale slowly. On the exhale, chant Inanna and see the ball open like a flower, growing brighter in color. Do this everyday until it stays open on its own. Then move on to Awakening Seven.

Awakening Seven

Root Chakra

Chant: Enki

Pronunciation: in-kee (in key)

Color: Red

Visualize a closed ball at the base of your spine. Deep inhale and exhale slowly. On the exhale, chant Enki and see the ball open like a flower, growing brighter in color. Do this everyday until it stays open on its own.

EZ ENERGY BREATHING

By Nicole Robinson, Priestess

© 2005 Temple of the Ancients

To Empower Chakras

Inhale and draw in energy from all sides (front, back, left, right, top, bottom) to that chakra. Continue to do this as many times as desired.

To Empower Aura

Inhale and draw energy in from all sides (front, back, left, right, top, bottom) at once. It should form a glowing tube along the 7 major chakras. On the exhale, expand the energy throughout your body. Repeat as many times as desired.

AURA EMPOWERING SHIELD I

By Nicole Robinson, Priestess

© 2005 Temple of the Ancients

Breathing is relaxed and done at a comfortable pace. This should be

done standing or lying down with legs bent and soles of feet on the ground. Start by spinning the chakras in the arches of your feet.

1st Inhale - Draw energy up from the ground to your foot chakra.

Exhale and spin root chakra.

2nd Inhale - Move energy up to the root chakra, keeping a continuous energy flow from the ground.

Exhale and spin sacral chakra.

3rd Inhale - Move energy up to the sacral chakra.

Exhale and spin solar plexus chakra

4th Inhale - Move energy up to solar plexus.

Exhale and spin heart chakra.

5th Inhale - Move energy up to heart.

Exhale and spin throat chakra.

6th Inhale - Move energy up to throat.

Exhale and spin brow chakra.

7th Inhale - Move energy up to brow.

Exhale and spin crown chakra.

8th Inhale - Move energy to the crown.

You should have a bright tube of energy along the spine from your feet to your crown.

Exhale - Push all the energy up and out the top of the crown chakra and have it rain down on you, creating a bubble. Both empowering the aura and creating a protective shield. Don't forget to have the bubble completely contain you, protecting the bottom of your feet.

This can be done more than once if desired. You can program the energy as it envelopes you. Best used for protection against enemy beings or reflecting magick.

AURA EMPOWERING SHIELD II

By Brenda Mintie

© 2005 Temple of the Ancients

The theme of Magickal conflict is never complete without a discussion of shielding methods. The startling thing found when one searches for decent shielding methods is that one encounters shields that either appeal to one deity or another or rely on the basic "goodness" of the individual for efficacy.

Firstly, define "shield". My arcane and trustworthy Webster's states that a shield is "any person or thing that guards, protects, etc." Note that it does not necessarily oppose or confront any energies directed against one. It merely protects one from those energies.

To protect one, a shield may effect one of three areas;

- 1.) the attacking force (opposition)**
- 2.) the defending object (evasion)**
- 3.) the intervening space between force and object (interposition)**

To oppose a force effectively, one must use a force of equal or superior energy, potential or kinetic.(That is, energy that is at rest or in motion.) This is the most risky of all shields as one never knows if one is being attacked by a single person or a group or how large the group may be or how strong the attacker is. No matter how strong you are, there is someone somewhere stronger.

Thus an opposing shield can be smashed or the shielder can be worn down, as in a siege, until he drops the shield in exhaustion.

To evade a force is very good if one is capable of it. However, magickal force makes no distinctions between "here" and "there" so physical distance or location is no evasion at all. Astral evasion is only effective against the most elementary attacks such as the science-fiction/fantasy inspired "magical bolt".

Effective evasion, while the finest magickal defense I have ever come across, is not easily available to the student, for it involves removing oneself from the attacker's world. One must become completely aware of the reality that projects outward from one by Will.

Familiars are often used as interpositional shields, taking the blow for their magickian-owners. This can get expensive and demoralizing when attacks take place as the Familiar often cannot live through the experience.

Abstract shields, experience has shown, are more durable and more easily strengthened or recharged. They have the added feature of being non-living and thus less messy.

A good visual conception of mathematics can lead to a fine shield that borders on evasion but allows a "bubble" of ego-inhabited universe to exist. Language problems again. This shield is based on the concept of an unreachable mathematical limit.

Visualize this concept of limit within the shell of a hollow sphere around oneself. Imagine the shell as being one inch thick (an example, any thickness will do) with an infinite limit from the outside edge to the inside edge. No force or thought form can ever make it through that shield. Instead it will find itself traveling forever to cover one inch of shield.

To build this shield with a minimum of figure-flipping, visualize infinite Space and begin with expanding your aura field. Project out large vertical rings of electromagnetic force, or intelligence, to compress the concept of space to an inch thick hollow sphere of predetermined size surrounding you. Recharge as often as your confidence in it wanes.

The shields described here have the advantage of not particularly needing ritualistic construction or formalized rigid symbology. They are simple and quickly activated and are extremely dependable and adaptable from tradition to tradition.

ADVANCED AURA CLEANSING

By Brenda Mintie

© 2005 Temple of the Ancients

Sit in a chair with your feet on the floor. Relax all your muscles.

Close your eyes. Take a few deep breaths in through the nose, out through the mouth.

Breathe in deeply and blow out several times. See yourself detaching

your aura and expanding it out away from you, yet you remain inside. It will appear as a clear bubble all around you.

Take several more breaths, blowing out on the exhale. With each exhale, command the aura to "spin." (It should spin to your right.)

Once the aura field is moving state "speed of light". It will start moving faster until it becomes a milky white color. Some people can hear the field when it starts to move faster.

Now, take another breath and beginning with the root chakra, light your chakras up in order. Inhale deeply. On this exhale you should see the chakra colors streaming out from your body to the aura field. Begin to spin all of them.

Remember you have room to imagine yourself floating around inside your aura field. I sit in an office chair with wheels so I spin around inside (yeah I have fun!). Getting your chakra lights to hit the sides of your aura seems like a nice way of patching holes and cracks.

Now say "speed of light" to the chakras.

At this point your chakra lights will bounce and reflect from the sides of your aura. You will find yourself sitting in a pure white mist. This is quite peaceful and anything goes here. I was able to open my hand and feet chakras with this meditation.

If you do this meditation for extended times over many days, you might notice some energy changes in the meditation itself. It will be different for each person, as experience is subjective. Basically you may add variations to what happens once everything goes white. This is normal. You are sitting in pure energy.

When you close the meditation, be sure to return the chakras back to the color mode and turn them off from the crown to the root. Then open your eyes, inhale deeply to take in your aura. Exhale and relax. This meditation takes approximately 7 minutes to do.

BIO-ENERGY BUILDING I

By Brenda Mintie

© 2005 Temple of the Ancients

This particular form of meditation is done by lying down with your arms out at your sides. You will be using your hand chakras to take in electromagnetic energy on the inhale, drawing it into the energy centers of the main chakras as you exhale. The color of this energy is optional.

Depending on your point of focus, and the color or type of energy you draw in will depend on whether you feel cool or warm. If you do this exercise properly, it is guaranteed that you will feel one way or the other. Also you should have a 'full' feeling in your center, not from the breathing but from the standing energy you've built.

Once you begin feeling the sensation of being full, imagine the energy radiating outward from the center of your body. Mentally program this energy for whatever purpose or cause that you desire. Not only is this meditation a power builder, it can also be used for healing purposes.

When beginning this meditation, try this twice a day, 30 minutes each time. Then break it down to ten minutes several times a day for optimum results.

Fever and inflammation, athletic injuries

Chronic pain in muscle, joint and connective tissue including aging arthritis have rapid changes with Bio-Electric energy. The instruction given to the scalar can be to heal the trauma, remove inflammation, and increase dynamic circulation.

Low-grade bacteria and viruses

Low-grade bacteria and viruses which most people harbor are miraculously changed by the Bio-Electric energy. Infections of gums and deep around the teeth that have not responded to antibiotics are often removed by Bio-Electric energy.

Cancer and Growths

Numerous people have removed proven cancer lesions with regular self-creation of the Bio-Electric energy. Many others have also used it to cut down on the destructive tissue changes accompanying x-ray, chemotherapy and surgery. Regardless of major lifestyle changes the Bio-Electric energy is essential to self-recovery.

Emotional and hypo-disturbances

Immune deficiency, acute rheumatic fever, acute allergies are less

responsive to Bio-Electric energy, because the source is deeply seated emotional disorganization of the field. With some people who suffered from depression, the Bio-Electric energy has minimized some of the intense depression, and has replaced antidepressant drugs.

HATHA YOGA CHAKRA EXERCISES

NOTE: Do not attempt these exercises if you do not understand the instructions, if you are severely out of shape, or if you have existing injuries.

Chakra 1

The following three hatha yoga exercises work on stimulating and releasing energy from the Muladhara chakra itself:

Locust & Half Locust:

Lie face down on the floor with your arms beneath your body, hands touching the front of your thighs. Keeping the knee straight, raise the leg several inches off the floor. Hold for as long as comfortable and switch to the left leg. If this is comfortable then repeat the same procedure lifting both legs at once.

Head To Knee Pose:

Lie down on your back and relax. When ready, stretch your arms over your head, take a deep breath and raise yourself to a seated position, keeping your legs straight out in front of you. Bend the right leg and tuck the left foot into your crotch. Bend over, arms outstretched, reaching out over the left leg. Do not go farther than is comfortable, but go as far as you can. Try to find the threshold between where the tension begins and breath into that spot while you hold the posture. Hold for one to two minutes, return to a seated position, and straighten your right leg, bending your left, and repeat. After returning to the position of lying flat on your back (corpse pose) for a brief rest, repeat the same procedure as above, bending over both legs. Be gentle, and tension will ease more quickly.

Deep Relaxation:

This is also called conscious relaxation. It involves grounding and relaxing each part of the body, one at a time. Lie flat on your back, and

begin by taking several deep, abdominal breaths. Beginning at the toes, work up your body, moving towards to heart, and consciously release tension in each and every muscle and joint in your body. Be sure to include the eyes, mouth and throat, as much tension is subconsciously held here. Observe your thoughts letting them come and go effortlessly. Allow yourself to observe your body, peacefully breathing in and out, in and out, deeply relaxing.

When you are ready, begin flexing your fingers and toes, and wiggling your arms and legs. Open your eyes and return to the world refreshed

Chakra 2

Exercise for opening the second chakra involves working with movement in the hips and lower abdomen. Simple self-nurturing activity, such as long, hot baths, showers or swimming should not be overlooked.

The Goddess Pose

Lie flat on your back and relax. Relax especially the legs, pelvis, and lower back. Bend your knees, bringing your feet in close to your buttocks. Slowly allow your knees to part, allowing the weight of the legs to stretch the inner thighs. Try to relax. Do not push your legs farther than is comfortable. Hold this position for two minutes or more. Then slowly bring your knees together again.

Pelvic Rock

Starting on your back with legs bent, slowly begin to rock your pelvis upward and downward with each breath. Inhale fully into your chest and belly, exhale fully, and upon the end of each exhale, push slightly with your feet so that your pelvis comes off the ground pushing the small of your back into the floor beneath you.

Hip Circles

From a standing position, bend your knees slightly, and drop your pelvis forward so that it is directly in your central line of gravity. Keeping the knees bent and flexible, rotate the pelvis in smaller then larger circles. The head and feet should remain in the same place while the pelvis alone does the moving. Try to make the movement as smooth as possible.

Leg Lifts

This exercise helps move energy through the pelvis, often into the upper chakras. It is a classic Kundalini exercise, and a wonderful energizer.

Lie on your back and relax. Lift your legs six to 12 inches off the floor and spread them apart at this height. Bring together again and then kick out again. Rest after about five of these. Then bring your legs perpendicular to the floor and spread to each side. Bring together and down. Repeat until tired. Raising legs should be accompanied by an inhale, while lowering the legs should be accompanied by an exhale.

Triangle

Benefits: legs, hips, shoulders, neck, sides of trunk and overall sense of balance. Contraindications: back conditions

- 1. Spread feet at 1,5 shoulder width. Keep feet parallel. At the same time spread hands at shoulder level and maintain stretch from shoulder to fingers, or better yet, from fingers to fingers.**
- 2. Turn right foot 90 degrees to the right. Keep left hip open at all times. Pull kneecaps up and keep the legs strong.**
- 3. Exhaling slightly bend right knee and put right elbow above right knee. Project left arm towards the ceiling.**
- 4. Look up. Trunk should feel live, so avoid too much weight in right hand. Stay here for a few breaths, with inhalation come up to the starting position and repeat to the other side.**

Repeat 3 times each side. Follow the position if it gets deeper, until you place fingers or palm on the ground.

Trikonasana - Triangle Follow the instructions for preparation. Only difference is front knee which stays straight all the time. Pay extra attention to rear hip, keep opening it while in posture.

Contraindications: back conditions

Twists

Basic sitting twist After bending spine both forwards and backwards, it is ready for torsion. It's essential for healthy spine and free vertebrae. If done properly, twisting will massage both liver and kidneys.

Contraindications: hernia

- 1. Sit with legs together and stretched in front of you. Keep the legs alive during this exercise.**
- 2. Draw right foot towards trunk and let the ankle pass the knee. Stretch right leg from hip forwards and keep a light pressure towards floor.**
- 3. Embrace right leg with left arm and draw knee close to armpit. Stay perpendicular to the floor at all times. Put right hand where spine would be if you were on the floor. Inhale, look to your right, turn the whole trunk and extend the spine upwards.**
- 4. Exhaling and keeping the knee close to armpit, look over your right shoulder. Don't engage just the neck, torsion should be felt throughout the whole spine.**

Repeat to the other side.

Chakra 3

Breath of Fire: This is a rapid diaphragmatic breathing, designed to clean toxins from the body and stimulate Kundalini. Sit in an upright posture with back straight and legs relaxed. Using the muscles of your abdomen, SNAP in your diaphragm, causing a quick exhale to escape through your nose. Keep the mouth closed. By relaxing the abdomen, air will naturally enter your nose and chest, causing an inhale. When this process is comfortable, repeat quickly, causing several quick, sequential exhales. Do in sets of fifty, with a long, deep breath at the end of each set. Three sets of 50 are usually a good place to start. After a while you can pace yourself according to what feels right.

Bow Pose

Lie on your stomach, hands to the side and relax. Take a deep breath and bend your knees while arching your back so that your hands grab onto your ankles. Let your hands do the work of maintaining the arch while you rest your body as much as you can in this strange position. Breathe deeply and let the breath rock you back and forth slightly. If you can hold this for a while (30 sec. to 2 mins.) you will feel an energizing of your solar plexus.

Pike Pose

Hard to maintain without practice, this little gem tightens tummy muscles and develops balance. From a position of resting on your back,

bring your feet and legs up (knees as straight as possible) to make a V-shape with your torso. Hold as long as possible then relax.

Chakra 4

Opening the heart chakra requires a combination of technique and understanding. First we learn to see the world in terms of relationships. It requires a certain loss of ego, allowing an ability to merge with things outside of the self. And lastly, it requires an understanding and control of the breath, for it is the tool of physical and mental transformation. Unfortunately, the average person does not breathe very deeply. A normal pair of lungs can hold about 2 pints of air, while the average person breathes in about 1 pint or less per breath. Unlike food, which takes hours or even days to digest, each inhalation of air immediately enters the bloodstream. Oxygen must be constantly supplied to each and every cell, or the cells die quickly. Following are a few basic exercises in complete breathing and opening the chest.

Alternate Nostril Breathing

This is a slow, methodical breath which works on the central nervous system and leads to increased relaxation and deeper sleep. Close off your right nostril with your right hand and breathe in deeply through your left nostril. When the breath is full, close off your left nostril, hold the breath for 8 seconds, and then exhale through your right. When the breath is again empty, inhale again through your right side, hold, and then exhale on the left. The pattern is inhale, (hold) switch, exhale, inhale, (hold) switch, exhale. Continue this 10 times or more on each side. Practice of this exercise will generally bring profound changes in as short a time as a week, or even days.

The Cobra

This is a yogic exercise, wonderful to do upon first waking up in the morning. It works on the upper thoracic vertebrae, and helps alleviate "hunchback". Lie flat on your stomach with arms bent and palms placed face down by your ears. Without using your arms as support, slowly lift your head, shoulders, and back-as far as you can go comfortably. Then relax. Lift again, going as far as you can, and then using your arms, push yourself up just a little farther. Stretch the stomach and chest, take a deep breath and relax. Repeat as often as you like.

The Fish

This is another yogic exercise, designed to expand the chest cavity. Begin by lying flat on your back. Then come to a half seated position and prop yourself up on your elbows, hands on hips. Now extend your head back behind you and arch your back. If you can, touch your head to the floor and breathe deeply. Hold as long as is comfortable and relax. Breath deeply again.

Chakra 5

The Shoulder Stand

The shoulder stand stimulates the thyroid gland. Lie flat on your back and relax. Lift your legs 90 degrees from the floor, and then bring your legs and hips up over the shoulders, supporting yourself on your elbows-hands on your hips. Hold for as long as is comfortable. This also helps to turn around a descending current of energy by making gravity pull in the opposite direction from our normal upright state.

The Fish Pose

The fish pose often follows the shoulder stand as it gives the neck a complementary stretch. Lie flat on your back. With hands on hips, prop your upper body up on your elbows, arching your neck backward until your head touches the floor. This also helps open the chest cavity and stimulates the thyroid.

The Plough

The plough involves returning to a shoulder stand. Then lower your legs behind your head, touching your feet to the ground. If this is still comfortable, bend your knees and tuck them behind your ears.

Chakra 6

The most useful exercise for strengthening the third eye is simple meditation, focusing attention on the centre of the forehead. Visualizations of colors or shapes can be added or you can simply focus on clearing the mind screen until it is clean and blank. The limits of this system are only the limits of your imagination.

The Fish

This is another yogic exercise, designed to expand the chest cavity. Begin by lying flat on your back. Then come to a half seated position and prop yourself up on your elbows, hands on hips. Now extend your

head back behind you and arch your back. If you can, touch your head to the floor and breathe deeply. Hold as long as is comfortable and relax. Breathe deeply again.

The Shoulder Stand

The shoulder stand stimulates the thyroid gland. Lie flat on your back and relax. Lift your legs 90 degrees from the floor, and then bring your legs and hips up over the shoulders, supporting yourself on your elbows-hands on your hips. Hold for as long as is comfortable. This also helps to turn around a descending current of energy by making gravity pull in the opposite direction from our normal upright state.

Alternate Nostril Breathing

This is a slow, methodical breath which works on the central nervous system and leads to increased relaxation and deeper sleep. Close off your right nostril with your right hand and breathe in deeply through your left nostril. When the breath is full, close off your left nostril, hold the breath for 8 seconds, and then exhale through your right. When the breath is again empty, inhale again through your right side, hold, and then exhale on the left. The pattern is inhale, (hold) switch, exhale, inhale, (hold) switch, exhale. Continue this 10 times or more on each side. Practice of this exercise will generally bring profound changes in as short a time as a week, or even days.

Chakra 7

The Fish

This is another yogic exercise, designed to expand the chest cavity. Begin by lying flat on your back. Then come to a half seated position and prop yourself up on your elbows, hands on hips. Now extend your head back behind you and arch your back. If you can, touch your head to the floor and breathe deeply. Hold as long as is comfortable and relax. Breathe deeply again.

The Shoulder Stand

The shoulder stand stimulates the thyroid gland. Lie flat on your back and relax. Lift your legs 90 degrees from the floor, and then bring your legs and hips up over the shoulders, supporting yourself on your elbows-hands on your hips. Hold for as long as is comfortable. This also helps to turn around a descending current of energy by making gravity pull in the opposite direction from our normal upright state.

CHAKRA TONES

By Brenda Mintie

© 2005 Temple of the Ancients

The musical note on this page are the notes for the seven chakras. These notes will help align and open the chakras on the physical body to the higher powers.

First Chakra: Base "c note"

The First Chakra, or Root Chakra, enables us to attune to Mother Earth and anchor the higher frequencies of the Universe to her. When this Center is fully activated, the fear of death is transcended.

Ruby - Red - Root Chakra

Ruby keeps the lower chakras open so energy can move up. It may activate kundalini (in a balanced manner). Ruby gives us courage to express our highest potential. It energizes the physical being and emancipates creative energy devoted to our highest aspects.

Second Chakra : Sacral "d note"

The Second Center or Navel Chakra, allows the attunement of the entire Etheric Body, especially the First Chakra.

Carnelian - Orange - Sacral Chakra

The carnelian increases access to prana by clearing energy paths. It gives us motivation and vitality. It grounds energy into the physical, and awakens the creative force.

Third Chakra: Solar Plexus "e note"

The Third Chakra, or Solar Plexus Chakra, governs protection. As this Center begins to activate, all need for manipulation or control of one's reality is transmuted. An inner sense of safety is experienced.

Natural Citrine - Yellow - Solar Plexus Chakra

The citrine essence enhances concentration, clears old thought patterns, and is a bridge to access the divine. It is useful for intellectual communication and balances the rational mind. It is about sovereignty,

courage, confidence, self esteem.

Fourth Chakra: Heart "f note"

The Fourth Chakra, or Heart Chakra, remains in its original position. When fully activated, it is the Center of Pure Thought .

Emerald - Green - Heart Chakra

Emerald helps us understand rhythms and patterns and cycles in nature. It is also about fertility and prosperity.

Fifth Chakra: Throat "a note"

The Sixth Chakra has taken its place as the Throat Center and governs communication and creativity. This Center helps collect the pranic energy needed to purify and invigorate the physical body.

Blue Sapphire - Blue - Throat Chakra

Blue Sapphire addresses the throat chakra and is about communication and self expression. It is about listening as well as speaking. There is mental discrimination, enlightened intuition. We choose the thoughts we think. Blue Sapphire aligns our energy with our purpose and opens us to our spiritual nature.

Sixth Chakra : Anja/Third Eye "b note"

The Seventh Chakra, or Pineal Center is now known as the Vision Center or the Third Eye Center . This Center draws in and helps store the Higher Light frequencies.

Indigo - 3rd eye/Pineal Chakra

Indigo addresses the inner vision, paranormal vision. As light comes through the 3rd eye dream your dream and have it come true. There is keenness of perception, enriched experiences of synchronicity. Indigo enhances intent, focus, telepathy, deep thought and clearing of the mind. There is clarity of purpose.

Seventh Chakra: Crown "c note"

The Eighth Chakra, or Crown Center , connects with energies from the Universal Source.

Amethyst - Purple - Crown Chakra

The crown chakra is opened to receive energy and spiritual insight into highly refined aspects of higher potentials. Useful in leadership positions. See the divine perfection in all things. It is a visionary essence.

CHAKRA BREATHING

Chakra Breathing meditation lasts for one hour and is in two stages. As with any meditation, you may wish to play music if it helps you to relax.

1st stage: 45 minutes

Stand with feet as wide apart as your hips or shoulders. Let your body be loose and relaxed. Close your eyes and with mouth open breathe deeply and rapidly into the first chakra. As you breathe let your attention be in the pelvic area of your body, where the first chakra is located.

Equal emphasis should be put on both the in and out breaths. Don't force your breathing: breathe in a rhythm that feels comfortable and allows you to become aware of the feelings and sensations of each chakra. Breathe into the first chakra. Release each breath through the top of your head. After 5 minutes, move this deep rapid breathing up into the next chakra; the third, then the fourth, fifth, sixth and, the seventh chakra. You should spend 5 minutes on each major chakra. As you breathe up from chakra to chakra, your breathing should become more rapid and more gentle so that you are taking about twice as many breaths in the seventh chakra as you were in the first.

While breathing, it is helpful to shake your body, stretch, tilt, or rotate your pelvis and move your hands in any way that you feel, but let your feet stay in one spot.

After breathing in the seventh chakra, let your breath and awareness turn and fall back down through each chakra . . . allowing your breath to become slower and slower. This downward breathing should take about two minutes, and it is up to you how long you breathe into each chakra.

After you finish this sequence, stand silently for a few moments before starting the next sequence. This upward and downward breathing sequence should be repeated three times, for a total of about 45

minutes.

2nd stage: 15 minutes

Just sitting. After the third breathing sequence, sit with closed eyes in silence for at least 15 minutes or longer if you wish. As you sit don't focus on anything in particular. Allow yourself to become aware of and watch whatever is happening within. Remember, for doing any meditation feel relaxed, remain a witness to whatever is happening and don't judge it.

SPINNING CHAKRAS

Focus on each chakra one by one starting with the root and moving up. Color each one accordingly and spin it for ten revolutions. Complete one chakra before moving on to the next. If it moves smoothly and easily in a complete circle, a few repetitions will be enough. If it seems to be stuck or moving with resistance, or if it seems to move in a lopsided circle, if the color fades, or begins to move counter clockwise, you need to spend more time and focus on this chakra. These are symptoms of a chakra block.

SPINNING VORTICE MEDITATION

Lay on your back and imagine that your chakras are clocks with the face pointing upward. Twelve o'clock is toward your head, and six o'clock is toward your feet.

Spin your chakras clockwise to the left.

Imagine each chakra vortice like a funnel, larger at the body surface and getting smaller as it approaches your spine.

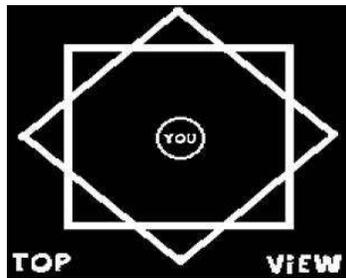
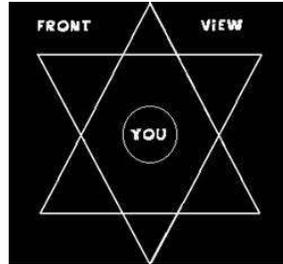
If the circle in any chakra is irregular, and the color is not clear, continue doing this meditation.

If you have any chakra blocks, it may take several sessions of this meditation to retrain a chakra to a circular vortice.

THE MER KA BA

By Nicole Robinson, Priestess

© 2005 Temple of the Ancients

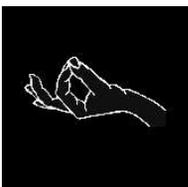


Please read all the way through this meditation and understand each step before attempting. You will get no benefits if doing this incorrectly.

Sitting is best for beginners. Sit with the soles of your feet pressed together.

Breathing for this meditation is to be rhythmic. Inhale for 2, hold for 2, exhale for 2; or any number of counts as long as it's in rhythm.

Picture yourself inside two merged pyramids.



Breath 1 - Place your hands in the mudra shown above, palms facing up.

Inhale and visualize the pyramids filling with energy (white color or whatever you choose). Hold. On the exhale, the flat top of the bottom pyramid is to descend, pushing out all negative energy.

Breath 2 - Change mudra to the thumb and second finger together.

Repeat Inhale, Hold and Exhale.

Breath 3 - Change mudra to the thumb and ring finger together. Repeat Inhale, Hold and Exhale.

Breath 4 - Change mudra to the thumb and pinky together. Repeat Inhale, Hold and Exhale.

Breath 5 - Change mudra to the thumb and index (like the first breath). Repeat Inhale, Hold and Exhale.

Breath 6 - Change mudra to the thumb and second finger (like the second breath). Repeat Inhale, Hold and Exhale.

Breath 7 - Change mudra to the thumb, index and second fingers together, palms up. Visualize a tube that starts and ends at each pyramid point, about a foot above your head and below your feet. Inhale and draw energy in the top and bottom of this tube, forming a small sphere at the base of your spine (root chakra). Hold. Exhale.

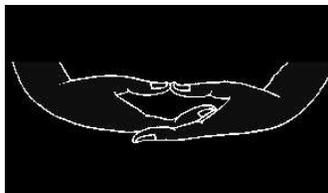
Sitting with soles of feet together, this tube passes through the chakra in the arch of your feet, and you can add tubes from your heart chakra to the palms of your hands to empower the hand chakras. When drawing in energy, just send some to the hands and it will collect there, opening and empowering the chakras.

Breath 8 - Repeat. Keep hands the same. Sphere grows brighter.

Breath 9 - Repeat. Keep hands the same. Sphere grows brighter.

Breath 10 - Repeat again. Keep hands the same. On the exhale, round your lips and blow out hard, emptying your lungs, expanding the small sphere out around you and the pyramids.

Breaths 11-13 - Keep hands the same. Continue to breathe in through the tube, energy meets at the root chakra and expands out on the exhale.



Breath 14 - Place your hands in the mudra shown above (left palm on top of right for males, right palm on top of left for females). Inhale and

move the smaller sphere all the way up to your crown. The larger sphere will move with it. Hold. Exhale.

Breath 15 - Same mudra. Inhale and say to yourself "Equal Speed." Hold. Round your lips and blow out (like in breath 10), the pyramids start spinning in opposite directions.

Breath 16 - Same mudra. Inhale and say to yourself "2/3s speed of light." Hold. At this point a flat disc should pop from the sacral chakra and extend out 55 feet. Exhale the same as breath 15, the pyramids spin even faster.

Breath 17 - Same mudra. Inhale and say to yourself "9/10s speed of light." Hold. Exhale the same as previous breath. Pyramids spin faster. Speed and breath will stabilize disc.



Breath 18 - Same mudra. Inhale and say to yourself "Speed of Light." Hold. Exhale the same as previous breath and the pyramids spin the speed of light. Continue to stabilize disc.

Bandhas can be added on the inhale of breaths 1-6 and 16/17 for those who are advanced. The moola bandha needs to be contracted correctly to have benefit. This meditation can be done in different yoga positions for those who are advanced in both yoga and this meditation. If lying down, the feet will not be empowered and need to be opened some other way.

KUNDALINI MEDITATION: CLEARING THE CHAKRAS

By Brenda Mintie

© 2005 Temple of the Ancients

This meditation is a step-by-step daily set of exercises. We recommend that once you start, you shouldn't stop this process. Figure that you will take seven days to get through it.

Each chakra is assigned to a day. Each day you will add the next chakra but you will do the ones you have already done the days before. Never start in the middle! Always work in the order of your energy centers.

If you had any “bugs” in the awakenings, this meditation will clear those issues up. (This is not a short-cut, so get that outta your head!) Once you’ve completed this meditation (and you did it correctly), you are ready for the Kundalini. This is for ADVANCED practitioners who have actually felt the rise of the Kundalini serpent and find it necessary to take the final steps to clear its path.

Root Chakra (Day One)

Hold your hands (as pictured below) in the mudra to aid the flow of energy. Focus on the root chakra and with each breath, visualize the color red. On the exhale, chant ENKI, sustaining this for as long as you can. You want to feel the vibration of this in the tail bone area. Continue breaths/chants five to seven times, each gathering strength and power.



Sacral Chakra (Day Two)

Repeat Day one’s exercise then move to this.

Use hand mudra in photo below.

Concentrate on the Sacral Chakra within the genital area just below the navel. As you inhale, see this chakra glowing orange, on the exhale chant INANNA. You want to feel the vibration of this chant in the second chakra, and that it’s becoming stronger and energized.



Solar Plexus Chakra (Day Three)

Repeat Day 1, then 2, and then do this.

Use hand mudra shown below.

Focus on the solar plexus chakra located on the spine, at the level of the navel. With each breath in visualize this chakra glowing yellow then with each exhalation chant HORUS. Feel the vibration within your solar plexus charging and clearing this chakra.



Heart Chakra (Day Four)

****By now you should figure that each day you need to go back and repeat all the former exercises in order before proceeding.****

Use hand mudra below.

Put your left hand on your left knee and your right hand in front of the lower part of your breast bone. Focus on the heart chakra at the spine, level with the heart. When you inhale, see the color of the chakra being green. When exhaling, chant THOTH. You should feel vibration in the heart area and the chakra becoming powerful and clear.



Throat Chakra

Focus on the throat chakra at the base of the throat. Visualize that chakra glowing blue when you inhale, and with each breath out chant NABU. You should feel the throat chakra becoming clear of blockages.



Third Eye Chakra

Focus on the third eye chakra slightly above the point between the

eyebrows. Inhale and visualize this chakra glowing indigo, on exhale chant EA. This vibration will clear the chakra of all blockages.



Crown Chakra

Focus on the crown chakra at the top of your head. While inhaling, visualize the crown chakra glowing purple and becoming more brilliant. When exhaling, chant MAAT. This vibration should cause the crown chakra to become stronger and cleared of blockages.



PSI TECHNOLOGY: ENERGY BALLS

By Brenda Mintie

© 2005 Temple of the Ancients



If you do not wish to make a full-blown servitor and don't have the kind of energy required to do such a task, Psionic Energy Balls are the perfect answer.

Energy Balls operate in a similar manner only on a much smaller scale. These can be used for healing others or yourself, or binding and damage. It's a matter of how you program it as there are no limits.

In order to create a Psionic Energy Ball, your hand chakras must be

open. If they are not, refer to the Mer Ka Ba or Advanced Aura Cleanse meditations to do this.

Place your hands a few inches apart. Begin sending waves of white light energy down your arms and through your hand chakras to form a ball of light. Keep doing this, visualizing the ball growing larger and spread your hands apart as it grows. You should feel tingling in your hands as you perform this operation.

Once you feel that you have an Energy Ball that is about a foot in diameter, you will program it with a one-word command (example: HEAL, DRAIN, DAMAGE, TRUST, BIND, HELP... whatever you need this for). If the Energy Ball is not for your self, take aim in the direction of the person you are sending this to, and physically *throw* it.

Note: You don't have to concern yourself with naming Energy Balls or recalling them to unravel them like servitors. Due to their size, they will either hit their target or dissipate.

PSIONIC SHIELD

By Brenda Mintie

© 2005 Temple of the Ancients

First, create a Psionic Energy Ball. You'll need this to empower the aura in order to create your shield.

In order to create a Psionic Energy Ball, your hand chakras must be open. If they are not, refer to the Mer Ka Ba or Advanced Aura Cleanse meditations to do this.

Place your hands a few inches apart. Begin sending waves of white light energy down your arms and through your hand chakras to form a ball of light. Keep doing this, visualizing the ball growing larger and spread your hands apart as it grows. You should feel tingling in your hands as you perform this operation.

Once you feel that you have an Energy Ball that is about a foot in diameter, you will program it with a one-word command (in this case, the command would be PROTECT, BARRIER, or SHIELD).

Now you need to expand your aura to approximately two feet away from your body by inhaling and exhaling out through the mouth. Blow

out each time, directing your aura further out away from you.

Physically throw the Energy Ball against the side of your aura. It will explode and your aura will absorb its protective field.

ASTRAL PROJECTION

INTRODUCTION

One of the chief barriers people learning to project face is fear.

Many are afraid that they may die, or be harmed in some way as a result of their projection. Nothing could be farther from the truth.

The Canterbury Institute, renowned for its occult studies, executed an experiment in projection involving over 2,000 people. None of them were hurt in any way by this, and now, three years later, none have complained of any newly arising problems.

Once you are aware that you cannot be harmed by projecting, you should begin Monroe 's techniques, step by step.

Step one: Relax the body.

According to Monroe , "the ability to relax is the first prerequisite, perhaps even the first step itself" to having an OBE. (out of body experience)

This includes both physical and mental relaxation. Monroe does not suggest a method of attaining this relaxation, although Progressive Muscle relaxation, coupled with deep breathing exercises (inhale 1, exhale 2, inhale 3.... until 50 or 100) are known to work well.

Step two: Enter the state bordering sleep.

This is known as the hypnagogic state. Once again, Monroe doesn't recommend any method of doing this. One way is to hold your forearm up, while keeping your upper arm on the bed, or ground. As you start to fall asleep, your arm will fall, and you will awaken again. With practice, you can learn to control the Hypnagogic state without using your arm.

Another method is to concentrate on an object. When other images start to enter your thoughts, you have entered the Hypnagogic state.

Passively watch these images. This will also help you maintain the state of near-sleep. Monroe calls this Condition A.

Step three: Deepen this state.

Begin to clear your mind. Observe your field of vision through your closed eyes. Do nothing more for a while. Simply look through your closed eyelids at the blackness in front of you.

After awhile, you may notice light patterns. These are simply neural discharges. They have no specific effect. Ignore them.

When they cease, one has entered what Monroe calls Condition B. From here, one must enter an even deeper state of relaxation which Monroe calls Condition C-- a state of such relaxation that you lose all awareness of the body and sensory stimulation. You are almost in a void in which your only source of stimulation will be your own thoughts.

The ideal state for leaving your body is Condition C. This is when it is voluntarily induced from a rested and refreshed condition and is not the effect of normal fatigue.

To achieve Condition C, Monroe suggests that you practice entering it in the morning or after a short nap.

Step Four: Enter a state of Vibration.

This is the most important part of the technique, and also the most vague. Many projectors have noted these vibrations at the onset of projection. They can be experienced as a mild tingling, or as is electricity is being shot through the body.

Their cause is a mystery. It may actually be the astral body trying to leave the physical one. For entering into the vibrational state, he offers the following directions:

- 1. Remove all jewelry or other items that might be touching your skin.**
- 2. Darken the room so that no light can be seen through your eyelids, but do not shut out all light.**
- 3. Lie down with your body along a north-south axis, with your head pointed toward magnetic north.**

4. Loosen all clothing, but keep covered so that you are slightly warmer than might normally be comfortable.

5. Be sure you are in a location where, and at a time when, there will be absolutely no noise to disturb you.

6. Enter a state of relaxation.

7. Give yourself the mental suggestion that you will remember all that occurs during the upcoming session that will be beneficial to your well-being. Repeat this five times.

8. Proceed to breath through your half-open mouth.

9. As you breathe, concentrate on the void in front of you.

10. Select a point a foot away from your forehead, and then change your point of mental reference to six feet.

11. Turn the point 90 degrees upward by drawing an imaginary line parallel to your body axis up and above your head.

Focus there and reach out for the vibrations at that point and bring them back into your body.

Even if you don't know what these vibrations are, you will know when you have achieved contact with them.

Step five: Learn to control the vibrational state.

Practice controlling them by mentally pushing them into your head, down to your toes, making them surge throughout your entire body, and producing vibrational waves from head to foot.

To produce this wave effect, concentrate of the vibrations and mentally push a wave out of your head and guide it down your body.

Practice this until you can induce these waves on command. Once you have control of the vibrational state, you are ready to leave the body.

Step six: Begin with a partial separation.

The key here is thought control. Keep your mind firmly focused on the idea of leaving the body. Do not let it wander. Stray thought might cause you to lose control of the state.

Now, having entered the vibrational state, begin exploring the OBE by

releasing a hand or a foot of the "second body".

Monroe suggests that you extend a limb until it comes in contact with a familiar object, such as a wall near your bed.

Then push it through the object. Return the limb by placing it back into coincidence with the physical one, decrease the vibrational rate, and then terminate the experiment.

Lie quietly until you have fully returned to normal. This exercise will prepare you for full separation.

Step seven: Dissociate yourself from the body.

Monroe suggests two methods for this. One method is to lift out of the body. To do this, think about getting lighter and lighter after entering this vibrational state. Think about how nice it would be to float upward. Keep this thought in mind at all costs and let no extraneous thoughts interrupt it. An OBE will occur naturally at this point.

Another method is the "Rotation method" or "roll-out" technique.

When you have achieved the vibrational state, try to roll over as if you were turning over in bed. Do not attempt to roll over physically.

Try to twist your body from the top and virtually roll over into your second body right out of your physical self. At this point, you will be out of the body but next to it.

Think of floating upward, and you should find yourself floating above the body.

Monroe suggests you begin with the lift-out method, but argues that both are equally efficacious.

If, after all this, you still can't project, I recommend purchasing *Leaving The Body*, by R. Scott Rogo. It contains another eight or so techniques.

Mind Control Method

Clear all your thoughts, In your mind say:

"I'm going to count down from 3 to 1, visualizing each number on a white orb suspended in the air above my head. When I reach the third and final "1" my body will be deeply relaxed. I will have no awareness

of physical sensations. I will not perceive any physical discomfort. My consciousness will be focused on my astral body.

Now visualize a white orb suspended in the air above your head. Mentally focus on the orb I visualize a number "3" on the face of the orb. The numbers can be any color. They may vary with each experience. Visualize the 3 --three times: three number, "3's" on the orb. Your body is completely relaxed. You are losing awareness of your physical body.

Then repeat the visualization with three number, "2's." You are into greater relaxation. Now visualize the "1's." You are losing awareness of physical sensations. Your consciousness will be in your astral body. Repeat this using the number "1's" three times. Your consciousness is now in my astral body. This could involve training of several sessions. You may also find audiotapes that take you down into these altered states as well. You will get better and faster as you go along each time. There is no set agenda for how often you practice astral projection or any other out-of-body technique. It soon becomes fun. It is like a deep meditation. Now the key is to remain conscious while my body is asleep. Different thoughts may pull you from your focus as the mind loves to chatter. Just push these thoughts away.

SILENT MIND POWERFUL MIND

Concentration on the Breath

What is not generally known is that a concentrated mind succeeds not only because it can solve problems with greater dispatch, but also because problems have a way of somehow vanishing before its focused energies, without even requiring to be solved. A concentrated mind often attracts opportunities for success that, to less focused (and therefore less successful) individuals, appear to come by sheer luck.

A person whose mind is concentrated receives inspirations in his work and in his thinking that, to duller minds, may often seem the proof of special divine favor. Yet such seeming "favors" are due simply to the power of concentration. Concentration awakens our powers and channels them, dissolving obstacles in our path, literally attracting opportunities, insights, and inspirations.

What is concentration? Concentration implies, first, an ability to

release one's mental and emotional energies from all other interests and involvements, and second, an ability to focus them on a single object or state of awareness. Concentration may assume various manifestations, from a dynamic outpouring of energy to perfectly quiescent perceptions. In its higher stages, concentration becomes so deep that there is no longer any question of its remaining merely a practice: The student becomes so completely identified with the object of his concentration that he and it, as well as the act of concentration itself, become one.

In this way he can even, temporarily, become one with something external to himself, gaining thereby a far deeper understanding of it than would be possible by aloof scientific objectivity, that pride of Western heritage which has the disadvantage of setting man apart from nature, not in harmony with it. But in concentration on our own higher realities, identification with them becomes lasting.

Obviously, then, the most effective technique of concentration will be one which both interiorizes the mind, and permits a gradual transition from technical practice to utter stillness. The technique of watching the breath fulfills both of these requirements--better, perhaps, than any other technique possibly could. For not only is the breath one of the most natural focal points for the attention, but, as we shall see, the more deeply one concentrates on it, the more refined it becomes, until breathing is automatically and effortlessly suspended in breathlessness: Meditator, the act of concentration, and the object of concentration become one.

In the state of breathlessness, more over, the senses themselves become automatically stilled, permitting an undisturbed continuation of the concentrated state. Once the mind is so perfectly focused, its concentrated power may be applied to any object one wishes. But because attentiveness to the breath involves the will in an act, not of doing, but of inward becoming (by concentration on the breath one acquires the consciousness of being air, or infinite space), the natural direction of the mind in this technique is toward superconsciousness. (If the will is not involved at all, the mind tends to slip downward into subconsciousness.)

A restless mind may be distracted by many things. In this condition, it may be necessary for one to command its attention forcefully--by yoga postures, perhaps, and loud chanting. But once the mind begins to grow still, the greatest obstacle to its becoming more so is the breath. By

concentration on the breath, mental fixity is attained.

Only in breathlessness can Godhead be fully realized. The breath responds instantly to different mental and emotional states. Even the way in which it flows in the nostrils indicates one's state of consciousness. The reverse also is true: As the breath flows, so flows the mind. Heavy breathing can make the mind restless. Calm breathing calms the mind. By concentration on the breath, too, the mind becomes calmer. This greater calmness is reflected in increasingly gentle breathing, which in turn induces still deeper concentration and calmness, a process that continues until mind and breathing both achieve perfect stillness.

It is possible to remain breathless for long periods of time without in any way damaging the body or the brain. (Indeed, the rejuvenating effects on the entire being of superconscious breathlessness are truly wonderful.) When the yogi attains breathlessness in samadhi, the body is kept alive by the direct flow of energy from the medulla oblongata. It is possible in this state to remain breathless for days, months, even for years. The body appears lifeless, outwardly, but inwardly one is filled with the consciousness of infinite life.

Periods of breathlessness may come to you, while practicing... Don't be alarmed; they can't possibly hurt you, as long as you let the breath flow naturally, and don't try to hold it in or out of the lungs by force. When your body needs to breathe again, it will do so. By increasingly deeper calmness, however, you will find that you need less and less fresh air to sustain your body.

Relaxation

A Relaxation Technique for the Body

The best way to relax the body is to tense it first, and thereby to equalize the flow of tension all over the body. Then, with relaxation, you will find tensions being released that you didn't even know existed.

Inhale, tense the whole body, then throw the breath out and relax. Doing this three to six times will help rid the body of unconscious tensions. Now, consciously relax the various body parts, starting with your feet and working your way gradually to the head and brain. It may help you to visualize space or light filling each area as you relax it. Physical relaxation is the first step necessary for deep meditation.

Regular Breathing to Relax the Mind

The breath is intimately linked with the mind. By controlling and relaxing the breath, we influence the mind to become calm. Inhale slowly counting one to twelve, hold your breath for the same number of counts, then exhale for the same count. This is one round of "regular breathing." Do six to nine rounds. You may either lengthen or shorten the number of counts according to what is comfortable, but keep the inhalation, retention and exhalation equal.

Releasing Emotional Tension

This practice can also help us to achieve release from mental and emotional pain. The stress that accompanies such pain usually produces physical tension. By relaxing the body, as outlined above, then extending the thought of physical relaxation to the release of tension in the mind and in the emotions, we can achieve mental and emotional tranquility with the release of tension in the body.

Whenever you feel anxious or fearful about anything, or distressed over the way someone has treated you, or upset for any reason, inhale and tense the body. Bring your emotions to a focus in the body with that act of tension. Hold the tension briefly, vibrating your emotions along with the body. Throw the breath out, and, keeping the breath exhaled as long as you can do so comfortably, enjoy the feeling of peace. Remain for a time without thought.

When the breath returns, or when thoughts once again stir themselves in your mind, fill your brain with some happy memory that will provide an antidote to your emotions. Concentrate for several minutes on the happiness of that memory.

ENHANCING YOUR ABILITIES

By Brenda Mintie

© 2005 Temple of the Ancients

Unless you have already begun to experience psychic abilities such as clairvoyance and clairaudience, you may wonder how to achieve the necessary skills to communicate with other beings in the 4th dimension. We have constructed a meditation to help you enhance the abilities of clairvoyance, clairaudience, and to help strengthen your skills in

visualization. Visualization itself is mandatory in successful magick and light meditations. Imagination and perception are the keys to opening the doors of magick on the astral. For beginners, this meditation should be done at least 15 to 30 minutes a day.

- 1. Begin this meditation by clearing your mind. Start breathing. Breathe in, hold your breath counting down from ten to zero. Repeat this operation for 10 to 20 times, or until you feel completely relaxed.**
- 2. Try to void out any voices in your head. With your eyes closed, try to picture yourself in a comfortable surrounding. This may be a forest, a beach, a desert, or even another planet. There is no wrong choice of environment. Take the time to look around and get comfortable with your surroundings. There is no limitation. You can go above or below to reach the different planes of your imagination. You can think of it as dreaming awake, but in this setting you have complete control. You may even create an inner sanctuary to return for future meditations.**
- 3. Still continuing to breathe and relax, you may now begin to explore this world. Think of it as turning your 3rd eye inside of yourself to explore the worlds within. You will find other life inside of these imaginary worlds. The people, and even the animals in which you encounter will have a voice to speak. Some of these may be forms of your own higher consciousness. Some may not. You do not have to know the difference immediately. Right now, it is important for you to keep a still mind so that you can tell the difference between your own thoughts, and the messages from a higher source. Ask it what information or advice that it may have to offer you. Is this your inner guide?**
- 4. If you encounter anything that makes you feel uncomfortable, ask it to kindly come to you in another form. If it does not agree, this may be an outsider. For self defense, focus hot white light on any negative entity that you encounter. This will destroy and repel a smaller nuisance. If the white light doesn't work, give it a warning. If it persists, or begins to cause any pain or odd sensations like it may be touching you, call out to a god or goddess for assistance. Though seldom in occurrence, this has been known to happen. Do not go around attacking anything without reason. The same rules apply in the universal code of conduct.**
- 5. After you begin to advance, and clearly visualize while hearing voices without interruption of your own thought processes, you may thank your inner guide and bid him/her farewell. This was probably only a**

form of higher consciousness.

Gods, goddesses, angels, and many spirits have the ability to create visions and appear in this world. The visions are received by your 3rd eye in the center of your forehead. Their voices may be picked up by the side chakras of your head. It is not uncommon to eventually be able to see and hear the gods by a similar method. Eventually you will be able to accomplish this with your eyes wide open. This takes time and practice. Once you start advancing, you can use this inner sanctuary as a place for meeting gods. This is an optional method for those of you who are less advanced.

ENERGY CIRCULATION

By Brenda Mintie

© 2005 Temple of the Ancients

Use this meditation when you are ill or when you absolutely cannot manage the longer meditations for some reason. This meditation does not replace the lengthier work; it merely maintains your energies and rejuvenates your energy centers.

You are not adding any additional power to what you already have. All you will be doing is circulating it from one place to another with the breath and the mind. I have found that by doing this simple meditation, it not only cleans the aura, it charges the chakra centers and provides much needed rejuvenation to those of us who are sick or tired.

****Note: Don't try this right before you want to go to sleep. It will keep you awake.**

Lay down in a comfortable position. Tighten all your muscles at once, then release them all at once. Feel yourself notice the difference in this relaxed state.

***Understand how to control light with the breath. Inhaling at different points in this exercise will pull light, whereas exhaling (or blowing) will expand light. You will breathe in with the nose, out through the mouth.**

Take a few deep cleansing breaths.

Expand your aura out from your body by inhaling and blowing out several times. See this as a clear bubble that will move out from your

body. You are inside of this.

Inhale/exhale and see a globe of light blue/white light at your crown. Inhale/exhale and let this globe pour a fountain of light over you in sparks.

Leave that globe at the crown.

Move to the next chakra (third eye) and do the same thing.

Do each chakra exactly the same.

When you reach the root, then move to the feet and form a globe. At this point you should have globes of light at all the chakras and at your feet, with a huge fountain going. Stop the fountain but leave the globes.

Now you are going to do some power inhaling and draw a thick bar of light from the feet to connect all of the globes, all the way up to the crown. Inhaling controls this. Just pull that light up by inhaling deeply and exhaling.

When you've reached the crown, make this connected light form a barrier around you. Inhale, blow out and connect it to your aura. Open your eyes and inhale to bring your aura back to you. You are finished!

This meditation takes 3 minutes, depending on your power of visualization.

SIGILS, SYMBOLS AND SIGNATURES

© 2005 Daniel Felse

I still have more sigils to create. Check with the site for any updates on this.

